



Glebelands
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THRIVE

Summer Term 24

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Science



Thrive is back for the Summer Term.

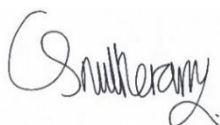
Thrive will be on Wednesdays. We will tweak the school day so that academic learning finishes at 2.25pm meaning that from then, every student in Glebelands will partake in an enrichment activity of their choosing which will finish before 3.15pm - the end of our normal school day. We are offering a **six-week** summer enrichment programme with the options outlined in the attached booklet. We think that with these opportunities, there will be something for every student at Glebelands and we would like to encourage you to try something that you haven't tried before.

On top of **Thrive**, we will still be running our usual enrichment programme. PE will still be running their after-school clubs and fixtures details of which can be found on the school website. Current extra-curricular activities such as Lego Robotics, DofE, Homework Club, Drama, Music and Latin will **continue** to run after school and our academic programme, whereby we spend some sessions after school helping students catch up if they're behind, will also continue unabated.

This hyperlink <https://forms.office.com/e/6rWU6UKWkt> will take you to a simple form whereby you can enter five **Thrive** preferences from 1-5. These preferences are for the first half of the Summer Term, starting on **Wednesday 17th April**. We need **five** preferences (**no more than three can be PE based**) to give as much flexibility as possible and will endeavour to ensure as many students as possible get their favourite choices but can't guarantee this. Please do not wait to decide based on what your friends have chosen!

The deadline for preferences is **Thursday 14th March**. After this date, any student who has not chosen an activity will be extremely limited on choice from what is left, and may even be allocated randomly to an enrichment activity. If you are unable to access the Hyperlink, then please ask your form tutor for a hard copy of the Thrive Brochure.

We are so excited about this opportunity and hope that you see this this will give every student an opportunity to **Thrive** at Glebelands.



Mr C Smitheram

Deputy Headteacher i/c Enrichment

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A - Z OVERVIEW

Adventure Planning - Dream big and create the trip of a life time! (all students)

Research different travel destinations you have always wanted to visit around the world, landmarks you want to visit, activities to you want to participate in, and different foods to try. Set a budget and start pricing up flights, accommodation, and the activities you have always wanted to experience from around the world.

Bird Box Building (all students)

As a popular request from the School Council, this Thrive activity allows you to take part in a project to build wooden bird boxes for our school site. In turn, these will hopefully build greater biodiversity by encouraging smaller and migratory garden bird breeds to nest here. Once built, you (and/or the Eco Committee) can research the best possible location for these boxes, depending on the bird breeds we wish to encourage and the wildlife we wish to protect.

Biscuit, Brew and Babble in French (Yr 9&10)

Come along and have a chat in French! You can expect informal chats, games, cultural activities, video clips and music- to name but a few! What's more, you get to eat biscuits and have a brew!

Bootcamp (all students)

These sessions will be a mix of high tempo exercises – such as squats, lunges, press-ups, sit ups and boxing – interspersed with aerobic exercise. Each session will be different...getting your legs moving, your arms lifting and your heart pumping. Sessions may make use of the outdoors if the weather allows. Each exercise is designed to challenge you and, whatever your fitness level, you'll feel an enormous sense of achievement

Capture the flag (Yr 7&8)

Protect your territory from the other team who are trying to...capture the flag, all whilst planning how your own team will use the space (outdoors) to break down the oppositions defences and capture their flag. This will be a great game to play if you like to problem solve and work as a team, whilst undertaking the physical challenge of navigating the playing field to dodge 'the enemy'.

Conservation Club (all students)

Are you interested in helping wildlife? Would you like to create a wildlife garden on the school grounds? Conservation club is about exactly that. We will start by clearing a space in the school garden, removing the very large bramble patch, and rediscovering the old wildlife pond. We will then focus on designing a wildlife friendly garden. This will include making bug hotels for bees to lay their eggs and putting up bird boxes to encourage nesting birds. You will be involved in making a real difference to the local wildlife. With your help, we will introduce new species and create a lasting ecosystem within Glebelands. This is an excellent opportunity for you to use your imagination, determination, and love for the environment, to create an area which we can share with our local wildlife.

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Creative Writing/Poetry (all students)

Somewhere in a dark recess of Glebelands School, there is special place where travellers in the imagination gather to weave stories and conjure with words. If you are a bold thinker, an incessant daydreamer, a lover of words like 'bubble' and 'ululate', a diary writer, a scribbler of poems on the backs of old envelopes or just someone who enjoys writing for fun, then this club is for you. You will have the chance to write what and how you want to write. An Ode about Onions? Fine. A story about a stinky stegosaurus? Wonderful. A speech about spades? We dig it, man! There will be opportunities to write entries for competitions or just scribble away for your own private pleasure. Just bring a pen and a wild imagination. Let's see where we go.

