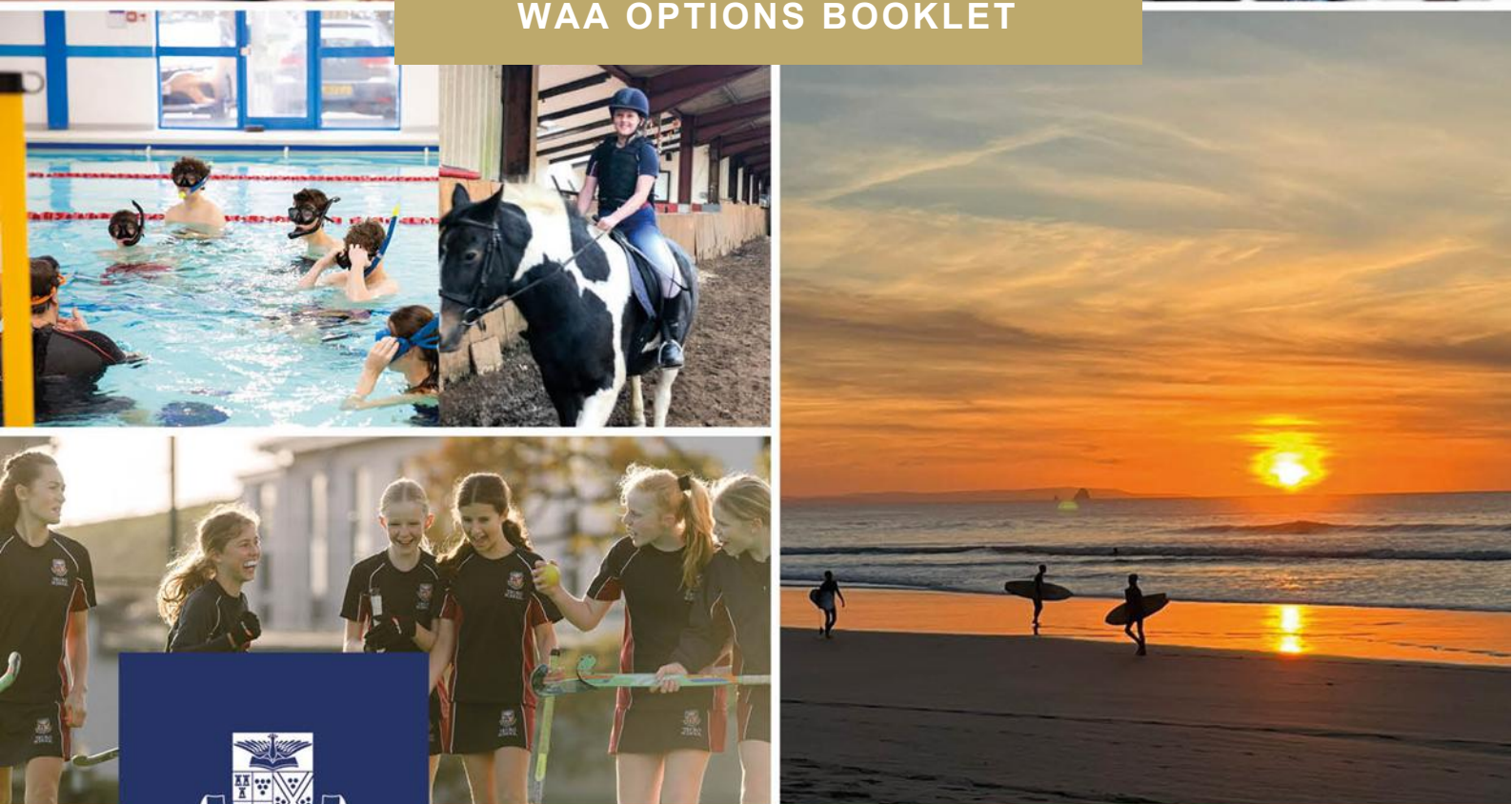




WAA OPTIONS BOOKLET



**TRURO
SCHOOL**

Wednesday Afternoon Activities (WAA)

AUTUMN TERM 2026
9 SEPTEMBER - 9 DECEMBER
12 SESSIONS
YEARS 7 – 13

NURSERY | PREP | **SENIOR** | **SIXTH FORM**

Zoe Jobling

DEPUTY HEAD

(CO-CURRICULUM & PARTNERSHIPS)



Gemma Hellings²

ADMINISTRATOR TO THE DEPUTY HEAD

(CO-CURRICULUM & PARTNERSHIPS)



Wednesday Afternoon Activities Programme

The Wednesday Afternoon Activities programme is an important part of life at Truro School, giving pupils the opportunity to step beyond the traditional classroom and explore a wide range of experiences, interests and skills as part of their weekly timetable.

