



**DOWNSEND
SCHOOL**

Inspiring Young Minds

Senior School 'STRETCH' Programme

SPRING 2025

A COGNITA SCHOOL

Early Birds and Supervised Study

To assist with our staffing and safeguarding, we ask you to book your child in for the whole term.

Charges will be added to your account on Cognita Connect at the start of the Spring Term.



Early Birds and Supervised Study will commence from Tuesday 7th January.

Early Birds and Breakfast
7:30am - 8am
£7.50 per day

Held in the Dining Hall, where the catering team will be offering breakfast items from 50p (cash only please).

Supervised Study
Until 5:45pm
£15 per day

Supervised Study is an opportunity for pupils to tackle their homework whilst in the presence of teaching staff.

Sandwiches and a fruit platter are available and included in the price.

Please note if collection is after 5:45pm there is a £20 late charge each time.

There is no Supervised Study on the last day of term due to the school closing earlier.

Emergency Ad-hoc

We do understand that there are occasions when booking in advance is not possible.

In the event that you need to book your child for Supervised Study please email seniorschool@downsend.co.uk by 1pm or call the school office.

These sessions will be billed via Cognita Connect as they are incurred.

'STRETCH'

We pride ourselves on the breadth of opportunity we provide for our young people to gain new skills. Through our STRETCH programme, we seek to inspire every pupil, encouraging them to pursue and develop their individual interests and abilities, providing them with valuable learning experiences alongside their studies to become independent, mature individuals.

At Downsend we offer a wide variety of STRETCH activities across the school, to ensure that every child from Nursery to GCSE has a chance to try something to expand their skill set, specifically those that will develop their future skills.

- In the Spring term, our STRETCH activities will run from Tuesday 7th January until Thursday 3rd April 2025.
- Charges will be added to your account on Cognita Connect at the start of the Spring Term, unless the club is externally run, in which case you will be sent further details.



Senior School 'STRETCH'



Proud Tiger Judo Club 7.45am-8.30am (£7 per session £77 per term, Max 20) Mr Peter Gould - Sports Hall

Students of Proud Tiger Judo club will be taught from the British Judo Association syllabus. During lessons, they will learn balance, discipline and respect, all while practising break falls, throws and holds as intended by Jigoro Kano. Students will require a BJA membership. We look forward to seeing you on the mats.

*Please note this club will be unable to run during the GCSE Mock exams - dates to be confirmed.



**Intermediate Public Speaking 1:45 - 2:15pm (No Fee)
Mr Vinsen-Tell - Tregenna Hall *YEAR 7&8 INVITE ONLY**

An invitation only club for Year 7-8 pupils who wish to compete in external and internal debate competitions. Students are selected for this group from their participation in the Public Speaking club on Wednesday after school. Students in this group have the chance to compete in the Rotary Club's 'Youth Speaks' Competition in either the 'Intermediate' or Senior' categories.



**Golf Club 4:30-5:30pm (£16 per session, £176 per term, Max 10)
Golf Pro – Leatherhead Golf Club**

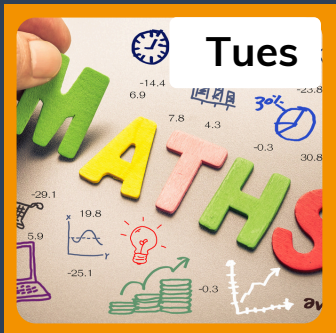
Players of all experience welcome. Ideally you will have your own clubs but if not clubs can be borrowed. You will be taught by a golf professional on the driving range at Leatherhead Golf Club using their trackman bays. Transport to and from school will be provided.



**Strong & Stretch 1:45 - 2:15pm (No Fee)
Miss Maskell - Sports Hall**

Think you can out press-up or sit-up your friends? Well it's time to put your money where your mouth is ... challenge accepted! Increase your muscle strength and flexibility using only your own body weight. If you think you need fancy gym equipment, then think again.

Senior School 'STRETCH'



UKMT Junior Maths Challenge 4:30 - 5:30pm (No Fee)
Mrs Eastment - T9 * YEAR 7 & 8 ONLY

Open to students in Years 7 & 8, the UKMT Junior Maths Challenge takes place on Thursday 1st May. The stretch activity during the Spring Term will encourage mathematical reasoning, precise thinking, and the ability to use basic maths techniques to solve basic problems. These problems are designed to help students think and use their maths knowledge in interesting ways, and they are designed to be accessible yet still challenging.



News & Current Affairs 4:30 - 5:30pm (No Fee)
Miss Ross- T2

We will explore the headlines and global events together, learn how to go beyond the headlines and investigate current events. A good opportunity for students to broaden their horizons in preparation for potential interview questions. Inspiring a global perspective at its finest!



Eco Club 4:30 - 5:30pm (No Fee)
Mrs Ludlum - Eco Garden

Help us work towards our sustainability targets for this year, aiming to reduce our electricity usage, reduce food and general waste and have fun learning about ways to live sustainably. This club will be a mixture of practical outdoor activities, including litter picking, tree planting, gardening and spending time outdoors, mixed with time to research issues, create media content about sustainability and monitor waste and electricity usage.



