

Extracurricular Activities

# Cantell

S C H O O L

An exceptional school experience



2023-2024

# Introduction

**Dear Students,**

At Cantell, we believe involvement in extracurricular activities will build your character and contribute to an all-round education. You will meet new friends, expand your interests and perhaps find a new talent!

Extracurricular activities can help you build leadership, organisation, resilience, initiative and communication skills: all of which are essential for life and employability.

Please look carefully through this brochure at everything we have on offer at Cantell. What will you choose to broaden your horizons?

If you have any questions, or have ideas about clubs you would like to attend at Cantell, please let us know.

Best wishes,

**Mr Clark**

Head of Student Experience

**E:** [jonathan.clark@cantell.co.uk](mailto:jonathan.clark@cantell.co.uk)

## **Extra-curricular clubs**

Extra-curricular clubs are a fundamental part of everything we do at Cantell. Cantell Secondary school is a place where you can develop your interests and hobbies while learning valuable life skills which will support you now and in the future.

If you participate in extra-curricular clubs that you are passionate about, this can increase brain function and help you manage your time. Also, they provide a wealth of social opportunities that gives you something fun to do outside of your studies.

Fundamentally, it allows you time to build friendships and relationships with staff and students alike; the more that you push yourself in your extra curricular endeavours, the more you will develop these skills.

As well as extra curricular clubs, we have super curricular clubs: this term is recognised with universities such as Cambridge and Oxford and is used to describe a club which is outside of your normal learning that has a strong focus on academics. Clubs such as STEM, WOWs Reading Society and Plato can all be considered as super curriculars.



# Term Dates

## **Autumn Term 2023**

Open: 4th September 2023

Half Term: 23rd - 27th October 2023

Close: 15th December 2023

## **Spring Term 2024**

Open: 2nd January 2024

Half Term: 12th - 16th February 2024

Close: 28th March 2024

## **Summer Term 2024**

Open: 15th April 2024

Half Term: 27th May - 31st May 2024

Close: 24th July 2024

## **Inset Days**

Monday 4th September 2023

Tuesday 5th September 2023

Tuesday 2nd January 2024

Wednesday 3rd January 2024

Friday 28th June 2024



Autumn  
Term



Spring  
Term



Summer  
Term



# My Extracurricular

Use the space provided to record the extra-curricular clubs that take your interest, with the days and times they take place so that you can plan your social times accordingly.

Name of Club	Day	Time	Room

## Cantell EMPOWER: EMPOWERing you

EMPOWER



**RESILIENCE**



**LEADERSHIP**



**INDEPENDENCE**



**COMMUNICATION**



**ORGANISATION**



**ENTREPRENEURSHIP**



**INITIATIVE**



**INNOVATION**

# Cantell EMPOWER

Attending Clubs will help you to recognise, develop and apply your Cantell EMPOWER Skills. As you transition to various stages in your life you will be asked to provide evidence that you have used these vital life skills before, so that they know you will be able to use them in the future. Please ensure that you also register for the clubs because that will also form part of your evidence at interviews.

Competition for university places, apprenticeships and employment is increasing; as a result, we want to EMPOWER you to be able to demonstrate, apply, articulate and evidence these skills in all aspects of your lives.

'Our fundamental mission is to provide an exceptional learning experience for every student so that they may lead a happy and successful life now and in the future.'

As a school, we are passionate about improving your life chances and increasing upward social mobility. We are determined to give you a 'plus factor' which means building your character and employability skills, as well as academic excellence.

At Cantell, we want to develop a community of independent, adventurous learners who are not afraid to make mistakes and who see every opportunity as a learning opportunity.

We focus on the following key life skills that are critical attributes to employability:

- Leadership
- Organisation
- Resilience
- Initiative
- Communication
- Independence
- Innovation
- Entrepreneurship

These life skills have been especially chosen for their formative qualities in character development as well as their desirability by employers. We focus on developing these EMPOWER skills because we want you to leave not only with the best qualifications, but also the personal attributes that will enable you to stand out from the crowd and achieve your goals.

Developing these skills will improve:

- Attendance
- Classwork
- Homework
- Assessments
- Exam results
- Transitioning to the next level
- Most importantly, success in all aspects of your lives



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## Colour Key Guide

### Super Curricular Clubs

### Sports Clubs

# Art Club



**Open to:**  
Years 7-10

**What is it about?** Separate KS3 & KS4 clubs; KS3 will have separate terms of Textiles, Photography and Mixed Media; KS4 will be completing coursework and developing techniques to support their GCSE Grade.

**Run by:**  
Miss Eynon, Mrs Flynn and Mrs Gillam

**Where and When?**  
Tuesday, 3pm - 4pm in Art

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Backgammon



**Open to:**  
All Years

**What is it about?** Backgammon is one of the oldest known board games. Its history can be traced back nearly 5000 years to archaeological discoveries in Iran. It is a two player game where each player has fifteen pieces (checkers) that move between twenty-four triangles (points) according to the roll of two dice. This game involves a combination of both strategy and luck—so why not come and give it a try!

