

YEAR N-6 SPRING 25-26 ECA TIMETABLE: LUNCHTIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH 12.30 – 1.10pm	Year 4-6 Gymnastics Hannah Sports Hall Cost: £7 per session for 9 weeks <i>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 4-6 Textiles Club Lesley 4-6 Classroom Max 12 Cost: £10 per session <i>Have fun creating woven, stitched, collage 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 Sports Hall, Cost: £7 per session for 10 weeks <i>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: £10 per session <i>Have fun drawing, painting, printing and collage making with professional designer Lesley O'Hara. Create a new artwork every week using a variety of techniques and art materials.</i> <i>See attached flyer</i>	Year 3-5 Jazz Dance Abbie Dance Studio <i>A session to learn jazz movements and dance sequences</i> <i>Additional Payment £7 per session</i> <i>Due to mocks this ECA will have a 2 week delayed start</i>
		Years 3-4 Street Dance Kimberley (KKTA) Dance Studio Cost is £108 for 10 weeks. <i>Due to mocks this ECA will have a 2 week delayed start</i>		Year 4-6 Junior Singers Josh Recital Room <i>Come along and harmonise</i>	Year 4-6 Chess Club Kelly H Year 4-6 Building <i>Learn to play and compete against your friends in this fun and challenging game</i>
	Year 4-6 Open Library Noel Library 12.30-1pm <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 3-6 Girls Football Ollie/Lauren Astro <i>Be prepared for the girls football season and get training in drills and matches. Session is on the astro and you will need shin pads/long socks!</i>	Year 4-6 Open Library Noel Library 12.30-1pm <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>	Years 4-6 Open Dance Sarah Studios <i>An open dance session to learn different dance styles of your choice</i>	Year 5-6 Football Nick OT Astro <i>Competitive sport for this term, learn all elements of football skills and game play. Those students in year 5-6 wishing to take part in matches this term should be attending this session.</i>
	Year 4-6 Fitness-circuits Clive Gym <i>2nd half term only</i>	Year 4-6 Pickelball Lloydy Sports Hall <i>Combination of drills and matches. Come and learn this new high tempo rackets game! Much easier than tennis and indoors!</i>	Year 1 - 3 Games Club Jade N-3 Building <i>Learning and playing board games, card games and team games.</i>	Year N-R Ballet Kimberley (KKTA) Junior School Hall Cost is £108 for 10 weeks.	
				Year 1-3 Open Dance Lynn G & Sixth Form N-3 Hall <i>Learn fun and creative dances with our Yr 12&13 dancers</i>	
	Year 4-6 Library Assistant 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 N-R Open Dance Lynn Junior School Hall <i>Learn different dances in different styles ready for a performance.</i>	Year 4-6 Follow along Art Katie Year 4-6 Building <i>Draw, colour, copy and create some great original peices of Art by following along and array of step by step guides.</i>	Year 4-6 Open Library Noel Library 12.30-1pm <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 N-3 Junior School Council Elana N-3 Building <i>Open sessions running ad-hoc. No need to sign up</i>
	Year 4-6 Ceramics Amy Ceramics Studio <i>Get creative in this clay based ECA.</i> Year 5&6, if playing in Wednesday Fixtures, please sign up to this ECA	Year 3-4 News club Ranjani Year 4-6 Building <i>We will look at various news articles in different news media and create our own news script for school</i>	Year 4-6 Library Assistant 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 to 6 LivByYoga Liv Hannon 4-6 Building <i>With an emphasis on breathing techniques, postures, flow and meditation, I promote thoughtful and reflective yoga to promote both physical and mental well-being. This 30 min dynamic vinyasa yoga class is a moment to unravel into your mats followed by mindful meditation. Paid ECA 10 weeks at £84 for Spring Term. email info@LivByYoga.com and check out www.LivByYoga.com</i>	Year 4-6 Open Library Noel Library (12:30-13:00) <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 R-2 Sports Hall Games Lauren Sports Hall <i>Come along and enjoy this fun fulfilled ECA. Each week we will change the activity and games, to develope our fundamental movement skills.</i>	Year 1-3 Animal Adventure Kimmy N-3 Building <i>Focus on a different animal each week. Use a variety of materials to make an animal and then research its characteristics</i>			
