



DOWNSEND
SCHOOL

Inspiring Young Minds

Senior School 'STRETCH' Programme

AUTUMN 2024



A COGNITA SCHOOL

'STRETCH'

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

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

- In the Autumn term, our STRETCH activities will run from Wednesday 4th September until Thursday 12th December 2024.
- Charges will be added to your account on Cognita Connect at the start of the Autumn Term, unless the club is externally run, in which case you will be sent further details.



Senior School 'STRETCH'



Mon

Zoology Club 1:45 - 2:15pm (No Fee)
Mrs Seghal - S1

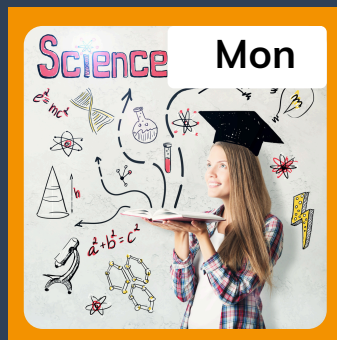
Do you have a passion for learning about animals? Join our club to discover interesting facts, observe animals under the microscope, dissect a rat, research your favourite creatures and more.



Mon

Intermediate Public Speaking 1:45 - 2:15pm (No Fee)
Years 7 & 8 only - Mr Vinsen-Tell - T8

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



Science Mon

Exploring Genetics 1:45 - 2:15pm (No Fee) -
Mrs Maskell - S3

Ever wondered where you came from or what makes you who you are? Join Exploring genetics club and discover all about DNA and inheritance, make DNA models, carry out practicals to extract DNA and more.



Mon

Online Chess 1:45 - 2:15pm (No Fee)
Mrs Germano - H2

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

Senior School 'STRETCH'



Science CREST Club 4:30 - 5:30pm (£5 Fee)

Miss Patel - S4

CREST Bronze Awards are typically completed by students aged 11+. They complete a ten-hour project which is a perfect introduction to STEM project work. Over the course of the project, teams of students design their own investigation, record their findings, and reflect on their learnings. This process gives students a taste of what it is like to be a scientist or engineer in the real-world. After completing the project, each student receives a personalised certificate.



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

Mrs Clarke - H1

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



COP29 4:30 - 5:30pm (No Fee)

Miss Chidgey - T3

An opportunity to engage in current climate change debates. Students will represent a range of countries and research, present and debate pledges and climate challenges, then collaborate to raise global ambition for action. This will enable students to develop their global perspective and get ready to become global citizens.



'Out for dinner' Club 4:30 - 5:30pm (£20 Fee, Max 15 Students)

Mrs Harte – Food Room 1

After school, we'll gather to create some culinary creations! We will prioritise using seasonal produce to craft an array of dishes, from appetisers and main courses to desserts and snacks. Expect to depart with both a satisfied appetite and a collection of delicious new recipes to enjoy.

Senior School 'STRETCH'



Tue

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

Mr MacGregor – T9

Students will look into the mysteries of investing and wealth creation using and understanding a range of diverse asset classes such as fiat cash, gold, bonds, equities, currency, property (commercial and residential), cryptocurrency. Also vehicles such as Unit trusts, ISAs, pensions. Understanding inflation, interest rates, taxation, tax relief and more...



Tue

Card Games 4:30 - 5:30pm (No Fee)

Mrs Eastment - T10

Develop strategic thinking, improve memory skills and build confidence through playing card games. This club is ideal for students who enjoy critical thinking and want to develop their ability to second guess opponents moves.



Tue

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

Mrs Taylor - Tennis Courts

Come and try a new sport. It's fast and furious and most importantly great fun! Lacrosse is striving for Olympic sport status, so come and experience this wonderful game with your friends.



Tue

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

Miss Aylen - Art Room

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

Senior School 'STRETCH'



Tue

Lego Engineering 4:30 - 5:30pm (No Fee)
Ms Haq - ICT Suite

At LEGO club, Students use Spike Lego Kits to build a variety of different projects. This club engages students in thinking critically, analysing data and solving complex problems with real-world relevance.



Tue

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

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



Tue

Eco gardening club 4.30 – 5.30p.m.
Mrs Ludlum - Eco Garden

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



Wed

Creative Music Tech 4.30 – 5.30pm (£90 fee per term)
Sam Keer (External Provider) - Mac Suite, Music Room 1

Using the vast library of digital instruments and effects students will learn about the elements of music and how to use them to create drum grooves, interesting chord progressions, exciting bass lines and catchy melodies.