**Run by:**  
Mr.Michalakis

**Where and When?**  
Tuesday Break 1 in MA5

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



# Bracelets and Keyrings



**Open to:**  
All Years

**What is it about?** A fun and relaxing time where you will make bracelets and keyrings, whether it is for yourself or to offer (planning ahead for all the many birthdays and key dates in the year). You will learn and use different techniques and materials, such as shrinking plastic, looming bands, threads and beads. Come and join us!

**Run by:**  
Mrs Bell

**Where and When?**  
Tuesdays 3-4pm in LG2

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Breakfast Club



**Open to:**  
Years 7, 8 & 9

**What is it about?** An opportunity for all students to have breakfast before the start of the school day. Come along to meet friends and catch up before school starts!

**Run by:**  
Mrs K Hartley

**Where and When?**  
Monday - Friday from 8am

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



**Open to:**  
Years 7-10

**What is it about?** This club teaches you how to use computers to design and manufacture, to create new and exciting items like jewellery, key rings and mobile phone stands. You will also have the opportunity to enter national STEM competitions like the F1 Schools Challenge, where you can develop your skills in 2D and 3D CAD/CAM.

**Run by:**  
Miss Fitzgerald and Miss Hickenbottom

**Where and When?**  
Tuesday from 3pm in RM2

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



# Calm Colouring



**Open to:**  
All Years

**What is it about?** An opportunity to decompress and chill-out during a busy school week, this club is a calm space for relaxing, colouring or reading.

**Run by:**  
Mr Clark

**Where and When?**  
Thursday 3pm - 3.45pm in MA0

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# CATS Creative Arts Technicians



## **Open to:**

Students must apply and attend an interview. Only 8 places available.

**What is it about?** A fantastic opportunity to learn and develop your knowledge of production arts. Once trained you will need to be available to provide technical support for school events outside of school hours.

## **Run by:**

Mrs Blandford, Miss Tonks and Mr Sheath

## **Where and When?**

Year 7-8: Wednesday 12.50pm in Gallery

Year 9-10: Tuesday 1.40pm-2.10pm in Gallery

## **Which term is the club running:**

All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# 'Champions' with Mayflower Youth Theatre



**Open to:**  
All Years

**What is it about?** Cantell School in association with Mayflower Youth Theatre will be devising a performance that empowers, inspires and positively impacts the lives of the participants and audience. More information to come at Horizons Fair!

**Run by:**  
Miss Tonks

**Where and When?**  
Thursday 3pm - 4pm in DR1  
(will need to be available some Thursday evenings)

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



# Chess Club



**Open to:**  
All Years

**What is it about?** Chess is more than just one of the oldest board games in the world; it's the ultimate battle of wits that spans almost all cultures and languages. Take control of your army and employ tactics and strategies to destroy your opponent... respectfully. Or come along to learn how to...

**Run by:**  
Mr Mifsud

**Where and When?**  
Wednesday 3pm-4pm in EN7

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Coding Club



**Open to:**  
All Years

**What is it about?** Have fun learning how to use code to solve problems and develop games. Coding is a tool you can use to achieve many things, and this club is a safe environment to experiment with it.

**Run by:**  
Dr Tait and Roke, a local engineering firm

**Where and When?**  
Wednesday, 3pm - 4pm in IT1

**Which term is the club running:**  
All Year



Autumn  
Term

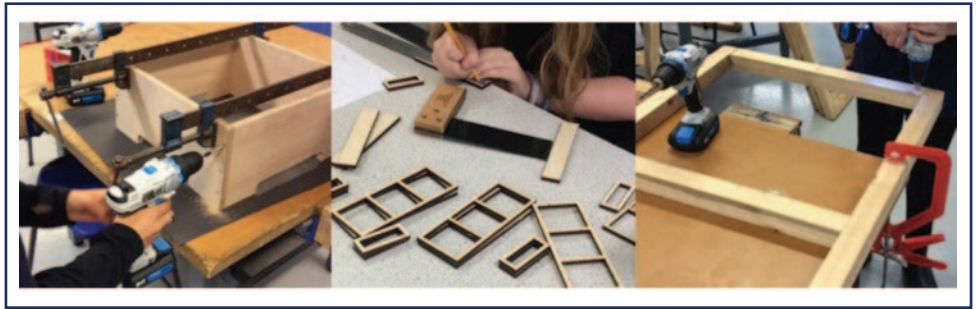


Spring  
Term



Summer  
Term

# Construction Club



**Open to:**  
Years 7-10

**What is it about?** Our successful construction club team work alongside the creative arts faculty making scenery, props and resources for the school productions and much more. You will learn how to interpret technical drawings, plan for manufacture of large and small scale items, and develop your making skills. Problem solving, good organisation, showing initiative and resilience, are all part of the learning experience

**Run by:**  
Miss Crawford

**Where and When?**  
Wednesday from 3pm in RM1

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Cooking is fun



**Open to:**  
All Years

**What is it about?** During lessons we are limited to one baking product / project. This club is for students who just love to cook, particularly if they want to improve their baking skills.

