

YEAR N-6 SPRING 2024 ECA TIMETABLE: LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12.30 – 1.10pm	Year 4-6 Peer Mentoring Nick OT Year 4 Classroom <i>Supervision Weekly Slot (a slot for those already trained up as a Peer Mentor to check-in and talk through their week.</i>	Year 4-6 Textiles Club Lesley 4-6 Classroom Max 12 Cost: £100 for 10 weeks. <i>Have fun creating woven, stitched, collaged and decorative textiles with professional designer Lesley O'Hara.</i> <i>Lots of techniques and materials explored.</i> <i>See Attached Flyer.</i>	Year R-3 Gymnastics Hannah Ballroom, Cost: £63.00 for 9 weeks <i>SpringboxGymnastics provides a fun and friendly environment for girls and boys of all ages to enjoy the sport of gymnastics. Our aim is to instill a sense of passion for the sport through encouragement and help each child to feel a sense of achievement whatever their ability. The lunchtime class gives pupils an opportunity to learn gymnastics skills and improve flexibility, strength, balance, power and coordination in a fun learning environment. Gymnasts will be practicing skills on the floor, vault, beam/bench and trampette.</i>	Year 1-3 Art Club Lesley N-3 Art Room Max 12, Cost: £100 for 10 weeks <i>Have fun drawing, printing, painting and collage making with professional designer Lesley O'Hara.</i> <i>Create a new artwork every week using a variety of techniques and art materials.</i> <i>See Attached Flyer.</i>	Year 5-6 Gymnastics Hannah Nevill Hall, Cost: £70.00 for 10 weeks <i>SpringboxGymnastics provides a fun and friendly environment for girls and boys of all ages to enjoy the sport of gymnastics. Our aim is to instill a sense of passion for the sport through encouragement and help each child to feel a sense of achievement whatever their ability. The lunchtime class gives pupils an opportunity to learn gymnastics skills and improve flexibility, strength, balance, power and coordination in a fun learning environment. Gymnasts will be practicing skills on the floor, vault, beam/bench and trampette.</i>
	Year R-2 Multi-Skills Lauren Sports Hall <i>Develop fundamental skills in a fun environment to include lots of movement, jumping and throwing!</i>	Year 1-3 Hotbeads Club Elana Year 3 classroom <i>Let the hot beads begin! Unleash your creativity.</i>		Year 3-6 Buzzin' Beads Katie Year 2 Classroom <i>Bracelets, Neckleses, Nail painting, key chains and creations</i>	
	Year 4-6 Open Library Noel Library 12.30-13.00pm <i>Come along and use the Library. Chill out, relax, read and explore with Noel. Max 10 students in the library. No sign up required just popalong and see if there is space.</i>	Year 1-3 Reading Corner Jon N-3 Building <i>A time to top up on your daily reading. Bring your school reading book and we will master those tricky words and sounds.</i>	Year 4-6 Open Library Noel Library 12.30-13.00pm <i>Come along and use the Library. Chill out, relax, read and explore with Noel. Max 10 students in the library. No sign up required just popalong and see if there is space.</i>	Year 4-6 LivByYoga Liv Hannon Year 6 Classroom Cost: £77 for 11 weeks <i>Learn Vinyasa Yoga and mindful meditation in this dynamic 45 min class</i>	Year 4-6 Mindful Colouring Sarah G 4-6 Classroom <i>enjoy the therapeutic act of colouring and explore a variety of intricate designs to promote relaxation, focus, and creativity.</i>
		Years 5-6 Open Dance Sixth Form Led Becky McKellar- Supervise Nevil Hall <i>An open dance club for students to learn and create fun dances</i>		Year 3-4 Dodgeball Ollie Sports Hall <i>Action packed dodgeball session!</i>	Year 1-3 Creative Crafts Jade N-3 Building <i>A time to get creative, experimenting with different ideas, materials and styles.</i>
	Year 4-6 Library Assitant Noel Library, Max 2 <i>Help Noel out in the library working behind the scenes, stacking book, sorting returns and restocking. Full training will be given.</i>	Year 4-6 TouchTyping Kelly H ICT3 <i>Come and practice your touch typing</i>	Year 4-6 Crotchet Club Juno 4-6 Clasroom <i>Led by Juno (Yr 9) you will master the basics of Crocheting.</i>	Year 3-4 Open Dance Sarah Dance Studios <i>An open dance club for students to learn and create fun dances from different musicals</i>	Year 4-6 Chess Club Kelly 4-6 Building <i>Learn to play and compete against your freinds in this fun and challenging game</i>
	Year 3-6 Lego Legends Clive Year 4-6 Building <i>Each week a different theme, celebrity judges and weekly prizes. Think Bake off style.</i>	Year 5-6 Pickleball Lauren Sports Hall (16 max) <i>Combination of drills and matches. Come and learn this new high tempo rackets game! Much easier than tennis and indoors!</i>	Year 4-6 Library Assitant Noel Library, Max 2 <i>Help Noel out in the library working behind the scenes, stacking book, sorting returns and restocking. Full training will be given.</i>	Year 4-6 Ceramics Amy Ceramics Room <i>Get those hands mucky and enjoy hand building in clay</i>	Year 3-6 Junior Jazz Dance Abbie Dance Studios <i>An open jazz class for all experiences and abilities.</i>
				Year 5-6 Football Hek Astro <i>Continue to develop your skills in netball duirng the off season! Drills and matches each week!</i>	
	Year 1-3 Chess Club Kelly H N-3 Building <i>Learn to play and compete against your freinds in this fun and challenging game</i>	Year 4-6 Puzzle Club Amanda Mc 4-6 Classroom <i>Want a chilled ECA? Come along and help complete some challenging puzzles.</i>	Year 1-3 Library Club Jon Library <i>Time to pick your favourite book, chill out and read. We can also get Noel to host a couple of reads for the children too. What a treat!</i>	Year 5-6 Netball Millie Courts <i>Continue to develop your skills in netball duirng the off season! Drills and matches each week!</i>	Year 3-6 Girls Football Millie & Hek Astro <i>The season kicks off after February half term, any aspiring players in the teams for inter schjool matches should attend this training!</i>
			Year 4-6 Superkind Changemakers Nick OT Year 4 Classroom <i>Do you want to be a changemaker and bring active citizenship and social action into the JS @ Frensham. Time to take action!</i>	Year 1-2 Reading Corner Jon N-3 Building <i>A time to top up on your daily reading. Bring your school reading book and we will master those tricky words and sounds.</i>	

