



**DOWNSEND
SCHOOL**

Inspiring Young Minds

Senior School 'STRETCH' Programme

SUMMER 2025

A COGNITA SCHOOL

'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 Summer term, our STRETCH activities will run from Wednesday 16th April until Friday 27th June 2025.
- Charges will be added to your account on Cognita Connect at the start of the Summer Term, unless the club is externally run, in which case you will be sent further details.



Senior School 'STRETCH'



Intermediate Debate 1:45 - 2:15pm (No Fee)

Mr Vinsen-Tell - TR8

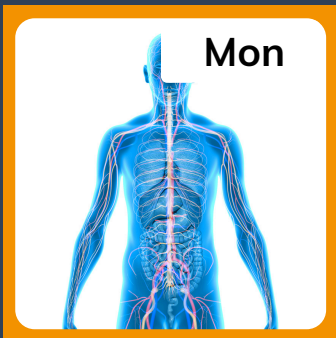
This is an invitation-only club aimed at preparing Year 7 and 8 pupils for the Rotary Club's 'Youth Speaks' Debate Competition. Throughout the sessions, students will have the opportunity to develop their public speaking skills as they draft, write, and refine their own speeches. They will also gain experience in delivering their speeches with confidence and clarity, helping them build essential communication and presentation skills.



Strong & Stretch 1:45 - 2:15pm (No Fee)

Mrs Maskell - Fort Playground

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.



Human Biology 1:45 - 2:15pm (No Fee)

Mrs Seghal - Lab 1

Join our Human Biology club and explore the fascinating world of human anatomy. Discover how your organs function to keep you healthy and alive. From the beating heart to the intricate systems that support life, we'll uncover the amazing processes that take place inside you every day.



Mindfulness Club 1:45 - 2:15pm (No Fee)

Mrs Gray - TR5

Mindfulness and meditation for relaxation and refocusing. This club offers students a space to cultivate Calm, Connectedness, and Community. Step into the zone, unwind from daily stresses, and unlock your inner zen.

Senior School 'STRETCH'



Tue

Eco & Gardening Club 4:30 - 5:30pm (No Fee)

Mrs Ludlam - Eco Garden

Are you interested in finding out more about environmental issues and are keen to make a difference? Join us on Tuesdays after school, where we do a mixture of gardening, litter picking and working on the Eco Schools programme, focusing on ways to save energy, reduce waste and promote biodiversity.

Please bring old shoes/ wellies as it gets very muddy.

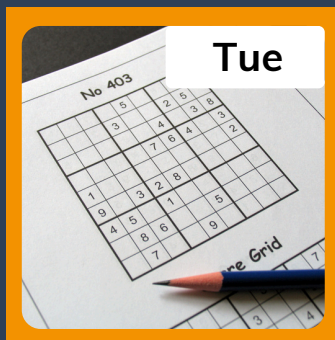


Tue

Mindfulness Crafts 4:30 - 5:30pm (No Fee)

Miss Chidgey - TR3

Unleash your creativity using a variety of techniques and materials! Whether you're sculpting with clay, decorating mirrors, or crafting something entirely unique, this is your space to explore, design, and bring your imagination to life.



Tue

Mindbenders 4:30 - 5:30pm (No Fee)

Mrs Eastment - TR9

Put your deductive reasoning and logical thinking to the test! Challenge yourself with a variety of puzzles, including sudokus, and sharpen your problem-solving skills in a fun and engaging environment.



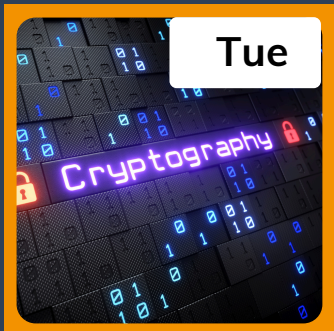
Tue

LEGO Club 4:30 - 5:30pm (No Fee)

Miss Haq - ICT Suite

Our club is a platform where students come together to create, design, and solve problems using LEGO bricks. From building amazing structures and machines to crafting captivating stories, the LEGO Club helps young minds develop essential skills while having fun.

