

YEAR N-6 SUMMER ECA TIMETABLE: MORNING, BREAK & LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING 8:00-8:30AM			Year 6 Touch Typing Course Kelly ICT 3, Max 10 <i>Invitation only for year 6 pupils. An opportunity for pupils to develop their typing skills in preparation for year 7.</i>		
BREAK 10.25-10.50am					Year 1-6 Kindness Collective Nick OT 4-6 Building <i>Sharing, reviewing and talking about kindness in the Junior School. Creating new ideas, initiatives and challenges and turning them into awesome action.</i>
LUNCH 12:30 - 13:10pm	Year 5-6 Gymnastics Hannah Nevill Hall, 7 weeks, Cost: £50.50 <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 3-6 Netball Lauren & Millie Astro <i>Improve your netball skills and game play ahead of netball season in September, all those aspiring to be included in the teams next term should attend.</i>	Year 2-4 Gymnastics Hannah Ballroom, 6 weeks, Cost: £44 <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 3-6 Parkour Kurtis, Lauren Sports Hall Cost: £60 <i>Parkour, Freerunning and Tricking, are all a fusion of acrobatics and athleticism, conquering obstacles through creative and agile moves. They have gained immense internet fame and feature prominently in theatre, TV, and film, showcasing gravity-defying athleticism in urban and natural settings. It's time to embrace this trend, dive into a thrilling sporting future, and discover a lifelong passion.</i>	Year N-1 Gymnastics Hannah Ballroom, 9weeks, Cost: £63.50 <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 1-4 Open Dance Lynn G Dance Studios <i>Come on down Yrs 1-4 and move your bodies to the beat! Make up your own dances and learn new moves together.</i>	Year 1-3 Library Club Noel & Jon Library, Max 10 12.20-13.00pm <i>Come and practice your reading for 20minutes in the senior school library. Supported and looked after by Year 6 Volunteers.</i>	Year 1-3 Modern Dance India N-3 Hall 12.45-1.10pm <i>Come along and learn modern Dance.</i>	Year 1-3 Yoga Liv Dance Studio <i>A Gentle yoga class part way through the day. Themed on Summer and completing with mindful meditation.</i>	Year N-R Ballet India N-3 Hall, 12.15-12.45pm <i>Ever wanted to learn Ballet? Develop your ballet skills in this fun filled club.</i>
	Year 3-6 Summer Games Phil & Rory Field <i>A different summer game each week including sports like Ultimate Frisbee, Touch Rugby, Rounders and much more!</i>	Year 4-6 Debating Club Elana 4-6 Classroom, Max 10 <i>Come and test your debating skills, discussing hot topics.</i>	Year 1-6 Eco Warriors Meghan Year 4-6 Classroom, Max 12 <i>With the recent television programmes such as Blue Planet 2 and Drowning in Plastic - we need to help the children in our school become more aware of the impact that our waste- in particular plastic- has on our environment. With your help, we can make children feel empowered to make a difference!</i>	Year 4-6 Tennis Lloydy Tennis Courts <i>Get ready for Wimbledon with an action-packed tennis lesson working on fundamental coordination skills and game play!</i>	Year 3-6 Chess Club Kelly 4-6 Building <i>Come along, learn and then challenge your friends at a game or two of chess.</i>
	Year 3-6 Hot Bead Clubs Rosemary, Year 4 Classroom, Max 20 <i>Design and create patterns and shapes.</i>	Year 4-6 Matilda Principles Kat P. Theatre <i>An invite only club for those with leading roles in our Junior production of Matilda</i>	Year 4-6 Art Club Lesley, Max 12 Cost: £85.50 <i>See Attached Flyer.</i>	Year 4-6 Matilda Principles Kat P & Sarah D. Theatre <i>An invite only club for those with leading roles in our Junior production of Matilda</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, Max 8 <i>Exploring Clay Come and explore creating a masterpiece from clay. Please sign up to only a Monday or Tuesday</i>	Year 4-6 Ceramics Amy Ceramics Room, Max 8 <i>Exploring Clay Come and explore creating a masterpiece from clay. Please sign up to only a Monday or Tuesday</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 Circuit Training Clive Out & About 1ST HALF TERM ONLY!! <i>Get fit in this high energy workout session.</i>	Year 4-6 Crotchet Club 4-6 Clasroom. Max 6 <i>Led by Juno (Yr 8) you will master the basics of Crocheting.</i>

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LUNCH 12:30 - 13:10pm	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 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 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 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 Ballet India N-3 Hall, 12.45-1.10pm <i>Ever wanted to learn Ballet? Develop your ballet skills in this fun filled club.</i>
	Year R-2 Chess Club Kelly N-3 Building <i>Come along, learn and then challenge your friends at a game or two of chess.</i>	Year 3-6 Touch Typing Course Kelly ICT 3, Max 10 <i>An opportunity for pupils to develop their typing skills.</i>	Year N-R Modern Dance India N-3 Hall, 12.15-12.45pm <i>Come along and learn modern Dance.</i>	Year 1-3 Art Club Lesley N-3 Art Room Max 12, Cost: £76 <i>See Attached Flyer</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 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 1-3 Katie's Culinary Skills Katie N-3 Building, Max 6 <i>Perfect you cooking skills in this fun filled, health cooking session</i>	Year 1-3 Athletics Lauren Field (10max) <i>A chance to improve fundamental skills of running, throwing nd jumping</i>	Year 1-3 Circuit Training Clive Out & About 2ND HALF TERM ONLY!! <i>Get fit in this high energy workout session.</i>	Year 3-6 Just Dance Nick OT. Out & About <i>A chance to come and perfect those dance skills, get fit and have a whole heap of fun at the same time. Using the Just Dance programme we will find awesome songs and have a go at the dance routines to go with them.</i>
		Year 4-6 Textiles Club Lesley 4-6 Classroom Max 12 Cost: £76.50 <i>See Attached Flyer.</i>	Year 5-6 Open Dance Lynn G Dance Studios <i>Learn new moves and create your own Dance with Niamh</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 N-2 Little Bookworms Sarah G. N-3 Building <i>Come and discover a love of reading with a rug, book and hopefully some sunshine!</i>	

YEAR N-6 SUMMER ECA TIMETABLE: AFTERSCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AFTER SCHOOL 3.30-4.15pm	Year 4-6 Pereformance Adam Drama Studios <i>Super charge your storytelling and unique sense of expression in Drama games and improvisations with Adam.</i>	Year 4-6 Science Club Ranjini 4-6 Building 3.40-4.30pm <i>Learn and test out some awesome weather and climate based expermients around our school site.</i>	Year 3-6 Herbal Heroes Joceyln 4-6 Classroom <i>Researching culinary and medicinal herbs and planting out a herb garden. We will use the herbs to make tea and lip balm. Max 8</i>	Year 4-6 Vinyasa Yoga Liv Studios £5 per session 15.30-16.00pm <i>Based on the seasonal theme of Spring. We will gently flow through the class completing with some mindful meditation.</i> Website: www.LivByYoga.com email: info@LivByYoga.com	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 1-6 Cricket Lloydy, Ollie & Rory Field <i>Competitive sport for this term, learn all elements of cricket 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 1-6 Football Tricks & Flicks Nick OT Astro <i>Focussing on all that is fun about football. learning new skills and tricks, focussing on technique and of course.....lots of nutmegs! Year 6 helpers required!!</i>		Year 5-6 Athletics Phil Field 15.15-16.00pm <i>Variety of traditional track and field events covered each week.</i>	
	Year N-3 Golf Tania Field <i>Perfect your putting, driving and master golf in this fun filled ECA.</i>	Year 1-3 Pereformance Adam Drama Studios <i>Super charge your storytelling and unique sense of expression in Drama games and improvisations with Adam.</i>		Year 4-6 Judo Oliver Ballroom, 16.50-17.30pm <i>Throw, flip and grapple your way to success in this disciplined, fun filled club led by Oliver. £90 for 9 weeks. Oliver will be in contact for more information and payment details.</i>	
		Year 4-6 Swimming Andy & Jon Swimming Pool 3.30-4.30pm <i>Spend an hour developing your confidence and technique in the pool.</i>		Year 1-3 Judo Oliver Neville Hall, 16.10-16.45pm <i>Throw, flip and grapple your way to success in this disciplined, fun filled club led by Oliver. £ 90 for 9 weeks. Oliver will be in contact for more information and payment details.</i>	

Good afternoon,

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

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 22nd March; 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 26th March 2024; Registration for ECA's opens on SOCs at 1pm.

