



OPTIONS BOOKLET



TRURO
SCHOOL

Wednesday Afternoon Activities (WAA)

Summer Term 2026

29 April – 1 July

9 Sessions

Years 7 – 10

Lower Sixth Form

Zoe Jobling²

DEPUTY HEAD

(CO-CURRICULUM & PARTNERSHIPS)



Gemma Hellings

ADMINISTRATOR TO THE DEPUTY HEAD

(CO-CURRICULUM & PARTNERSHIPS)



The Wednesday Afternoon Activities programme allows Truro School pupils to participate in a wide range of activities as part of the weekly timetable. In doing so, it is the school's wish that all pupils have the opportunity to partake in activities that will allow them to:

- maintain or develop a healthy lifestyle through activities that will enrich their current and future lives.
- learn a new skill or develop an existing one in a safe environment.
- gain enjoyment from undertaking activities with other pupils, often of different ages, and with staff in a non-classroom context.
- gain satisfaction from making a positive contribution to an activity.
- prepare them for higher education and the world of work through developing skills such as self-discipline, commitment, teamwork, leadership, and greater self-confidence.

Full details of all activities offered to each year groups follow. We ask pupils to select different activities throughout the year, this not only provides a balance of activities, but also allows other pupils to participate in popular activities, if numbers are limited.

We would be grateful if pupils and parents could review the activities on offer **together**; **activities should not be chosen based on what their peers have selected, but instead on a pupils' own interest.**

Parents need to complete the **online form**, (link sent by email), which should be completed no later than **Monday 23 March, 9am**.

Pupils will be informed of their activity week commencing **30 March** via their form tutor. If your child has been allocated an offsite activity, you will be sent further information via email.

The first activity afternoon will commence on **Wednesday 29 April 2025** with the last date being **Wednesday 01 July 2025**.

All pupils in the Years 7 – 10 & Lower Sixth are **expected** to select a **Wednesday Afternoon Activity. Period 5/6 on a Wednesday is NOT an extracurricular activity, and pupils are expected to attend as timetabled lessons.**

If you require further information about a particular activity or should you have any general queries concerning the activities, please contact the Wednesday Afternoon Activity Team on waa@truroschool.com

Zoe Jobling

Deputy Head (Co-Curriculum & Partnerships)

Gemma Hellings

Administrator to the Deputy Head (Co-Curriculum & Partnerships)



Pupils, via parents/guardians, should indicate their four preferences on the Wednesday Afternoon Activities Summer Term 2026 Options form (online form) which is emailed to all parents and can be accessed here <https://forms.office.com/e/QraTDBNrwS>

Changes will not be permitted once term commences, unless there is a medical reason so, please choose together carefully.

A message from Mr Sanderson- Director of Sport:

When choosing your preferred activity, please bear in mind that if you do not choose a sporting activity, you will miss out on Wednesday fixtures. If you attend your school club training sessions, you are still eligible to play matches on other days. If you want to participate in Wednesday fixtures, the best option is to select that sport as your Wednesday Activity on the online form. If you are unsure, please contact djs@truroschool.com

Art - Ceramics (S)		Years 7-10 Lower Sixth 16 Spaces
Description	Pupils will be developing a ceramic project that gives them the chance to expand their knowledge and skills. Priority is given to pupils who were unsuccessful in getting this popular activity last term.	
Equipment	Provided by the school	
Time	2.05pm – 3.50pm	
Costs	N/A	

Art - Print Making (S)		Years 7-10 Lower Sixth 16 Spaces
Description	Exploring a variety of different print methods including mono print, lino print, dry point, metal etching and screen printing.	
Equipment	Provided by school	
Time	2.05 – 3.50pm	
Costs	N/A	

Athletics and Fitness (P)		Years 7-10 Lower Sixth No minimum/ maximum
Description	Pupils will be able to participate in a range of athletic events, alongside Army Fitness and Calisthenics.	
Equipment	School PE Kit and tracksuits	
Time	2.05pm – 3.50pm	
Costs	N/A	

Choristers (S)		Years 7 – 10 Lower Sixth Choristers Only No minimum/ maximum
Description	This option is only available for current Choristers. The time will be used for music theory tuition for those who wish to work towards grade 5 theory, or they may opt to use this time for private study or music practice/lessons.	
Equipment	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	