Our aim is for every pupil to take part in activities that are enjoyable, purposeful and enriching, while also providing opportunities to:

- develop and maintain a healthy, active lifestyle and discover activities that can continue to enrich their lives in the future;
- learn something new or develop an existing skill in a supportive and safe environment;
- enjoy spending time with pupils from different year groups, as well as staff, in a relaxed setting outside the classroom;
- experience the satisfaction that comes from making a positive contribution to an activity or group;
- develop valuable skills and attributes for higher education and the world of work, including self-discipline, commitment, teamwork, leadership and confidence.

Full details of the activities available to each year group are provided in the following pages. Pupils are asked to select different activities throughout the year wherever possible. This helps to create a good balance of experiences, while also giving more pupils the opportunity to take part in popular activities where places may be limited.

We encourage pupils and parents/guardians to look through the activities together and consider the options carefully. Choices should be based on each pupil's own interests and enthusiasm rather than on what their friends have selected.

Making your child's selection

Parents will need to complete the online selection form. The link will be sent by email and is also provided on the next page. Forms must be completed by **9am on Tuesday 1 September**. If a selection has not been made by this deadline, we will allocate an in-school activity on your behalf.

Pupils will be informed of their allocated activity by their form tutor on **Friday 4 September**. Emails will only be sent to pupils who have been allocated an off-site activity.

The first activity afternoon will take place on **Wednesday 9 September 2026**, with the final session on **Wednesday 9 December 2026**.

All pupils in **Years 7–12** are required to select a Wednesday Afternoon Activity. **Year 13 pupils** may choose to sign out for private study; this must be indicated on the form. Alternatively, they may select an activity.

Please note that **Period 5/6 on Wednesday is a timetabled lesson, and pupils in Years 7-12 are expected to attend as normal.**

Places in individual activities cannot be guaranteed. Pupils should therefore select **four different options** and be prepared to participate in any one of their choices for the whole term. Once allocated, activities cannot be changed or swapped.

Where an activity carries a charge, payment is required for the full term once a place has been allocated. Unfortunately, refunds cannot be offered for missed sessions.

If you would like further information about a particular activity or have any general questions about the Wednesday Afternoon Activities programme, please contact waa@truroschool.com.

Zoe Jobling

Deputy Head (Co-Curriculum & Partnerships)

Gemma Hellings

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



Pupils, via parents, guardians, carers should indicate their four preferences on the Wednesday Afternoon Activities Autumn Term 2026 Options <https://forms.cloud.microsoft/e/8EcCExfdQa> **Changes will not be permitted once term commences, unless there is a valid medical reason, therefore, please choose together carefully. Charges will apply even if non-attendance. You may be allocated any of your four choices.**

Message from Mr Dan Sanderson, Director of Sport

There are a wide range of sporting and non-sporting options available during Wednesday Afternoon Activities (WAA), and pupils are free to choose any activity.

If you wish to represent the school in Wednesday fixtures, you should select that sport as your Wednesday Afternoon Activity. However, pupils who choose a different WAA activity may still take part in fixtures held on other days, provided they attend the relevant training sessions.

Please note that pupils may not be excused from their chosen WAA activity to participate in fixtures. Therefore, if taking part in Wednesday fixtures is a priority for your child, the recommendation is to select that sport as your Wednesday Activity on the online form.

If you have any questions or are unsure which option to choose, please contact djs@truroschoo.com.