	Year N-1 Playdough Challenges! Meghan N-3 classroom 12:30-1:00pm. <i>We will be making all sorts of animals and characters out of play dough.</i>	Year 4-6 Touch Typing Kelly ICT 3 12.45-1.15pm <i>Touch up on your touch typing skills.</i>		Year 4-6 Library Assistant 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 Library Assistant 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>
				Peer Mentoring <i>Supervision - For all those children who were trained up in the Spring Term</i>	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Year 4-6 Orgimai club Clive 4-6 Classroom <i>1st half term only</i>	Year 4-6 Open Library Noel Library 12.30-1pm <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 pop along and see if there is space.</i>		Year 3-6 The Book Hive Library Club Elana Junior Library <i>Sorting and organising, checking our new books. Learning the library system.</i>	
				Year 4-6 Farm Club Roz Farm <i>Help out, learn about and support our furry friends within our own school farm.</i>	

YEAR N-6 SPRING 25-26 ECA TIMETABLE: AFTERSCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AFTER-SCHOOL 3.30-4.10pm	Year 4-6 Esports Tim T Max 10 4.30-5.15pm <i>Come along, learn and enjoy playing Esports within our state of the art Esports Studios.</i>	Year 4-6 Commercial Dance Claire K Dance Studio <i>Learn commercial dances from popular theatre and shows.</i> <i>Due to mocks this ECA will have a 2 week delayed start.</i> <i>(Max 12)</i>	Year 1-3 Spanish Club Cristina N-3 Classroom 3.30-4.10pm <i>Join us for some games, songs and activities all run in Spanish.</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 1-8 Judo Oliver Sports Hall Cost: £115 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 4-6 Ballet Dance Studio Silke 3:15-4:15pm <i>Learn Cecchetti Ballet with Silke. This is an open class for all experiences and abilities to learn Ballet.</i> <i>Additional payment £7 per session.</i> <i>Due to mocks this ECA will have a 2 week delayed start</i>	Year 3-4 Minecraft Club Sam <i>Building creativity, inovation and teamwork.</i>	Year 4-6 Ceramics Amy Ceramics Studio <i>Get creative in this clay based ECA.</i> Year 5&6, if not playing in Wednesday Fixtures, please do not sign up to this ECA	Year 3-4 Brain Busters Nick OT Junior School <i>Puzzles, challenges , thunks, creative thinking and problem solving a go-go!</i>	
	Year 3-6 Mixed Hockey Ollie/Lloyd Astro <i>Competitive sport for this term, learn all elements of Hockey skills and game play. Those students in year 3-6 wishing to take part in matches this term should be attending this session. Takes place on the astro and you will need shin pads and long socks.</i>	Year R-2 Musical Theatre Beth from KKTA Junior School Hall <i>Cost is £108 for 10 weeks.</i>		Year 1-3 Yoga by LivByYoga Liv Hannon N-3 Building 3.30- 4pm <i>Gentle vinyasa yoga story telling and meditation.</i>	
	Year 4-6 Card Games with Tamzyn 4-6 Building 3.30-4.15pm <i>Learn to play different card games including snap, UNO, Go Fish and many more!</i>		Year 3-6 Tv Presenting & Film Making Ballroom MN Academy 3.30-4.15pm Cost: £105 for 10 sessions <i>Lights, camera, action! Join our dual Filmmaking & TV Presenting Club for Spring Term 2026. Students will master film techniques while developing key on-camera skills. They will create short films, practice writing scripts, confidently present to the camera, and conduct interviews. This club builds teamwork, creative confidence, and clear communication skills.</i>		
	Year 3-6 Parkour Kurtis Sports Hall Cost: £9.60 per session for 10 weeks. 4.30pm-5.30pm <i>PFT Academy Ltd is excited to bring our dynamic movement sessions to Frensham Heights. Students will learn the core skills of Parkour, Freerunning and Tricking—building confidence, creativity and athletic ability.</i> <i>Based in Basingstoke, PFT Academy is a dedicated centre for all levels, from beginners to advanced, with expert coaching and a passion for inspiring movement.</i> <i>Join us as we come to Frensham Heights and discover one of the most exciting and empowering sports in the world!</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 7-9 SPRING 25-26 ECA TIMETABLE: LUNCHTIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING 7.50-8.20AM		Year 7-8 Touch typing Kelly H ITC3 <i>An invite only club targeted at those students who regularly use a laptop for their academic work</i>			