YEAR N-6 SPRING 2024 ECA TIMETABLE: AFTERSCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AFTER SCHOOL 3.30-4.15pm	Year 5-6 Climbing Club Jon & Matt B Surrey Sports Park <i>Surrey Sports Park</i> <i>Become a pro climber and learn the skills to become the next olympic champion!</i> <i>£9 per session.</i> <i>Pick up @ SSP for 5pm</i> <i>Pick up @ School for 5.30pm</i>	Year 3-6 Junior Modern Dance Abbie Dance Studios <i>This is an open class for all experiences and abilities to learn modern dance.</i>	Year 1-4 Spanish Singing Cristina N-3 Classroom <i>We will be learning songs in Spanish, including from Disney and musicals. We may even write our own Spanish Frensham song!</i>	Year 1-8 Judo Oliver Neville Hall Cost: £105 for 10 weeks 4.30-5.30pm <i>Throw, flip and grapple your way to success in this disciplined, fun filled club led by Oliver.</i> <i>Oliver will be in contact for more information and payment details.</i>	Year N-R Yoga Helen N-3 Hall £5.50per session <i>Cosy Little Yogis provides a happy, calm and relaxed environment where the children can experience the joys of yoga and mindfulness in a fun and engaging way through stories, games and songs. See flyer attached for costings.</i>
	Year 1-4 Performance Adam Drama Studios <i>Super charge your storytelling and unique sense of expression in Drama games and improvisations with Adam.</i>	Year 5-6 Performance Adam Drama Studios <i>Super charge your storytelling and unique sense of expression in Drama games and improvisations with Adam.</i>	Year 3-4 Film Making Ballroom Sophie 3.30-4.15pm Cost: £8.50 per session <i>From book to film adaptations, to live action remakes, TV Presenting, stop motion and more, this club appeals to those who love to perform, and those with an interest in the technical side!</i>	Year 1-2 No-bake baking! Meghan Cookery Room. Max 6 <i>We will be creating some tasty no-bake recipes, think cheesecake, flapjack, rocky road and other tasty treats!</i>	
	Year 3-6 Hockey Llody & Hekmat Astro <i>Competitive sport for this term, learn all elements of Hockey skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session</i>	Year 1-3 Yoga Liv Hannon JS Hall 15.30-16.00pm <i>Gentle vinyasa yoga story telling and meditation.</i>	Year 5-9 Film Making Ballroom Sophie 4.30-5.30pm Cost: £10.50 per session <i>From book to film adaptations, to live action remakes, TV Presenting, stop motion and more, this club appeals to those who love to perform, and those with an interest in the technical side!</i>	Year N-3 Gardening Club Judith N-3 Courtyard <i>Support our gardening area by learning about plants, vegetables, getting your hands dirty by planting and harvesting these good</i>	
	Year 4-6 Esports Archie & Tim T Max 10 4.15-5.00pm <i>Run by Archie G (Yr 11) Come along, learn and enjoy playing Esports within our state of the art Esports Studios.</i>	Year 5-6 Meditation, Breathwork & Reiki Ellie Studios Cost:£100 for 10 weeks <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self esteem, this ancient healing tool of breathwork has huge health benefits. Please see flyer attached.</i>		Year 4-6 Scratch code club Ranjani ICT 3 <i>An opportunity to use Scratch to make models of basic concepts in science. i.e what is gravity and sea germination</i>	
	Year 5-6 Ballet Silke Dance Studio <i>Learn Cecchetti Ballet with Silke. This is an open class for all experiences and abilities to learn Ballet.</i>	Year 4-6 Junior Singers Josh Music Dept 3.30-4pm <i>Come along and enjoy improving your singing and harmonizing as part of a choir</i>		Year 4-6 Adventure Running. Nick OT Out&About <i>Getting out and about around the school site and using the natural landscape and obstacles to turn runs into an adventure.</i>	

Good afternoon,

We are excited to announce the Junior School Extra-Curricular programme for Spring Term 2024-2025!

For those of you who are new to the school this is an exciting term to be joining as we have an array of thrilling, alternative lunch time and afterschool clubs on offer, held by both internal teachers and external providers.

Some important dates for the term ahead.

Friday 6th December 2024: Today your child has received a paper copy of their respective ECA programme and have been encouraged to highlight which clubs they would like to attend. A little discussion with your child about their ECA preferences is highly advised. Please may I stress the importance of signing up to ECAs which your child is fully committed to attending, and ensuring there is a balance between ECAs and play time. I would encourage between 3-5 clubs a week.

Tuesday 10th December 2024: Registration for ECAs opens on SOCs at 1pm.

Thursday 12th September 2024: Registration for ECAs closes on SOCs at 7.30pm.

Tuesday 7th January 2025: ECAs begin

Friday 21st March 2025: ECAs finish for the term.

To register your child please use your SOCs account.

If you are new to the school and don't have a SOCS account, you will need to follow the instructions at the bottom of this page to activate your account and set up your password.

Once you have activated your account you should be able to see the ECAs available for your children. You won't be able to sign up for the ECAs until the sign-up window opens on at 1pm. We have delayed this slightly to ensure all students and parents are able to access SOCS. Please note ECAs are not on a first come-first served basis.

SOCS Co-Curricular Parent Login: Instructions

In order to log in to SOCS, you will need to activate your account. Please follow the steps below:

Access your school's SOCS login page by searching for the school on the following link:

<https://www.socscms.com/login>

Select the 'Parent' tab

Select 'Activate Account'

Enter the email address the parent has registered with the school, and then select 'Activate'.

An email will then be sent to your email address containing an activation link where you can set a password. Once you have followed the instructions on the link you should then be able to log in using your email address as the username and your password.

If you experience any issues receiving the activation link via email, please ensure to check the following:

- Check the email has not been sent to your junk folder
- Add 'noreply@misocs.com' to your safe senders list and try re-activating your account again

Please note, in line with the schools photo and safeguarding policy teachers and ECA providers have been advised not to take photographs of children within their club.

In addition, we plan to keep the sign up procedure consistent for the year, where there are no restrictions on accessing clubs, no max numbers per club and no first come first served priority.

Should you have any further concerns please do get in contact to: JonGilpin@frensham.org