Comic Club 4:30 - 5:30pm (No Fee)
Miss Prince - Lab 4

If you love to read or draw comics, mangas or watch anime, this is the club for you. In Comic club, you'll spend time doing a range of activities such as reading comics and mangas, writing up lists to share with the library to build an area for comics and mangas, writing reviews of the comics and mangas and watching, discussing and reviewing old and new anime movies and series. For those of you who love the artistry behind comics and mangas we will also be doing drawing sessions on creating your own comics and mangas.

Senior School 'STRETCH'



Tues

Art Club 4:30 - 5:30pm (No Fee)
Miss Aylen - Art Room

Develop your practical skills and explore creative ways to draw, paint, print and sculpt using a variety of techniques and processes. You will also work on producing a submission for the Royal Academy's Young Artists' Summer Show.



Tues

LEGO Club 4:30 - 5:30pm (No Fee)
Mrs Haq - ICT Suite

The LEGO Club is a vibrant and engaging after-school program designed specifically for students, aiming to foster creativity, teamwork, and problem-solving skills through the fun and innovative medium of LEGO. In this dynamic environment, students are encouraged to express their ideas and collaborate on a variety of projects, exploring themes that range from engineering to storytelling.



Tues

Journalism Club 4:30 - 5:30pm (No Fee)
Mrs Clarke - H2/3

Creating a magazine takes a team with a range of interests and talents from photography and editing to writing and design. Join journalism club to discover how to create a magazine from scratch. Choose your role within the team and bring together a magazine which your friends would like to read including fashion, sport, beauty, interviews, news and interiors. We can alter the departments to suit your interests and will publish the magazine in time for Spring. Start thinking of a title for our new Downsends School publication!



Tues

Table Tennis 4:30-5:30pm (No Fee)
Mr Dunning - Sports Hall

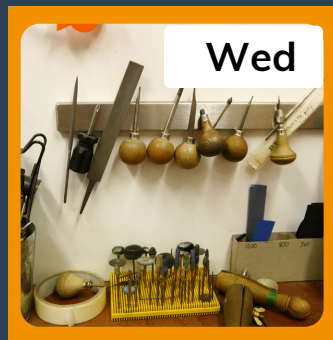
In this rackets club, we will aim to develop your all-round table tennis game. Students will enjoy a variety of both singles and doubles play where there will be a shot focus each week to develop core skills. Players of all abilities welcome. This club is a great way to stay active and have fun at the end of a busy school day.

Senior School 'STRETCH'



Pebble Painting 4:30 – 5.30pm (£12 Fee, Max 12)
Mrs Mercer - Library

Pebble painting is a great way to relax and unwind. Create mini masterpieces using paint, pens & other craft items. You can also spread joy and positivity by hiding them for others to find. It's an awesome way to share your art and its suitable for all abilities. Come and give it a try!



DT Club 4:30 - 5:30pm (£12 Fee, Max 15)
Miss Hambleton – DT Room

We will be creating a small project of your own choice, using a variety of materials and tools. This club is ideal for any of our practically minded students that want to explore their inner designer and maker!!



Wild World 4.30 – 5.30pm (No Fee)
Miss Chidgey - T3

Explore the world's craziest occurrences. From extreme weather events to unprecedented news stories. Using videos, crafts and drama, record your own wild world event! This club underpins stimulating creativity, developing students Future Skills.



Origami 4.30 – 5.30pm (No Fee)
Mrs Grimmer - T10

In origami club you will be able to create beautiful shapes and figures by precisely folding paper without using glue, scissors, or a knife. The goal will be to transform a flat sheet of paper into a three-dimensional shapes, animals, or other objects through a series of folds.

Senior School 'STRETCH'



Target Shooting Club 7:30 - 8:30am (£18.00 per session, Max 12) Dan Bhavin - Sports Hall

These classes are suitable for children of all abilities. Class sizes are capped, and the students are allocated one rifle for the whole session. The class is a mixture of competition and fun! For more information, please visit www.targetshootingsschool.co.uk

*Please note this club will be unable to run during the GCSE Mock exams - dates to be confirmed.



**D of E Gardening 1:45 - 2:15pm (No Fee)
Mrs Ludlum - Eco garden**

For any students participating in the Duke of Edinburgh award, this is an opportunity to go towards your volunteering or skills section.



**Our Amazing Planet 1.45 – 2.15pm (No Fee)
Miss Gore - Lab 2**

With the help of the incredible Sir David Attenborough, let's explore some of the most amazing places on our planet. We can take a look at the animal and plant life surviving in extreme environments and discuss their remarkable adaptations.



**London in Minecraft 1.45 – 2.15pm (No Fee)
Mrs Heffermehl - TR4**

Build the iconic landmarks of London in Minecraft with your friends. Be ready to collaborate, share ideas with each other and compare progress. Each week we will focus on one building. By the end of term, you should have your own version of London to show off. Bring your device for this club.

