

# Co-Curricular Clubs and Activities Spring Term 2025

Changes from the last clubs list published have been highlighted

Time	Club/Activity	Venue	Staff	Year Group(s)
<b>MONDAY</b>				
Before school club (8am-8.50am)	Sports Enrichment	Fitness Suite	FES/LNO	Invite only
Lunch club 1 (1pm-1.30pm)	Fitness Suite	Fitness Suite	LAM	All Years
Lunch club 1 (1pm-1.30pm)	Junior Choir	M6	SJW/RTO	1st - 3rd Year
Lunch club 1 (1pm-1.30pm)	Vocal Ensemble (Invite only)	M1	Mrs Mee	Invite only
Lunch club 1 (1pm-1.30pm)	Brass Group	M6	Mr Pope	All Years
Lunch club 1 (1pm-2pm)	Cricket	SBA	PWW	Invite only/Tournaments
Lunch club 1 (1pm-2pm)	Magic: The Gathering	Room 63	RL	All Years
Lunch club 2 (1.30pm-2pm)	Maths Enrichment Club (1st - 5th Year)	C3	ARO / JDB	1st - 5th Year
Lunch club 2 (1.30pm-2pm)	Maths Enrichment Club (Sixth Form)	Room 35	SAR	Sixth Form
After school club (4pm-5pm)	Fitness Suite - Fundamentals of strength & conditioning	Fitness Suite	LAM / JMW	All Years
After school club (4pm-5pm)	Junior Drama club	Room 50	HAH	1st - 3rd Year
After school club (4pm-5pm)	Senior Drama club	Room 51	BTO	4th, 5th Year & Sixth Form
After school club (4pm-5pm)	Grade 3 Ballet**	Heseltine	Cornwall Dance	All Years
After school club (4pm-5pm)	Football	Fields	Football Staff	3rd, 5th Year & Sixth Form
After school club (4pm-5pm)	Hockey	Astro	Hockey Staff	Boys - 4th & 5th Year & Sixth Form; Girls - 5th Year & Sixth Form
After school club (4pm-5pm)	Netball	SBA/top courts	Netball Staff	1st, 2nd & 4th Year
After school club (4pm-5pm)	Rugby 7's	Fields-Pavilion Pitch	TME, THC & CL	Sixth Form + Invite
After school club (4pm-5pm)	Swimming	Swimming pool	KC	All Years
After school club (4pm-5pm)	Robotics and Computing	C0	WMV	All Years
After school club (4pm-5pm)	Game Design	C1	ALO	All Years
After school club (4pm-5pm)	Cross Country	Pitches (meet by container)	GC, BVH	All Years
After school club (4pm-5.30pm)	Spring Kitchen*	Cookery School	ALR and TMP	3rd & 4th Year
After school club (4pm-6pm)	Art Portfolio Development	Art	AMR	4th, 5th Year & Sixth Form
After school club (5pm-6pm)	Grade 3 Contemporary Dance**	Heseltine	Cornwall Dance	All Years
After school club (5pm-6pm)	Badminton	SBASC	LNO	Team players
<b>TUESDAY</b>				
Before school club (7am - 8am)	Swimming	Swimming pool	JR	All Years (invite only)
Before school club (8.10am-8.40am)	Percussion Ensemble	Percussion Hut	Mr Weeks	All Years
Lunch club 1 (1pm-2pm)	Dungeons & Dragons	Room 36 & 37	RL	All Years
Lunch club 1 (1pm-2pm)	Chamber Choir	M1	RTO/JAB	All Years
Lunch club 1 (1pm-1.30pm)	Fitness Suite	Fitness Suite	SBA Team	All Years
Lunch club 2 (1.30pm-2pm)	Maths Enrichment Club	C3	THC / SNE / IRR	All Years
Lunch club 2 (1.30pm-2pm)	Board Games and Creativity Club	Trevall House	MCL	All Years
Lunch club 2 (1.30pm-2pm)	Samba Band	Percussion Hut	Mr Weeks	All Years
After school club (4pm-5pm)	German Enrichment Club	Room 65	IQ	4th & 5th Year
After school club (4pm-5pm)	Grade 5 Ballet**	Heseltine	Cornwall Dance	All Years
After school club (4pm-5pm)	Fitness Suite	Fitness Suite	SBA Team	Girls Only All Years
After school club (4pm-5pm)	Football	Fields	Football Staff	4th & 5th Year & Sixth Form
After school club (4pm-5pm)	Book Club	Library	JEH	1st, 2nd & 3rd Year
After school club (4pm-5pm)	Netball (January Only)	SBASC	SJN	Sixth Form