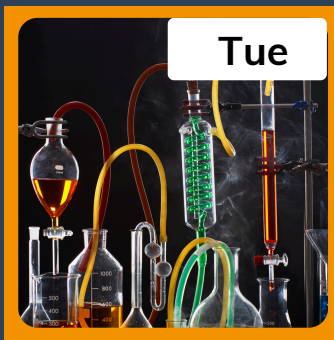
Senior School 'STRETCH'



Cryptography 4:30 - 5:30pm

Mr Gibbons - Lab 3

Piece together the clues session by session as you dive into the world of cryptography! Explore a range of techniques used by cryptographers to keep information secret. This club is designed for high-IQ thinkers—think the 1% Club, but even tougher! Are you up for the challenge?



Science Club 4:30 - 5:30pm (No Fee)

Miss Gore - Lab 2 - YEAR 7&8 ONLY

Year 7s and 8s! Do you love experiments, exciting reactions, and hands-on science? Join our Science Club, supported by your Year 10 Science Captains! Each week, we'll dive into fun and explosive experiments, uncovering the amazing science behind them. Come along and spark your curiosity—see you there!



Props & Set 4:30 - 5:30pm (No Fee)

Mr Bryant & Mr Peckham - Linford Theatre & Drama Class Room

Come and build the set for the Summer term productions - Year 7 and 8's "Romeo and Juliet" and "Harlequinade", and Year 6's "The Wizard of Oz". Building the set will require careful planning, creativity and teamwork to bring the director's vision to life. From constructing backdrops and scenery to arranging props and lighting, every detail helps create an immersive experience for the audience.



'Forest School 4:30 - 5:30pm (£20 Fee, Max 15 Students)

Mrs Clarke & Miss Prince – Forest School Area

Join Forest School and immerse yourself in the outdoors while developing essential survival skills. Learn to build fires, master rope techniques, and deepen your understanding of the natural environment through hands-on experiences. Whether you're interested in outdoor survival, practical skills, or simply enjoying nature with a warm cup of hot chocolate, this club offers a unique and enriching experience.

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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.



DT Club 4:30 - 5:30pm (No Fee) MAX 14 STUDENTS
Miss Hambleton - DT Room

Explore the art of pewter casting as you design and create your own unique pendants and keyrings. Learn the process of mould-making and metalwork, developing hands-on skills in crafting bespoke pieces with precision and creativity.



Creative Music Technology 4:30 - 5:30pm (£8 per session)
External Provider - Music room 1

An exciting opportunity for students to learn how to compose, arrange and produce a hit song in a popular music style. Starting with the basics, students will be guided through a course in Garageband to create a full song in their favourite musical style.



NERF Club 4:30 - 5:30pm (No Fee)
Fort Playground - Miss Haq

Bring along your own nerf gun and focus on target practice (static targets and human targets). On the first session, players will be placed into groups where each week they will have an assignment to design their very own game. Their games will then be played by all with the best games being rewarded for originality and challenge.

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Paint by Numbers 4:30 – 5.30pm (£12 Fee)
Mrs Sagar - Lab 5

Unleash your creativity in a relaxed way. You will choose an animal based canvas (16x20inch) to create a masterpiece, while promoting concentration and stress-relief. Package Includes: 1 pre-printed textured art canvas (without frame), 1 set of acrylic paints, 1 set of brushes (3pcs). Perfect for your own home or as a unique gift!



Horrible Histories 4:30 - 5:30pm
Miss Ross – TR2

Come and take part in exciting activities all to do with history every week. Working with resources from the Young Archaeologists Club, we will look at a different time period each week and investigate through debates, videos, games and more!