LUNCH-TIME 1.10-1.45PM	Year 7-13 Open Gym Jo Gym <i>Come and workout independently or get advice regarding your training.</i> <i>Max 20</i>	Year 7-10 Ceramics Amy Ceramics Room <i>Enjoy exploring various hand building techniques.</i>	Year 8-13 Library Assistant Noel Library <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Year 9-13 Philosophy Club Jack T F22 <i>Led by a 6th Form Philosophy Student, this club will give you a chance to investigate the key questions of life, the universe and everything and enjoy having a good argument. Ideal for GCSE PRE students and A Level Philosophers as well as everyone who wanted to do these subjects but didn't!</i> <i>Max 12</i>	Year 7-13 Rock and Pop/Funk Band Alex & Josh, Paul H MU10, MU14 and MRR <i>Guitarists, drummers, keyboard players, brass players, sax players and singers welcome. You may come along as a full band, or individually. Please talk to one of the Music team.</i>
		Year 7-13 Orchestra Laura Music Dept.			
	Year 7 Dance Technique Led by Year 8 Students Nevill Hall <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026.</i> <i>A group of Year 8 would like to share their love of dance and teach keen Year 7 their new found skills, lifts and jumps.</i>	Year 7-13 Mindful Colouring and Relaxation Zoe F8 <i>Carve out a bit of time in your busy day for some cosy chat whilst mindfully colouring and embrace some new relaxation techniques and tools.</i> <i>Max 10</i>	Year 8-13 Technical Theatre Helen Theatre <i>Come along and learn technical skills to support productions.</i>	Year 7-9 Open Dance with Sarah Dance Studio <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026.</i> <i>An open dance session to learn different dance styles of your choice</i>	Year 7-11 Bliss Knitting and Crocheting Valerie F9 <i>If you already have some experience in knitting or crocheting, come and join the knit and natter club. We will work on projects for neonatal units in the area and Bliss, which is a charity which supports families with premature babies.</i> <i>Max 10</i>
	Year 7-9 Camera Club Sarah F Photography Studio Max 10	Year 8-13 Library Assistant Noel Library <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Years 7-11 Paint by Numbers Gemma B F23 <i>Take a break from the busy school day and unwind with Paint by Numbers Club. Enjoy calming music while you paint, relax, and watch your artwork come to life</i> <i>Max 10</i>	Year 7-10 Warhammer Amy Ceramics Room <i>Build, paint and battle with friends.</i>	Year 9-13 Podcast Club Joe F7 <i>A club where people learn the basics of podcasting and can produce their own.</i> <i>Max 10</i>
	Year 7-13 Charity and Outreach Committee Lynn Music School <i>A group to lead charity events and activities through the whole school, led by Gemi in our 6th form.</i>	Year 7-13 Digital Creators Lab Karl IT1 <i>Come and collaborate on our existing projects (Arcade machine & Commodore 64 restoration) or bring your own idea for a computer based project. We need coders, digital artists and budding electronic engineers to make these projects a reality!</i>	Year 7 - 11 Textiles Helen Howarth Art Centre <i>The students will given a range of textile techniques, for example fashion illustration, printing, stencilling, embroidery and some machine sewing skills. They can use these skills to make textile products, for example bags or upcycling and fashion. If the student is working at GCSE or A level they can use textiles to enhance their portfolio.</i> <i>Max 8</i>	Year 7-13 Globe Trotters Will F12 <i>Geography related fun - quizzes, flags, maps, and lots of geoguesser!!</i> <i>Max 20</i>	Year 7-13 Open Gym Phil <i>Make use of the functional training gym from weight training, cardio and functional training</i> <i>Max 20</i>