Art "Bronze Arts Award" (S)		Year 7 & 8 16 Spaces
Description	The Bronze Arts Award is a creative qualification that encourages you to explore the world of art in an exciting and thoughtful way. You don't need to be brilliant at drawing or painting, it's all about getting involved, developing your understanding of the arts, and sharing your ideas and opinions. As part of the award, you will take part in an arts activity, visit an exhibition or performance and write a review, explore the work of an artist or arts organisation, and share a skill you have learnt with others. There are written elements throughout the course, where you will reflect on your experiences and record your ideas. You will collect everything in an online portfolio to showcase your creative journey. Most of the work can be completed during WAA sessions, with some sections finished at home. On completion, you will receive a nationally recognised certificate from Trinity College London. It's a fantastic opportunity to celebrate your creativity, build confidence, and develop valuable skills both in and beyond school.	
Equipment	Provided by school	
Time	2.05pm – 3.50pm	
Costs	£28.50 for the Autumn Term. This covers the cost of the Bronze Art Award. No refunds will be given.	



Art - Ceramics Club (S)		All Years 16 Spaces
Description	Pupils will be developing a ceramic project that gives them the chance to expand their knowledge and skills.	
Equipment	Provided by the school	
Time	2.05pm – 3.50pm	
Costs	N/A	

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

British Army Fitness (P)		All Years 24 Spaces
Description	Each session is outdoors and will include a warm up, cardio and strength training, and a cool down with stretches. If the weather is poor, we will use a dry space in the SBA. The sessions will be broken down into three ability levels – all abilities are welcome, anyone from those who have not trained before to fitness machines. Sessions will focus on cardio as well as strength. Military Fitness is all about training together. You will get muddy, out of breath and will ache the next day but you will definitely get fitter and it is a highly social way to build health and fitness. Please note - Some weeks will involve going off site to Malpas for an extended run and if you sign up for this WAA you consent to you child leaving the school site.	
Equipment	T-shirt and shorts that you do not mind getting wet and muddy. Waterproofs if wet. Shoes with reasonable grip so you can run on grass in the winter months.	
Time	2.05pm – 3.50pm	
Costs	N/A	

Choristers (S)		All Years
Description	This option is only available for current Choristers. The time will be used for independent music theory study 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 in the music school.	
Equipment	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	



Community Volunteering with Rev Helen (V)		All Years 16 Spaces
Description	Experience volunteering 'hands on' out in your local community. Ever thought it would be nice to make a difference in your local community? Well, here is your chance. Rev Helen has put together a busy and exciting programme for you to get some 'taster sessions' on various ways to help the local community. The Volunteering Experiences include: • Hands on experience of how a foodbank operates • Beach cleans – before and after, on and off the beach! (going behind the scenes) • Being alongside someone living with dementia and learning skills to support them Each experience will be over 3 weeks, including training beforehand and certificates awarded afterwards. This will count your World Aims Colours. All pupils will remain as one group throughout the term.	
Equipment	N/A	
Time	2.05pm – 3.50pm Please note - we may need to leave school earlier some weeks, but we will communicate with you beforehand	
Costs	N/A	

Competition Debating (S)		All Years 16 Spaces
Description	Are you competitive? Do you love a good argument? Want the chance to question and discuss the big issues of our time? Test your wits; strengthen your ability to argue; be a critical thinker; develop your confidence and presentation skills. Come along and have a go at learning the different styles of debating while working as part of a vibrant team.	
Equipment	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	



Cookery 'Patisserie' (S)		Years 11 - 13 20 Spaces
Description	Skills to make some classic sweet 'recipes for a lifetime' including; • Rhubarb and Mascarpone Tart • Sticky Toffee Pudding • Lime & Coconut Swiss Roll The cost of this 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. ***Please advise us of all dietary needs when booking and we will do our best to adapt recipes to accommodate all requirements if possible. ***Please note pupils will need to commit to the whole course although a 'takeaway kit' of ingredients and a recipe can be provided by advanced arrangement for any missed weeks. Any questions or notification of dietary needs please email the cookery school cookeryclubs@truroschool.com	
Equipment	All supplied	
Time	2.05pm – 3.50pm	
Costs	£144 per term for 12 sessions, to include all ingredients and containers. This is added to the school bill.	