Friday 29th March 2024: Registration for ECA's closes on SOCs at 4.30pm.

Tuesday 23rd April 2024: ECA's begin

Friday 28th June 2024: ECA's 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.

We will spend the remainder of Thursday and Friday trying to resolve any issues with oversubscribed clubs and be as fair as possible to all students. ECA's are not based on a 'first come – first served' basis and we will look at the whole pool of sign-ups and allocate accordingly.

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.

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

Regards,

Jon Gilpin

School Extra-Curricular Co-Ordinator

Head of Junior Co-Curricular

YEAR 7 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING 10:00 – 10:30am	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>
LUNCH 1:10 – 1:55pm	Games Design Years 7 to 10 Sarah Cull, ICT1 Invite Only, Max 15 <i>Supporting Arlo Freer and Toby Wilkinson in helping students with the BAFTA Young Games Designer competition. Students will learn the art of envisioning, designing and developing a game. They will spend the ECA working on a games concept and any student who wishes to take this to the next level by learning how to code their game can do so. Students work will be assessed and the best games concepts and games designs will be submitted to BAFTA YGD competition in March.</i>	Swimming Years 7 to 10 Lauren & Jo <i>Variety of improving swimming strokes, swim fitness and water-based games.</i>	Ceramics Years 7 to 9 Amy, Ceramics Room, Max 10 <i>Come and explore creating a masterpiece from clay.</i>	Athletics Years 7 to 13 Jo, Field <i>Variety of traditional track and field events covered each week.</i>	Band workshop Years 7 to 13 Alex and Josh Mu14 and Mu10 <i>Frensham Heights' in-house Jazz, Rock, Funk and Blues Band.</i>
		Fitness Suite Years 7 & 8 Andrew Ellison Max 16 <i>Open fitness session.</i>			
		Cross-fit Years 7 to 13, Millie <i>Teacher led gym session to work the full body with variety of cross fit style workouts!</i>	Musical Theatre/Pop Choir Years 7 to 13 Josh, MU7	Forest Bathing Years 7 to 11, Flic Out & About <i>Shinrin-yoku, also known as forest bathing, is an ancient Japanese practice of relaxation. It involves being calm and quiet among the trees, immersing oneself in nature, observing the natural surroundings, and breathing deeply. By doing so we can benefit from stress reduction, increased wellbeing and boosted health. Come along to get your dose of Vitamin D!</i>	Poetry Pharmacy Years 7 to 13 Michele, AD1, Max 15 <i>Developing an illustrated book of selected poems- these poems are intended to help in times of need, e.g a poem for friendship issues, to provide contemplation, and guidance for our community. this follows on from an Edge 6th form programme that started earlier this year.</i>
	Competitive Chess Years 7 to 13 Dan, Max 16 <i>Aim: to study chess as a strategic discipline; and compete against others to test your perception and native wit.</i>	Frensham Dance Troupe Years 7 to 10 Becky, Nevill Hall, Max 20 <i>A performance group of dancers who want to improve their technical ability in a range of styles including contemporary, jazz, street and to create dances for performances.</i>	Poetry Pharmacy Years 7 to 13 Michele, AD1, Max 15 <i>Developing an illustrated book of selected poems- these poems are intended to help in times of need, e.g a poem for friendship issues, to provide contemplation, and guidance for our community. this follows on from an Edge 6th form programme that started earlier this year.</i>		Fitness Suite Years 7 to 13 Paul Hughes, Max 16 <i>Open fitness session.</i>
	Gymnastics Years 7 to 9, Hannah Sports Hall, 10 weeks Cost £6.50 per session <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>		Maths Puzzles & Challenges Years 7 to 9 Katherine H, F2, Max 20 <i>An opportunity to have a go at some maths puzzles and challenges in a relaxed environment.</i>	Drumming & Percussion Years 7 to 13, Loz, MU14	French/Spanish Card Games Years 7 to 11 MH1, Max 12 <i>Let's play card games in French or Spanish</i>
	Touch Rugby Years 7 to 10 Jack S, Main House Lawn <i>Fun touch rugby game out on the MH lawn. All welcome, no prior experience needed! Weather dependant!</i>			Foraging Club Years 7 to 13, Tor, Out & About <i>Spring foraging for wonderful plants and flower such as pineapple weed, wild garlic, nettles, purple clover, wild rose petals etc. some can be eaten or dried to make tea, some can be made into lip balm or a cure for burn and nettle stings.</i>	
			The Moral Maze Years 7 to 10 & 12 Jack T, F23, Max 15 <i>Ethical Debating Society - we will look at topical ethical issues and discuss these while developing understanding of formal debating structure.</i>		
			Founders Day Committee Years 7 to 13 Lynn G, Theatre Foyer, Max 12 <i>A time to gather and organise the fayre section of Founders Day - what would you like to see happening on Founders Day so all the family has a great time.</i>		
			Warhammer Years 7 to 10 Amy, AD2 <i>Improve your engineering, arts, and maths skills, at Warhammer club. Build and make your figures and then play the strategic game.</i>		
			Geography Club Years 7 to 9 Will, F12, Max 10 <i>More Geography based challenges and fun.</i>		