	Year 7-11 Rugby Union Jack/Phil Pavilion <i>Contact rugby training session for all players in our games afternoon rugby squads. At the pavillion, you will need boots and a gumshield for every session.</i>	Year 7-13 Pickelball David L Sports Hall <i>Combination of drills and matches. Come and learn this new high tempo rackets game! Much easier than tennis and indoors</i>	Year 7-13 Songwriting and Music Technology Josh and Hector Music School	Year 7-9 Open Art. Paint and draw - Extend and explore. Brendan AD4 <i>Paint and draw - Extend and explore. An opportunity to come to the Art Centre and choose what you would like to paint and draw...</i> <i>Max 14</i>	Year 7-11 Jazz Dance with Abbie Neville Hall <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026.</i> <i>A session to learn jazz movements and dance sequences</i> <i>Additional payment £7 per session.</i>
	Year 7-13 Public Speaking & Debating ECA Amanda M Amanda's Office <i>We'll work in groups to build your confidence and skill in public speaking.</i>	Year 7-13 Commercial Dance Claire K Neville Hall <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026.</i> <i>Learn commercial dancers from popular theatre and shows.</i>	Year 9-13 Senior Play Rehearsals Kat Aldridge Theatre or Studios <i>Take part in the senior play- title to be confirmed soon. You must attend an audition, spaces are limited.</i>	Year 9-13 Girls Football Millie <i>Be prepared for the girls football season and get training in drills and matches. Session is on the astro and you will need shin pads/long socks!</i>	Year 8-13 Library Assistant Noel Library <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>

YEAR 7-9 SPRING 25-26 ECA TIMETABLE: LUNCHTIME cont.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH-TIME 1.10-1.45PM	Year 7-9 Gymnastics Hannah Sports Hall Cost: £7 per session <i>Please register on SOCS and also follow this link to register with Hannah: https://docs.google.com/forms/d/1XcZlYfaTj3CNnaXoHWtVsURCHBb3ro8mude7Q7IMKY/edit</i> <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.</i>	Year 7-8 Girls Football Rory <i>Be prepared for the girls football season and get training in drills and matches. Session is on the astro and you will need shin pads/ long socks!</i>	Year 7-13 Girls Only Gym Sian <i>Make use of the functional training gym from weight training, cardio and functional training</i> <i>Max 20</i>	Year 7-8 Basketball Sian Sports Hall <i>Open to all levels from new players to experienced. Extra drills and matches.</i>	
		Year 7-9 Worthy Earth Cody and Roz <i>Come and maintain the farm in readiness for planting in the spring.</i>	Year 9-11 Contemporary Technique and Performance Becky Nevill Hall <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026.</i> <i>A focused sesison on improving contemporary technique and building towards performance.</i>	Year 7-13 Rock Choir Hector Music School <i>A brand new choir for anyone who loves singing, regardless of prior experience. We'll be doing a variety of songs ranging from rock and pop to musical theatre and beyond (suggestions welcome!).</i>	
		Year 7-8 Thrive ECA Karen and Beverley 1.45-.15pm Hub <i>Invite Only</i>		Year 7-13 Senior Farm Club, Roz Farm	
	Year 8-13 Library Assistant Noel Library <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Year 7-13 Knit Artists, Caroline P, F23 <i>Complete beginners and those looking to develop their knitting skills are all welcome. There are many options for creating a beautiful object for yourself, friends or family - examples included hats, fingerless gloves, cowl scarves, lap blankets- perfect for the cold winter months. Come along and try out this age old technique that is becoming increasingly popular among young people, its great for relaxation too.</i>	Year 9-13 Basketball 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>	Year 9-11 Thrive ECA Jo and Beverley 1.45-2.15pm Hub <i>Invite Only</i>	
			Year 7-13 Bike Maintenance, Rich, Roberts House Undercroft. <i>Learn how to maintain, repair, and even build up bikes. From simple things such changing an inner tube, to more advanced stuff like replacing gear cables and bleeding brakes. Bring your own bike to work on if you wish!</i> <i>Max 6</i>	Year 8-13 Library Assistant Noel Library <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	
		Year 7-13 Percussion Ensemble Claire H Music Dept.	Year 7-13 Chess and Cribbage Club Dan P F4 <i>Chess is the most underground, renegade ECA Frensham Heights has to offer. In a secret, yet to be disclosed location, you will take on friend and foe alike on the 8x8 battlefield known as the chess board. Open to all whether you know how to play or not. MIMO. Miss it, miss out.</i>	Year 7-13 Music Tech Club, Dylan Music Dept.	