Senior School 'STRETCH'

Wed



Origami 4:30 - 5:30pm (No Fee)
Mrs Grimmer – T10

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

Wed



Public Speaking 4:30 - 5:30pm (No Fee)
Mr Vinsen-Tell- T8

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

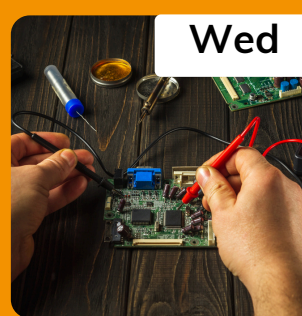
Wed



Props & Staging 4.30 – 5.30pm (No Fee)
Ms Hambleton - S5

Join us and contribute to the creation of props for our latest school production. An ideal opportunity to master a variety of artistic techniques and witness your work showcased on the grand stage. Enjoy this laid-back and fun club under the guidance of Ms Hambleton, tailored for all aspiring Downsends artists!

Wed



Electronics Club 4:30 – 5.30pm (No Fee)
Mr Gibbons - Lab 3

Come along to explore all things electric. During this club, we will explore electricity using a range of circuit components and use them to create a variety of different circuits. Join us for some electrifying fun!

Senior School 'STRETCH'



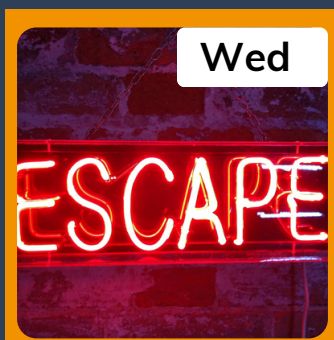
Kite Flying 4:30 - 5:30pm (No Fee)
Mrs Haq – Sports Hall/Playground

Welcome to the exciting world of kites! Our Kite Club is designed to inspire creativity, teamwork, and a love for the great outdoors among students. We'll learn how to make our own kites and master the art of flying them. Whether you're a beginner or a seasoned kite enthusiast, there's a place for you in our club. Through learning to make and fly kites, students can develop skills in creativity, engineering, and meteorology, all while enjoying the beauty of the outdoors. Join us and let your imagination soar!



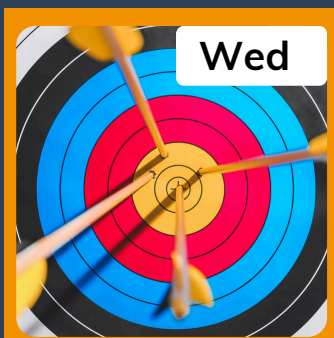
Pebble Painting 4.30 – 5.30pm (£10 Fee)
Mrs Mercer - T10

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



Science Escape Rooms 4.30 – 5.30pm (No Fee)
Mrs Sagar - Lab 5

This club will not only improve students' knowledge of scientific concepts but will hone their problem-solving skills, build up their teamwork and leadership skills and allow opportunities to show creativity and resilience. Students will try some Science escape rooms to understand the designing of these followed by the opportunity to get creative and design their own Science Escape room.



Target Shooting 7.30 – 8.30am (£180 per term, Max 12)
Daniel Bavin - External Provider - Sports Hall

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

Senior School 'STRETCH'



Senior Public Speaking 1.45 – 2.15pm (No Fee)
Years 9 - 11 only - Mr Vinsen-Tell - T8

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



Medieval Minecraft 1.45 – 2.15pm (No Fee)
Mrs Heffermehl - H2

A fun way to combine learning History and gaming. Each week we will focus on an aspect of medieval life and buildings. You will need to build at least one building each week in Minecraft. By the end of the term, you should have a village that will help you picture and explain medieval life. You will need your device for this.



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

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



Warhammer Club 1.45 – 2.15pm (No Fee)
Mr Olsen - T7

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

Senior School 'STRETCH'



Our Amazing Planet 1.45 – 2.15pm (No Fee)

Miss Gore - S2

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



The Big Question 1:45 - 2:15pm (No Fee)

Mr Sibley - H5

Back by popular demand, the big question aims to get you thinking about different perspectives, both globally and locally, whilst discussing interesting topic questions. Develop your debating and persuasion skills as you try to convince your peers to agree with your point of view. We will look at a broad range of topics, from discussing past world views; to future world issues.