YEAR 7 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AFTER SCHOOL 4.30-5.30pm	<p>iDEA Years 7 to 13 Tim, ICT1, Max 20 <i>The Inspiring Digital Enterprise Award, known as iDEA is an international programme that helps you develop digital, enterprise and employability skills. Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.</i></p>	<p>Parkour Years 7 to 13 Nevill Hall, £80 for 8 weeks <i>Let us know if you wish to join this ECA via SOCS and also contact https://pftacademy.com/frenshamheightsparkour/ to book your place. Parkour, Free-running and Tricking are underground sports that are emerging to the top through viral internet popularity! But now's the time to get involved as the sport's exposure is just getting started with the first move of Parkour being added to the Olympic sport roster.</i></p>	<p>DT Open Workshop Years 7 to 9 Neil, AD6, Max 15 <i>Open DT workshop so that you can either work on your class project or experiment with your own making project. DT staff will be present to support you with tools & processes.</i></p>	<p>Greenpower Years 7 & 8 Gemma & Giles, DT, 4.30-5.30pm Greenpower Team only <i>This ECA is for the Greenpower members that applied to be part of the team in January. It is a Y7 ECA that transitions into Y8, from January in Y7 to October/November in Y8. Past Greenpower members ('Greenpower Legends') are welcome to return to the ECA to support and mentor the newest recruits. Students will be developing our Formula 24 kit cars to prepare them for race days. Approximately £20 - £25 per race.</i></p>
	<p>Cricket Years 7 to 13 Lloydy/Ollie, Field <i>Competitive sport for this term, learn all elements of cricket 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>Golf Years 7 to 13 Phil, Blacknest Golf Club Min 6, Max 10 £10 per session <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 10 students.</i></p>	<p>Cross-fit Years 7 to 13, Andy <i>Teacher led gym session to work the full body with variety of cross fit style workouts!.</i></p>	<p>Tennis Years 7 to 13 David L, Outside Courts <i>Social Tennis for all abilities, a combination of drills and game play to develop tennis skills.</i></p>
	<p>Lightsaber / Sword ECA Years 7 to 9 Bill, Studios, Max 10 Cost £110 <i>Situated in the realm of authentic martial arts and swordsmanship, the Honryu Martial Arts Sword Academy seamlessly intertwines reality with the allure of the silver screen. Our distinctive sword / lightsaber program is crafted with a singular concept in mind: envisioning a reality where the fantasy realms portrayed in films are genuinely authentic. At the core of our teachings lies a comprehensive syllabus, drawing inspiration from the traditional martial art of Kukishin Ryu Happo Biken, which delves into the use of a two-handed, single-edged samurai-style sword. Embarking on the Level 1 syllabus marks the commencement of an odyssey into the artistry of the sword. Even the most seasoned practitioners consistently revisit the Level 1 syllabus for study and refinement. This phase provides students with the opportunity to master the correct handling and wielding of a sword or lightsaber, establishing a robust foundation for all subsequent exercises.</i></p>	<p>Prep Club Years 7 to 11 Kate Forster, Hub, Max 10 <i>Receive help and supervision with your prep.</i></p>	<p>British Esports Federation Student Champs Years 7 to 13 Tim, Esports Suite <i>By Invite Only. For Students representing the school in BEF's School Fixtures (Rocket League)</i></p>	<p>AI Play Rehearsals Years 7 to 10, Adam & the Performing Arts Team, Studios</p>

YEAR 8 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MORNING 10:00 – 10:30am	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	
LUNCH 1:10 – 1:55pm	Competitive Chess Years 7 to 13, Dan, Max 16 <i>Aim: to study chess as a strategic discipline; and compete against others to test your perception and native wit.</i>	Yoga Years 7 to 11 Amanda M Studios, Max 12 <i>Yoga - move, stretch, breath to find a sense of balance and calm.</i>	Maths Puzzles & Challenges Years 7 to 9 Katherine H, F2, Max 20 <i>An opportunity to have a go at some maths puzzles and challenges in a relaxed environment.</i>	Warhammer Years 7 to 10, Amy, AD2 <i>Improve your engineering, arts, and maths skills, at Warhammer club. Build and make your figures and then play the strategic game.</i>	Band workshop Years 7 to 13 Alex and Josh Mu14 and Mu10 <i>Frensham Heights' in-house Jazz, Rock, Funk and Blues Band.</i>	
	Games Design Years 7 to 10 Sarah Cull, ICT1 Invite Only, Max 15 <i>Supporting Arlo Freer and Toby Wilkinson in helping students with the BAFTA Young Games Designer competition. Students will learn the art of envisioning, designing and developing a game. They will spend the ECA working on a games concept and any student who wishes to take this to the next level by learning how to code their game can do so. Students work will be assessed and the best games concepts and games designs will be submitted to BAFTA YGD competition in March.</i>	Frensham Dance Troupe Years 7 to 10 Becky, Nevill Hall, Max 20 <i>A performance group of dancers who want to improve their technical ability in a range of styles including contemporary, jazz, street and to create dances for performances.</i>	AI Club Years 8 to 13 Grant, IT 3 Max 15 <i>In AI club we will explore such topics as the ethical and social implications of AI, how AI can be used to assist our own learning and how AI can be used to create music, movies and art. We will create AI generated resources to curate a display to show others the benefits of AI.</i>	Athletics Years 7 to 13, Jo, Field <i>Variety of traditional track and field events covered each week.</i>	Street Dance Years 7 to 9 Becky, Dance Studios, Max 15 <i>A Street Dance club for those wanting to learn street, street jazz and break dancing.</i>	
		Swimming Years 7 to 10 Lauren & Jo <i>Variety of improving swimming strokes, swim fitness and water-based games.</i>				
		Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>				
	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>		Forest Bathing Years 7 to 11, Flic Out & About <i>Shinrin-yoku, also known as forest bathing, is an ancient Japanese practice of relaxation. It involves being calm and quiet among the trees, immersing oneself in nature, observing the natural surroundings, and breathing deeply. By doing so we can benefit from stress reduction, increased wellbeing and boosted health. Come along to get your dose of Vitamin D!</i>	Drumming & Percussion Years 7 to 13, Loz, MU14	The Moral Maze Years 7 to 10 & 12 Jack T, F23, Max 15 <i>Ethical Debating Society - we will look at topical ethical issues and discuss these while developing understanding of formal debating structure.</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>
	Touch Rugby Years 7 to 10, Jack S, Lawn <i>Fun touch rugby game out on the MH lawn. All welcome, no prior experience needed! Weather dependant!</i>	Fitness Suite Years 7 & 8 Andrew Ellison Max 16 <i>Open fitness session.</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>		
	Gymnastics Years 7 to 9, Hannah Sports Hall, 10 weeks Cost £6.50 per session <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>	Musical Theatre/Pop Choir Years 7 to 13 Josh, MU7	Choc and a Chat Years 7 to 9 Jeff, The Hub, Max 8 <i>Wellbeing: A bit of quiet half way through the week and the day to share calm, enjoy hot chocolate and do some colouring, from the comfort of the Hub area.</i>	Women in Esports Open Play Years 7 to 13 Tim, Esports Suite <i>The Women in Esports initiative aims to create a welcoming community which encourages more women and marginalised genders to take part in esports at any level.</i>		
			Ceramics Years 7 to 9 Amy, Ceramics Room, Max 10 <i>Come and explore creating a masterpiece from clay.</i>	Geography Club Years 7 to 9, Will, F12, Max 10 <i>More Geography based challenges and fun.</i>		
				Poetry Pharmacy Years 7 to 13 Michele, AD1, Max 15 <i>Developing an illustrated book of selected poems- these poems are intended to help in times of need, e.g a poem for friendship issues, to provide contemplation, and guidance for our community. this follows on from an Edge 6th form programme that started earlier this year.</i>		
Cross-fit Years 7 to 13, Millie <i>Teacher led gym session to work the full body with variety of cross fit style workouts!</i>			Foraging Club Years 7 to 13, Tor, Out & About <i>Spring foraging for wonderful plants and flower such as pineapple weed, wild garlic, nettles, purple clover, wild rose petals etc. some can be eaten or dried to make tea, some can be made into lip balm or a cure for burn and nettle stings.</i>			

