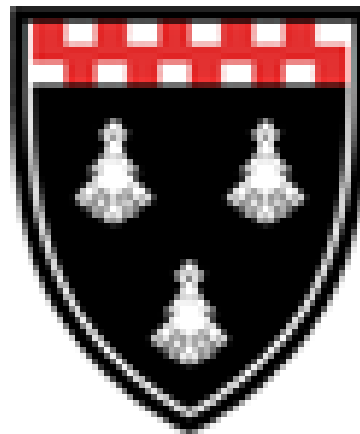




# Ponteland Community High School Extra-curricular clubs, activities and trips

Autumn Term 2023








# Extra-curricular clubs, activities and trips

- Included in this brochure is information regarding:
  - 1) PE Department Activities
  - 2) Music Department Activities
  - 3) Other activities by day
  - 4) Study support sessions
  - 5) Use of the library and base areas.
  - 6) Educational trips and visits.
- Please note:
  - Sports training, practices and matches are seasonal and may change later in the year
  - Check the PE noticeboard or speak to the PE staff for updates throughout the school year.
  - We do our best to keep students informed but the best way to find out what is going on is to check the different noticeboards throughout the school and speaking to staff members who run different activities.
  - If information is not available or you are interested in a certain activity that is not included here, please talk to a teacher from that curriculum or subject area.

# PE Department Enrichment, Physical Activity & School Sport Programme

Enrichment Vision – Each session will be colour coded or include an ABCDE code

 <p><b>Access</b></p>	<p>Access enrichment sessions will be for students who like sport, who are motivated to take part because they enjoy competing against their friends. The score or the outcome is not important but the opportunity to take part is. For those students who attend these sessions, they will be rewarded for their commitment, participation, effort and attitude. These experiences may open opportunities for individuals to want to develop further</p>	<p>Sessions designed for students who want to play and participate for fun. Those students who attend must also behave in this particular way</p>
 <p><b>Belong</b></p>	<p>Belong enrichment sessions will be for students who lack confidence to participate in sessions with others but want to participate because they understand the impact physical activity can have on their general health and mental wellbeing as well as finding a sense of belonging.</p>	<p>For those students who wish to participate for fun and enjoyment and inclusively participate in sport.</p>
 <p><b>Compete</b></p>	<p>Compete enrichment sessions will be for students who are competitive in nature, who are physically able and mentally resilient because they thrive on performing and competing against others. Students who attend these sessions will enter a commitment to representing the school in competition for that chosen individual activity. These students, who will represent the school in fixtures and competition understand that they must behave implicitly at all times</p>	<p>Sessions designed for those students who wish to represent the school teams</p>
 <p><b>Develop</b></p>	<p>Develop enrichment sessions will be for students who like sport and want to play in competition. They are motivated to take part because they enjoy competing but may not always be fortunate enough to represent the school in teams and competition.. For those students who attend these sessions, they will be rewarded for their commitment, participation, effort and attitude with opportunities to participate in competitions relevant to their needs and level of ability to allow coaches and PE staff to support their development</p>	<p>These sessions are designed for students who aspire to improve and become a part of a school team</p>
 <p><b>Enrich</b></p>	<p>Enrich sessions will be for students who may not wish to compete but can benefit from additional opportunities that can enthuse others, develop personal character skills and improve their own leadership qualities through volunteering to lead and assist at enrichment practices and school festivals or officiate school fixtures/.</p>	<p>These session are designed for all students to inclusively participate in sport.</p>

# PE Department Enrichment, Physical Activity & School Sport Programme

Day	Morning (8:00-8:45am)	After School (3:30-4:30pm)
Monday	Badminton	Rugby Union (Falcons Coach) (Year 7 & 8) Football (NUFC) (Year 7) Trampolining (Coach) – Restarts 27 <sup>th</sup> November Taekwondo (Coach)
Tuesday	Basketball (All Years)	Girls Football (All Years) Badminton Rugby Union (All Years) Gymnastics Hockey – Cancelled until further notice
Wednesday	Futsal (Year 7 & Year 8) Cross Country (All Years)	Girls Rugby (All Years) Trampolining – Restarts 29 <sup>th</sup> November Basketball (All Years)
Thursday	Futsal (Year 8 & Year 9)	Netball (Year 7 & Year 8 Indoor) Football (Year 8, Year 9 & Year 10) – Cancelled if fixtures take place Table Tennis (All Years)
Friday	Badminton & Basketball (All Years)	Girls Cricket (Coach)

**Lunchtime** Football (every lunchtime on 4G – see rota in tutor notices), **Basketball** (every Monday and Wednesday in Sports Hall & **Trampolining** (Tuesday, Wednesday & Thursday)

# PE Department Enrichment, Physical Activity & School Sport Programme

## Frequently Asked Questions

Enrichment activities are available for **ALL** students and we have tried to offer a wide range of activities to meet the needs of as many students as possible. Each session is designed for specific year groups and where all year groups are welcome, sessions will take place in individual year groups.

All sessions will begin around 3:30pm and finish by 4:30pm. Students must wear PE kit and bring appropriate footwear and protective equipment (i.e. shinpads, gum shields etc.). Students must arrive at the changing rooms and for new students ensure you remind your parents/carers that you are attending. At the end of the session you do not need to get changed into uniform but remember to take your belongings home with you. For those students attending morning sessions attend school in your PE kit but ensure you change into your uniform ready for school.

All students are welcome to all sessions but please be aware of the type of sessions we are offering. We are very hopeful that inter school competition will start soon and some students will be selected to represent the school in various teams. Students selected will be those who attend sessions or take responsibility for informing us of reasons why they are unable to attend.