			Year 9-13 Card Games Alison F15 <i>Learn how to play a range of card games.</i>		
			Year 7-13 Crafting Club Holly Meitner <i>A place for anyone who wants to have a chilled crafting session! From knitting, crocheting, colouring, origami, and embroidery, come along and have a relaxing crafty time!</i>		

YEAR 7-9 SPRING 25-26 ECA TIMETABLE: AFTERSCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AFTER-SCHOOL 4.30-5.30PM	Year 7-13 Seniors Ballet Silke Dance Studio <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026.</i> <i>Learn Cechetti Ballet with Silke. This is an open class for all experiences and abilities to learn ballet dance. Additional Payment £7 per session.</i>	Year 7-13 Golf ECA Phil <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>	Year 7-9 DT open workshop Neil <i>Students get to work on their own project of choice with support from members of the DT staff</i>	Year 8-11 Greenpower Giles, Neil DT Workshops <i>Design, build and race an electric car!</i> <i>This ECA is for students in Y8-11 that are already part of the Greenpower 2025 teams.</i>	Year 1-8 Judo Oliver, Sports Hall Cost: £115 for 10 weeks <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>
		Year 9-13 Volleyball David L Sports Hall <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	Year 7-13 British Esports Students Champs (Fixtures and Practice) 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>	Year 7-13 Winter Cricket Nets David Lloyd, Ollie Sports Hall <i>Get a head start for summer cricket with our winter cricket nets. Action packed with games outside the nets as well as dills and bowling machine action. Bring your own equipment or use ours, all abilities welcome.</i>	
	Year 7 - 11 Prep Club Kate F The Hub <i>Supervised Prep Club.</i>	Year 9-13 PADI Open Water Scuba Course Charlie B Pool and FMR <i>Learn to scuba dive. PADI Open Water Course</i> <i>Cost £180</i>	Year 7-13 Open Gym Rory <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Year 7-13 Open Gym Millie <i>Make use of the functional training gym from weight training, cardio and functional training</i>	
	Year 7-13 Mixed Hockey David Lloyd, Rory, Millie Astro <i>Competitive sport for this term, learn all elements of Hockey skills and game play. Those students in year 3-6 wishing to take part in matches this term should be attending this session. Takes place on the astro and you will need shin pads and long socks. .</i>	Year 7-9 Printmaking Katherine Art Centre <i>Learn some of the basics of relief and mono printmaking to include Lino printmaking, screen printing</i> <i>Max 10</i>		Year 9-13 Senior Play Rehearsals Kat <i>Aldridge Theatre or Studios</i> <i>This will finish at 18:30 weekly with some later rehearsals. Take part in the senior play- title to be confirmed soon. You must attend an audition, spaces are limited.</i>	
	Year 7-10 Parkour Kurtis Sports Hall Cost: £9.60 per session for 10 weeks. 4.30pm-5.30pm <i>PFT Academy Ltd is excited to bring our dynamic movement sessions to Frensham Heights. Students will learn the core skills of Parkour, Freerunning and Tricking—building confidence, creativity and athletic ability.</i> <i>Based in Basingstoke, PFT Academy is a dedicated centre for all levels, from beginners to advanced, with expert coaching and a passion for inspiring movement.</i> <i>Join us as we come to Frensham Heights and discover one of the most exciting and empowering sports in the world!</i>	Year 7-13 Open Gym Andy <i>Make use of the functional training gym from weight training, cardio and functional training</i>			

YEAR 10-13 SPRING 25-26 ECA TIMETABLE: LUNCHTIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH-TIME 1.10-1.45PM	Year 10-13 GCSE Composition Club Josh MU10, MU14	Year 7-10 Ceramics Amy Ceramics Room <i>Enjoy exploring various hand building techniques.</i>	Year 7-13 Bike Maintenance, Rich, Roberts House Undercroft. <i>Learn how to maintain, repair, and even build up bikes. From simple things such changing an inner tube, to more advanced stuff like replacing gear cables and bleeding brakes. Bring your own bike to work on if you wish!</i> Max 6	Year 8-13 Library Assistant Noel Library <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Year 8-13 Library Assistant Noel Library <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>