**Run by:**  
Mrs Tyson Hall

**Where and When?**  
Thursday from 3pm in FT1

**Which term is the club running:**  
All Year



Autumn  
Term

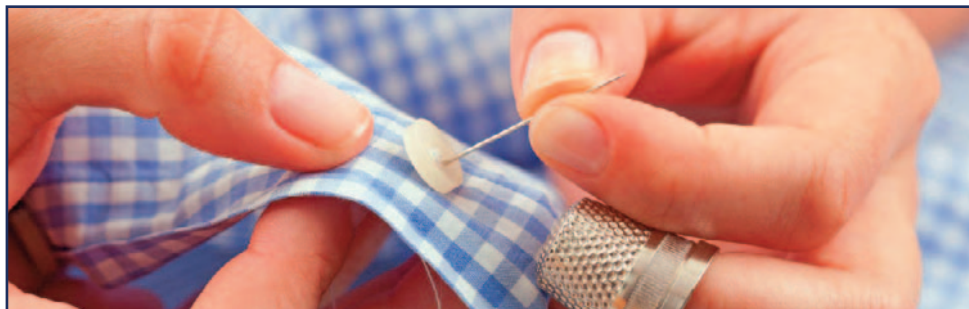


Spring  
Term



Summer  
Term

# Crafting Skills



**Open to:**  
All Years

**What is it about?** Be creative with fun designs or be practical and find out how to sew a button or a hem. Learn some basic sewing, stitching, cross-stitch alongside our crafting experts!

**Run by:**  
Mrs Gill and Mrs Kundu

**Where and When?**  
Tuesday 3pm-3.45pm in IT5

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Crochet



**Open to:**  
All Years

**What is it about?** Join the crochet club and create something from scratch! From keyrings to cozy blankets and more complex and intricate designs as you become more skilled at crocheting.

**Run by:**  
Miss Conde Piraces

**Where and When?**  
Tuesday 3pm-4pm in LG3

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Debating Society



**Open to:**  
Years 7-10

**What is it about?** The Debting Society is a space for philosophical, political & social debate . This where the richly diverse ideas and beliefs of Cantell will go head to head in a respectful, enlightening arena!

**Run by:**  
Mr Bryant & Mr Teehan

**Where and When?**  
Wednesday 3pm-4pm in HU5

**Which term is the club running:**  
Autumn term, Spring 1 and Summer 2



Autumn  
Term



Spring  
Term



Summer  
Term



# Drama Club



**Open to:**  
All Years

**What is it about?** Drama Club is an exciting opportunity for students to develop confidence and performance skills. No performance experience required!

**Run by:**  
Mrs Blandford

**Where and When?**  
Thursday 3pm - 4pm in DR1

**Which term is the club running:**  
Autumn



Autumn  
Term

# Erasmus Club



**Open to:**  
Years 7-10

**What is it about?** Erasmus Club is for anyone who loves languages and learning about other cultures. From creating a film about the Mexican festival "Día de los Muertos", to taking part in GCHQ's National Language Competition, or representing your house in the Languages Spelling Bee, there's something for everyone!

**Run by:**  
Miss Chivers

**Where and When?**  
Wednesday 3pm - 3:40pm in LG1

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# eSports Gaming



**Open to:**  
All Years

**What is it about?** Come and take part in a variety of eSports and online games.

**Run by:**  
Mr Barter

**Where and When?**  
Wednesday, 3pm-3.50pm in EN6

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Fantasy Football



**Open to:**  
All Years

**What is it about?** Want to talk fantasy football with like-minded people? Want some help planning your transfers for the next game week? Trying to get an advantage in your mini leagues? This is the place to be. Even if you have never played before, we can help you set up a team and get going! It's never too late to start.

**Run by:**  
Mr Mabey

**Where and When?**  
Wednesday, 3pm-4pm in SC4

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Funk & Soul Band



**Open to:**  
All Years

**What is it about?** Loving new styles of music, getting to groove along, play with other musicians and improve your improvisation skills.

**Run by:**  
Mr Jones

**Where and When?**  
Thursday, 3pm in Music Department

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# History Club



**Open to:**  
All Years

**What is it about?** Do you want to learn more about history? Do you want to find out more about your family's past? Did anybody famous live on your street? Come join us in history club and find out what it's about!

**Run by:**  
Miss Lennox and Mr Nour

**Where and When?**  
Tuesday 3pm-4pm in HU2

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Homework Club



**Open to:**  
All Years

**What is it about?** Stuck with your homework?  
Need some extra help? Need help with topics  
taught in lessons? Need translations and  
explanations? Then come and join the Support  
Hub Homework Club!