YEAR 8 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
AFTER SCHOOL 4.30-5.30pm	<p>iDEA Years 7 to 13 Tim, ICT1, Max 20</p> <p><i>The Inspiring Digital Enterprise Award, known as iDEA is an international programme that helps you develop digital, enterprise and employability skills. Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.</i></p>	<p>Parkour Years 7 to 13 Nevill Hall, £80 for 8 weeks</p> <p><i>Let us know if you wish to join this ECA via SOCS and also contact https://pftacademy.com/frenshamheightsparkour/ to book your place. Parkour, Free-running and Tricking are underground sports that are emerging to the top through viral internet popularity! But now's the time to get involved as the sport's exposure is just getting started with the first move of Parkour being added to the Olympic sport roster.</i></p>	<p>DT Open Workshop Years 7 to 9 Neil, AD6, Max 15</p> <p><i>Open DT workshop so that you can either work on your class project or experiment with your own making project. DT staff will be present to support you with tools & processes.</i></p>	<p>Greenpower Years 7 & 8 Gemma & Giles, DT, 4.30-5.30pm Greenpower Team only</p> <p><i>This ECA is for the Greenpower members that applied to be part of the team in January. It is a Y7 ECA that transitions into Y8, from January in Y7 to October/November in Y8. Past Greenpower members ('Greenpower Legends') are welcome to return to the ECA to support and mentor the newest recruits. Students will be developing our Formula 24 kit cars to prepare them for race days. Approximately £20 - £25 per race.</i></p>	
	<p>Cricket Years 7 to 13 Lloyd/Ollie, Field</p> <p><i>Competitive sport for this term, learn all elements of cricket 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>Prep Club Years 7 to 11 Kate Forster, Hub, Max 10</p> <p><i>Receive help and supervision with your prep.</i></p>	<p>British Esports Federation Student Champs Years 7 to 13 Tim, Esports Suite</p> <p><i>By Invite Only. For Students representing the school in BEF's School Fixtures (Rocket League)</i></p>	<p>Sweat Class - Female Only Years 7 to 13, Sian</p> <p><i>A variety of training methods for females to train together with excellent tunes and heart rates pumping!</i></p>	
	<p>The Village Cook School Year 8 Connor (Head Chef) Canteen, Max 10</p> <p><i>Sharpen up your cooking skills and develop menus ahead of the Year 8 Village in June 2024</i></p>	<p>Golf Years 7 to 13 Phil, Blacknest Golf Club Min 6, Max 10 £10 per session</p> <p><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 10 students.</i></p>	<p>Climbing Club Years 7 to 13 Linn and Matt Brown Surrey Sports Park, Max 14 4.30-6.30pm Cost £9 per session.</p>	<p>Tennis Years 7 to 13 David L, Outside Courts</p> <p><i>Social Tennis for all abilities, a combination of drills and game play to develop tennis skills.</i></p>	
				<p>Online British Sign Language Course Years 7 to 13, Michele, Max 15</p>	<p>AI Play Rehearsals Years 7 to 10, Adam & the Performing Arts Team, Studios</p>
		<p>Lightsaber / Sword ECA Years 7 to 9 Bill, Studios, Max 10 Cost £110</p> <p><i>Situated in the realm of authentic martial arts and swordsmanship, the Honryu Martial Arts Sword Academy seamlessly intertwines reality with the allure of the silver screen. Our distinctive sword / lightsaber program is crafted with a singular concept in mind: envisioning a reality where the fantasy realms portrayed in films are genuinely authentic. At the core of our teachings lies a comprehensive syllabus, drawing inspiration from the traditional martial art of Kukishin Ryu Happo Biken, which delves into the use of a two-handed, single-edged samurai-style sword. Embarking on the Level 1 syllabus marks the commencement of an odyssey into the artistry of the sword. Even the most seasoned practitioners consistently revisit the Level 1 syllabus for study and refinement. This phase provides students with the opportunity to master the correct handling and wielding of a sword or lightsaber, establishing a robust foundation for all subsequent exercises.</i></p>			

YEAR 9 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MORNING 10:00 – 10:30am	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	
LUNCH 1:10 – 1:55pm	Competitive Chess Years 7 to 13, Dan, Max 16 <i>Aim: to study chess as a strategic discipline; and compete against others to test your perception and native wit.</i>	Yoga Years 7 to 11 Amanda M Studios, Max 12 <i>Yoga - move, stretch, breath to find a sense of balance and calm.</i>	Maths Puzzles & Challenges Years 7 to 9 Katherine H, F2, Max 20 <i>An opportunity to have a go at some maths puzzles and challenges in a relaxed environment.</i>	Warhammer Years 7 to 10, Amy, AD2 <i>Improve your engineering, arts, and maths skills, at Warhammer club. Build and make your figures and then play the strategic game.</i>	Band workshop Years 7 to 13 Alex and Josh Mu14 and Mu10 <i>Frensham Heights' in-house Jazz, Rock, Funk and Blues Band.</i>	
	Games Design Years 7 to 10 Sarah Cull, ICT1 Invite Only, Max 15 <i>Supporting Arlo Freer and Toby Wilkinson in helping students with the BAFTA Young Games Designer competition. Students will learn the art of envisioning, designing and developing a game. They will spend the ECA working on a games concept and any student who wishes to take this to the next level by learning how to code their game can do so. Students work will be assessed and the best games concepts and games designs will be submitted to BAFTA YGD competition in March.</i>	Frensham Dance Troupe Years 7 to 10 Becky, Nevill Hall, Max 20 <i>A performance group of dancers who want to improve their technical ability in a range of styles including contemporary, jazz, street and to create dances for performances.</i>	AI Club Years 8 to 13 Grant, IT 3 Max 15 <i>In AI club we will explore such topics as the ethical and social implications of AI, how AI can be used to assist our own learning and how AI can be used to create music, movies and art. We will create AI generated resources to curate a display to show others the benefits of AI.</i>	Athletics Years 7 to 13 Jo, Field <i>Variety of traditional track and field events covered each week.</i>	Street Dance Years 7 to 9 Becky, Dance Studios, Max 15 <i>A Street Dance club for those wanting to learn street, street jazz and break dancing.</i>	
		Swimming Years 7 to 10 Lauren & Jo <i>Variety of improving swimming strokes, swim fitness and water-based games.</i>				Geography Club Years 7 to 9, Will, F12, Max 10 <i>More Geography based challenges and fun.</i>
		Diversity Student Forum Years 9 to 13 Alison, F15 <i>A friendly forum in which students can raise issues, inequalities, concerns and express themselves in a safe space.</i>				
	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided</i>	Musical Theatre/Pop Choir Years 7 to 13 Josh, MU7	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	Bronze D of E Year 9, Pippa G Science Labs <i>Support session to ensure that eDofE record is up to date, and evidence for the Skills, Volunteering and Physical sections are being uploaded and maintained.</i>	
	Cross-fit Years 7 to 13, Millie <i>Teacher led gym session to work the full body with variety of cross fit style workouts!</i>		Ceramics Years 7 to 9 Amy, Ceramics Room, Max 10 <i>Come and explore creating a masterpiece from clay.</i>			Drumming & Percussion Years 7 to 13, Loz, MU14
	Gymnastics Years 7 to 9, Hannah Sports Hall, 10 weeks Cost £6.50 per session <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 to enjoy the sport of gymnastics. 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 trampoline</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	Forest Bathing Years 7 to 11, Flic Out & About <i>Shinrin-yoku, also known as forest bathing, is an ancient Japanese practice of relaxation. It involves being calm and quiet among the trees, immersing oneself in nature, observing the natural surroundings, and breathing deeply. By doing so we can benefit from stress reduction, increased wellbeing and boosted health. Come along to get your dose of Vita min D!</i>	Women in Esports Open Play Years 7 to 13 Tim, Esports Suite <i>The Women in Esports initiative aims to create a welcoming community which encourages more women and marginalised genders to take part in esports at any level.</i>	French/Spanish Card Games Years 7 to 11 MH1, Max 12 <i>Let's play card games in French or Spanish</i>	
		The Lab Years 9 to 13 Rich Jones, Seaboard, Max 4 <i>Invite only. Research, plan, risk assess, and carry out your own chemistry experiments. This ECA was trialled with one student last term who, (after getting inspiration from NileRed on YouTube) managed to produce sugar from cotton balls! It is up to you to decide what long term reaction/investigation/practical you want to carry out. An amazing opportunity to take the subject beyond the curriculum in any direction you wish!</i>				Choc and a Chat Years 7 to 9 Jeff, The Hub Max 8 <i>Wellbeing: A bit of quiet half way through the week and the day to share calm, enjoy hot chocolate and do some colouring, from the comfort of the Hub area.</i>
		Fine Art Skills Year 9, Anna B Art Block, Max 8 <i>Develop your fine art skills to lead you into Year 10</i>			Foraging Club Years 7 to 13, Tor, Out & About <i>Spring foraging for wonderful plants and flower such as pineapple weed, wild garlic, nettles, purple clover, wild rose petals etc. some can be eaten or dried to make tea, some can be made into lip balm or a cure for burn and nettle stings.</i>	
	Touch Rugby Years 7 to 10, Jack S, Lawn <i>Fun touch rugby game out on the MH lawn. All welcome, no prior experience needed! Weather dependant!</i>			The Moral Maze Years 7 to 10 & 12 Jack T, F23, Max 15 <i>Ethical Debating Society - we will look at topical ethical issues and discuss these while developing understanding of formal debating structure.</i>		