After school club (4pm-5pm)	Rugby 7's	Fields-Pavilion Pitch	GCW	3rd Year + Invite
After school club (4pm-5pm)	Hockey	Astro	Hockey Staff	1st & 2nd Year Boys
After school club (4pm-5pm)	Squash	Squash Courts	Tim Smith	1st, 2nd & 3rd Year
After school club (4pm-5pm)	Judo	SBA	Rob Piper	All Years
After school club (4pm-5pm)	Symphony Orchestra	M1	RTO	All Years
After school club (4pm-6pm)	Star Wars Roleplaying	Room 53	Dr Spring	All Years
After school club (4pm-5.30pm)	Feel Good Food*	Cookery School	ALR and TMP	1st & 2nd Year
After school club (5pm-6pm)	Grade 5 Contemporary Dance**	Heseltine	Cornwall Dance	All Years
After school club (5pm-6pm)	Squash	Squash Courts	Tim Smith	All Years (invite only)
<b>WEDNESDAY</b>				
Before school club (7am-8am)	Swimming	Swimming pool	EBI / KC	All Years
Lunch club 1 (1pm-1.30pm)	Snapshot Physics	Room 9	Miss Holroyd	5th Year
After school club (4pm-5pm)	Fitness Suite	Fitness Suite	SBA Team	All Years
After school club (4pm-5pm)	Chess	Room 10	Mr Menadue	All Years
After school club (4pm-6pm)	Wargaming	Room 53	Dr Spring	All Years
<b>THURSDAY</b>				
Before school club (8.00am-8.50am)	Sports Enrichment	Fitness suite	FES	Invite only
Before school club (8.15am-8.45am)	History - Questioning the Past	Room 52	Mrs Collinge	Lower Sixth
Before school club (8.15am-8.45am)	Saxophone Ensemble	M6	Mrs Brenton	All Years
Breaktime (10.50am-11.10am)	Community Action Team	Room 55	NSK/TLC/RMV	All Years
Breaktime (10.50am-11.10am)	Barbershop	M6	Mr Churcher	All Years
Lunch club 1 (1pm-1.30pm)	Debating	Room 32	AS	5th Year & Sixth Form
Lunch club 1 (1pm-1.30pm)	Cafe Bilingual Spanish Speaking Club	Room 64	LRJ	4th & 5th Year
Lunch club 1 (1pm-1.30pm)	Study Skills, HW Support & Quiet Space	Room 85	ERS	All Years
Lunch club 1 (1pm-1.30pm)	Fitness Suite	Fitness suite	SBA Team	All Years
Lunch club 1 (1pm-1.30pm)	Jazz Orchestra	M1	Mr Harrison	All Years
Lunch club 1 (1pm-1.30pm)	Early Music	M8	SJW	All Years
Lunch club 2 (1.30pm-2pm)	Maths Enrichment Club	C3	IAC / HDS	All Years
Lunch club 2 (1.30pm-2pm)	Debating	Room 32	AS	5th Year & Sixth Form
Lunch club 2 (1.30pm-2pm)	Careers Clinic	Room 55	NSK	3rd - 5th Year & Sixth Form
Lunch club 2 (1.30pm-2pm)	Papercraft	Room 20	ARO	1st Year Girls
Lunch club 2 (1.30pm-2pm)	Rugby 7's	Astro	TME	3rd Year & Sixth Form
Lunch club 2 (1.30pm-2pm)	Netball	SBASC	SMO/EBI	3rd & 5th Year
Lunch club 2 (1.30pm-2pm)	Volleyball	SBASC	CDA	2nd, 3rd & 4th Year
After school club (4pm-5pm)	Maths Enrichment Club	Room 35	JBN / SAR / SNE	Sixth Form
After school club (4pm-5pm)	Street Dance Club**	Heseltine	Cornwall Dance	All Years
After school club (4pm-5pm)	Football	Fields	Football staff	All - 1st & 2nd Year; Girls - 3rd-5th Year & Sixth Form
After school club (4pm-5pm)	Swimming	Swimming pool	KC	All Years
After school club (4pm-5pm)	Fitness Suite	Fitness suite	SBA Team	All Years
After school club (4pm-5pm)	Hockey	Astro	Hockey Staff	3rd & 4th Year Girls
After school club (4pm-5pm)	Squash	Squash Courts	Tim Smith	4th - 5th Year & Sixth Form
After school club (4pm-5pm)	Wind Band	M1	Mr Pope / Mrs Bingham	All Years
After school club (4pm-5pm)	String Group	M8	MJL	All Years
After school club (4pm-5pm)	Taskmaster	Lab 14	TLC	1st & 2nd Year
After school club (4pm-5pm)	Badminton	SBASC	ALO / WMV	2nd- 5th Year & Sixth Form
After school club (5pm-6pm)	Squash	Squash Courts	Tim Smith	All Years (invite only)