**Run by:**  
Support Hub team

**Where and When?**  
Monday-Thursday 3pm - 4pm in IT2

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



# Instrumental Lessons



**Open to:**  
Year 7-10

**What is it about?** Have 1:1 or group instrument tuition with SMS (Southampton Music Service). Instruments include: voice, guitar, drums, strings, piano etc. If you play an instrument or would like to learn, pick up a form from Music. If you receive free school meals then the cost is subsidised by the school.

**Run by:**  
SMS Staff

**Where and When?**  
Music Department

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Jigsaw Solving



**Open to:**  
All Years

**What is it about?** Do you enjoy completing jigsaw puzzles? Would you find completing jigsaws towards the end of a busy week of school therapeutic? If so, come along and complete a range of different puzzles.

**Run by:**  
Mrs Taylor

**Where and When?**  
Thursday, 3pm-3:45pm in LG4

**Which term is the club running:**  
All Year



Autumn  
Term

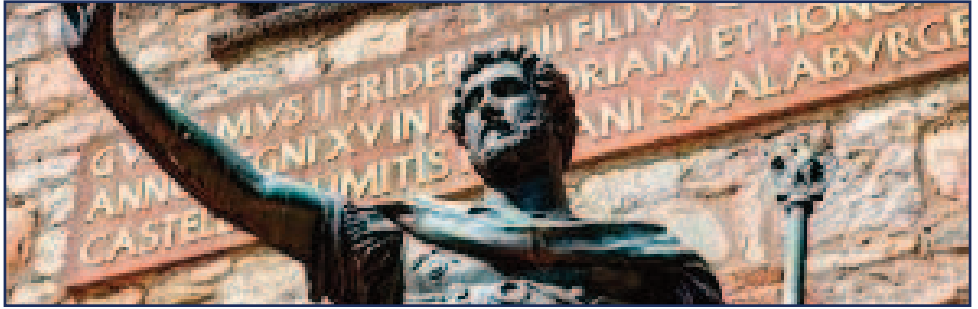


Spring  
Term



Summer  
Term

# Latin



**Open to:**  
All Years

**What is it about?** What did the Romans ever do for us? Find out at Latin club where you will learn the language which is the root of so many including English, Spanish and French! We will also read Greek and Roman myths and learn about the lifestyles of the Romans rich and poor.

**Run by:**  
Mrs Hartley

**Where and When?**  
Thursday 3pm-4pm in LG3

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Lego



**Open to:**  
All Years

**What is it about?** If you enjoy having a quiet space to come and be creative, then this is the club for you!

**Run by:**  
Mrs Gale

## **Where and When?**

Years 9 and 10: Monday 1.40pm (second break) in En5

Years 7,8,11: Thursday 12.50pm (second break) in En5

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Manga Reading



**Open to:**  
All Years

**What is it about?** What is it about? Read your favourite manga or discover something new! A nice way to relax at the end of the day.

**Run by:**  
Mr Barter

**Where and When?**  
Tuesday 3pm-3.50pm in The Library

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



**Open to:**  
All Years

**What is it about?** Dive into the world of neurodivergent authors in our Secondary School Book Club. Explore captivating books that showcase diverse voices and experiences. This is a safe haven where neurodivergent students connect and discuss literature that resonates with their unique perspectives. Together, we empower ourselves through representation and understanding. Join us to champion diversity in literature and foster a community that celebrates unique voices. Start your journey of exploration and acceptance today!

**Run by:**  
Miss Newton

**Where and When?**  
Tuesday 3pm-4pm in The Library

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Newspaper



**Open to:**  
All Years

**What is it about?** Our newspaper, The Cantell Catch-Up, needs you! Unleash your creativity and be part of something big. From investigative reporters to design wizards, we offer a range of exciting roles to suit your talents. Dive into journalism, photography, editing, and more. Be the voice of your generation – join us today and let your stories shine! #GetPublished

**Run by:**  
Miss Newton and Mr Peck

**Where and When?**  
Thursday, 3pm-4pm in EN3

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



# Orchestra



## **Open to:**

All orchestral instrument players  
(woodwind, brass, strings, percussion).

**What is it about?** If you play an instrument, come along and join the orchestra so that you can play with other musicians.

## **Run by:**

Mrs Dyne

## **Where and When?**

Thursday 8am in MU1

## **Which term is the club running:**

All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Origami



**Open to:**  
All Years

**What is it about?** Want a way to relax at the end of the day?  
Come along and learn how to fold a variety of creatures,  
flowers and abstract shapes!

**Run by:**  
Mrs Wilde

**Where and When?**  
Wednesday 3pm-3.45pm in MA3

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Oxbridge Mentoring



**Open to:**  
Years 9 & 10

**What is it about?** Developing critical thinking and problem solving skills required for entrance to Oxbridge and other top universities.