YEAR 9 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AFTER SCHOOL 4.30-5.30pm	iDEA Years 7 to 13 Tim, ICT1, Max 20 <i>The Inspiring Digital Enterprise Award, known as iDEA is an international programme that helps you develop digital, enterprise and employability skills. Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.</i>	Parkour Years 7 to 13 Nevill Hall, £80 for 8 weeks <i>Let us know if you wish to join this ECA via SOCS and also contact https://pftacademy.com/frenshamheightsparkour/ to book your place. Parkour, Free-running and Tricking are underground sports that are emerging to the top through viral internet popularity! But now's the time to get involved as the sport's exposure is just getting started with the first move of Parkour being added to the Olympic sport roster.</i>	DT Open Workshop Years 7 to 9 Neil, AD6, Max 15 <i>Open DT workshop so that you can either work on your class project or experiment with your own making project. DT staff will be present to support you with tools & processes.</i>	Senior Theatre Company Years 9 to 13, Amanda L <i>For all those interested in acting, directing or writing for theatre</i>
			Cross-fit Years 7 to 13, Andy <i>Teacher led gym session to work the full body with variety of cross fit style workouts!.</i>	Tennis Years 7 to 13 David L, Outside Courts <i>Social Tennis for all abilities, a combination of drills and game play to develop tennis skills.</i>
				AI Play Rehearsals Years 7 to 10, Adam & the Performing Arts Team, Studios
	Lightsaber / Sword ECA Years 7 to 9 Bill, Studios, Max 10 Cost £110 <i>Situated in the realm of authentic martial arts and swordsmanship, the Honryu Martial Arts Sword Academy seamlessly intertwines reality with the allure of the silver screen. Our distinctive sword / lightsaber program is crafted with a singular concept in mind: envisioning a reality where the fantasy realms portrayed in films are genuinely authentic. At the core of our teachings lies a comprehensive syllabus, drawing inspiration from the traditional martial art of Kukishin Ryu Happpo Biken, which delves into the use of a two-handed, single-edged samurai-style sword. Embarking on the Level 1 syllabus marks the commencement of an odyssey into the artistry of the sword. Even the most seasoned practitioners consistently revisit the Level 1 syllabus for study and refinement. This phase provides students with the opportunity to master the correct handling and wielding of a sword or lightsaber, establishing a robust foundation for all subsequent exercises.</i>	Golf Years 7 to 13 Phil, Blacknest Golf Club Min 6, Max 10 £10 per session <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 10 students.</i>	Climbing Club Years 7 to 13 Linn and Matt Brown Surrey Sports Park, Max 14 4.30-6.30pm Cost £9 per session.	Sweat Class - Female Only Years 7 to 13, Sian <i>A variety of training methods for females to train together with excellent tunes and heart rates pumping!</i>
		Volleyball Outside Years 9 to 13 David L <i>Always action packed, learn new skills and game play with this high energy volleyball session!.</i>	Online British Sign Language Course Years 7 to 13, Michele, Max 15	
		Prep Club Years 7 to 11 Kate Forster, Hub, Max 10 <i>Receive help and supervision with your prep.</i>	British Esports Federation Student Champs Years 7 to 13 Tim, Esports Suite <i>By Invite Only. For Students representing the school in BEF's School Fixtures (Rocket League).</i>	
Cricket Years 7 to 13 Lloydy/Ollie, Field <i>Competitive sport for this term, learn all elements of cricket skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>				
PADI Open Water Course - Referral Years 9 to 12, Charlie 4.30-6.30pm, £180 Pool & FMR Classroom <i>Learn to scuba dive with a very experienced PADI instructor. The course will cover the water skills and academics of the PADI Open Water course. You will then need to complete your 4 open water dives within a year to complete your qualification. £180 including all kit and PADI materials</i>				