Community Engagement and Volunteering (V)		Years 7-10 Lower Sixth 15 Spaces
Description	A chance to 'give something back' and gain experience helping others in a variety of different settings. This is a great way to do volunteering towards DofE and to build up your own personal experience and confidence working with people. Pupils not participating in DofE are welcome too. This activity includes trips offsite to community settings around Cornwall to care homes, community centres and outdoor spaces, supporting local people and making a difference. Led by Mr Chamberlain and Rev Helen.	
Equipment	School uniform or smart casual clothing (no denim or inappropriate clothing)	
Time	1.00pm – 4.00pm	
Costs	N/A	

Cookery 'Summer Cooking' (S)		Year 10 20 Spaces
Description	<p>Hands on cookery course including a wide range of basic cookery skills to make some classic 'recipes for a lifetime' including:</p> <ul style="list-style-type: none"> • Summer Pavlova • BBQ Chicken with Chilli and Lime Slaw • Homemade Sausage Rolls <p>The cost of activity will include all ingredients, tuition and recipes. This will include suitable, recyclable/reusable, containers in which to bring home their creation in one piece.</p> <p>***Please advise us of all dietary needs when booking and we will do our very best to adapt recipes to accommodate all requirements if possible. ***</p> <p>***Please note pupils will need to commit to the whole course although a 'takeaway kit' of ingredients and a recipe can be provided by arrangement for any missed weeks.</p> <p>***Any questions or notification of dietary needs please email cookeryclubs@truroschoo.com</p>	
Equipment	All supplied	
Time	2.05pm – 3.50pm	
Costs	£101 for the Summer Term (9 sessions), to include all ingredients and containers. This is a termly charge and no refunds will be given for missed sessions. Please note on the first session pupils will be taught how to cook safely and hygienically and a smaller dish will be made, this session is at the reduced cost of £5.	

Cricket (P)		Years 7-10 Lower Sixth No minimum/maximum
Description	Cricket is offered as both a competitive and recreational option. Team players will play scheduled fixtures, with non-team players engaging in coaching and practice matches. Pupils who want to represent the school at Wednesday matches should choose this option.	
Equipment	Cricket whites or school PE kit to be worn, personal cricket equipment if owned can be brought to the school. There will be school equipment to borrow if needed	
Time	2.05pm – 3.50pm (varies dependent on fixtures)	
Costs	N/A	



Digital Photography (S)		<p>Years 7-10</p> <p>Lower Sixth</p> <p>16 Spaces</p>
Description	Exploring their creativity or developing understanding, in this activity pupils will have the opportunity to consider how cameras and lenses work and exploit the numerous camera settings beyond point-and-shoot. They can also develop techniques in editing their images using image processing and manipulation software. The pupils will use other Wednesday activities and school grounds as their muses	
Equipment	Pupils should provide their own digital camera.	
Time	2.05pm – 3.50 pm	
Costs	Pupils may print their pictures, up to A1 size, with a charge being added to the end of term bill.	

Drama Junior Play (S, V)		<p>Year 7-8</p> <p>30 Spaces</p>
Description	A chance to perform in a selection of fabulous one-act plays in The Burrell Theatre at the end of the Summer Term. <i>Please note the later finishing time.</i>	
Equipment	Provided by the school	
Time	2.05pm – 5pm	
Costs	N/A	

Drama Senior Play 'Hamlet' (S, V)		<p>Year 12-13</p> <p>Only for Hamlet company members already cast</p>
Description	A chance to perform in a selection of fabulous one-act plays in The Burrell Theatre at the end of the Summer Term. <i>Please note the later finishing time.</i>	
Equipment	Provided by the school	
Time	2.05pm – 5pm	
Costs	N/A	