Pebble Painting 4.30 – 5.30pm (£12 Fee)
Mrs Mercer - Library

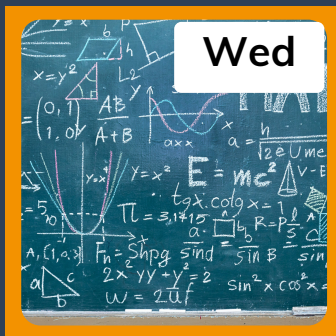
Pebble painting is a great way to relax and unwind. Create mini masterpieces using paint, pens & other craft items. You can also spread joy and positivity by hiding them for others to find. It's an awesome way to share your art and its suitable for all abilities. Come and give it a try!



Military & Regimental History 4.30 – 5.30pm (No Fee)
Mr MacGregor - T11

Step into the past and unpick history's most crucial battles—who won, why, and how their tactics shaped the future of warfare. Examine key military strategies, lessons learned, and the lasting impact of these conflicts. Delve into famous regiments from the UK and beyond, uncovering their legacy in military history.

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Mathematical Art 4:30 - 5:30pm (No Fee)
Mrs Grimer – T10

'Explore the fascinating connection between mathematics and art in these themed sessions. Strengthen key mathematical skills such as precise measurement, construction, visual problem-solving, and strategic forward planning—all while creating visually striking designs. This is a perfect blend of creativity and logical thinking!



Public Speaking Club 4:30 - 5:30pm (No Fee)
Mr Vinsen-Tell - TR8

Open to all students, this club offers the perfect opportunity to refine your public speaking skills in a fun and welcoming setting. Engage in debates on topics you're passionate about and learn an invaluable skill for the future. Who knows? The House of Commons might welcome a Downsended alumnus someday!



Afternoon Tea 4.30 – 5.30pm (No Fee) MAX 14 Students
Mrs Harold - Food Tech Room

Step into the world of traditional afternoon tea as you learn to craft classic delights, from freshly baked breads and scones to homemade jams and biscuits. Master the art of baking and enjoy your delicious creations, perfectly paired with a sweet cup of tea!



Eco & Gardening Club 1:45 - 2:15pm (No Fee)
Mrs Ludlam - Eco Garden

Come and join us in the school garden where we will be litter picking and improving the outdoor space, painting the sheds and planters, as well as sowing seeds and planting vegetables and flowers. Please bring old shoes or wellies as it can get muddy, along with gardening gloves. We'd love to see you there!

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Latin American Club 1:45 – 2.15pm (No Fee)
Mr Sibley - HH5

Did you know California was once a part of Mexico? Do you know why there is a hippo problem in Colombia? Who was Simón Bolívar? And why is Argentina not on the maps in the Falkland Islands? Discover how Latin American states were formed, how they broke free from the hold of empires, and the struggles they have faced along the way.



Meditation & Mindfulness Club 1:45 - 2:15pm (No Fee)
Mrs Bilham - P6

Relax and unwind as you immerse yourself in the practice of meditation and mindfulness. Discover breathing techniques that promote calmness, focus, and awareness, helping you to feel more present and at ease in your surroundings.



Learn Norwegian 1.45 – 2.15pm (No Fee)
Miss Heffermehl - TR4

Expand your global perspective by learning a new language! In this club, you'll develop basic conversational skills in Norwegian, from introducing yourself to engaging in short dialogues. Along the way, you'll also explore Norwegian culture, history, and traditions, enriching your understanding of this fascinating country.



Chess Club 1:45 - 2:15pm (No Fee)
Miss Germano - HH2

The chess club meets twice a week at lunchtime to sharpen strategic thinking and foster camaraderie among its members. Participants range from complete beginners eager to learn the basics to seasoned players ready to challenge grandmasters. Come along and get involved!

Senior School 'STRETCH'



Thur

Golf Club 4:30 - 5:30pm (£16 per session)

Mr Lawrence / Mr Howe - Leatherhead Golf Club

Golf enthusiasts of all experience levels are welcome! While it's ideal for players to have their own clubs, loan clubs are available if needed. Sessions will be led by a professional golf instructor at the Leatherhead Golf Club driving range, utilising their state-of-the-art TrackMan bays. Transportation to and from school will be provided.