YEAR 10 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING 10:00 – 10:30am	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>
LUNCH 1:10 – 1:55pm	Competitive Chess Years 7 to 13 Dan, Max 16 <i>Aim: to study chess as a strategic discipline; and compete against others to test your perception and native wit.</i>	Yoga Years 7 to 11 Amanda M, Studios, Max 12 <i>Yoga - move, stretch, breath to find a sense of balance and calm.</i>	Circuit Training Years 9 to 13 James Bell, Max 10 <i>Teacher-led gym session to work the full body. Great music and a great workout!</i>	Founders Day Students Committee Years 7 to 13 Lynn G, Theatre Foyer, Max 12 <i>A time to gather and organise the fayre section of Founders Day - what would you like to see happening on Founders Day so all the family has a great time.</i>	Band workshop Years 7 to 13 Alex and Josh Mu14 and Mu10 <i>Frensham Heights' in-house Jazz, Rock, Funk and Blues Band.</i>
	Games Design Years 7 to 10 Sarah Cull, ICT1 Invite Only, Max 15 <i>Supporting Arlo Freer and Toby Wilkinson in helping students with the BAFTA Young Games Designer competition. Students will learn the art of envisioning, designing and developing a game. They will spend the ECA working on a games concept and any student who wishes to take this to the next level by learning how to code their game can do so. Students work will be assessed and the best games concepts and games designs will be submitted to BAFTA YGD competition in March.</i>	Frensham Dance Troupe Years 7 to 10 Becky, Nevill Hall, Max 20 <i>A performance group of dancers who want to improve their technical ability in a range of styles including contemporary, jazz, street and to create dances for performances.</i>	AI Club Years 8 to 13 Grant, IT 3 Max 15 <i>In AI club we will explore such topics as the ethical and social implications of AI, how AI can be used to assist our own learning and how AI can be used to create music, movies and art. We will create AI generated resources to curate a display to show others the benefits of AI.</i>	Poetry Pharmacy Years 7 to 13 Michele, AD1, Max 15 <i>Developing an illustrated book of selected poems- these poems are intended to help in times of need, e.g a poem for friendship issues, to provide contemplation, and guidance for our community.</i>	Silver D of E Year 10, Keving & Matt B Wallace Lab <i>Duke of Edinburgh with Linn K and team.</i>
		GCSE Music Composition Drop-in Years 10 & 11, Josh, MU7	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	Borneo 2025 Expedition Linn K & Matt B, Invite Only Years 10 to 13, Wallace Lab	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>
	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided</i>	Swimming Years 7 to 10 Lauren & Jo <i>Variety of improving swimming strokes, swim fitness and water-based games.</i>	Additional Maths Year 10 invite only Tamzyn, F3 <i>Extending the GCSE course and helping you prepare for A Level maths.</i>	Warhammer Years 7 to 10, Amy, AD2 <i>Improve your engineering, arts, and maths skills, at Warhammer club. Build and make your figures and then play the strategic game.</i>	French/Spanish Card Games Years 7 to 11 MH1, Max 12 <i>Let's play card games in French or Spanish</i>
	Cross-fit Years 7 to 13 Millie <i>Teacher led gym session to work the full body with variety of cross fit style workouts!</i>	The Lab Years 9 to 13 Rich Jones Seabord, Max 4 <i>Invite only. Research, plan, risk assess, and carry out your own chemistry experiments. This ECA was trialled with one student last term who, (after getting inspiration from NileRed on YouTube) managed to produce sugar from cotton balls! It is up to you to decide what long term reaction/ investigation/practical you want to carry out. An amazing opportunity to take the subject beyond the curriculum in any direction you wish!</i>	Forest Bathing Years 7 to 11, Flic Out & About <i>Shinrin-yoku, also known as forest bathing, is an ancient Japanese practice of relaxation. It involves being calm and quiet among the trees, immersing oneself in nature, observing the natural surroundings, and breathing deeply. By doing so we can benefit from stress reduction, increased wellbeing and boosted health. Come along to get your dose of Vitamin D!</i>	Women in Esports Open Play Years 7 to 13 Tim, Esports Suite <i>The Women in Esports initiative aims to create a welcoming community which encourages more women and marginalised genders to take part in esports at any level.</i>	
	Touch Rugby Years 7 to 10 Jack S, Main House Lawn <i>Fun touch rugby game out on the MH lawn. All welcome, no prior experience needed! Weather dependant!</i>			The Moral Maze Years 7 to 10 & 12 Jack T, F23, Max 15 <i>Ethical Debating Society - we will look at topical ethical issues and discuss these while developing understanding of formal debating structure.</i>	
	History Film Club Years 10 to 13 Matt Burns, F6, Max 12 <i>Watch historical films</i>	Diversity Student Forum Years 9 to 13, Alison, F15 <i>A friendly forum in which students can raise issues, inequalities, concerns and express themselves in a safe space.</i>		Athletics Years 7 to 13, Jo, Field <i>Variety of traditional track and field events covered each week.</i>	
	Literature Extension Years 10 & 11, Sam F16, Max 15 <i>A way to explore and delve into the world of Literature. Wider reading and alternative interpretations of the GCSE texts we study.</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>		Open DT Workshop Years 10 to 13 Giles, Max 15 <i>or students from Y10-13 that take 3D Design GCSE or A Level to develop their skills and gain additional support.</i>	
				Drumming & Percussion Years 7 to 13, Loz, MU14	
				Foraging Club Years 7 to 13, Tor, Out & About <i>Spring foraging for wonderful plants and flower such as pineapple weed, wild garlic, nettles, purple clover, wild rose petals etc. some can be eaten or dried to make tea, some can be made into lip balm or a cure for burn and nettle stings.</i>	

YEAR 10 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AFTER SCHOOL 4.30-5.30pm	iDEA Years 7 to 13 Tim, ICT1, Max 20 <i>The Inspiring Digital Enterprise Award, known as iDEA is an international programme that helps you develop digital, enterprise and employability skills. Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.</i>	Parkour Years 7 to 13 Nevill Hall, £80 for 8 weeks <i>Let us know if you wish to join this ECA via SOCS and also contact https://pftacademy.com/frenshamheightsparkour/ to book your place. Parkour, Free-running and Tricking are underground sports that are emerging to the top through viral internet popularity! But now's the time to get involved as the sport's exposure is just getting started with the first move of Parkour being added to the Olympic sport roster.</i>	British Esports Federation Student Champs Years 7 to 13 Tim, Esports Suite <i>By Invite Only. For Students representing the school in BEF's School Fixtures (Rocket League)</i>	Sweat Class - Female Only Years 7 to 13, Sian <i>A variety of training methods for females to train together with excellent tunes and heart rates pumping!</i>
	Psychology Club Years 10 & 11, Paul S, F13, Max 15 <ul style="list-style-type: none"> Learn about famous psychologist and their research on humans and animals Take part in psychological investigations Build your own psychology web site Debate and discuss aspects of human behaviour such as free will and determinism and nature vs nurture Learn about AI and psychology Get a better understanding of yourself and other people Watch films and documentaries about psychology Learn about the importance of dreams Be a game changer and make a presentation on a topic you like, such as Fashion and Psychology or Motor racing and Psychology Get insight into psychology as an A level subject at Frensham Heights sixth form 	Golf Years 7 to 13 Phil, Blacknest Golf Club Min 6, Max 10 £10 per session <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 10 students.</i>	Climbing Club Years 7 to 13 Linn and Matt Brown Surrey Sports Park, Max 14 4.30-6.30pm Cost £9 per session.	Tennis Years 7 to 13 David L, Outside Courts <i>Social Tennis for all abilities, a combination of drills and game play to develop tennis skills.</i>
		Volleyball Outside Years 9 to 13 David L <i>Always action packed, learn new skills and game play with this high energy volleyball session!.</i>	Online British Sign Language Course Years 7 to 13, Michele, Max 15	AI Play Rehearsals Years 7 to 10, Adam & the Performing Arts Team, Studios
				Senior Theatre Company Years 9 to 13, Amanda L <i>For all those interested in acting, directing or writing for theatre</i>
	Cricket Years 7 to 13 Lloyd/Ollie, Field <i>Competitive sport for this term, learn all elements of cricket skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</i>	Prep Club Years 7 to 11 Kate Forster, Hub, Max 10 <i>Receive help and supervision with your prep.</i>		
	Drawing for Design. Speed, Accuracy and Experimentation Years 10 to 13 Neil, AD6/6a, Max 15 <i>Helping to make drawing central to success in 3D Design (DT), especially for those who are taking the subject for exams, or for those who have taken 3DD as an option subject. Get your ideas down quickly and then develop them through experimenting with different media and styles.</i>			
	PADI Open Water Course - Referral Years 9 to 12, Charlie 4.30-6.30pm, £180 Pool & FMR Classroom <i>Learn to scuba dive with a very experienced PADI instructor. The course will cover the water skills and academics of the PADI Open Water course. You will then need to complete your 4 open water dives within a year to complete your qualification. £180 including all kit and PADI materials</i>			