Digital Photography (S)		All Years 16 Spaces
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. A limited number can be borrowed, but pupils should check availability with Mr Picton before signing up.	
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 Play 'Jesus Christ Superstar' (S)		Pupils who are already in the cast plus new cast members selected by audition
Description	Performances 18-21 November. NOTE: pupils will also be expected to attend after school rehearsals on Fridays 4-6pm in addition to WAA. There will be auditions at the start of term for new pupils to potentially join the cast. New pupils who are successful at these September auditions will be able to switch WAA as long as they haven't chosen a paid activity. After the performances in November, pupils will remain in this WAA activity until Christmas. Email Mr Oldfield with any questions – bto@truroschool.com	
Equipment	Provided by the school	
Time	2.05pm – 5pm Please note later finish	
Costs	N/A	

Dungeons & Dragons (S)		All Years 12 Spaces
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 Chromebook laptops 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)		All Years 16 Spaces
Description	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. 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. Sessions are delivered as part of our Fencing partnership with Truro Fencing Club's Head Coach.	
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	



Fitness Suite (P)		All Years 24 Spaces
Description	Pupils will follow an individual training programme and will be expected to work hard during these sessions. Pupils can work on the aerobic and resistance machines following a pre-planned routine.	
Equipment	School PE kit to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	

Football (P)		Years 10 - 13 24 Spaces
Description	Football is offered in the Autumn term as a social activity, prior to the football season in the Spring term. All are welcome to attend this activity.	
Equipment	School PE kit and trainers to walk in, boots with studs and shin pads.	
Time	2.05pm – 3.50pm	
Costs	N/A	

Gardening Club (S)		All Years 16 Spaces
Description	Get your hands dirty helping us transform the site into a mass of colour and produce. We will be focusing on developing key areas within the school grounds as well as exploring opportunities in our local community to support and sustain local habitats.	
Equipment	Please bring your own Gardening gloves and wellies	
Time	2.05pm – 3.50 pm	
Costs	N/A	

Golf at Truro Golf Club (P)		Years 7-9 9 Spaces
Description	All abilities are welcome, however please bear in mind that 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	£120 for the Term (12 sessions) This is a termly charge and no refunds will be given for missed sessions.	



Hockey (girls) (P)		Years 7, 8, 10 & 11
Description	Hockey is an option for Years 7, 8, 10 & 11 girls. Wednesday sessions will consist of coaching and matches throughout the term. All abilities welcome. Pupils who wish to participate in Wednesday hockey fixtures should select this option.	
Equipment	School games kit, mouth guards and shin pads to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	

Horse Riding (P)		All Years 8 Spaces
Description	At Goonbell Riding School, beginners and novices will learn the basics of riding and equestrianism 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	£456 Autumn Term (12 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Music Composing Club (S)		All Years 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.	
Equipment	Bring your own instrument.	
Time	2.05pm – 3.50pm	
Costs	N/A	



Netball (P)		Years 9 - 13
Description	Netball is an option for Years 9 - 13. Netball is offered both as a recreational and competitive activity. Wednesday sessions will consist of training and matches. All abilities welcome. Pupils who wish to participate in Wednesday netball fixtures should select this option.	
Equipment	Games kit to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	

Physical Computing (S)		All Years 16 Spaces
Description	Pupils interested in computing, programming and electronics will have the opportunity to learn about Physical Computing by programming the Raspberry Pi Pico in Python, with various electronic components as inputs and outputs, including creating a programmable buggy and automating seasonal decorations. Some previous programming experience will be beneficial, a willingness to try hard and solve problems is essential.	
Equipment	Provided by the department	
Time	2.05pm – 3.50pm	
Costs	N/A	

Physics (Physics, Electronics and Astronomy) (S)		Years 7 - 10 16 Spaces
Description	We will be looking at various aspects of physics, electronics and astronomy. We will look at simple radio technology, building a radio receiver and will visit the Marconi Centre at Poldhu. We will follow an introduction to understanding and building electronic circuits, including soldering skills. Using the numerous telescopes that we have in our 'observatory' base in the fields above the school, we will undertake both observational and theoretical activities.	
Equipment	Provided by the department	
Time	2.05pm – 3.50pm	
Costs	N/A	

Rugby (Boys Only) (P)		Boys Only All Years
Description	Rugby is offered both as a recreational and competitive activity for boys in Year 7-13. Wednesday sessions will consist of training and matches with all abilities and experience welcome as both training and fixtures accommodate all individual needs. Pupils who wish to be selected for school sides in Rugby fixtures and tournaments throughout the term must select this as an option so they can be considered for selection.	
Equipment	PE kit and mouth guard to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	



