



DOWNSEND  
SCHOOL

*Inspiring Young Minds*

# Senior School 'STRETCH' Programme

AUTUMN 2025

A COGNITA SCHOOL



# 'STRETCH'

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

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

- In the Autumn term, our STRETCH activities will run from Wednesday 3rd September until Friday 5<sup>th</sup> December 2025.
- Charges will be added to your account on ParentPay at the start of the Autumn Term, unless the club is externally run, in which case you will be sent further details.

By signing up for a place at an externally run club, you give permission for your contact details to be passed on to the external club provider.

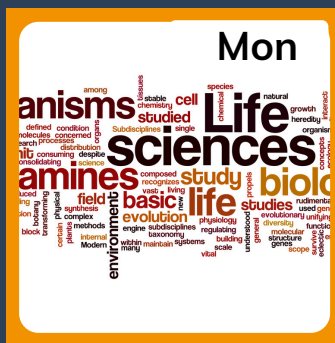


# Senior School 'STRETCH'



## Science Fact & Debate Club 1:45 - 2:15pm (No Fee) Miss Sriharan - S3

In this lively lunchtime club, students will explore fascinating scientific topics and current issues — from life on Mars to the ethics of gene editing. Each session begins with a thought-provoking fact, short video or article, followed by group discussion and structured debate. The club encourages critical thinking, respectful communication, and a curiosity about the world around us.



## The 1% Club - Human Biology Edition 1:45 - 2:15pm (No Fee) Miss Maskell - S1

Have you ever watched the TV programme 'The 1% Club'? Whether you have or haven't, you'll now get the chance to take part in our version. We will be conducting quizzes based on various areas of human Biology using critical thinking and logic style questions, as well as some riddle style questions. Can you beat the questions and your peers?



## Bullet Journal & Beyond 1:45 - 2:15pm (No Fee) Mrs Suarez - TR3

Are you looking for a fun, creative way to stay organised and de-stress? Join the Bullet Journal & Beyond Club! Whether you're a seasoned planner or just curious, this club is your space to design beautiful spreads, track goals and habits, and express yourself through journaling. Bring your notebook and your favourite pens — I'll provide ideas, inspiration, and a cozy vibe. No experience needed, just a love for creativity and calm.



## Public Speaking Club 1:45 - 2:15pm (No Fee) Mr Vinsen-Tell - TR8 (\*YEARS 7-9 Invitation only)

Our Public Speaking Club is a vibrant and supportive space where students build confidence, develop their communication skills, and learn the art of persuasive speech. This invitation only club prepares its members to take part in the prestigious Rotary Club 'Youth Speaks' debate competition—an exciting opportunity to engage in formal debate on topical issues. Alongside competition preparation, students work on a range of soft skills including body language, vocal delivery, and clear expression, helping them become articulate and self-assured speakers for life beyond school.

# Senior School 'STRETCH'

**Mon**

**Pebble Painting 1:45 - 2:15pm (£12 Fee)**

**Mrs Mercer - TR10**

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!

**Tue**

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

**Ms Haq - ICT Suite**

Our LEGO Club is all about imagination, innovation, and building together. Whether you're a beginner just starting to snap bricks or a master builder with epic creations under your belt, there's a place for you here! Through hands-on projects, we'll explore engineering, design, storytelling, and teamwork—all while having tons of fun. From constructing miniature cities to designing moving machines, LEGO Club is your space to learn, create, and collaborate.

**Tue**

**Lacrosse Club 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**

**Table-Tennis Club 4:30 - 5:30pm (No Fee), \*Max 20 Students**

**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.



# Senior School 'STRETCH'



**Tue**

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

**Miss Aylen – Art Room**

Join us at Art Club to develop your practical skills, and explore creative ways to draw, paint, print and sculpt. Working from your imagination as well as from direct observation, we'll be experimenting with a variety of techniques and processes to create fantastic works of art!



**Tue**

**Food Science Club 4:30 - 5:30pm (£20 Fee) \* Max 14 Students**

**Mrs Harold - Food Tech Room**

Ever wondered how cakes rise, why pasta softens, or what happens to eggs when you heat them? Join the Food Science Club and uncover the delicious secrets behind your favourite foods! Each week, enjoy a flavourful mix of; hands-on experiments through cooking some tasty treats, tasty and exotic demonstrations, fun & educational recipe-making. Science has never been this delicious, come explore it with us!