Regards,

Jon Gilpin

School Extra-Curricular Co-Ordinator

YEAR 7 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORN-ING 7.50am		Touch Typing Year 7 Kelly H, ITC3 <i>An invite only club targeted at those students who regularly use a laptop for their academic work.</i>			
LUNCH 1:10 - 1:55pm	Open Gym Years 7 to 13, Hek Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	Warhammer Years 7 to 10 Amy, Ceramics Room <i>Build, paint and battle with friends.</i>	Women in Esport Years 7 to 11 Tim, Esports Suite <i>Dedicated to forging a more diverse, fair, and inclusive esports industry. Empowering women and marginalized genders to unlock their potential in esports.</i>	Open Art Years 7 to 9 Brendan, AD4 <i>Work on your own individual painting and drawing project.</i>
	Charity, Outreach and Partnership Committee Years 7 to 13, Lynn G Drama studio <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	Pickleball Years 7 to 13 (max 16) Phil, Sports Hall <i>NEW SPORT! Combination of drills and matches. Come and learn this new high tempo rackets game! Much easier than tennis and indoors!</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	Netball Years 7 to 9 Jo D, Courts <i>Continue to develop your skills in netball during the off season! Drills and matches each week!</i>	Board Games in French Years 7 to 11 Valerie, MH1 <i>Let's play board games in French.</i>
	Rugby Years 7 to 10 Jack & Phil Sports Field <i>Competitive sport for this term, learn all elements of Rugby skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	Open Gym Years 7 to 13, Rory Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Volleyball Years 7 & 8 Lloydy Sports Hall <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	Open Gym Years 7 to 13, Phil Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Mindfulness Paint by Numbers Years 7 to 9 Flic, F23 <i>Come along to relax & get mindful whilst working on your own Paint by Numbers. Hopefully you'll have a lovely piece of art to frame at the end of term!</i>
	Chess Club Years 7 to 13 Dan P Science Block <i>Learn, Play and compete in chess against your friends</i>	Ceramics Years 7 to 10 Amy, Ceramics Room <i>Enjoy exploring various hand building techniques.</i>		Musical Dance Hour Years 7 to 10 Sarah Barker, Nevill Hall <i>Learn dances from different West End musicals</i>	Funk & Soul Band Years 7 to 13 Alex & Josh, Laura MU10, MU14 and MRR <i>For students with existing experience playing a band instrument (drums, guitar, bass, vocals, keyboard, sax or brass instrument).</i>
	Needle Felting Years 7 to 9 Amy Ceramics Room <i>Learn to needle felt. Then design and make a unique items.</i>	Zoe's Spa Years 7 to 13 Zoe, F8 <i>Yoga, mindfulness and meditation for a relaxing wind down after a busy da</i>		Orchestra Years 7 to 13 Laura <i>An mixed instrumental ensemble for senior musicians of all abilities</i>	Frensham Heights Dance Troupe Years 7 to 11 Becky McKellar Nevill Hall <i>Come join the dance troupe to learn dances in different styles for performances</i>
	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>				Gymnastics Years 7 to 9 Hannah, Sports Hall £70 for 10 weeks <i>Please register on SOCS and also follow this link to register with Hannah https://www.springboxgymnastics.co.uk/frensham-heights SpringboxGymnastics provides a fun and friendly environment for girls and boys of all ages to enjoy the sport of gymnastics. Our aim is to instill a sense of passion for the sport through encouragement and help each child to feel a sense of achievement whatever their ability. The lunchtime class gives pupils an opportunity to learn gymnastics skills and improve flexibility, strength, balance, power and coordination in a fun learning environment. Gymnasts will be practicing skills on the floor, vault, beam/bench and trampette.</i>
	Technique with Seb Years 7 to 13 Seb Nevill Hall <i>An open club led by Seb our Year 13. He will focus on different styles of dance as well as strengthening and stretching</i>				

YEAR 7 TIMETABLE: LUNCH cont

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 1:10 - 1:55pm	Camera Club Years 7 to 9 6th Form Led Photography <i>Brush up on your photography skills within this creative club.</i>				Girls Football Years 7 to 10 Phil & Rory Sports Field <i>The season kicks off after February half term, any aspiring players in the teams for inter school matches should attend this training!</i>
					Senior Jazz Years 7 to 11 Abbie Dance Studio <i>Learn Jazz Dance with Abbie. This is an open class for all experiences and abilities to learn jazz dance.</i>

YEAR 7 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AFTER SCHOOL 4.30-5.30pm	Seniors Ballet Years 7 to 13 Silke Dance Studio <i>Learn Cecchetti Ballet with Silke. This is an open class for all experiences and abilities to learn ballet dance.</i>	Back to Broadway Years 7 to 13 16:30-18:30 Student Led (Kat) Theatre/Studios <i>Perform Musical Theatre classics- old and new in this student led ECA</i>	Board Game Cafe Years 7 to 13 Tamzyn, F3 <i>Come along and play games, socialise and enjoy an after school snack.</i>	Judo Years 1 to 8 Oliver, Neville Hall <i>Cost: £105 for 10 weeks</i> <i>Throw, flip and grapple your way to success in this disciplined, fun filled club led by Oliver. Full personal kit is provided to take home.</i>
	Prep Club Years 7 to 11 Hub Kate F <i>An opportunity to complete prep</i>	Senior Modern Dance Years 7 to 13 Abbie, Studio <i>Learn Modern Dance with Abbie. This is an open class for all experiences and abilities to learn modern dance.</i>	Level 2 Sword/ Lightsaber ECA Years 7 to 13 Bill Liddle, Studios <i>Cost: £115 for 10 weeks</i> <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i>	Greenpower Year 7 Giles, Gemma, Neil DT Workshops <i>Design, build and race an electric car! Invite only through an application process in early January.</i>
	Hockey Years 7 to 13 Lloyd, Millie & Rory Astro <i>Competitive sport for this term, learn all elements of Hockey skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	Meditation, Breathwork & Reiki Years 7 to 13 Ellie <i>Cost: £100 for 10 weeks</i> <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self esteem, this ancient healing tool of breathwork has huge health benefits.</i>	British Esports Students Champs (Fixtures and Practice) Years 7 to 11 Tim T, Esports Suite <i>Join us for Wednesday afternoon fixtures against other schools and colleges. Develop in game skills as well as building you communication and teamwork</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Theatre 4.30 - 6.30pm <i>Take part in a fun musical theatre performance.</i>
	Computer Club Years 7 to 11 Karl, ICT1 <i>Work with likeminded students to complete the Bronze or Silver iDEA award, create video games, or collaborate on any other digital project you have with the support of your friends and teachers.</i>	Golf Years 7 to 13 Ollie <i>Cost: £100 for 10 weeks</i> <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i>	Basketball Years 7 to 13 Andy, Sports Hall <i>Competitive sport this term, all team players should attend for additional training.</i>	Cricket Years 7 to 13 Lloyd & Ollie Sports Hall/Astro <i>Summer team players should come along to this ECA. Indoors winter nets training session in preparation for the summer.</i>
		Climbing Years 7 to 13 Linn & Matt B 4:30pm-6:30pm <i>Cost: £9 per session</i> <i>Meeting at the minibuses outside the Aldridge Theatre.</i>	Film Making Years 5 to 9 Sophie from MN AWARDS, Ballroom <i>Cost: £10.50 per session</i> <i>From book to film adaptations, to live action remakes, TV Presenting, stop motion and more, this club appeals to those who love to perform, and those with an interest in the technical side!</i>	
		Open Gym Years 7 to 13, Lauren Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	DT Open Workshop Years 7 to 9 Neil, DT Block <i>Students get to work on their own project of choice with support from members of the DT staff</i>	
			Open Gym Years 7 to 13 Millie, Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	