	Year 7-13 Open Gym Jo Gym <i>Come and workout independently or get advice regarding your training.</i> Max 20	Year 12-13 Gold DofE Nick Boon-Arnell Wallace Lab. <i>Compulsory ECA for all Gold candidates.</i>	Year 10-11 Spanish Culture and Language Immersion Marta F11 <i>This ECA offers an immersive experience in the Spanish culture through various activities, including cooking traditional dishes, watching movies, karaoke, games, and participating in engaging role-plays and debates, tailored to the students' language level. Being part of an immersive session connects the student with real-life resources and situations, helping them understand the way the language is used beyond the classroom.</i> Max 10	Year 9-13 Philosophy Club Jack T F22 <i>Led by a 6th Form Philosophy Student, this club will give you a chance to investigate the key questions of life, the universe and everything and enjoy having a good argument. Ideal for GCSE PRE students and A Level Philosophers as well as everyone who wanted to do these subjects but didn't!</i> Max 12	Year 7-11 Jazz Dance With Abbie Neville Hall <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026.</i> <i>A session to learn jazz movements and dance sequences</i> <i>Additional payment £7 per session.</i>
	Year 8-13 Library Assistant Noel Library <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Year 7-13 Mindful Colouring and Relaxation Zoe F8 <i>Carve out a bit of time in your busy day for some cosy chat whilst mindfully colouring and embrace some new relaxation techniques and tools.</i> Max 10			
	Year 10-13 GCSE and A Level Drop In Session Becky Dance Studio <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026.</i> <i>Yrs 10-13 GCSE/ALEVEL Dance Students ONLY</i> <i>Dance Studio</i> <i>A support session for GCSE and A Level Dance students to work on their exam pieces.</i>	Year 8-13 Library Assistant Noel Library <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Year 8-13 Library Assistant Noel Library <i>Help with circulation of books, cataloguing and manging the café. Training provided</i>	Year 10-13 Open Workshop Gemma DT Workshops <i>Learn something new or use the space to improve or catch up with your 3DD work!</i>	Year 7-13 Rock and Pop/Funk Band Alex & Josh, Paul H MU10, MU14 and MRR <i>Guitarists, drummers, keyboard players, brass players, sax players and singers welcome. You may come along as a full band, or individually. Please talk to one of the Music team.</i>
	Year 10-11 Psychology and Sociology Club Paul Sogaard F13 <i>Have you ever asked your self why some people are more obedient than others or why education is different in different schools? In this club you will discover some of the most fascinating facts about the human brain, human and animal behaviour and how society works. A fun introduction to Psychology and Sociology and an opportunity to learn more about yourself.</i>	Year 7-13 Digital Creators Lab Karl IT1 <i>Come and collaborate on our existing projects (Arcade machine & Commodore 64 restoration) or bring your own idea for a computer based project. We need coders, digital artists and budding electronic engineers to make these projects a reality!</i>	Years 7-11 Paint by Numbers Gemma B F23 <i>Take a break from the busy school day and unwind with Paint by Numbers Club. Enjoy calming music while you paint, relax, and watch your artwork come to life</i> Max 10	Year 7-13 Globe Trotters Will F12 <i>Geography related fun - quizzes, flags, maps, and lots of geoguesser!!</i> Max 20	Year 10 Silver Dof E Pippa Meitner lab <i>Silver D of E - continue your journey with the Dof E award, route planning and expedition preparation, also programme support.</i>
	Year 10 Bronze Dof E Karl Ballroom <i>Come and prepare for your expedition! Keep a track of your sections with support.</i>	Year 10-13 The Spark Lab Grant Lister <i>Turn business theory into a real life venture.</i> Max 12	Year 8-13 Technical Theatre Helen Theatre <i>Come along and learn technical skills to support productions.</i>	Year 7-10 Warhammer Amy Ceramics Room <i>Build, paint and battle with friends.</i>	Year 7-11 Bliss Knitting and Crocheting Valerie F9 <i>If you already have some experience in knitting or crocheting, come and join the knit and natter club. We will work on projects for neonatal units in the area and Bliss, which is a charity which supports families with premature babies.</i> Max 10