FRIDAY				
<b>Before school club (7am-8am)</b>	Swimming	Swimming pool	EBI / KC	All Years
<b>Before school club (7am-8.45am)</b>	Tennis (invite only)	SBASC	Tennis Staff	All Years
<b>Before school club (8.10am-8.40am)</b>	Sports Enrichment	SBASC	LNO	All Years
<b>Lunch club 1 (1pm-1.30pm)</b>	Fitness Suite - Short Intensity Training + Core & Mobility	Fitness suite	JMW	All Years
<b>Lunch club 1 (1pm-1.30pm)</b>	Metafit	SBASC	JES	All Years
<b>Lunch club 1 (1pm-1.30pm)</b>	Junior Band	M8	SJW	1st - 3rd Year
<b>Lunch club 1 (1pm-1.45pm)</b>	Badminton	SBASC	Cliff Morcom	1st Year
<b>Lunch club 2 (1.20pm-1.50pm)</b>	Psychology Stretch and Challenge	Room 85	Mrs Stone	Sixth Form
<b>Lunch club 2 (1.30pm-2pm)</b>	Q Club	Room 52	Mrs Collinge	3rd - 5th Year
<b>Lunch club 2 (1.30pm-2pm)</b>	Gardening	Behind Epworth	Mrs Ellis/Mrs Thurlow	1st - 3rd Year
<b>Lunch club 2 (1.30pm-2pm)</b>	Maths Enrichment Club	C3	JDB / IRR	All Years
<b>Lunch club 2 (1.30pm-2pm)</b>	Logic Puzzle Club	Room 19	IAC	1st, 2nd & 3rd Year
<b>Lunch club 2 (1.30pm-2pm)</b>	Board Games	Room 60	TMS	All Years
<b>Lunch club 2 (1.30pm-2pm)</b>	Chemistry Extension Class	Lab 14	JEO	Sixth Form
<b>After school club (4pm-5pm)</b>	Spanish Enrichment Club	Room 63	JW	All Years
<b>After school club (4pm-5pm)</b>	Fitness Suite	Fitness suite	SBA Team	All Years
<b>After school club (4pm-5pm)</b>	Tennis (beginners)	SBASC	SA	All Years
<b>After school club (4pm-5pm)</b>	Chess	Room 10	Mr Menadue	All Years
<b>After school club (5pm-6pm)</b>	Tennis (intermediate)	SBASC	SA	All Years
<b>After school club (4pm-6pm)</b>	Wargaming	Room 53	Dr Spring	All Years

**Notes:**

Lunchtime club 1 runs from 1pm-1.30pm. All pupils will then go to lunch at 1.35pm, or, a teacher will pre-order and supervise the eating of packed lunches

Lunchtime club 2 runs from 1.30pm-2pm. All pupils will have lunch using the rota, or a teacher will pre-order and supervise the eating of packed lunches

There are no co-curricular early lunch passes due to the volume of pupils involved in clubs.

**\*IMPORTANT COOKERY CLUB INFORMATION:** Cookery clubs on a Monday and Tuesday run from 1600 to 1730 in the cookery school. The first session will be devoted to a simple cook and a revision of thorough washing up and kitchen food and hygiene safety. All ingredients and takeaway containers will be provided and there will be a charge of £5 for the first session and then £12 per session. This will be charged in arrears on the school bill. Students sign up for the whole term. If your child is unable to attend a class or is sick, we can provide the ingredients for collection on the day or the day after. If we receive no notice and ingredients have been bought, you will be charged for the session. To reserve a space please email [cookeryclubs@truoschool.com](mailto:cookeryclubs@truoschool.com) clearly stating the name of the pupil, year group and cookery club. Please be aware that the cookery school is not a nut free environment, and whilst recipes can sometimes be adapted we cannot ensure that the cookery school is free of nuts. If your child is unable to attend a class or is sick, we can provide the ingredients for collection on the day or the day after. If we receive no notice and ingredients have been bought, you will be charged for the session.

\*\* Dance Classes are a payable activity. If you would like to find out further information and/or sign up you child please email Ms Hellings co-curriculum@truoschool.com

## Competition House Totals as of 08 January 2025

SCHOOL



6016

SMITH



5562

VINTER



6049

WICKETT



5410