Some sessions will involve staff from around the school who have kindly offered their time to support the programme as well as young leaders from 6<sup>th</sup> form and upper school who have expressed an interest in developing their leadership skills. We also have some additional coaches who will lead sessions specifically in certain sporting activities. We expect all students to respect the people leading the sessions

Please note that the following sessions require students to sign up prior to the session.

Trampolining (Monday & Wednesday) – Students will need to contribute €1 to the session and places are limited due to the safety reasons. If you wish to sign up you must complete the sign-up sheet in the Expressive Arts department (see Miss McIntosh)

Active Northumberland also host a Badminton session from 4:00pm – See the Active Northumberland App but this might be of interest to our Badminton students

# Music Department Enrichment Activities Programme

Activity	When and Where	Ability	Additional Information	Staff Contact
<b>Monday</b>				
Boys Choir	Lunchtime	All Welcome		PRS
Brass Group	Lunchtime	All Welcome		
<b>Tuesday</b>				
Wind Band	Lunchtime	Grade 3 and above		PRS
Footlose Chorus	After School	Chorus Rehearsal		PRS
<b>Wednesday</b>				
Jazz Band	Lunchtime	All Welcome		PRS
Footlose Show Band	After School	Show Band Rehearsal		PRS
<b>Friday</b>				
String Group	After School	All Welcome		PRS

# Other Clubs and Activities

## Tuesday

Activity	Run by	When	Where	Year Group(s)	Additional Information
Christian Union	FDI / KS5 Students	1345 – 1415	F22	All	
KS5 Book Club	CEM	1345 – 1415	F1	Y11 – Y13	
Make €5 Grow	SCA / SBR	1530 – 1415	S6	Y7 – Y9	

## Wednesday

Activity	Run by	When	Where	Year Group(s)	Additional Information
KS5 Art History Club	CBA / KBO	1345 – 1415	F2 / F25	Y12 – Y13	
KS3 Book Club	KPO / RCL	1345-1415	F20	Y7 – Y9	
Space Club	MWA	1345 – 1415	Lecture Theatre	All	First Weds of the Month
Maths Exam Paper Society	API	1530 – 1630	S16	Y11	
Film Club	DTO	1530 – 1615	F22	Y7 – Y9	

## Thursday

Activity	Run by	When	Where	Year Group(s)	Additional Information
Chess Club	AML	Lunchtime	Library	All	
Photo Manipulation Skills	KCH	1530 – 1630	S20	All	Week 2 Only
Science Club	CPO	1545 – 1645	G6	Y7 – Y9	
KS3 Art Club	CYO	1525 – 1625	G8	Y7 – Y9	

## Friday

Activity	Run by	When	Where	Year Group(s)	Additional Information
Sparx Homework Club	MMO	Lunchtime	S13	Y7 – Y9	
Warhammer Alliance	JCL	1530 – 1630	G7	All	
Y10 – Y13 Film Club	DTO	1530 – 1630	F22	Y10 – Y13	

# Use of the Library and the Base

Our library area is a key hub of optional activities during break and lunchtime sessions.

Many students use this as an area for quiet reading whilst others prefer to enjoy one of the many board games available. There is an IT area close by where students can access their Google accounts to work on homework tasks. The library is also the home of our Chess Clubs that are attended by many.



Each year group also has an allocated space for our students to relax in a comfortable environment and enjoy the company of friends during social times.

For some students who need a quiet area to withdraw to or the support of specialist staff during a break or lunch time, the Base is available to meet their needs.





# The Duke of Edinburgh Award Scheme

At Ponteland High School we offer the Bronze, Silver and Gold DofE award. We offer the Bronze DofE award in year 9, the Silver DofE award in year 10 and the Gold DofE award in 6th form or open Gold for those who wish to progress to Gold but who don't stay on for 6th form study.



We encourage our students to do their DofE – regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries. There are four sections to complete at Bronze and Silver level and five at Gold. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.

Through our DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs, university and job applications. For further information Visit our school website under Extra Curricular activities > DofE

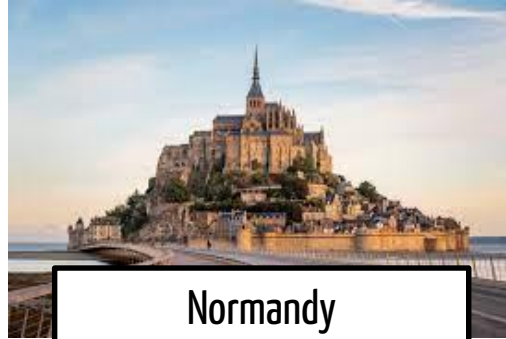


# Trips and Visits

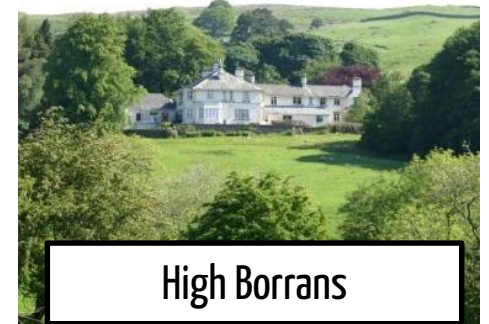
Each year we offer a range of trips and visits. Places are allocated on a trip by trip basis. We keep a record of who has attended each trip so that we can ensure a range of students benefit from the unique learning opportunities they offer.



Berlin



Normandy



High Borran



New York



Paris



Ski



Iceland



York



Madrid