Also an opportunity to think 'outside the box', question and challenge the things that are often not given a second thought. Mentoring is led by Oxford alumni and takes place in small group seminar style sessions. By invitation to eligible students.

**Run by:**  
Mrs Hein

**Where and When?**  
AR2

**Which term is the club running:**  
English Department - See noticeboard for times



Autumn  
Term



Spring  
Term



Summer  
Term

# Planet Earth



**Open to:**  
All Years

**What is it about?** Our Planet is an amazing place - possibly unique in the whole universe. But what makes it work? What is it really like and what makes it so different from anywhere else? Come and find out! We will take you on a journey with a host of expert and specialist presenters like Sir David Attenborough, to find out what makes our world so special.

**Run by:**  
Mr Butler

**Where and When?**  
Monday 3.10-4pm in HU9

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Poetry



**Open to:**  
All Years

**What is it about?** Here we explore the world of poetry and meanings behind the words. This is not only to support reading, but also comprehension and oracy skills.

**Run by:**  
Mrs O. Aleksandrovych

**Where and When?**  
Monday/Tuesday, 4pm in Support Hub

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Pokémon



**Open to:**  
All Years

**What is it about?** Are you interested in Pokémon? The TV show, cards or games? Come along to Battle, play and talk all things Pokémon!

**Run by:**  
Mr Bennett

**Where and When?**  
Monday 3pm - 4pm in HU3

**Which term is the club running:**  
All Year



Autumn  
Term

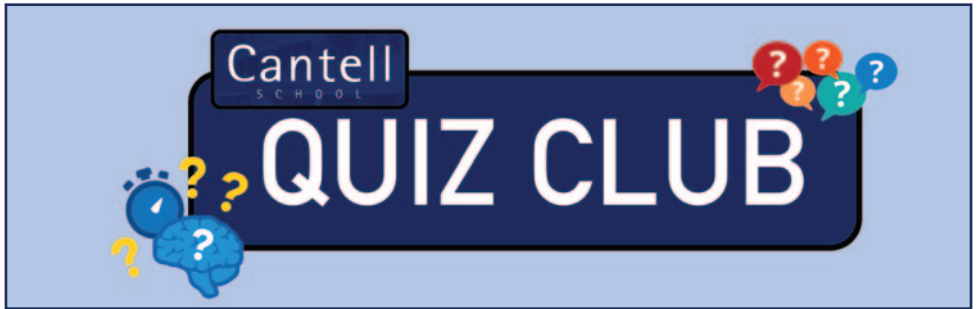


Spring  
Term



Summer  
Term

# Quiz



**Open to:**  
All Years

**What is it about?** Are you interested in general knowledge? Would you like to share your interests with others? Then why not come along to Quiz Club? We run a wide variety of quizzes on a number of themes, sometimes even on the buzzer. Come along—you'll learn something new and have fun in the process!

**Run by:**  
Dr Barnes

**Where and When?**  
Wednesday 3pm - 4pm in SC6

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



# Radio Station



**Open to:**  
Years 7-9

**What is it about?** Learn how to create and host your own live show in Cantell's own radio station (with Unity 101).

A google form will be sent out to sign up as spaces are limited.

**Run by:**  
Mr Heagren

**Where and When?**  
Thursday 3pm in Radio Station (CTC)

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Rainbow Voice



**Open to:**  
All Years

**What is it about?** An after school group for LGBT+ students and their friends. A supportive space to learn about LGBT+ history and activism.

**Run by:**  
Mr Clark

**Where and When?**  
One day per month: see timetable in MA0  
for dates.

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# School Production: Oliver



## **Open to:**

Anyone who wants to try out a new hobby. All welcome. In preparation for 3 nights of performances in March. Singing, Acting and Dancing.

**What is it about?** Take part in our School Production, which for 2023/2024 is Oliver!

## **Run by:**

Creative Arts Team

## **Where and When?**

Tuesday and Wednesday, after School in the main school hall - you must be available both days for rehearsals

## **Which term is the club running:**

Now until Show nights in March



Autumn  
Term



Spring  
Term

# Sign Language for Beginners



**Open to:**  
All Years

**What is it about?** Develop an important and inclusive skill; join in on learning some sign language for beginners.

**Run by:**  
Mrs Phillips

**Where and When?**  
Tuesday, 3pm - 4pm in Support Hub

**Which term is the club running:**  
All Year - starting from November



Autumn  
Term



Spring  
Term



Summer  
Term

# Speedcubing



**Open to:**  
All years

**What is it about?** Maybe it's your first time attempting to solve this classic puzzle, or maybe you want to improve your technique to achieve a new personal best. Come along and pick up some new strategies for 3x3, 4x4 all the way up to 7x7.

**Run by:**  
Mr Brown

**Where and When?**  
Tuesday 3pm - 4pm in MA10

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# STEM Club



**Open to:**  
Years 7-10

**What is it about?** Each week, STEM Club explores the mysteries of the Universe... you might be investigating how to stop a spacecraft burning up in the atmosphere of a planet, designing your own scientific investigation for the Science Fair, building a robot for Rampaging Chariots, or trying to build a catapult using nothing but paper straws!