Dungeons & Dragons (S)		<p>Years 7-10</p> <p>Lower Sixth</p> <p>16 Spaces</p>
Description	Explore subterranean labyrinths! Plunder hordes of treasure! Battle legendary monsters! Dungeons & Dragons is a storytelling role-playing game set in a world of swords and sorcery, driven only by your imagination. It's about picturing a crumbling castle in a darkening forest and imagining how a fantasy adventurer might react to the challenges that scene presents. In this fantasy world, the possibilities are limitless. This activity uses the D&D Beyond website. To participate, create a Wizards, Apple or Google account and age verify it with your parent's assistant. This must be done before the first session using the link: dndbeyond.com/create-account . If you already have one of these accounts, you can log in to the D&D Beyond website with it. Please ensure your account has been age-verified and you have full access before the first session.	
Equipment	The school will provide Google Chromebooks to access the D&D Beyond website. If you wish, you may use your own smart device or laptop instead.	
Time	2.05pm – 3.50pm	
Costs	N/A	



Fencing with Truro Fencing Club (P)		Years 7-10 Lower Sixth 16 Spaces
Description	<p>Fencing is more than a sport: it's a discipline that teaches you to challenge your limits, stay focused under pressure and react with precision.</p> <p>Fencing is a combat sport testing mental and physical strength, as well as tactical and technical ability. This sport is accessible to all ages and is a beginners' fencing course in sabre.</p>	
Equipment	School PE t-shirt, tracksuit bottoms and trainers to be worn. All technical equipment will be provided. Please bring a water bottle.	
Time	2.05pm – 3.50pm	
Costs	N/A	

Gardening Club (S)		Years 7-10 Lower Sixth 16 Spaces
Description	<p>Gardening has been seen to really help boost our mental health and help our connectedness with nature. It is also a great opportunity to help make areas of our school site look even more better for both ourselves and nature. We will be working on the wildlife pond, developing the garden beds and look at how we can make the garden even better for us and nature!</p>	
Equipment	Gardening gloves and wellies	
Time	2.05pm – 3.50 pm	
Costs	N/A	

Golf at Halwyn (P)		Years 7-10 Lower Sixth 14 Spaces
Description	<p>HALWYN offers TrackMan Range Technology with unrivalled ball tracking. You will be able to play numerous courses from around the world with trackman simulators. There will also be competitions to participate in.</p> <p>This activity is only suitable for players who have an official golf handicap.</p>	
Equipment	All equipment provided, but if you have your own equipment, you are welcome to bring it.	
Time	2pm – 4pm (session time 1 hour)	
Costs	£90 for the Summer Term (9 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Golf at Truro Golf Club (P)		Years 7-10 Lower Sixth 9 Spaces
Description	All abilities are welcome, but these sessions are more suitable to beginners. Sessions will be led by a Truro Golf Club Pro – Scott Richards, or one of his team.	
Equipment	All equipment provided, but if you have your own equipment, you are welcome to bring it.	
Time	1.45pm – 3.50pm	
Costs	£90 for the Summer Term (9 sessions) This is a termly charge and no refunds will be given for missed sessions.	



Hack the World with Computers (S)		Years 7-10 Lower Sixth 16 Spaces
Description	Use sensors and build data-loggers with BBC micro:bits and Raspberry Pi Picos . Record light, temperature and sound, then explore your data in Python and Excel. Track daylight, spy on school noise, map temperature changes, monitor traffic. Perfect for anyone who loves computing, electronics and real-world puzzles!	
Equipment	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Horse Riding (P)		Years 7-10 Lower Sixth 8 Spaces
Description	At Goonbell Riding School, beginners and novices will learn the basics of riding and horsemanship whilst intermediate pupils will be able to improve their flatwork and begin jumping. As well as lessons in the large indoor school there will be regular opportunities to ride out on the local bridleways. This group is not suitable for very experienced riders. Each session lasts an hour.	
Equipment	Boots or shoes with a small heel, a waterproof jacket in inclement weather and tracksuit bottoms or jodhpurs should be worn. Riding gloves with grip palms are desirable. A well-fitting riding helmet conforming to EN1384 or PAS015 safety standards is essential and may be borrowed from the riding school	
Time	1.10pm – 4pm. A packed lunch will be provided each week for all pupils	
Costs	£324 for the Summer Term (9 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Music Composing Club (S)		Years 7-10 Lower Sixth 16 Spaces
Description	Open to pupils from all years. Create music using your own instruments or computer software, perform and record. Opportunities to perform to others will be available. For any questions, please contact Miss Leigh mjl@truroschoo.com	
Equipment	Bring your own instrument.	
Time	2.05pm – 3.50pm	
Costs	N/A	