Senior School 'STRETCH'



Online Chess Club 1.45 – 2.15pm (No Fee)
Miss Germano - H2

Keep your brain sharp while having fun at Online Chess Club. Put your skills to the test and compete against other players at your own level. All standards are welcome, it doesn't matter how experienced you are - head to Online Chess Club to get started!



Warhammer Club 1:45 – 2:15pm (No Fee)
Mr Cotton – T11

In Warhammer Club we will explore the worlds of tabletop RPG's including Warhammer, Warhammer 40,000, and Dungeons and Dragons. Bring along your paints, models and imaginations.



Public Speaking 1.45 – 2.15pm (No Fee)
Mr Vinsen-Tell - T8 *YEARS 9-11 INVITE ONLY

An invitation only club for Year 9-11 pupils who wish to compete in external and internal debate competitions. Students are selected for this group from their participation in the Public Speaking club on Wednesday after school. Students in this group have the chance to compete in the Rotary Club's 'Youth Speaks' Competition in either the 'Intermediate' or Senior' categories.



Mindfulness 1:45 - 2:15pm (No Fee)
Mrs Gray - TR5

Mindfulness and meditation for relaxation and refocussing. This club provides provides Students with Calm, Connectedness, and Community. Enter the Zone!

Senior School 'STRETCH'



Fri

Historical Fiction 1:45 - 2:15pm (No Fee)

Mrs Hillman – T4

Dive into the past and explore your favourite period of history. Use your research to weave a story full of imagination and action, intertwining facts with fiction. Come along and join Mrs Hillman for a fun journey through time.



Fri

Puzzle Club 1.45 – 2.15pm (No Fee)

Miss Gore - Lab 2

Did you know that puzzles help you relax? Getting lost in a puzzle is a bit like zoning out in a good way. It requires focus and patience, which can actually help calm your mind. It's kind of like meditation. Take a break from screens and give your brain a boost. A perfect Friday lunchtime activity!

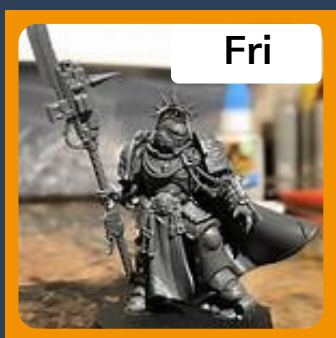


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Senior School 'STRETCH'

Calling all singers and dancers in Years 7 & 8.....

The Years 7 -8 Musical for January 2025 will be



If you have been cast in "Seussical The Musical", please note that rehearsals will take place on Monday after school between 4:30 - 5:45pm. Attendance at rehearsals is compulsory if your character is called.



Music Clubs

Years 7-11

Monday 8.00am – Wind Ensemble (all wind players)

1.40pm – Senior Choir

Tuesday 8.00am – Rock Band 1 and 2

1:20pm – Rock Band 3

1:20pm - Senior Chamber Ensemble - by invitation

1.40pm – Jazz Ensemble - by invitation

Wednesday 8.00am – String Group (All string players)

8.00am – Senior Chamber Choir - by invitation

Thursday 8.00am – Brass Group (All brass players)

8.00am - Senior Chamber Choir - by invitation

Friday 8.00am – Rock Band

1:40pm – Orchestra (Instrumentalists)





Sports Practices and Match Days

Monday

Years 9 - 11 Sports Practice (Football & Netball): 4:30 - 5:30pm
Years 9 - 11 Sports Practice (Cricket): 4:30 - 5:30pm (Second Half Term)
Years 7 & 8 Swim Squad (Girls): 4:30 - 5:30pm
Years 11 Match Day: PM Exact timings available via School Sports

Tuesday

Years 9-11 Swim Squad (Boys & Girls): 7:30 - 8:30am
Years 7-10 Hockey (Boys): 7:30 - 8:15am
Years 7 & 8 Cricket (Girls): 7:30 - 8:15am *INVITE ONLY UNTIL HALF TERM
Years 9 & 10 Match Day: PM Exact timings available via School Sports

Wednesday

Years 9 - 11 Rugby 7's Club: 4:30 - 5:30pm
Years 7 - 11 Netball Shooting Club: 7:30 - 8:15am *INVITE ONLY
Years 7 & 8 Match Day: PM Exact timings available via School Sports

Thursday

Years 7 & 8 Cricket (Boys): 7:30 - 8:15am *INVITE ONLY UNTIL HALF TERM
Years 7 & 8 Sports Practice (Rugby & Netball) 4:30-5:30pm

Friday

Years 7 & 8 Girls Football 7:30 - 8:15am
Years 7 & 8 Swim Squad (Boys): 4:30 - 5:30pm

*Before and after school Cricket for all students will start after February half-term. Separate communication to follow nearer the time.

**Before school Netball shooting practice for all students will start after February half-term. Separate communication to follow nearer the time.

*** Please check Schools Sports (SOCS) on a regular basis, to ensure you are up to date with all midweek & weekend fixtures.





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