**Tue**

**Forest School 4:30 - 5:30pm (£20 Fee)**

**Mrs Clarke - Holly Tree**

**First half term: Outdoors**

Join Forest School where we will enjoy everything that the outdoors has to offer. If you enjoy building fires, learning rope skills & outdoor survival then this is the club for you.

**After October half term: Classroom based**

We will travel around the World with David Attenborough, Bear Grylls, Ray Mears, Steve Backshall and Simon Reeve to meet inspirational people and see places that build your knowledge and broaden your horizons.



**Tue**

**DT Nature Club 4:30 - 5:30pm (No Fee)**

**Mr Holding - DT Room**

This club focuses on creating engaging and educational products that inspire connection with nature. Design and make products that can support and encourage wildlife, ecosystems and biodiversity. This could include making bug houses, birdhouses, wildlife infographics, and items that support the cultivation of plants.

# Senior School 'STRETCH'



**Target Shooting 7.30 – 8.30am (£204 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](http://www.targetshootingschool.co.uk)



**Volcanology Club 4:30 - 5:30pm (No Fee)**  
**Miss Chidgey - TR3**

Dive into the thrilling world of volcanoes! Build and erupt model volcanoes, create mini-documentaries, and produce bold volcano-themed art. This club is a fun, hands-on way to boost your creativity, sharpen your digital skills, and develop a global perspective by exploring how volcanoes shape our planet and affect people around the world.



**Drama club 4.30 – 5.30pm (No Fee)**  
**Mr Bryant - Linford Theatre**

This club is suitable for those in the Senior School who want to explore improvisation, devising and Drama games. We will spend time working as a big group, as well as dividing into smaller groups and pairs for a range of entertaining activities which will be lots of fun as well as helping to improve your Drama skills. Just as suitable for new pupils and those who don't like doing plays as it is for Drama scholars and keen performers!



**Creative Music Tech 4.30 – 5.30pm (£96 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'



**Darts Club 4:30 - 5:30pm (No Fee) \*Max 20 Students**  
**Mrs Grimmer – T10**

The School Darts Club is a fun and engaging extracurricular activity open to students of all skill levels, from beginners to experienced players. Practice, improve accuracy, and learn game strategies in a supportive and friendly atmosphere. Whether you're looking to pick up a new hobby or sharpen your competitive edge, the Darts Club is a great way to unwind, have fun, and develop valuable skills. Big thanks to the DPA for supporting this club.



**Paint by Numbers: Pharmacology Edition 4:30 - 5:30pm (No Fee)**  
**Mrs Sagar- S5**

Unleash your creativity while exploring the fascinating world of medicine! In this fun and interactive club, students will create vibrant paint-by-numbers artworks inspired by organs, cells, and medicines—each paired with fascinating facts about how drugs work in the body. Perfect for budding artists and future scientists alike!



**Public Speaking Club 4.30 – 5.30pm (No Fee)**  
**Mr Vinsen-Tell - TR8**

Our Public Speaking Club is a vibrant and supportive space where students build confidence, develop their communication skills, and learn the art of persuasive speech. Open to all year groups, the club prepares its members to take part in the prestigious Rotary Club 'Youth Speaks' debate competition—an exciting opportunity to engage in formal debate on topical issues.



**Italian Club 4:30 – 5.30pm (No Fee)**  
**Mr MacGregor- TR11**

If you want a fun refresher on the basics, or love jetting off to sunny Italy then this club is for you! Each week we'll dive into practical vocabulary, must-know phrases, and real-life conversation skills to boost your confidence and get you speaking like a pro. Join us to impress everyone with your language skills. Open to everyone!

# Senior School 'STRETCH'



Wed

## **Dragon's Den 4:30 - 5:30pm (No Fee)** **Miss Ross – TR2**

Think you've got what it takes to make and run a successful business? Fancy yourself the next future winner of Lord Alan Sugar's apprentice? This term come and compete against others to create a business (or adapt a current one!) and see if you can make the most money for charity. You'll need to come armed with your best ideas to create, market and sell your products. Open to all, come with a prepared team (maximum three members) or on your own and connect with your peers!