**Run by:**  
Mr Fuge and Miss Husk

**Where and When?**  
Yr7-8: Wednesday from 3pm in SC7  
Yr9-10: Thursday from 3pm in SC2

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Student Leadership



**Open to:**  
All years

**What is it about?** Student Leadership is an opportunity to help the wider school community. This is done by helping at events, as well as through the Community Council. Where you will be able to share your ideas and plans, as well as expressing anything that you think should be changed!

**Run by:**  
Mr Teehan

**Where and When?**  
Every other Tuesday in HU8 from 3pm

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Tech Monkeys



**Open to:**  
All Years

**What is it about?** Tech Monkeys is a weekly creative computing club. Have an idea for a program or game? Want to draw pixel art? Or want to improve your skill in using a computer? We'll help you learn the tools to make the Thing of your dreams.

**Run by:**  
Mr Cleminson

**Where and When?**  
Fridays, 3pm-4pm in IT2

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



# The Drop Zone



**Open to:**  
All Years

**What is it about?** Drop Zone is a place where anyone is welcome to come hear about the Christian Faith. You do not need to be a Christian to come, we love having different faiths represented and engaging in conversation too! Each week we look at a different aspect of the Christian faith and discuss as a group. We also sometimes play games, or just chat and catch up with each other. If you're at all interested in Christianity, or even if you aren't, you are welcome here.

**Run by:**  
Bethan

## **Where and When?**

Wednesday in HU5

Break 1 for 7&8's (10:40-11:10)

Lunch 1 for 9&10's (11:30-12:00)

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Video Games Club



**Open to:** All Years

## **What is it about?**

All things video games. We have a range from Mario Kart to Fifa! Come and join in the gaming. Welcome to all! Maximum of 16 per day.

**Run by:** Mr Keogh

## **Where and When?**

Tuesday, Wednesday and Thursday 3-4pm in MA7

## **Which term is the club running:**

All Year



Autumn  
Term

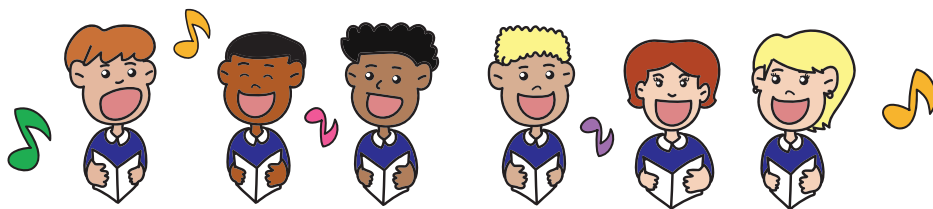


Spring  
Term



Summer  
Term

# Vocal Group



**Open to:** All Years

## **What is it about?**

Love singing, come along and join in with vocal group

**Run by:** The Music Department

## **Where and When?**

This will start in March after the school production has finished on  
Tuesdays in MU1

## **Which term is the club running:**

See above



Spring  
Term



Summer  
Term

# WOWS Society and Writer's Time



**Open to:**  
All Years

**What is it about?** It is about the wonders of words and how they capture your imagination, enticing you to chill out , read on and explore your vocabulary development. Also, for writers.

**Run by:**  
Mrs Goodman

**Where and When?**  
Thursday from 3pm in LRC

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Young Carers



**Open to:**  
All Years

**What is it about?** Do you have someone in your family that needs extra care? They might be ill, have an addiction, need you to translate for them or have a learning disability. Do you have to help look after your brothers and sisters because your parents are at work? If you do, you are called a 'young carer'. Why don't you come to my drop in sessions for chat and support. This is just people with similar stories getting together to enjoy a break.

**Run by:** Mrs Mitchener

**Where and When?**

TBC Email me if you are interested.

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Sports - Aerial fitness



## Open to:

All students. Places are limited, so you must email [kathryn.cox@cantell.org.uk](mailto:kathryn.cox@cantell.org.uk), if interested. You can't just turn up- sorry.

**What is it about?** Want to build your strength and flexibility, but have fun at the same time? You can do this by creating shapes and performing routines using an aerial hoop, aerial sling and aerial silks.

## Run by:

Miss Cox

## Where and When?

Tuesday 3.15pm - 4.15pm in the dance studio (DA1). If there is enough interest, we will add another day.

## Which term is the club running:

All year



Autumn  
Term



Spring  
Term



Summer  
Term

# Sports - Athletics



**Open to:**  
All Years

**What is it about?** Athletics has 3 main areas, running, throwing and jumping activities. Come along and try to develop your athletic skills or push to represent the school at a competitive level against other schools. You can work as an individual or as part of a team in a supportive environment.