	Year 7-13 Charity and Outreach Committee Lynn Music School <i>A group to lead charity events and activities through the whole school, led by Gemi in our 6th form.</i>	Year 7-13 Pickelball David L Sports Hall <i>Combination of drills and matches. Come and learn this new high tempo rackets game! Much easier than tennis and indoors</i>	Year 7 - 11 Textiles Helen Howarth Art Centre <i>The students will given a range of textile techniques, for example fashion illustration, printing, stencilling, embroidery and some machine sewing skills. They can use these skills to make textile products, for example bags or upcycling and fashion. If the student is working at GCSE or A level they can use textiles to enhance their portfolio.</i> Max 8	Year 11 Literature Extension Sam F16 <i>Help raise your Literature grade. We investigate the context and the bigger questions surrounding your GCSE Literature texts.</i> Max 10	
	Year 7-11 Rugby Union Jack/Phil Pavilion <i>Contact rugby training session for all players in our games afternoon rugby squads. At the pavillion, you will need boots and a gumshield for every session.</i>	Year 7-13 Commercial Dance Claire K Neville Hall <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026.</i> <i>Learn commercial dancers from popular theatre and shows.</i>			Year 9-13 Podcast Club Joe F7 <i>A club where people learn the basics of podcasting and can produce their own.</i> Max 10

YEAR 10-13 SPRING 25-26 ECA TIMETABLE: LUNCHTIME cont.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH-TIME 1.10-1.45PM	Year 7-13 Public Speaking & Debating ECA Amanda M Amanda's Office <i>We'll work in groups to build your confidence and skill in public speaking.</i>	Year 7-13 Knit Artists, Caroline P, F23 <i>Complete beginners and those looking to develop their knitting skills are all welcome. There are many options for creating a beautiful object for yourself, friends or family - examples included hats, fingerless gloves, cowl scarves, lap blankets- perfect for the cold winter months. Come along and try out this age old technique that is becoming increasingly popular among young people, its great for relaxation too.</i>	Year 7-13 Girls Only Gym Sian <i>Make use of the functional training gym from weight training, cardio and functional training</i> Max 20	Year 7-13 Rock Choir Hector Music School <i>A brand new choir for anyone who loves singing, regardless of prior experience. We'll be doing a variety of songs ranging from rock and pop to musical theatre and beyond (suggestions welcome!).</i>	Year 7-13 Open Gym Phil <i>Make use of the functional training gym from weight training, cardio and functional training</i> Max 20
			Year 9-11 Contemporary Technique and Performance Becky Nevill Hall <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026. A focused sesison on improving contemporary technique and building towards performance.</i>	Year 9-13 Girls Football Millie <i>Be prepared for the girls football season and get training in drills and matches. Session is on the astro and you will need shin pads/long socks!</i>	
		Year 11 Additional Maths Katherine Howes F2 <i>Extra practice for those Y11 taking the Additional Maths qualification.</i>	Year 7-13 Songwriting and Music Technology Josh and Hector Music School	Year 9-11 Thrive ECA Jo and Beverley 1.45-2.15pm Hub <i>Invite Only</i>	
		Yr 10 -11 Photoshop Skills Workshop Anna BA Mac Suite Studios <i>Photoshop Workshop. Come along to the Mac Suite to extend your adobe skill base. Particularly helpful for those studying a creative GCSE.</i> Max 8	Year 9-13 Senior Play Rehearsals Kat Aldridge Theatre or Studios <i>Take part in the senior play- title to be confirmed soon. You must attend an audition, spaces are limited.</i>	Year 10-13 Myths and Legends Jennie B F22 <i>Are you interested in the myths and legends of different countries? You might have head of Hercules or Thor but have you heard of The Morrigan or Baba Yaga? Come and find out more about them, the way they are portrayed in film and tv, and have a go at modernising the these ancient stories.</i>	
		Year 7-13 Percussion Ensemble Claire H Music Dept.	Year 9-13 Basketball 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>	Year 7-13 Senior Farm Club, Roz Farm	
		Year 7-13 Orchestra Laura Music Dept.	Year 7-13 Chess and Cribbage Club Dan P F4 <i>Chess is the most underground, renegade ECA Frensham Heights has to offer. In a secret, yet to be disclosed location, you will take on friend and foe alike on the 8x8 battlefield known as the chess board. Open to all whether you know how to play or not. MIMO. Miss it, miss out.</i>	Year 7-13 Music Tech Club, Dylan Music Dept.	