Wed

## **Coding Club 4:30 - 5:30pm (No Fee)** **Ms Haq - ICT Suite**

Our Coding Club is all about imagination, innovation, and building together—one line of code at a time. Whether you're just starting with your first program or already coding your own games and apps, there's a place for you here!

Through hands-on projects, we'll explore logic, problem-solving, design, and collaboration—all while having loads of fun.



Thur

## **Basketball Club 7.45 – 8.30am (No Fee) (£125 per term)** **External Provider - Sports Hall**

Open to students of all levels, the Cobham Cobras Senior Club offers a fantastic way to start the day with high-energy basketball coaching.. Sessions include skill-building drills, mini-games, and teamwork exercises designed to build confidence, fitness, and a love for the game. Our experienced coaches ensure all players are challenged and supported in a fun, inclusive atmosphere.



Thur

## **Chess Club 1.45 – 2.15pm (No Fee)** **Miss Germano - T10**

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



# Senior School 'STRETCH'



**STEM Challenge Lab 1.45 – 2.15pm (No Fee)**  
**Mrs Sagar - S3**

This hands-on club invites students to tackle fun weekly challenges that develop creativity, teamwork and problem-solving skills. From building spaghetti towers to designing balloon-powered cars, each session encourages students to think like engineers and scientists — using everyday materials to solve real-world problems in imaginative ways.



**Games Club 1.45 – 2.15pm (No Fee)**  
**Mrs Chandler - HH1**

Are you a master at Uno? Do you defeat everyone at Dobble? In this club we will have fun playing various card games and board games, battling it out each week to see who is the ultimate games champion.



**Latin America History Club 1:45 - 2:15pm (No Fee)**  
**Mr Sibley - HH5**

Travel back in time to uncover the roots of modern Latin America. Each week, we'll dive into a different chapter of history – from the mighty Aztecs and Incas to the epic Wars of Independence. Experience legendary battles, encounter influential figures, and see how the past shaped the present. Get ready to explore the rich, complex, and fascinating story of a region that changed the world.



**D of E Gardening Club 1.45 – 2.15pm (No Fee) \* Years 9 & 10 only**  
**Mrs Ludlum - Eco Garden**

Are you looking for a volunteering or skills opportunity? Join us on Thursday lunchtimes to help look after the school grounds, by taking part in litter picking and gardening. We will be weeding the flower beds, planting trees and sowing seeds and vegetables for winter crops.

# Senior School 'STRETCH'



Thur

**Warhammer Club 1.45 – 2.15pm (No Fee)**

**Mr Olsen - TR7**

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



Thur

**Medieval Minecraft 1:45 - 2:15pm (No Fee)**

**Mrs Heffermehl - TR3**

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.



Thur

**Golf Club 4:20 - 5:40pm (£192 Per Term) \* Max 16 Students**

**Mr Howe – Leatherhead Golf Club**

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





# Senior School 'STRETCH'



**Chess Club 1.45 – 2.15pm (No Fee)**  
**Miss Germano - H1**

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



**Spanish Club 1.45 – 2.15pm (No Fee)**  
**Mr Sibley - HH5**

Are you jetting off to sunny Spanish-speaking destinations or wanting to brush up on your Spanish speaking skills? – this club is for you! Each week we'll dive into practical vocabulary, must-know phrases, and real-life conversation skills to boost your confidence and get you speaking like a pro. Join us to impress everyone with your language skills. Open to everyone!



**Public Speaking Club 1.45 – 2.15pm (No Fee)**  
**Mr Vinsen-Tell - TR8 (\*YEARS 9-11 Invitation only)**

Our Public Speaking Club is a vibrant and supportive space where students build confidence, develop their communication skills, and learn the art of persuasive speech. This invitation only club prepares its members to take part in the prestigious Rotary Club 'Youth Speaks' debate competition. Alongside competition preparation, students work on a range of soft skills including body language, vocal delivery, and clear expression, helping them become articulate and self-assured speakers for life beyond school.



**Umbrella Club 1:45 - 2:15pm (No Fee) \*Invite Only**  
**Mrs Gray & The Learning Support Team- TR5**

Come and play games such as Prime Climb, Bananagrams, TRUGS and UNO and chat, listen and laugh while we put the world to rights.