YEAR 8 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 1:10 – 1:55pm	Open Gym Years 7 to 13, Hek Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	Volleyball Years 7& 8 Lloyd Sports Hall <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	Women in Esport Years 7 to 11 Tim, Esports Suite <i>Dedicated to forging a more diverse, fair, and inclusive esports industry. Empowering women and marginalized genders to unlock their potential in esports.</i>	Open Art Years 7 to 9 Brendan, AD4 <i>Work on your own individual painting and drawing project.</i>
	Rugby Years 7 to 10 Jack & Phil Sports Field <i>Competitive sport for this term, learn all elements of Rugby skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	Pickleball Years 7 to 13 (max 16) Phil, Sports Hall <i>NEW SPORT! Combination of drills and matches. Come and learn this new high tempo rackets game! Much easier than tennis and indoors!</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	Netball Years 7 to 9 Jo D, Courts <i>Continue to develop your skills in netball during the off season! Drills and matches each week!</i>	Board Games in French Years 7 to 11 Valerie, MH1 <i>Let's play board games in French.</i>
	Charity, Outreach and Partnership Committee Years 7 to 13, Lynn G Drama studio <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	Open Gym Years 7 to 13, Rory Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Warhammer Years 7 to 10 Amy, Ceramics Room <i>Build, paint and battle with friends.</i>	Open Gym Years 7 to 13, Phil Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Mindfulness Paint by Numbers Years 7 to 9 Flic, F23 <i>Come along to relax & get mindful whilst working on your own Paint by Numbers. Hopefully you'll have a lovely piece of art to frame at the end of term!</i>
	Needle Felting Years 7 to 9 Amy Ceramics Room <i>Learn to needle felt. Then design and make a unique items.</i>	Zoe's Spa Years 7 to 13 Zoe, F8 <i>Yoga, mindfulness and meditation for a relaxing wind down after a busy da</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Musical Dance Hour Years 7 to 10 Sarah Barker, Nevill Hall <i>Learn dances from different West End musicals</i>	Funk & Soul Band Years 7 to 13 Alex & Josh, Laura MU10, MU14 and MRR <i>For students with existing experience playing a band instrument (drums, guitar, bass, vocals, keyboard, sax or brass instrument).</i>
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	Chess Club Years 7 to 13, Dan P Science Block <i>Learn, Play and compete in chess against your friends</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>		Orchestra Years 7 to 13 Laura <i>An mixed instrumental ensemble for senior musicians of all abilities</i>	Gymnastics Years 7 to 9 Hannah, Sports Hall £70 for 10 weeks <i>Please register on SOCS and also follow this link to register with Hannah https://www.springboxgymnastics.co.uk/frensham-heights SpringboxGymnastics provides a fun and friendly environment for girls and boys of all ages to enjoy the sport of gymnastics. Our aim is to instill a sense of passion for the sport through encouragement and help each child to feel a sense of achievement whatever their ability. The lunchtime class gives pupils an opportunity to learn gymnastics skills and improve flexibility, strength, balance, power and coordination in a fun learning environment. Gymnasts will be practicing skills on the floor, vault, beam/bench and trampette.</i>
	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>				
	Technique with Seb Years 7 to 13 Seb Nevill Hall <i>An open club led by Seb our Year 13. He will focus on different styles of dance as well as strenghening and stretching</i>				
	Camera Club Years 7 to 9 6th Form Led Photography <i>Brush up on your photography skills within this creative club.</i>				Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>

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AFTER SCHOOL 4.30-5.30pm	Seniors Ballet Years 7 to 13 Silke Dance Studio <i>Learn Cecchetti Ballet with Silke. This is an open class for all experiences and abilities to learn ballet dance.</i>	Back to Broadway Years 7 to 13 16:30-18:30 Student Led (Kat) Theatre/Studios <i>Perform Musical Theatre classics- old and new in this student led ECA</i>	Board Game Cafe Years 7 to 13 Tamzyn, F3 <i>Come along and play games, socialise and enjoy an after school snack.</i>	Judo Years 1 to 8 Oliver, Neville Hall <i>Cost: £105 for 10 weeks</i> <i>Throw, flip and grapple your way to success in this disciplined, fun filled club led by Oliver. Full personal kit is provided to take home.</i>
	Prep Club Years 7 to 11 Kate F Hub <i>An opportunity to complete prep</i>	Senior Modern Dance Years 7 to 13 Abbie, Studio <i>Learn Modern Dance with Abbie. This is an open class for all experiences and abilities to learn modern dance.</i>	Level 2 Sword/ Lightsaber ECA Years 7 to 13 Bill Liddle, Studios <i>Cost: £115 for 10 weeks</i> <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Theatre 4.30 - 6.30pm <i>Take part in a fun musical theatre performance.</i>
	Hockey Years 7 to 13 Lloydy, Millie & Rory Astro <i>Competitive sport for this term, learn all elements of Hockey skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	Meditation, Breathwork & Reiki Years 7 to 13 Ellie <i>Cost: £100 for 10 weeks</i> <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self-esteem, this ancient healing tool of breathwork has huge health benefit.</i>	DT Open Workshop Years 7 to 9 Neil <i>Students get to work on their own project of choice with support from members of the DT staff</i>	Cricket Years 7 to 13 Lloydy & Ollie Sports Hall/Astro <i>Summer team players should come along to this ECA. Indoors winter nets training session in preparation for the summer.</i>
	Computer Club Years 7 to 11 Karl, ICT1 <i>Work with likeminded students to complete the Bronze or Silver iDEA award, create video games, or collaborate on any other digital project you have with the support of your friends and teachers.</i>	Golf Years 7 to 13 Ollie <i>Cost: £90 for 10 weeks</i> <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i>	British Esports Students Champs (Fixtures and Practice) Years 7 to 11 Tim T, Esports Suite <i>Join us for Wednesday afternoon fixtures against other schools and colleges. Develop in game skills as well as building you communication and teamwork</i>	
		Climbing Years 7 to 13 Linn & Matt B 4:30pm-6:30pm <i>Cost: £9 per session</i> <i>Meeting at the minibuses outside the Aldridge Theatre.</i>	Film Making Years 5 to 9 Sophie from MN Awards Ballroom <i>Cost: £10.50 per session</i> <i>From book to film adaptations, to live action remakes, TV Presenting, stop motion and more, this club appeals to those who love to perform, and those with an interest in the technical side!</i>	
		Open Gym Years 7 to 13, Lauren Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Basketball Years 7 to 13 Andy, Sports Hall <i>Competitive sport this term, all team players should attend for additional training.</i>	
			Open Gym Years 7 to 13 Millie, Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	