Music Improvisation (S)		Years 7-10 Lower Sixth 16 Spaces
Description	Musical Improvisation is at the heart of all composition and many of the greatest performers of all time. Starting from rock bottom, explore how improvisation works through your instrument. You do not need to be able to read music (although you'll learn some!), just an ability to play an instrument. For any questions, please contact Mr Osmond rto@truroschoo.com	
Equipment	Please bring your own instrument.	
Time	2.05pm – 3.50pm	
Costs	N/A	



Rounders (P)		
Description	Rounders is both a competitive and recreational option. Team players will play away at fixtures on some Wednesday afternoons, with home fixtures also held on some Thursdays; with non-team players engaging in coaching and practice matches.	Years 7-10
Equipment	School PE kit to be worn all other equipment is provided by the school.	Lower Sixth
Time	2.05pm – 3.50pm dependent on fixtures	No minimum/maximum
Costs	N/A	

Rugby and Football – Boys and Girls (P)		
Description	A combination of practice, games and tournaments themed on rugby and football, with a variation of traditional laws (T1 rugby for example) Pupils will select their preferred sport (rugby or football) for the half term. The focus of this activity is to increase skill levels in rugby and football, experience new games and tactics and enjoy these sports with a different and exciting twist. <i>There may be times where the sessions take place away from school.</i>	Year 9 - 10
Equipment	School PE kit to be worn all other equipment is provided by the school.	Lower Sixth
Time	2.05pm – 3.50pm	No minimum/maximum
Costs	N/A	

Sailing (P)		
Description	Weekly sailing sessions that are aimed to introduce dinghy sailing or, where possible, develop pre-existing skills within the sport. In a variety of small boats, pupils will be encouraged to demonstrate determination, teamwork and independence, and will be challenged with new skills, theoretical topics, and different weather conditions each week. A variety of teaching methods will be used, including but not limited to land-based drills, mixed sessions afloat including games, and where required land-based theory. In inclement weather conditions this activity will be moved to Trevassack Lake on the Lizard instead.	Years 7-10
Equipment	Wetsuit, closed toe shoes preferably wetsuit boots NOT wellies or Crocs, a light waterproof jacket (ideally a spray top) and towels / dry robe. Helmets and lifejackets can be borrowed, but please bring your own if you prefer. Pupils will need to change before leaving school as there are limited changing facilities at the river. Trevassack Lake has both male and female changing rooms. It is advisable to bring sun cream and water.	Lower Sixth
Time	1.00pm – 5.00pm	12 Spaces
Costs	£373.50 for the Summer Term (9 sessions). This is a termly charge and no refunds will be given for missed sessions.	Minimum 10 pupils



Skateboarding (P)		
Description	<p>Access to the largest indoor skatepark in the Southwest to enable pupils to practice or learn skateboarding in a safer environment. Mount Hawke boasts one of the best skateparks in the country and offers a huge variety of ramps and obstacles that caters for all levels from beginners to expert levels.</p> <p>Mount Hawke Skatepark has 2 indoor street sections, bowl, pool, a mini ramp, a mini/mini ramp, vert ramp, jump box section and an outdoor street plaza (subject to weather conditions).</p> <p>Coaching is available for beginners or skaters wishing to learn something new.</p>	<p>Years 7-10</p> <p>Lower Sixth</p>
Equipment	<p>Helmets are compulsory. There is minimal equipment to borrow at Mount Hawke, so pupils need to have their own equipment. Pupils should bring in their own skateboards and helmets. Skateboards must not be used around the school site; therefore, pupils must only bring their own skateboard into school if they store it safely each Wednesday in their form room. Beginners should wear appropriate safety equipment such as knee pads and wrist guards. Priority will be given to new pupils who have not accessed this activity in previous terms.</p> <p><i>Please note no other wheeled sporting equipment is permitted e.g. Scooters.</i></p>	<p>24 Spaces</p>
Time	1.15pm – 4.30pm	
Costs	£108 for the Summer Term (9 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Soft Toy Making (S)		
Description	<p>Join our exciting club where pupils will spend 11 weeks creating their very own soft toy! With a variety of patterns provided, participants will learn how to read and follow sewing patterns, along with mastering basic hand-sewing techniques. In this group we are trying to recycle as many pieces of equipment and materials as possible and are asking pupils and school staff to donate pre-loved materials including items of bedding, curtains and even clothing can be used. We will provide cottons, needles, and stuffing. This club is perfect for pupils who are ready to explore their creativity and craft a special, handmade toy. Please note the patterns are repeated from previous terms.</p>	<p>Years 7-10</p> <p>Lower Sixth</p> <p>16 Spaces</p>
Equipment	Pre-Loved Fabric. All other equipment to be provided by the school.	
Time	2.05pm – 3.50pm	
Costs	N/A unless a considerable amount of consumables is used	