YEAR 11 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING 10:00 – 10:30am	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>
LUNCH 1:10 – 1:55pm	Literature Extension Years 10 & 11, Sam F16, Max 15 <i>A way to explore and delve into the world of Literature. Wider reading and alternative interpretations of the GCSE texts we study.</i>	Badminton Years 7 to 13 Sports Hall <i>Come and have fun playing Badminton and developing your skills.</i>	Additional Maths Year 11, David, F3 <i>Invite Only, Working towards an additional qualification in maths that will help students prepare for A level maths. - Y11 top set extension.</i>	Poetry Pharmacy Years 7 to 13 Michele, AD1, Max 15 <i>Developing an illustrated book of selected poems- these poems are intended to help in times of need, e.g a poem for friendship issues, to provide contemplation, and guidance for our community. this follows on from an Edge 6th form programme that started earlier this year.</i>	Band workshop Years 7 to 13 Alex and Josh Mu14 and Mu10 <i>Frensham Heights' in-house Jazz, Rock, Funk and Blues Band.</i>
	Competitive Chess Years 7 to 13 Dan, Max 16 <i>Aim: to study chess as a strategic discipline; and compete against others to test your perception and native wit.</i>	Yoga Years 7 to 11 Amanda M, Studios, Max 12 <i>Yoga - move, stretch, breath to find a sense of balance and calm.</i>	AI Club Years 8 to 13 Grant, IT 3, Max 15 <i>In AI club we will explore such topics as the ethical and social implications of AI, how AI can be used to assist our own learning and how AI can be used to create music, movies and art. We will create AI generated resources to curate a display to show others the benefits of AI.</i>	Drumming & Percussion Years 7 to 13, Loz, MU14	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>
	Cross-fit Years 7 to 13 Millie <i>Teacher led gym session to work the full body with variety of cross fit style workouts!</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	Frankenstein Rehearsals Years 7 to 13 Amanda L and the Performing Arts Team Aldridge Theatre <i>By audition</i>	Athletics Years 7 to 13, Jo, Field <i>Variety of traditional track and field events covered each week.</i>	Fitness Suite Years 9 to 13 Paul Hughes, Max 16 <i>Open fitness session.</i>
	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	Diversity Student Forum Years 9 to 13 Alison, F15 <i>A friendly forum in which students can raise issues, inequalities, concerns and express themselves in a safe space.</i>	Circuit Training Years 9 to 13 James Bell, Max 10 <i>Teacher-led gym session to work the full body. Great music and a great workout!</i>	Founders Day Students Committee Years 7 to 13 Lynn G, Theatre Foyer, Max 12 <i>A time to gather and organise the fayre section of Founders Day - what would you like to see happening on Founders Day so all the family has a great time.</i>	French/Spanish Card Games Years 7 to 11 MH1, Max 12 <i>Let's play card games in French or Spanish</i>
	History Film club Years 10 to 13 Matt Burns, F6, Max 12 <i>Watch historical films</i>	GCSE Music Composition Drop-in Years 10 & 11 Josh, MU7	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	Borneo 2025 Expedition Linn K & Matt B, Invite Only Years 10 to 13, Wallace Lab	
		The Lab Years 9 to 13, Rich Jones Seabord, Max 4 <i>Invite only. Research, plan, risk assess, and carry out your own chemistry experiments. This ECA was trialled with one student last term who, (after getting inspiration from NileRed on YouTube) managed to produce sugar from cotton balls! It is up to you to decide what long term reaction/ investigation/practical you want to carry out. An amazing opportunity to take the subject beyond the curriculum in any direction you wish!</i>	Forest Bathing Years 7 to 11, Flic Out & About <i>Shinrin-yoku, also known as forest bathing, is an ancient Japanese practice of relaxation. It involves being calm and quiet among the trees, immersing oneself in nature, observing the natural surroundings, and breathing deeply. By doing so we can benefit from stress reduction, increased wellbeing and boosted health. Come along to get your dose of Vitamin D!</i>	Women in Esports Open Play Years 7 to 13, Tim, Esports <i>The Women in Esports initiative aims to create a welcoming community which encourages more women and marginalised genders to take part in esports at any level.</i>	
				Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	
				Open DT Workshop Years 10 to 13, Giles, Max 15 <i>This is an Open Workshop ECA for students from Y10-13 that take 3D Design GCSE or A Level to develop their skills and gain additional support.</i>	
			Foraging Club Years 7 to 13, Tor, Out & About <i>Spring foraging for wonderful plants and flower such as pineapple weed, wild garlic, nettles, purple clover, wild rose petals etc. some can be eaten or dried to make tea, some can be made into lip balm or a cure for burn and nettle stings.</i>		

YEAR 11 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>Cricket Years 7 to 13 Lloyd/Ollie, Field</p> <p>Competitive sport for this term, learn all elements of cricket skills and game play. Those students in year 4-6 wishing to take part in matches this term should be attending this session.</p>	<p>Volleyball Outside Years 9 to 13 David L</p> <p>Always action packed, learn new skills and game play with this high energy volleyball session!.</p>	<p>Online British Sign Language Course Years 7 to 13, Michele, Max 15</p>	<p>Tennis Years 7 to 13 David L, Outside Courts</p> <p>Social Tennis for all abilities, a combination of drills and game play to develop tennis skills.</p>
	<p>Drawing for Design. Speed, Accuracy and Experimentation Years 10 to 13 Neil, AD6/6a, Max 15</p> <p>Helping to make drawing central to success in 3D Design (DT), especially for those who are taking the subject for exams, or for those who have taken 3DD as an option subject. Get your ideas down quickly and then develop them through experimenting with different media and styles.</p>	<p>Parkour Years 7 to 13 Nevill Hall, £80 for 8 weeks</p> <p>Let us know if you wish to join this ECA via SOCS and also contact https://pftacademy.com/frenshamheightsparkour/ to book your place. Parkour, Free-running and Tricking are underground sports that are emerging to the top through viral internet popularity! But now's the time to get involved as the sport's exposure is just getting started with the first move of Parkour being added to the Olympic sport roster.</p>	<p>Climbing Club Years 7 to 13 Linn and Matt Brown Surrey Sports Park, Max 14 4.30-6.30pm Cost £9 per session.</p>	<p>Senior Theatre Company Years 9 to 13, Amanda L</p> <p>For all those interested in acting, directing or writing for theatre</p>
	<p>iDEA Years 7 to 13 Tim, ICT1, Max 20</p> <p>The Inspiring Digital Enterprise Award, known as iDEA is an international programme that helps you develop digital, enterprise and employability skills. Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.</p>	<p>Golf Years 7 to 13 Phil, Blacknest Golf Club Min 6, Max 10 £10 per session</p> <p>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 10 students.</p>	<p>British Esports Federation Student Champs Years 7 to 13 Tim, Esports Suite</p> <p>By Invite Only. For Students representing the school in BEF's School Fixtures (Rocket League)</p>	<p>Sweat Class - Female Only Years 7 to 13, Sian</p> <p>A variety of training methods for females to train together with excellent tunes and heart rates pumping!</p>
	<p>Psychology Club Years 10 & 11, Paul S, F13, Max 15</p> <ul style="list-style-type: none"> • Learn about famous psychologist and their research on humans and animals • Take part in psychological investigations • Build your own psychology web site • Debate and discuss aspects of human behaviour such as free will and determinism and nature vs nurture • Learn about AI and psychology • Get a better understanding of yourself and other people • Watch films and documentaries about psychology • Learn about the importance of dreams • Be a game changer and make a presentation on a topic you like, such as Fashion and Psychology or Motor racing and Psychology • Get insight into psychology as an A level subject at Frensham Heights sixth form 	<p>Prep Club Years 7 to 11 Kate Forster, Hub, Max 10</p> <p>Receive help and supervision with your prep.</p>		
	<p>PADI Open Water Course - Referral Years 9 to 12, Charlie 4.30-6.30pm, £180 Pool & FMR Classroom</p> <p>Learn to scuba dive with a very experienced PADI instructor. The course will cover the water skills and academics of the PADI Open Water course. You will then need to complete your 4 open water dives within a year to complete your qualification. £180 including all kit and PADI materials</p>			