YEAR 9 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 1:10 – 1:55pm	Open Gym Years 7 to 13, Hek Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	The Finance Lab Years 9 to 13 Grant F1 <i>Want to trade stocks, shares and commodities? Think you can outperform the market, now's your chance to prove it!</i>	Women in Esport Years 7 to 11 Tim, Esports Suite <i>Dedicated to forging a more diverse, fair, and inclusive esports industry. Empowering women and marginalized genders to unlock their potential in esports.</i>	Open Art Years 7 to 9 Brendan, AD4 <i>Work on your own individual painting and drawing project.</i>
	Rugby Years 7 to 10 Jack & Phil Sports Field <i>Competitive sport for this term, learn all elements of Rugby skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	Pickleball Years 7 to 13 (max 16) Phil, Sports Hall <i>NEWSPORT! Combination of drills and matches. Come and learn this new high tempo rackets game! Much easier than tennis and indoors!</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	Netball Years 7 to 9 Jo D, Courts <i>Continue to develop your skills in netball during the off season! Drills and matches each week!</i>	Board Games in French Years 7 to 11 Valerie, MH1 <i>Let's play board games in French.</i>
	Charity, Outreach and Partnership Committee Years 7 to 13, Lynn G Drama studio <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	The Lab Years 9 to 13 Rich, Seaborg Room <i>Research, design and carry out your own chemistry experiments</i>	Warhammer Years 7 to 10 Amy, Ceramics Room <i>Build, paint and battle with friends.</i>	Open Gym Years 7 to 13, Phil Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Mindfulness Paint by Numbers Years 7 to 9 Flic, F23 <i>Come along to relax & get mindful whilst working on your own Paint by Numbers. Hopefully you'll have a lovely piece of art to frame at the end of term!</i>
	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	Ceramics Years 7 to 10 Amy, Ceramics Room <i>Enjoy exploring various hand building techniques.</i>	Technical Theatre Years 9 to 13 Helen, Theatre <i>Come along and learn technical skills to support productions.</i>	Musical Dance Hour Years 7 to 10 Sarah Barker, Nevill Hall <i>Learn dances from different West End musicals</i>	Funk & Soul Band Years 7 to 13 Alex & Josh, Laura MU10, MU14 and MRR <i>For students with existing experience playing a band instrument (drums, guitar, bass, vocals, keyboard, sax or brass instrument).</i>
	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Frensham Heights Dance Troupe Years 7 to 11 Becky McKellar Nevill Hall <i>Come join the dance troupe to learn dances in different styles for performances</i>
	Needle Felting Years 7 to 9 Amy Ceramics Room <i>Learn to needle felt. Then design and make a unique items.</i>	Zoe's Spa Years 7 to 13 Zoe, F8 <i>Yoga, mindfulness and meditation for a relaxing wind down after a busy da</i>		Card Games Years 9 to 13 Alison B, F15 <i>Learn and play classic and new games in this fun packed ECA</i>	Gymnastics Years 7 to 9 Hannah, Sports Hall £70 for 10 weeks <i>Please register on SOCS and also follow this link to register with Hannah https://www.springboxgymnastics.co.uk/frensham-heights SpringboxGymnastics provides a fun and friendly environment for girls and boys of all ages to enjoy the sport of gymnastics. Our aim is to instill a sense of passion for the sport through encouragement and help each child to feel a sense of achievement whatever their ability. The lunchtime class gives pupils an opportunity to learn gymnastics skills and improve flexibility, strength, balance, power and coordination in a fun learning environment. Gymnasts will be practicing skills on the floor, vault, beam/bench and trampette.</i>
	Chess Club Years 7 to 13, Dan P Science Block <i>Learn, Play and compete in chess against your friends</i>	Open Gym Years 7 to 13, Rory Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>		Philosophy Circle Years 9 to 13 Jack T, F23 <i>Deep thought, debate and the meaning of life.</i>	
	Technique with Seb Years 7 to 13 Seb Nevill Hall <i>An open club led by Seb our Year 13. He will focus on different styles of dance as well as strenghening and stretching</i>			Orchestra Years 7 to 13 Laura <i>An mixed instrumental ensemble for senior musicians of all abilities</i>	
	Camera Club Years 7 to 9 6th Form Led Photography <i>Brush up on your photography skills within this creative club.</i>				

YEAR 9 TIMETABLE: LUNCH cont

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 1:10 - 1:55pm					Girls Football Years 7 to 10 Phil & Rory Sports Field <i>The season kicks off after February half term, any aspiring players in the teams for inter school matches should attend this training!</i>
					Senior Jazz Years 7 to 11 Abbie Dance Studio <i>Learn Jazz Dance with Abbie. This is an open class for all experiences and abilities to learn jazz dance.</i>

YEAR 9 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AFTER SCHOOL 4.30-5.30pm	Seniors Ballet Years 7 to 13 Silke Dance Studio <i>Learn Cecchetti Ballet with Silke. This is an open class for all experiences and abilities to learn ballet dance.</i>	Back to Broadway Years 7 to 13 16:30-18:30 Student Led (Kat) Theatre/Studios <i>Perform Musical Theatre classics- old and new in this student led ECA</i>	Board Game Cafe Years 7 to 13 Tamzyn, F3 <i>Come along and play games, socialise and enjoy an after school snack.</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Theatre 4.30 - 6.30pm <i>Take part in a fun musical theatre performance.</i>
	Prep Club Years 7 to 11 Kate F Hub <i>An opportunity to complete prep</i>	Volleyball Years 9 to 13 Lloydy, Sports Hall <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	DT Open Workshop Years 7 to 9 Neil <i>Students get to work on their own project of choice with support from members of the DT staff</i>	Cricket Years 7 to 13 Lloydy & Ollie Sports Hall/Astro <i>Summer team players should come along to this ECA. Indoors winter nets training session in preparation for the summer.</i>
	Hockey Years 7 to 13 Lloydy, Millie & Rory Astro <i>Competitive sport for this term, learn all elements of Hockey skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	Meditation, Breathwork & Reiki Years 7 to 13 Ellie <i>Cost:£100 for 10 weeks</i> <i>Breathing Space takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self esteem, this ancient healing tool of breathwork has huge health benefits.</i>	Level 2 Sword/ Lightsaber ECA Years 7 to 13 Bill Liddle, Studios <i>Cost: £115 for 10 weeks</i> <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i>	
	Computer Club Years 7 to 11 Karl, ICT1 <i>Work with likeminded students to complete the Bronze or Silver iDEA award, create video games, or collaborate on any other digital project you have with the support of your friends and teachers.</i>	Golf Years 7 to 13 Ollie <i>Cost: £100 for 10 weeks</i> <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i>	British Esports Students Champs (Fixtures and Practice) Years 7 to 11 Tim T, Esports Suite <i>Join us for Wednesday afternoon fixtures against other schools and colleges. Develop in game skills as well as building you communication and teamwork</i>	
	PADI Open Water Scuba Course Years 9 to 13 16:30-18:30 Charlie B, Pool <i>Cost: £180</i> <i>Learn to Scuba Dive</i>	Climbing Years 7 to 13 Linn & Matt B 4:30pm-6:30pm <i>Cost:£9 per session</i> <i>Meeting at the minibuses outside the Aldridge Theatre.</i>	Film Making Years 5 to 9 Sophie from MN Awards Ballroom <i>Cost: £10.50</i> <i>From book to film adaptations, to live action remakes, TV Presenting, stop motion and more, this club appeals to those who love to perform, and those with an interest in the technical side!</i>	
		Open Gym Years 7 to 13, Lauren Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Basketball Years 7 to 13 Andy, Sports Hall <i>Competitive sport this term, all team players should attend for additional training.</i>	
		Senior Modern Dance Years 7 to 13 Abbie, Studio <i>Learn Modern Dance with Abbie. This is an open class for all experiences and abilities to learn modern dance.</i>	Open Gym Years 7 to 13 Millie, Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	