Surfing 'Competition Group' (P)		
Description	<p>Working with Makai (formally Global Boarders) our Competition Surfing group is designed for intermediate to advanced surfers looking to take their skills to the next level. Each week, we'll go mobile in search of the best waves, ensuring pupils get the most out of every session. Locations include Perranuthnoe, Praa Sands, Porthkidney, Bluff Beach, Gwithian, Portreath, Perran Sands, South Fistral, and parents and pupils will be notified by Wednesday morning which location will be used.</p> <p>Throughout the course, surfers will benefit from photo and video analysis, competition training, and technical coaching, helping them refine their technique, improve wave selection, and develop their competitive edge. Whether aiming for local contests or simply looking to progress, this group provides a focused, high-performance coaching environment to help pupils push their limits in the water. The Competition group is for surfers who have an excellent skill set and proven record. Surfers will be disciplined, well behaved and have a desire to improve. Numbers are limited to make sure each pupil receives the best surf experience.</p> <p>Please note that this activity will not return in time for the school buses.</p>	<p>Years 7-10</p> <p>Lower Sixth</p> <p>10 Spaces</p> <p>(Ratio of 5:1)</p>
Equipment	<p>Pupils to provide a winter or Autumn 4/3mm wetsuit, hood, gloves, boots, board, changing robe. Sun cream is also required. Equipment can be borrowed if required, however pupils in this group, as regular surfers, will be expected to bring their own. If this is not possible, on a particular occasion, you must speak with Mr Meads DJM@truroschool.com at least 2 days before the session to arrange for kit to be supplied.</p>	
Time	1.30pm – 6.00pm	
Costs	£252 for the Summer Term (9 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Surfing 'Progressive Group' (P)		
Description	<p>Working with Makai (formally Global Boarders) our Progressive Surfing Group is designed for beginner to improver surfers looking to develop their skills in a fun and structured environment. Each week, we'll surf at South Fistral when the swell is small, with Praa Sands as our backup option for larger, stormier days. Parents and Pupils will be notified by Wednesday morning as to which location will be used.</p> <p>As part of the course, pupils will be assessed through the Surfing England Junior Surfers Scheme, which includes five progressive levels. Each surfer will receive a logbook outlining key skills at each stage and a certificate upon completion of each level.</p> <p>Once at the beach, pupils will be divided into smaller groups based on ability:</p> <ul style="list-style-type: none"> • White Waves Group – Building confidence in the white water • Green Wave Group – Learning to paddle out and catch unbroken waves • Turns Group – Developing maneuvers and improving wave-riding technique <p>To ensure consistency and progression, pupils will work with the same coach each week, allowing for personalised guidance and steady improvement.</p>	<p>Years 7-10</p> <p>Lower Sixth</p> <p>40 Spaces</p> <p>(Ratio of 8:1)</p> <p>Minimum 30</p>



	<p>This programme provides a supportive, structured, and exciting pathway for pupils to progress their surfing skills, gain confidence in the water, and achieve recognized surf development milestones.</p> <p>Boards and equipment can be provided for pupils according to their needs. Pupils are welcome to bring their own equipment, but the coaches will approve the kit before it is used. If you are thinking of investing in kit, please ask one of the coaches for advice before making purchases.</p> <p>Please note that this activity will not return in time for school buses.</p>	
Equipment	All equipment will be provided if required, however pupils are welcome to bring their own wetsuit, hood, gloves, boots, and board. A changing robe and sun cream are required.	
Time	1.30pm – 6.00pm	
Costs	£252 for the Summer Term (9 sessions). This is a termly charge and no refunds will be given for missed sessions.	