YEARS 12/13 TIMETABLE: MORNING/LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORN-ING 10:00 – 10:30am	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>	Librarian Assistant Years 7 to 13, Noel Library, Max 1 <i>To help behind the counter with enquiries, circulation of library resources and the café. Training will be given.</i>
LUNCH 1:10 – 1:55pm	Cross-fit Years 7 to 13 Millie <i>Teacher led gym session to work the full body with variety of cross fit style workouts!</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	AI Club Years 8 to 13 Grant, IT 3 Max 15 <i>In AI club we will explore such topics as the ethical and social implications of AI, how AI can be used to assist our own learning and how AI can be used to create music, movies and art. We will create AI generated resources to curate a display to show others the benefits of AI.</i>	Poetry Pharmacy Years 7 to 13 Michele, AD1, Max 15 <i>Developing an illustrated book of selected poems- these poems are intended to help in times of need, e.g a poem for friendship issues, to provide contemplation, and guidance for our community. this follows on from an Edge 6th form programme that started earlier this year.</i>	Band workshop Years 7 to 13 Alex and Josh Mu14 and Mu10 <i>Frensham Heights' in-house Jazz, Rock, Funk and Blues Band.</i>
	Competitive Chess Years 7 to 13 Dan, Max 16 <i>Aim: to study chess as a strategic discipline; and compete against others to test your perception and native wit.</i>	Diversity Student Forum Years 9 to 13 Alison, F15 <i>A friendly forum in which students can raise issues, inequalities, concerns and express themselves in a safe space.</i>	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	Drumming & Percussion Years 7 to 13, Loz, MU14	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>
	History Film club Years 10 to 13 Matt Burns, F6, Max 12 <i>Watch historical films</i>	Musical Theatre/Pop Choir Years 7 to 13 Josh, MU7		Athletics Years 7 to 13, Jo, Field <i>Variety of traditional track and field events covered each week.</i>	Fitness Suite Years 7 to 13 Paul Hughes, Max 16 <i>Open fitness session.</i>
	Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	Gold D of E Years 12 & 13, Nick BA & Charlie B, Science Labs <i>Continuing from last term. Aiming to complete route planning and camp craft in preparation for practice and then qualifying expedition</i>	Circuit Training Years 9 to 13 James Bell, Max 10 <i>Teacher-led gym session to work the full body. Great music and a great workout!</i>	Open DT Workshop Years 10 to 13, Giles, Max 15 <i>This is an Open Workshop ECA for students from Y10-13 that take 3D Design GCSE or A Level to develop their skills and gain additional support.</i>	
	Knoydart Meetings Years 12 & 13 Linn K & Pippa	The Lab Years 9 to 13, Rich Jones Seabord, Max 4 <i>Invite only. Research, plan, risk assess, and carry out your own chemistry experiments. This ECA was trialled with one student last term who, (after getting inspiration from NileRed on YouTube) managed to produce sugar from cotton balls! It is up to you to decide what long term reaction/ investigation/practical you want to carry out. An amazing opportunity to take the subject beyond the curriculum in any direction you wish!</i>		The Moral Maze Years 7 to 10 & 12 Jack T, F23, Max 15 <i>Ethical Debating Society - we will look at topical ethical issues and discuss these while developing understanding of formal debating structure.</i>	
				Founders Day Students Years 7 to 13 Lynn G, Theatre Foyer, Max 12 <i>A time to gather and organise the fayre section of Founders Day - what would you like to see happening on Founders Day so all the family has a great time.</i>	
				Women in Esports Open Play Years 7 to 13 Tim, Esports Suite <i>The Women in Esports initiative aims to create a welcoming community which encourages more women and marginalised genders to take part in esports at any level.</i>	
			Ambition and Arts Award Brendan, AD4, Max 12 <i>This slot is aimed at establishing a time when 'Ambition' students and Arts Award recipients can consult and receive support relating to independent project work and collaborative initiatives.</i>		
			Foraging Club Years 7 to 13, Tor, Out & About <i>Spring foraging for wonderful plants and flower such as pineapple weed, wild garlic, nettles, purple clover, wild rose petals etc. some can be eaten or dried to make tea, some can be made into lip balm or a cure for burn and nettle stings.</i>		

YEARS 12/13 TIMETABLE: MORNING/LUNCH CONT.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Borneo 2025 Expedition Linn K & Matt B, Invite Only Years 10 to 13, Wallace Lab	
				Librarian Assistant Years 8 to 13 Noel, Library, Max 1 <i>Help with circulation of books, cataloguing and managing the café. Training provided.</i>	

YEARS 12/13 TIMETABLE: AFTER SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AFTER SCHOOL 4.30-5.30pm	Cricket Years 7 to 13 Lloydy/Ollie, Field <i>Competitive sport for this term, learn all elements of cricket 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 Outside Years 9 to 13 David L <i>Always action packed, learn new skills and game play with this high energy volleyball session!.</i>	Online British Sign Language Course Years 7 to 13, Michele, Max 15	Tennis Years 7 to 13 David L, Outside Courts <i>Social Tennis for all abilities, a combination of drills and game play to develop tennis skills.</i>
	Drawing for Design. Speed, Accuracy and Experimentation Years 10 to 13 Neil, AD6/6a, Max 15 <i>Helping to make drawing central to success in 3D Design (DT), especially for those who are taking the subject for exams, or for those who have taken 3DD as an option subject. Get your ideas down quickly and then develop them through experimenting with different media and styles.</i>	Parkour Years 7 to 13 Nevill Hall, £80 for 8 weeks <i>Let us know if you wish to join this ECA via SOCS and also contact https://pftacademy.com/frenshamheightsparkour/ to book your place. Parkour, Free-running and Tricking are underground sports that are emerging to the top through viral internet popularity! But now's the time to get involved as the sport's exposure is just getting started with the first move of Parkour being added to the Olympic sport roster.</i>	Climbing Club Years 7 to 13 Linn and Matt Brown Surrey Sports Park, Max 14 4.30-6.30pm Cost £9 per session.	Senior Theatre Company Years 9 to 13, Amanda L <i>For all those interested in acting, directing or writing for theatre</i>
			Cross-fit Years 7 to 13, Andy <i>Teacher led gym session to work the full body with variety of cross fit style workouts!.</i>	Sweat Class - Female Only Years 7 to 13, Sian <i>A variety of training methods for females to train together with excellent tunes and heart rates pumping!</i>
	iDEA Years 7 to 13 Tim, ICT1, Max 20 <i>The Inspiring Digital Enterprise Award, known as iDEA is an international programme that helps you develop digital, enterprise and employability skills. Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.</i>	Golf Years 7 to 13 Phil, Blacknest Golf Club Min 6, Max 10 £10 per session <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 10 students.</i>	British Esports Federation Student Champs Years 7 to 13 Tim, Esports Suite <i>By Invite Only. For Students representing the school in BEF's School Fixtures (Rocket League)</i>	
	PADI Open Water Course - Referral Years 9 to 12, Charlie 4.30-6.30pm, £180 Pool & FMR Classroom <i>Learn to scuba dive with a very experienced PADI instructor. The course will cover the water skills and academics of the PADI Open Water course. You will then need to complete your 4 open water dives within a year to complete your qualification. £180 including all kit and PADI materials</i>			