Thur

Senior Public Speaking 1.45 – 2.15pm (No Fee)

Mr Vinsen Tell - TR8 Years 9,10 & 11 - INVITE ONLY

This is an invitation-only club designed to prepare Year 9, 10, and 11 pupils for the Rotary Club's 'Youth Speaks' Debate competition. Participants will draft, write, and perform their own prepared speeches, developing their public speaking and debating skills.



Thur

Warhammer Club 1.45 – 2.15pm (No Fee)

Mr Olsen - TR7

In Warhammer Club we will explore the worlds of tabletop RPG's including Warhammer, Warhammer 40,000, and Dungeons and Dragons. Get involved with the greatest tabletop hobby in the world! Bring your models and paints and have fun. Newbies to the craft welcome!



Fri

Chess Club 1:45 - 2:15pm (No Fee)

Miss Germano - HH2

The chess club meets twice a week at lunchtime to sharpen strategic thinking and foster camaraderie among its members. Participants range from complete beginners eager to learn the basics to seasoned players ready to challenge grandmasters. Come along and get involved!

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Fri

Historical Fiction Club 1.45 – 2.15pm (No Fee)

Mrs Hillman - H4

Explore and research your favourite period in History and then find your inner writer, weaving it into a masterpiece of your own creation. If you are interested in reading and developing your knowledge about Historical Fiction, come along and join Mrs Hillman for a fun journey through time.



Fri

Warhammer Club 1.45 – 2.15pm (No Fee)

Mr Olsen - TR7

In Warhammer Club we will explore the worlds of tabletop RPG's including Warhammer, Warhammer 40,000, and Dungeons and Dragons. Get involved with the greatest tabletop hobby in the world! Bring your models and paints and have fun. Newbies to the craft welcome!

Senior School 'STRETCH'

The Year 7&8 production for June 2025 will be
a double-bill of

“ROMEO AND JULIET” and “HARLEQUINADE”



If you have been cast in this production, please note that rehearsals will take place on Monday after school between 4:30-5:45pm. Collection is from the Creative Arts Centre.

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 – Senior Rock Band 1& 2

1:20pm – Senior Rock Band 3 & 4

1.40pm – Jazz Ensemble - by invitation

Wednesday 8.00am – String Group (All string players)

8.00am – Senior Chamber Choir

Thursday 8.00am – Brass Group (All brass players)

8.00am - Senior Chamber Choir

Friday 8.00am – Rock Band

1:40pm – Orchestra (Instrumentalists)





Sports Practices and Match Days

Monday

Year 9 - 11 Sports Practice - Cricket (Boys & Girls): 4:30 - 5:30pm

Year 7 - 11 Athletics (Boys & Girls): 4:30 - 5:30pm

Tuesday

Year 7-10 Swim Squad (Boys & Girls): 7:30 - 8:30am

Year 9 & 10 Match Day: PM Exact timings available via School Sports

Wednesday

Year 7 - 10 Tennis Squad (Boys & Girls): 7:30 - 8:30am - *Invite Only

Year 7 & 8 Match Day: PM Exact timings available via School Sports

Thursday

Year 7 - 10 Tennis Squad (Boys & Girls): 7:30 - 8:30am - *Invite Only

Year 7 & 8 Sports Practice - Cricket (Boys & Girls) 4:30-5:30pm

Friday

Sports Scholars: 4:30 - 6:00pm - Session dates will be sent to all scholars at the beginning of term.

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



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 Summer Term.



Early Birds and Supervised Study will commence from Tuesday 16th April.

Breakfast
7:30am - 8:20am
£6.50 per day

Held in the Dining Hall, for students that need to arrive before 8:00am.

The catering team will be offering breakfast items from 50p (cash only please).

Supervised Study
Until 5:45pm
£12 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 Fern.Matthews@downsend.co.uk by 1pm or call the school office.

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



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