# Senior School 'STRETCH'



**Microscope Masters 1:45 – 2:15pm (No Fee)**  
**Mrs Sehgal – S1**

Get ready to zoom in on the hidden world around you! In this club, you'll learn how to use a real lab microscope like a pro, create your own slides, and explore everything from mysterious microorganisms to fascinating plant and animal cells. You'll even discover how to draw awesome scientific diagrams that look straight out of a science textbook. If you're curious, creative, and love looking at the finer detail, this is the club for you!



**Botany Club 1:45 - 2:15pm (No Fee)**  
**Miss Gore - S2**

Discover the science and joy of growing plants! In our club, we'll take cuttings, grow plants from seeds, and experiment with different conditions to see what helps them thrive. Whether you're a seasoned plant lover or just curious, come get your hands dirty and explore the wonders of the plant world!



**Horrible Histories 1:45 - 2:15pm (No Fee)**  
**Miss Ross Sibley - TR2**

Think you know all there is about history? Let's find out! From the "Rotten Romans" to the "Stormin' Normans" all the way to the "Barmy British Empire" come and discover all the other curious and gory other sides of history through games, crafts, virtual museums, debates, videos, and more! Come and learn which English King's wife led a (successful!) invasion against him, or decide which historic building deserves the crown for best dressed, and more!



**Warhammer Club 1:45 - 2:15pm (No Fee)**  
**Mr Olsen - TR7**

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



# Senior School 'STRETCH'

## Performing Arts

**The Year 7 & 8 play for the 2025/26 academic year will be revealed during the first week of the Autumn term, with auditions scheduled to begin at the beginning of September. Rehearsals will take place after school on TUESDAY.**



**The Year 9-12 Musical for the 2025/26 academic year will be revealed during the first week of the Autumn term, with auditions scheduled to begin at the beginning of September. Rehearsals will take place after school on MONDAY.**

Actors who have been cast must attend rehearsals every week 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

These will commence on Monday 8th September 2025. Details of how to book will be communicated prior to the start of term.

Monday	8.00 am - Wind Ensemble (all wind players)
	1.40pm - Senior Choir (all senior pupils - no audition required)
Tuesday	8.00am - Senior Rock Band 1& 2
	1.20pm Senior Rock Band 3 & 4 Instrumentalists and vocalists in the Senior School, sign up with Mrs Allison if interested (years 7-11)
	1.40pm 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)
	8.00am - Brass Group (All Brass players)
	1.40pm - 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	8.00 - Brass Group (All brass players)
	8.00 - Senior Chamber Choir Interested pupils will have the opportunity to audition at the start of term. Watch the notices.
Friday	8.00 am - 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 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](http://www.SchoolsSports.com)  
48 hours prior to the event. Please check this weekly!







# Duke of Edinburgh Award

## Bronze

Training for the Bronze DofE will take place during the Summer Term during curriculum time over a 2 day intensive course where students learn about campcraft, map reading skills, navigation skills, meal preparation and how to cook using a Trangia to prepare them for the expedition weekend. More information on this will follow nearer the time.

Assessed Expedition (2 days) – Summer Term

## Silver

Due to the additional demands of the Silver DofE an Expedition Preparation Club will be run to support students developing the skills required for the expedition section of the award. This includes navigation, campcraft, route planning, equipment management, and effective teamwork. Sessions do not follow a fixed timetable. Instead, they are scheduled as needed throughout the Autumn and Spring terms, and students will be informed in advance when their attendance is required.

Training Expedition (3 days) – Spring Term

Assessed Expedition (3 days) – Summer Term





# Early Birds and Supervised Study

Please be reassured that our wrap-around care programme will continue in the Autumn Term 2025.

All wrap-around care will commence from Wednesday 3rd September 2025.

The prices below are for academic year 24-25 and are subject to a review for 25-26.



We will send out a communication including details of how to book prior to the end of term.

**Early Birds**  
**7:30am - 8am**  
**£7.50\* 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 [admin@downsend.co.uk](mailto:admin@downsend.co.uk) by 1pm or call the school office.

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

\*Subject to the Cognita review for academic year 2025/6