YEAR 10 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 1:10 – 1:55pm	Open Gym Years 7 to 13, Hek Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	The Finance Lab Years 9 to 13 Grant F1 <i>Want to trade stocks, shares and commodities? Think you can outperform the market, now's your chance to prove it!</i>	Women in Esport Years 7 to 11 Tim, Esports Suite <i>Dedicated to forging a more diverse, fair, and inclusive esports industry. Empowering women and marginalized genders to unlock their potential in esports.</i>	Funk & Soul Band Years 7 to 13 Alex & Josh, Laura MU10, MU14 and MRR <i>For students with existing experience playing a band instrument (drums, guitar, bass, vocals, keyboard, sax or brass instrument).</i>
	Technique with Seb Years 7 to 13 Seb Nevill Hall <i>An open club led by Seb our Year 13. He will focus on different styles of dance as well as strengthening and stretching</i>	Pickleball Years 7 to 13 (max 16) Phil, Sports Hall <i>NEW SPORT! Combination of drills and matches. Come and learn this new high tempo rackets game! Much easier than tennis and indoors!</i>	Music GCSE Composition Years 10 & 11 Laura <i>A time to work on your GCSE composition</i>	Open Gym Years 7 to 13, Phil Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Board Games in French Years 7 to 11 Valerie, MH1 <i>Let's play board games in French.</i>
	Charity, Outreach and Partnership Committee Years 7 to 13, Lynn G Drama studio <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	Performance Coaching Club Years 10 & 11 Paul S, F13 <i>Learn how to use coaching as a tool to achieve your dream goals! Max 10 students.</i>	Warhammer Years 7 to 10 Amy, Ceramics Room <i>Build, paint and battle with friends.</i>	Orchestra Years 7 to 13 Laura <i>An mixed instrumental ensemble for senior musicians of all abilities</i>	Frensham Heights Dance Troupe Years 7 to 11 Becky McKellar Nevill Hall <i>Come join the dance troupe to learn dances in different styles for performances</i>
	Chess Club Years 7 to 13 Dan P Science Block <i>Learn, Play and compete in chess against your friends</i>	Ceramics Years 7 to 10 Amy, Ceramics Room <i>Enjoy exploring various hand building techniques.</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	Musical Dance Hour Years 7 to 10 Sarah Barker, Nevill Hall <i>Learn dances from different West End musicals</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>
	Photoshop Skills Years 10 - 11 Anna B-A Studios Classroom 2 <i>Develop your photoshop skills in this creative club</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Portfolio and Creative Progression Surgery Years 10 -13 Michele Art Block
	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	EcoHeights Years 9 to 13 Gemma B, AD6 <i>Frensham's Environmental Committee</i>	Technical Theatre Years 9 to 13 Helen, Theatre <i>Come along and learn technical skills to support productions.</i>	Card Games Years 9 to 13 Alison B, F15 <i>Learn and play classic and new games in this fun packed ECA</i>	Bronze DofE Year 10 Pippa, Wallace Lab <i>Come and prepare for your expedition! Keep a track of your sections with support.</i>
	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	The Lab Years 9 to 13 Rich, Seaborg Room <i>Research, design and carry out your own chemistry experiments</i>		Philosophy Circle Years 9 to 13 Jack T, F23 <i>Deep thought, debate and the meaning of life.</i>	History Film Club Years 10 -13 Matt Burns, F6 <i>Watch and learn form Historical films</i>
	Rugby Years 7 to 10 Jack & Phil Sports Field <i>Competitive sport for this term, learn all elements of Rugby skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	Open Gym Years 7 to 13, Rory Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>		Borneo Training Years 10 - 13 Linn K & Matt B Billiard Room <i>Meeting everyother week to run over essential expedition skills, team work and leadership development in preparation for the expedition of a lifetime.</i>	Senior Jazz Years 7 to 11 Abbie Dance Studio <i>Learn Jazz Dance with Abbie. This is an open class for all experiences and abilities to learn jazz dance.</i>
		Zoe's Spa Years 7 to 13 Zoe, F8 <i>Yoga, mindfulness and meditation for a relaxing wind down after a busy da</i>		EcoHeights Years 10 - 13 Gemma, AD6a <i>Frensham's Environmental Committee</i>	Girls Football Years 7 to 10 Phil & Rory Sports Field <i>The season kicks off after February half term, any aspiring players in the teams for inter schjool matches should attend this training!</i>
				DT Open Workshop Years 10 - 13 Gemma & Giles, AD6a <i>Make use of the workshops to design and create</i>	

YEAR 10 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AFTER SCHOOL 4.30-5.30pm	Seniors Ballet Years 7 to 13 Silke Dance Studio <i>Learn Cecchetti Ballet with Silke. This is an open class for all experiences and abilities to learn ballet dance.</i>	Back to Broadway Years 7 to 13 16:30-18:30 Student Led (Kat) Theatre/Studios <i>Perform Musical Theatre classics- old and new in this student led ECA</i>	Board Game Cafe Years 7 to 13 Tamzyn, F3 <i>Come along and play games, socialise and enjoy an after school snack.</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Theatre 4.30 - 6.30pm <i>Take part in a fun musical theatre performance.</i>
	Prep Club Years 7 to 11 Kate F <i>An opportunity to complete prep</i>	Volleyball Years 7 to 13 Lloydy, Sports Hall <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	Level 2 Sword/ Lightsaber ECA Years 7 to 13 Bill Liddle, Studios <i>Cost: £115 for 10 weeks</i> <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i>	Cricket Years 7 to 13 Lloydy & Ollie Sports Hall/Astro <i>Summer team players should come along to this ECA. Indoors winter nets training session in preparation for the summer.</i>
	Hockey Years 7 to 13 Lloydy, Millie & Rory Astro <i>Competitive sport for this term, learn all elements of Hockey skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	Meditation, Breathwork & Reiki Years 7 to 13 Ellie <i>Cost: £100 for 10 weeks</i> <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self-esteem, this ancient healing tool of breathwork has huge health benefits.</i>	Basketball Years 7 to 13 Andy, Sports Hall <i>Competitive sport this term, all team players should attend for additional training.</i>	
	PADI Open Water Scuba Course Years 9 to 13 16:30-18:30 Charlie B, Pool <i>Cost: £180</i> <i>Learn to Scuba Dive</i>	Golf Years 7 to 13 Ollie <i>Cost: £100 for 10 weeks</i> <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i>	British Esports Students Champs (Fixtures and Practice) Years 7 to 11 Tim T, Esports Suite <i>Join us for Wednesday afternoon fixtures against other schools and colleges. Develop in game skills as well as building you communication and teamwork</i>	
	Computer Club Years 7 to 11 Karl, ICT1 <i>Work with likeminded students to complete the Bronze or Silver iDEA award, create video games, or collaborate on any other digital project you have with the support of your friends and teachers.</i>	Climbing Years 7 to 13 Linn & Matt B 4:30pm-6:30pm <i>Cost: £9 per session</i> <i>Meeting at the minibuses outside the Aldridge Theatre.</i>	Open Gym Years 7 to 13 Millie, Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	
	Life Drawing Years 10 to 13 Neil, Art Block <i>GCSE and A Level students by invitation only. £50 per term</i>	Open Gym Years 7 to 13, Lauren Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>		
		Senior Modern Dance Years 7 to 13 Abbie, Studio <i>Learn Modern Dance with Abbie. This is an open class for all experiences and abilities to learn modern dance.</i>		