Surfing ‘Beginners Group’ – Learn to Surf with Stoked Surf School (P)		
Description	<p>Surfing with Stoked Surf School in Perranporth. These sessions are perfect for beginners. The group will work with coaches on building confidence in the water, catching waves and how to read a ‘surf chart’ to find the best surf spot. Boards and equipment will be provided for pupils.</p> <p>Also included is the Loop Band – Surfing ability measure of skill https://stokedsurfschool.co.uk/surfing-ability/</p> <p>Please note that this activity will not return in time for school buses.</p>	<p>Years 7-10</p> <p>Lower Sixth</p>
Equipment	All equipment will be provided if required, however pupils are welcome to bring their own summer thickness wetsuit, hood, gloves, boots and board. A changing robe and sun cream are required. Pupils are welcome to bring their own equipment, but the coaches will approve the kit before it is used. If you are thinking of investing in kit, please seek coach advice before purchasing.	<p>24 Spaces</p> <p>(Ratio of 8:1)</p>
Time	1.30pm – 5.00pm	
Costs	£225 for the Summer Term (9 sessions). This is a termly charge and no refunds will be given for missed sessions.	

Tennis (P)		
Description	Located at School, this is an activity suited to players of all abilities; differentiated by ability to improve their singles and doubles game.	Years 7-10
Equipment	School PE kit to be worn	Lower Sixth
Time	2.05pm – 3.50pm	35 Spaces
Costs	N/A	

Wargaming (S)		
Description	In Wargaming, groups of pupils try their hands at some of the most popular specialist board games, mostly historical simulations and/or resource management. This activity offers pupils opportunities for competitive interaction, problem-solving and teamwork, not to mention broadening their knowledge and understanding of the past.	<p>Years 7-10</p> <p>Lower Sixth</p>
Equipment	To be provided by the school	16 Spaces
Time	2.05pm – 3.50pm	
Costs	N/A	



Watersports with Elemental (S)		
Description	We will cover a variety of watersports at Swanpool Beach in Falmouth, including paddleboarding, kayaking, raft building, canoeing, coastering, and sailing. Since these are weather-dependent, we will select the specific activity each week based on the forecast. Additionally, pupils will spend one session within the 9 week programme at the Elemental Surf Lodge in Newquay, where they will focus on surfing and bodyboarding. This will be on the 3rd June.	Years 7-10
Equipment	Please bring a wetsuit if you have one (if not one can be provided), wetsuit gloves. You must bring shoes to wear in the water (preferably wetsuit boots or old trainers), a light waterproof jacket (ideally a spray top) and a towel. A changing robe is also beneficial. Buoyancy aids and helmets will be provided. Changing facilities will be available. Pupils should either travel in uniform or Truro School PE kit. Warm clothes are required to change into after the activity finishes.	Lower Sixth 8 Minimum 16 Maximum (Ratio of 8:1)
Time	1.15pm – 5pm	
Costs	£351 for the Summer Term (9 sessions). This is a termly charge and no refunds will be given for missed sessions.	

Duke of Edinburgh

Throughout this booklet suggestions are made where these activities can be used for Duke of Edinburgh sections. This is not a complete list and doesn't guarantee ability and suggestions should be discussed with Mr Aston (mra@truroschoo.com).

Volunteering (V)	Undertaking service to individuals or the community (must not be for a business)
Physical (P)	Improving in an area of sport, dance or fitness activities (if you sweat...it is a physical)
Skill (S)	Developing practical and social skills and personal interests (not sporting or physical activities)



Truro School Senior and Sixth

Trennick Lane
Truro
Cornwall
TR1 1TH

FOR GENERAL ENQUIRIES:

EMAIL: enquiries@truroschoo.com

TELEPHONE: 01872 272763

Truro School is part of the Methodist Independent Schools Trust.
Registered Office: 66 Lincoln's Inn Fields, London WC2A 3LH
Charity Number: 1142794
Company Number: 7649422