**Run by:**  
Mr Grant

**Where and When?**  
Monday 3pm - 4pm on school field

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Sports - Badminton Club



**Open to:**  
All Years

**What is it about?** Badminton club is a chance for students to socialise with friends whilst developing their badminton skills. There is the opportunity to play competitive games representing the school versus other local schools for those that want another challenge.

**Run by:**  
Miss Peebles

**Where and When?**  
Monday Training 3pm - 4pm in Sports Hall  
Monday Matches 4pm - 5pm in Sports Hall

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



# Sports - Boys Basketball



**Open to:**

All Years

**What is it about?** Come and have fun whilst learning the game of Basketball. Develop your skills and knowledge of the game, whilst developing your EMPOWER skills of leadership, resilience, teamwork, organisation and communication.

**Run by:**

PE team and Mr Michalakis

**Where and When?**

KS3: Thursday 3pm-4pm in the Sports Hall

KS4: Friday 3pm-4pm in the Sports Hall

**Which term is the club running:**

All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Sports - Girls Basketball



**Open to:**

All Years

**What is it about?** Come and have fun whilst learning the game of Basketball. Develop your skills and knowledge of the game, whilst developing your EMPOWER skills of leadership, resilience, teamwork, organisation and communication.

**Run by:**

PE team

**Where and When?**

Please see PE notice board

**Which term is the club running:**

Autumn and Spring Term



Autumn  
Term



Spring  
Term

# Sports - School Cricket



**Open to:**  
All Years

**What is it about?** Cricket, in nature, is just really a simple sport. It can be played with at least two players with a bat and a ball. It doesn't even require a wide space. If you have good hand eye co-ordination and or just would like to have a go at striking that ball into space, then cricket is for you.

**Run by:**  
Mr Lambert, Mr Green, Mr Grant, Mr Taylor

**Where and When?**  
Please see PE notice board

**Which term is the club running:**  
Summer



Summer  
Term

# Sports - Dance Club



**Open to:**  
Year 10

**What is it about?**  
Come along and learn a group performance!

**Run by:**  
Mrs Brinson

**Where and When?**  
Monday 3pm-4pm

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Sports - Dodgeball



**Open to:**  
All Years

**What is it about?** A chance to let out frustrations through throwing and dodging balls. This has historically been a very popular club and works better the more students we have!

**Run by:**  
Miss Forshaw

**Where and When?**  
Tuesday small gym

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Duke of Edinburgh's Award



**Open to:**  
Year 10

## **What is it about?**

Interested in a challenge? Want to develop skills that will help you in the future? DofE is about helping you along the path to a productive and prosperous future. As many of our participants say, it's life-changing. Games and more!

**Run by:**  
Mr Cole

## **Where and When?**

Meetings and events throughout the year.

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Sports - Fitness



**Open to:**  
All Years

**What is it about?** Fitness club is a great way to develop your fitness, build muscle, lose weight, boost your mental focus and make friends. Over time you can look better, feel better and accomplish things you never thought possible! Follow your own routine or ask for a work out plan to help you to meet your fitness goals.

**Run by:**  
Mr Grant, Mr Green

**Where and When?**  
Please see PE timetable for different nights

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Sports - Fitness - Girls



**Open to:**  
All Years

**What is it about?** Fitness club is a great way to develop your fitness, build muscle, lose weight, boost your mental focus and make friends. Over time you can look better, feel better and accomplish things you never thought possible! Follow your own routine or ask for a work out plan to help you to meet your fitness goals.

**Run by:**  
Mrs Brinson

**Where and When?**  
Please see PE timetable for different nights

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



# Sports - Football - Boys



**Open to:**  
All Years (Boys)

**What is it about?** Years 7-10 have their own football days where students can represent the school and compete in the local Southampton schools league and cup competitions. Various football training, matches and competitions will happen at different times throughout the year.

**Run by:**  
Year 7 and Year 8 Mr Lambert and Mr Taylor, Year 9 Mr Grant,  
Year 10 Mr Green

**Where and When?**  
Please see PE Notice Board

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Sports - Football - Girls



**Open to:**  
All Years (Girls)

**What is it about?** Years 7-10 have their own football days where students can represent the school and compete in the local Southampton schools league and cup competitions. Various football training, matches and competitions will happen at different times throughout the year.