			Year 9-13 Card Games Alison F15 <i>Learn how to play a range of card games.</i>		
			Year 7-13 Crafting Club Holly Meitner <i>A place for anyone who wants to have a chilled crafting session! From knitting, crocheting, colouring, origami, and embroidery, come along and have a relaxing crafty time!</i>		

YEAR 10-13 SPRING 25-26 ECA TIMETABLE: AFTERSCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AFTER-SCHOOL 4.30-5.30PM	Year 11 - 13 Life Drawing Neil Art Centre <i>By Invitation Only</i>	Year 9-13 Volleyball David L Sports Hall <i>Always action packed, learn new skills and game play with this high energy volleyball session!</i>	Year 7-13 Open Gym Rory <i>Make use of the functional training gym from weight training, cardio and functional training</i>	Year 8-11 Greenpower Giles, Neil DT Workshops <i>Design, build and race an electric car!</i> <i>This ECA is for students in Y8-11 that are already part of the Greenpower 2025 teams.</i>	
	Year 7-13 Seniors Ballet Silke Dance Studio <i>Delayed start to this ECA due to Mocks Commencing the week beginning 19th January 2026. Learn Cechetti Ballet with Silke. This is an open class for all experiences and abilities to learn ballet dance. Additional Payment £7 per session.</i>	Year 10-13 GCSE and Alevel Climbing Surrey sports park Linn, Jon & Matt Brown 4:30-6:30pm Cost: £9 per session <i>Meeting at the minibuses outside the Aldridge Theatre.</i>	Year 7-13 British Esports Students Champs (Fixtures and Practice) 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>	Year 7-13 Winter Cricket Nets David Lloyd, Ollie Sports Hall <i>Get a head start for summer cricket with our winter cricket nets. Action packed with games outside the nets as well as dills and bowling machine action. Bring your own equipment or use ours, all abilities welcome.</i>	
	Year 7 - 11 Prep Club Kate F The Hub <i>Supervised Prep Club.</i>	Year 9-13 PADI Open Water Scuba Course Charlie B Pool and FMR <i>Learn to scuba dive. PADI Open Water Course</i> <i>Cost £180</i>	Year 12 -13 6th Form Students vs. Staff Football James B Astro <i>Get rinsed by James and Nick O-T? Then bring some shin pads and mad skills to the astro for a weekly beating!</i>	Year 7-13 Open Gym Millie <i>Make use of the functional training gym from weight training, cardio and functional training</i>	
	Year 7-13 Mixed Hockey David Lloyd, Rory, Millie Astro <i>Competitive sport for this term, learn all elements of Hockey skills and game play. Those students in year 3-6 wishing to take part in matches this term should be attending this session. Takes place on the astro and you will need shin pads and long socks. .</i>	Year 7-13 Golf ECA Phil <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>		Year 9-13 Senior Play Rehearsals Kat <i>Aldridge Theatre or Studios</i> <i>This will finish at 18:30 weekly with some later rehearsals. Take part in the senior play- title to be confirmed soon. You must attend an audition, spaces are limited.</i>	
	Year 7-10 Parkour Kurtis Sports Hall Cost: £9.60 per session for 10 weeks. 4.30pm-5.30pm <i>PFT Academy Ltd is excited to bring our dynamic movement sessions to Frensham Heights. Students will learn the core skills of Parkour, Freerunning and Tricking—building confidence, creativity and athletic ability. Based in Basingstoke, PFT Academy is a dedicated centre for all levels, from beginners to advanced, with expert coaching and a passion for inspiring movement. Join us as we come to Frensham Heights and discover one of the most exciting and empowering sports in the world!</i>	Year 9-13 Senior Play Rehearsals Kat Aldridge Theatre or Studios <i>This will finish at 18:30 weekly with some later rehearsals. Take part in the senior play- title to be confirmed soon. You must attend an audition, spaces are limited.</i> Year 7-13 Open Gym Andy <i>Make use of the functional training gym from weight training, cardio and functional training</i>			