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

Mrs Bilham – T4

Open your minds to the world of philosophy and film! Each week we will be exploring films that link with key philosophical ideas and theories. You will have the opportunity to ask many questions and tackle tricky concepts! Prepare to be mind-blown!



Warhammer Club 1.45 – 2.15pm (No Fee)

Mr Olsen - T7

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

Senior School 'STRETCH'



Fri

Puzzle Club 1.45 – 2.15pm (No Fee)

Miss Gore - S2

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



Fri

Historical Fiction Club 1.45 – 2.15pm (No Fee)

Mrs Hillman - T4

Take a journey into the past, discovering more about your favourite period of History. Create a literary masterpiece, developing your research and writing skills.



Fri

Gardening drop-in 1.45 – 2.15pm (No Fee)

Mrs Ludlum - Eco garden

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



Fri

The Big Question 1:45 - 2:15pm (No Fee)

Mr Sibley - H5

Back by popular demand, the big question aims to get you thinking about different perspectives, both globally and locally, whilst discussing interesting topic questions. Develop your debating and persuasion skills as you try to convince your peers to agree with your point of view. We will look at a broad range of topics, from discussing past world views; to future world issues.

Senior School 'STRETCH'



Drama Club 1:45 – 2:15pm (No Fee)
Mr Bryant – Black Box

An opportunity towards the end of the week for you to play Drama games, devise scenes, practise improvisation and engage your imagination and creativity. Perfect for those who enjoy the challenge of Drama and the fun of self-expression.



Online Chess 1:45 - 2:15pm (No Fee)
Mrs Germano - H2

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

Senior School 'STRETCH'

Calling all musical theatre enthusiasts in Years 7&8.....

The Key Stage 3 Musical for the 2024/25 academic year will be revealed during the first week of the Autumn term, with auditions scheduled to begin in the week commencing the 9th of September.



Actors who have been cast must attend rehearsals every Monday from 4:20 to 5:45 PM. Rehearsals will take place at the Creative Arts Centre. It is mandatory to attend if your character is called.



Music Clubs

Years 7-11

Monday

8.00am – Wind Ensemble (all wind players)

1.40pm – Senior Choir (all senior pupils - no audition required)

Tuesday

8.00am – Senior Rock Band 1& 2

1:40pm – Senior Rock Band 3 & 4

Instrumentalists and vocalists in the Senior School, sign up with Mrs Allison if interested (years 7-11)

11.00am – Jazz Ensemble - by invitation

Pupils who have a particular talent / interest in Jazz. Any pupil interested should speak to Mrs Allison or Mrs Gray.

Wednesday

8.00am – String Group (All string players)

1.20pm – Senior Chamber Choir Ensemble - by invitation

Chamber music for instrumentalists grade 5 and above. Any interested pupils should speak to Mrs Allison or Mrs Gray

Thursday

8.00am – Brass Group (All brass players)

8.00am - Senior Chamber Choir

Interested pupils will have the opportunity to audition at the start of term. Watch the notices.

Friday

8.00am – Rock Band 5

1:40pm – Orchestra (Instrumentalists)





Sports Practices and Match Days

Monday

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

Tuesday

Years 9 - 11 Swim Squad (Boys & Girls): 7:30 - 8:20am
Years 7 - 11 Hockey Goalkeeping - 7:30 - 8:20am
Years 9 - 10 Match Day: PM Exact timings available via School Sports

Wednesday

Years 9 - 11 Rugby Club: 4:30 - 5:30pm
Years 9 - 11 Netball Club (invite only): 4:30 - 5:30pm
Years 7 & 8 Match Day: PM Exact timings available via School Sports

Thursday

Years 7 & 8 Sports Practice (Hockey): 4:30-5:30pm
Years 7 & 8 Sports Practice (Football): 4:30-5:30pm

Friday

Years 7 & 8 Swim Squad (Boys): 4:30 - 5:30pm
Sports Scholars (Boys & Girls): 4:30 - 5:30pm
(Session dates will be confirmed by Mr Lawrence at the start of term)

Please note: Fixtures, teams and timings are all confirmed on www.SchoolsSports.com
48 hours prior to the event. Please check this weekly!



Early Birds and Supervised Study

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

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



Early Birds and Supervised Study will commence from Wednesday 4th September 2024.

Early Birds
7:30am - 8am
£6.50 per day

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

Breakfast
7:30am - 8:20am

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

Supervised Study
Until 5:45pm
£12 per day

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

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

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

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

Emergency Ad-hoc

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

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

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