**Run by:**  
Miss Forshaw and Miss Peebles

**Where and When?**  
Please see PE Notice Board

**Which term is the club running:**  
All Year



Autumn  
Term

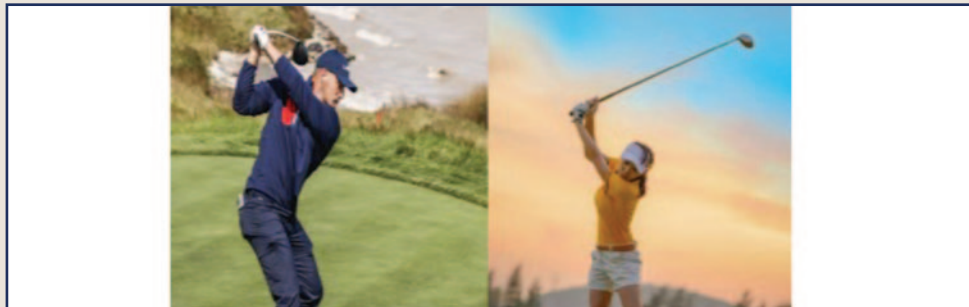


Spring  
Term



Summer  
Term

# Sports - Golf



**Open to:**  
Years 7-10

**What is it about?** Golf is an awesome sport for all. Learn the techniques and practise them.

**Run by:**  
Mr Richardson

**Where and When?**  
Thursday 3.10pm - 4.10pm, Meet at PE Office

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Sports - Indoor Cycling



**Open to:**  
All Years

**What is it about?** Limited spaces, come for a morning blast on the bike 20 minutes to get the legs moving to give you a positive vibe for the day! Watch how quickly you progress over the term.

**Run by:**  
Mrs Brinson

**Where and When?**  
Monday and Friday, 8am-8.20am in the Fitness Suite

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Irish Dancing



**Open to:**  
All Years

**What is it about?** An energetic style of dance made up of exercise, art and skill. This style of dance can be done both individually and in teams.

**Run by:**  
Miss Kennedy

**Where and When?**  
TBC in Dance

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term

# Sports - Rounders



**Open to:**  
All Years

**What is it about?** An opportunity for girls to be involved in a nice social sport in the sun with further opportunity to play fixtures against other schools in a supportive and friendly environment.

**Run by:**  
Mrs Brinson/Miss Peebles

**Where and When?**  
3pm-4pm on the Grass Field

**Which term is the club running:**  
Summer term



Summer  
Term

# Sports - Rugby



## **Open to:**

All Years - Girls and KS3 Boys

**What is it about?** Rugby is recognised globally as one of the best sports in the world. It is unique as it has 30 players on the pitch at any one time all competing for possession of the ball. This great sport suits people of all shapes and sizes as the roles within this brilliant team game are so different. If you are new to the sport or have experienced playing before you are more than welcome to attend.

## **Run by:**

Mr Green and Mr Grant

## **Where and When?**

Mondays 3pm - 4pm on the field.

Also various tournaments throughout the year.

## **Which term is the club running:**

Autumn



Autumn  
Term

# Sports - Table Tennis



**Open to:**  
All Years

**What is it about?** Table tennis is a great way to interact with different year groups, make friends whilst playing a great sport. Scientific evidence and medical experts around the world acknowledge that recreational table tennis increases concentration and alertness, stimulates brain function, helps with the development of tactical thinking skills, hand/eye coordination, provides aerobic exercise and social and recreational interaction. If you are a beginner or expert you will be welcome to join us!

**Run by:**  
Mr Green

**Where and When?**  
Please see PE notice board

**Which term is the club running:**  
Please see PE notice board



Autumn  
Term



Spring  
Term



Summer  
Term



# Sports - Tennis



**Open to:**  
All Years

**What is it about?** Tennis club is a chance for students to socialise with friends whilst developing their tennis skills. A great chance to enjoy the summer sun and join with likeminded students.

**Run by:**  
Miss Isham

**Where and When?**  
Please see PE notice board

**Which term is the club running:**  
Summer



Summer  
Term

# Sports - Trampolining & Gymnastics



**Open to:**  
All Years

**What is it about?** Brilliant Bouncers? Beginner Bouncers? This is for you. All years and abilities are welcome to come along to trampolining club where we will learn skills from tuck jumps to somersaults.

**Run by:**  
Mrs Brinson

**Where and When?**  
Thursday 3pm - 4pm in Small Sports Hall

**Which term is the club running:**  
All Year



Autumn  
Term



Spring  
Term



Summer  
Term



## **Open to:**

All Years

**What is it about?** Wicketz is a community cricket programme, funded by Lords Taverners and the Hampshire Ageas bowl. Come along and try out your Cricket skills with some of Hampshire's best community coaches.

## **Run by:**

Sam and Wicketz

## **Where and When?**

KS3 - Tuesday, 3pm-4pm on Hardcourt

KS4 - Friday, 3pm-4pm in Sports Hall

## **Which term is the club running:**

Small Gym



Spring  
Term



Summer  
Term

# Sports - X Country



**Open to:**  
All Years

**What is it about?** Cross Country runs on a Wednesday during the first half of the autumn term and the last part of the spring term so we can run in the light! Whether you're coming first or last, slow or fast you are welcome to come along to run.

**Run by:**  
Mrs Brinson

**Where and When?**  
Wednesdays, 3pm - 5.30pm, Various offsite locations

**Which term is the club running:**  
Autumns 1 & Spring 2



Autumn  
Term



Spring  
Term

# Notes

# Notes

# Notes

# **How will you broaden your horizons?**