Sailing (P)		All Years 12 Spaces
Description	Beginners to intermediate sailing course. Learn to sail your own dinghy or develop your previous sailing skills with the very experienced Children's' Sailing Trust (CST) on the beautiful Helford River. Under the expert eye of a RYA Dinghy Instructor, students will soon be sailing their own dinghy and can work towards the Royal Yachting Association (RYA) dinghy schemes, with logbooks issued to record progress and certificates awarded upon successful completion of each stage. In inclement weather conditions this activity will be moved to Trevassack lake on the Lizard instead. <i>This course is not suitable for already competent sailors.</i>	
Equipment	Wetsuit, shoes (preferably wetsuit boots), 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.	
Transport	School minibus	
Time	1.00pm – 5.00pm	
Costs	£492 for the Autumn Term (12 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Skateboarding (P)		All Years 24 Spaces
Description	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. Mount Hawke Skatepark has two 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). Coaching is available for beginners or skaters wishing to learn something new, with opportunity to try new skills in the large space. Skateboarding is a higher risk activity. It is not advisable for any pupil with a health issue, illness or medical issue that could prevent participation. All participants will complete Mount Hawke's terms and conditions before participating.	
Equipment	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. <i>Please note no other wheeled sporting equipment is permitted e.g. Scooters.</i>	
Time	1.15pm – 4.30pm	
Costs	£156 for the Autumn Term (12 sessions) This is a termly charge and no refunds will be given for missed sessions.	



Surfing 'Competition Group' (P)		All Years 10 Spaces
Description	Working with Makai 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 of which location will be used. 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.	
Equipment	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@truroschoo.com at least 2 days before the session to arrange for kit to be supplied.	
Time	1.30pm – 5.30pm	
Costs	£372 for the Autumn Term (12 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Surfing 'Progressive group' (P)		All Years 24 Spaces
Description	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. 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. Once at the beach, pupils will be divided into smaller groups based on ability: • 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	



	To ensure consistency and progression, pupils will work with the same coach each week, allowing for personalised guidance and steady improvement. 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. 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.	
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 – 5.30pm	
Costs	£360 for the Autumn Term (12 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	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. Also included is the Loop Band – Surfing ability measure of skill https://stokedsurfschool.co.uk/surfing-ability/ Please note that this activity may not return in time for school buses.	All Years
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.	15 Spaces
Time	1.30pm – 5.00pm	
Costs	£324 (includes loop band and certificate) for the Autumn Term (12 sessions). This is a termly charge and no refunds will be given for missed sessions.	

Swimming (P)		
Description	Pupils will be following training programmes to improve technique, strength and stamina in swimming with a qualified swimming coach.	All Years
Equipment	Swimming costume, goggles and towel.	20 Spaces
Time	2.05pm – 3.50pm	
Costs	N/A	



Tennis – Boscawen Park (P)		All Years 24 Spaces
Description	Located at Boscawen Park, a relaxed and friendly session open to players of all abilities. This is a non-coached, non-competitive session designed for pupils who enjoy playing tennis, meeting new people, and having fun. Whether you're a beginner or have played before, tennis will provide social games and a great way to stay active. In choosing this activity, parents are consenting to their child walking to and from Boscawen Park under academic teaching staff supervision.	
Equipment	School PE kit to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	

Wargaming (S)		All Years 16 Spaces
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	
Equipment	To be provided by the school	
Time	2.05pm – 3.50pm	
Costs	N/A	

Watersports at Elemental UK Swanpool (P)		All Years 8 Minimum 16 Maximum (Ratio of 8:1)
Description	This term with Elemental we will be alternating the weeks between the Swanpool and Newquay centres, simply rotating the locations and activities on offer each week. At Swanpool Beach in Falmouth, there will be a mixture of watersports on offer, including kayaking, paddleboarding, raft building, giant MEGA SUPs, and beach lifesaving. Meanwhile, at the Newquay site near Fistral Beach, we would offer surfing, bodyboarding, and beach games. Please note that this activity will not return in time for school buses.	
Equipment	Please bring a wetsuit if you have one, if not, one can be provided. You must bring shoes to wear in the water preferably wetsuit shoes or old trainers, swimwear for under the wetsuit, a light waterproof jacket (ideally a spray top) and a towel. 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.	
Time	1.30pm – 5.15pm	
Cost	£480 for the Autumn Term (12 sessions) This is added to the school bill. This is a termly charge and no refunds will be given for missed sessions.	



Duke of Edinburgh Award

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@truroschool.com). These sections must be completed before pupils can complete their qualifying expedition.

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

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