YEAR 11 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 1:10 – 1:55pm	Open Gym Years 7 to 13, Hek Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	The Finance Lab Years 9 to 13 Grant F1 <i>Want to trade stocks, shares and commodities? Think you can outperform the market, now's your chance to prove it!</i>	Women in Esport Years 7 to 11 Tim, Esports Suite <i>Dedicated to forging a more diverse, fair, and inclusive esports industry. Empowering women and marginalized genders to unlock their potential in esports.</i>	Board Games in French Years 7 to 11 Valerie, MH1 <i>Let's play board games in French.</i>
	Photoshop Skills Years 10 - 11 Anna B-A Studios Classroom 2 <i>Develop your photoshop skills in this creative club</i>	Pickleball Years 7 to 13 (max 16) Phil, Sports Hall NEWSPORT! <i>Combination of drills and matches. Come and learn this new high tempo rackets game! Much easier than tennis and indoors!</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	Open Gym Years 7 to 13, Phil Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Funk & Soul Band Years 7 to 13 Alex & Josh, Laura MU10, MU14 and MRR <i>For students with existing experience playing a band instrument (drums, guitar, bass, vocals, keyboard, sax or brass instrument).</i>
	Charity, Outreach and Partnership Committee Years 7 to 13, Lynn G Drama studio <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	Open Gym Years 7 to 13, Rory Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Music GCSE Composition Years 10 & 11 Laura <i>A time to work on your GCSE composition</i>	Orchestra Years 7 to 13 Laura <i>An mixed instrumental ensemble for senior musicians of all abilities</i>	Frensham Heights Dance Troupe Years 7 to 11 Becky McKellar Nevil Hall <i>Come join the dance troupe to learn dances in different styles for performances</i>
	Chess Club Years 7 to 13 Dan P Science Block <i>Learn, Play and compete in chess against your friends</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>
	Additional Maths Practice Year 11 Katherine, F2 <i>Advisory ECA for all Additional Maths Y11 students to practice methods learnt in class.</i>	Zoe's Spa Years 7 to 13 Zoe, F8 <i>Yoga, mindfulness and meditation for a relaxing wind down after a busy day</i>	Year 11 Committee Year 11 Paul H, Hub <i>Come and help organise activities for your year group</i>	Card Games Years 9 to 13 Alison B, F15 <i>Learn and play classic and new games in this fun packed ECA</i>	Silver DofE Year 11 Kevin/Matt Meitner Lab <i>Compulsory ECA for all Silver candidates.</i>
	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	The Lab Years 9 to 13 Rich, Seaborg Room <i>Research, design and carry out your own chemistry experiments</i>	Technical Theatre Years 9 to 13 Helen, Theatre <i>Come along and learn technical skills to support productions.</i>	Philosophy Circle Years 9 to 13 Jack T, F23 <i>Deep thought, debate and the meaning of life.</i>	History Film Club Years 10 -13 Matt Burns, F6 <i>Watch and learn form Historical films</i>
	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Literature Extention Year 11 Sam S, English Room <i>Think about the bigger picture and the big unanswered questions. Extend your Literature and contextual knowledge.</i>		DT Open Workshop Years 10 - 13 Gemma & Giles, AD6a <i>Make use of the workshops to design and create</i>	Portfolio and Creative Progression Surgery Years 10 -13 Michele Art Block
	Technique with Seb Years 7 to 13 Seb Nevill Hall <i>An open club led by Seb our Year 13. He will focus on different styles of dance as well as strenghening and stretching</i>	Performance Coaching Club Years 10 & 11 Paul S, F13 <i>Learn how to use coaching as a tool to achieve your dream goals! Max 10 students.</i>		Borneo Training Years 10 - 13 Linn K & Matt B Billiard Room <i>Meeting everyother week to run over essential expedition skills, team work and leadership development in preparation for the expedition of a lifetime.</i>	Senior Jazz Years 7 to 11 Abbie Dance Studio <i>Learn Jazz Dance with Abbie. This is an open class for all experiences and abilities to learn jazz dance.</i>
				EcoHeights Years 10 - 13 Gemma, AD6a <i>Frensham's Environmental Committee</i>	

YEAR 11 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>Seniors Ballet Years 7 to 13 Silke Dance Studio <i>Learn Cecchetti Ballet with Silke. This is an open class for all experiences and abilities to learn ballet dance.</i></p>	<p>Back to Broadway Years 7 to 13 16:30-18:30 Student Led (Kat) Theatre/Studios <i>Perform Musical Theatre classics- old and new in this student led ECA</i></p>	<p>Board Game Cafe Years 7 to 13 Tamzyn, F3 <i>Come along and play games, socialise and enjoy an after school snack.</i></p>	<p>Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Theatre 4.30 - 6.30pm <i>Take part in a fun musical theatre performance.</i></p>
	<p>Prep Club Years 7 to 11 Kate F Hub <i>An opportunity to complete prep</i></p>	<p>Volleyball Years 9 to 13 Lloydy, Sports Hall <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i></p>	<p>Level 2 Sword/ Lightsaber ECA Years 7 to 13 Bill Liddle, Studios Cost: £115 for 10 weeks <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i></p>	<p>Cricket Years 7 to 13 Lloydy & Ollie Sports Hall/Astro <i>Summer team players should come along to this ECA. Indoors winter nets training session in preparation for the summer.</i></p>
	<p>Hockey Years 7 to 13 Lloydy, Millie & Rory Astro <i>Competitive sport for this term, learn all elements of Hockey skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i></p>	<p>Meditation, Breathwork & Reiki Years 7 to 13 Ellie Cost: £100 for 10 weeks <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self-esteem, this ancient healing tool of breathwork has huge health benefits.</i></p>	<p>Basketball Years 7 to 13 Andy, Sports Hall <i>Competitive sport this term, all team players should attend for additional training.</i></p>	
	<p>PADI Open Water Scuba Course Years 9 to 13 16:30-18:30 Charlie B, Pool Cost: £180 <i>Learn to Scuba Dive</i></p>	<p>Golf Years 7 to 13 Ollie Cost: £100 for 10 weeks <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i></p>	<p>British Esports Students Champs (Fixtures and Practice) Years 7 to 11 Tim T, Esports Suite <i>Join us for Wednesday afternoon fixtures against other schools and colleges. Develop in game skills as well as building you communication and teamwork</i></p>	
	<p>Computer Club Years 7 to 11 Karl, ICT1 <i>Work with likeminded students to complete the Bronze or Silver iDEA award, create video games, or collaborate on any other digital project you have with the support of your friends and teachers.</i></p>	<p>Climbing Years 7 to 13 Linn & Matt B 4:30pm-6:30pm Cost: £9 per session <i>Meeting at the minibuses outside the Aldridge Theatre.</i></p>	<p>Open Gym Years 7 to 13 Millie, Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i></p>	
	<p>Life Drawing Years 10 to 13 Neil, Art Block <i>GCSE and A Level students by invitation only. £50 per term</i></p>	<p>Open Gym Years 7 to 13, Lauren Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i></p>		
		<p>Senior Modern Dance Years 7 to 13 Abbie, Studio <i>Learn Modern Dance with Abbie. This is an open class for all experiences and abilities to learn modern dance.</i></p>		

YEARS 12/13 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 1:10 – 1:55pm	Open Gym Years 7 to 13, Hek Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	The Finance Lab Years 9 to 13 Grant F1 <i>Want to trade stocks, shares and commodities? Think you can outperform the market, now's your chance to prove it!</i>	Open Gym Years 7 to 13, Phil Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Funk & Soul Band Years 7 to 13 Alex & Josh, Laura MU10, MU14 and MRR <i>For students with existing experience playing a band instrument (drums, guitar, bass, vocals, keyboard, sax or brass instrument).</i>
	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	Pickleball Years 7 to 13 (max 16) Phil, Sports Hall NEWSPORT! <i>Combination of drills and matches. Come and learn this new high tempo rackets game! Much easier than tennis and indoors!</i>	Volleyball Years 7& 8 Lloydy Sports Hall <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	Orchestra Years 7 to 13 Laura <i>An mixed instrumental ensemble for senior musicians of all abilities</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>
	Charity, Outreach and Partnership Committee Years 7 to 13, Lynn G Drama studio <i>An opportunity for you to create and lead our charity activities raising awareness and fundraising</i>	Zoe's Spa Years 7 to 13 Zoe, F8 <i>Yoga, mindfulness and meditation for a relaxing wind down after a busy da</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Recital Room <i>Take part in a fun musical theatre performance.</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Portfolio and Creative Progression Surgery Years 10 -13 Michele Art Block
	Chess Club Years 7 to 13 Dan P Science Block <i>Learn, Play and compete in chess against your friends</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Card Games Years 9 to 13 Alison B, F15 <i>Learn and play classic and new games in this fun packed ECA</i>	History Film Club Years 10 -13 Matt Burns, F6 <i>Watch and learn form Historical films</i>
	Technique with Seb Years 7 to 13 Seb Nevill Hall <i>An open club led by Seb our Year 13. He will focus on different styles of dance as well as strenghening and stretching</i>	Culture Club Years 12 & 13 James B Roberts House <i>Each week looking at an aspect of British cuture.</i>	Basketball Years 9 to 13 Andy, Sports Hall <i>Aspiring team players should come along to this ECA. Basketball season starts in January. Combination of drills, tactics and game play.</i>	Philosophy Circle Years 9 to 13 Jack T, F23 <i>Deep thought, debate and the meaning of life.</i>	
	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	The Lab Years 9 to 13 Rich, Seaborg Room <i>Research, design and carry out your own chemistry experiments</i>	Technical Theatre Years 9 to 13 Helen, Theatre <i>Come along and learn technical skills to support productions.</i>	DT Open Workshop Years 10 - 13 Gemma & Giles, AD6a <i>Make use of the workshops to design and create</i>	
		Gold DofE Years 12 to 13 Nick Boon-Arnell Wallace Lab <i>Compulsory ECA for all Gold candidates.</i>		Borneo Training Years 10 - 13 Linn K & Matt B Billiard Room <i>Meeting everyother week to run over essential expedition skills, team work and leadership development in prepartion for the expedition of a lifetime.</i>	
		Open Gym Years 7 to 13, Rory Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>		EcoHeights Years 10 - 13 Gemma, AD6a <i>Frensham's Environmental Committee</i>	

YEARS 12/13 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AFTER SCHOOL 4.30-5.30pm	Seniors Ballet Years 7 to 13 Silke Dance Studio <i>Learn Cecchetti Ballet with Silke. This is an open class for all experiences and abilities to learn ballet dance.</i>	Back to Broadway Years 7 to 13 16:30-18:30 Student Led (Kat) Theatre/Studios <i>Perform Musical Theatre classics- old and new in this student led ECA</i>	Board Game Cafe Years 7 to 13 Tamzyn, F3 <i>Come along and play games, socialise and enjoy an after school snack.</i>	Addams Family Rehearsals Years 7 to 13 Kat, Laura, Becky Theatre 4.30 - 6.30pm <i>Take part in a fun musical theatre performance.</i>
	Hockey Years 7 to 13 Lloydy, Millie & Rory Astro <i>Competitive sport for this term, learn all elements of Hockey skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	Volleyball Years 9 to 13 Lloydy, Sports Hall <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	Basketball Years 7 to 13 Andy, Sports Hall <i>Competitive sport this term, all team players should attend for additional training.</i>	Cricket Years 7 to 13 Lloydy & Ollie Sports Hall/Astro <i>Summer team players should come along to this ECA. Indoors winter nets training session in preparation for the summer.</i>
	PADI Open Water Scuba Course Years 9 to 13 16:30-18:30 Charlie B, Pool <i>Cost: £180</i> <i>Learn to Scuba Dive</i>	Meditation, Breathwork & Reiki Years 7 to 13 Ellie <i>Cost: £100 for 10 weeks</i> <i>Breathing 5pace takes children on a powerful guided breathwork journey using a range of breathing techniques. Fully immersive using silent disco headsets, we enter a world of meditation together with music for deep relaxation empowerment and to create a positive mindset. Scientifically backed to improve mental health and self esteem, this ancient healing tool of breathwork has huge health benefits</i>	Open Gym Years 7 to 13 Millie, Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>	
	Life Drawing Years 10 to 13 Neil, Art Block <i>GCSE and A Level students by invitation only. £50 per term</i>	Golf Years 7 to 13 Ollie <i>Cost: £100 for 10 weeks</i> <i>A keen golfer or keen to try it? Make use of the driving range and course with group tuition from a PGA professional. Available to all abilities from beginner to experienced, own clubs would be an advantage, but they can be provided! Cost is £10 per person, per session. Minimum requirement is 6 students, max of 12 students.</i>	Level 2 Sword/ Lightsaber ECA Years 7 to 13 Bill Liddle, Studios <i>Cost: £115 for 10 weeks</i> <i>Following on from the Level 1 ECA, we expand our knowledge and use of the sword into next level techniques and choreography. Completion of the Level 1 ECA is required to sign up for this course.</i>	
		Climbing Years 7 to 13 Linn & Matt B 4:30pm-6:30pm <i>Cost: £9 per session</i> <i>Meeting at the minibuses outside the Aldridge Theatre.</i>		
		Open Gym Years 7 to 13, Lauren Gym <i>Make use of the functional training gym from weight training, cardio and functional training</i>		
		Senior Modern Dance Years 7 to 13 Abbie, Studio <i>Learn Modern Dance with Abbie. This is an open class for all experiences and abilities to learn modern dance.</i>		