Cricket Club (all students)

This will be mostly game play on the main cricket pitch, small sided games, lots of fun and competition to be involved in.

Crochet (all students)

Intermediate/Advanced – You must be already able to crochet in the round and/or rows; know how to chain, ss, dc, htr, tr, to be able to join this Thrive crochet group. You could make a bag /blanket squares / coasters /octopuses /cleansing pads /bunting.

Dodgeball (KS3 students)

An exciting game that involves fundamental movement skills like throwing, catching, moving quickly and changing direction.

This will be in the Sports Hall with mini matches against other teams with students rotating on and off throughout the session.

Decoupage/ Papier-Mache (all students)

Learn how to customise objects/ accessories/ furniture with your own designs using these 2 crafting techniques with paper/ fabric. No experience necessary, just your enthusiasm and your imagination. All materials provided.

Debating (all students)

Teams of three prepare and deliver a short debate on a topic of your choice in front of an audience. It is a great chance to develop your persuasive speaking skills as well as your confidence and ambition. Speaking on a public platform is a fantastic opportunity to prepare for any leadership roles: either at school or later in life. You'll also be to express your opinion and be a voice for change on any issue you are passionate about.

Drama Club (KS3 students)

Improvisation : Learning performance skills in creating characters completely on the spot! Students will look to build their creative skills through Drama as well as their ability to 'think on their feet'.

Face Painting (all students)

Learn tips and techniques to paint different designs; kids party favourites, festival faces, hallowe'en designs. We will practise on each other so you must be willing to have your face painted. Please do not choose this activity if you are allergic/sensitive to face paint.

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Film Club (KS3 students)

Do you love watching 'Universal graded' animated and live films? Come and watch various classic films from Disney, Pixar and Dreamworks with likeminded people; whilst having the opportunity to discuss and examine the themes, characters and plotlines in depth.

Forensics Club (KS3 students)

Ever wondered why it can take a long time to solve a crime? Explore forensic science (the different methods to solve crimes). Explore forensic psychology (why someone may commit a crime). Come and join our own criminal investigation team to discover the different methods used and analyse crime scenes using specialist techniques to solve questions, in our own lab. Get hands on experience examining some of these different methods, such as: fingerprint analysis, lie detection, blood analysis, hair analysis, footprint analysis, chromatography, and DNA analysis.

Herb Gardening (all students)

From 'farm to fork' is the motto for Herb Gardening. You will investigate different herbs in terms of taste, texture and aroma and where they are commonly used. You will plant your own selection of herbs. You will learn how to care for them and watch them grow over the next few weeks before using some of the different herbs in simple recipes. Of course, tasting is vital! A first hand experience of 'farm to fork'.

High School Musical Junior set design and prop making (all students)

Calling all creatives! We need a team of enthusiastic artists to help with the school play, High School Musical: you will have the opportunity to be involved in a variety of activities including set design, creating and sourcing props, designing a poster to help advertise the play and even producing the front cover of the programme. This is a chance to develop your digital, 2D, 3D and organisational skills. If you enjoy painting and making then this is the perfect Thrive for you!

Introduction to Sociology (Yr 9&10)

In this short course, we will look at how sociologists' student the world and societies. We will examine different sociological perspectives, examining the family, childhood, crime and deviance, politics and different cultures. This is a useful taster if you would be interested in this at A Level as a subject or if you are interested in how the world is structured by the people in it.

Italian Club (all students)

Buongiorno! Fancy ordering your next pizza, pasta or ice-cream in Italian to really impress? Ever wondered why the Italians are so good at Football or if they actually invented pasta? Is Venice really sinking and what was so great about the Roman Empire anyway? At Italian Club you'll develop essential conversational language skills whilst discovering all about Italian culture including history, food and music. Each week you'll leave with new vocabulary and fun and interesting facts about famous Italians and the country's rich culture. So whether you'd like to improve your spaghetti twirling techniques or just learn to dance the Tarantella, we'll see you there!

Japan Club (all students)

A brief introduction to the language and opportunity to explore the culture of Japan! You will learn to greet, introduce yourself and write your name in Japanese. Pick up some useful phrases and learn about the structure of

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the language. Create some traditional origami and learn about some Japanese customs, food and tea. Research further cultural aspects or towns according to your choice!

Lego Masters (all students)

Let your imagination run free creating magnificent models or see how many of the Lego challenges you can complete.

Lino Printing (all students)

Empty your mind and carve out some creative time with this chilled-out lino printing class Suitable for all abilities, this hands-on workshop offers a fun, relaxed approach to lino printing and will help you learn to design, carve, ink and print your own gorgeous designs. Printing on a range of different coloured paper and card. You will be able to make greeting cards, wall hangings, or quirky prints for your friends and family.

Marbling Art (all students)

Marbling is the art of printing multi-coloured swirled or stone-like patterns on paper or fabric. The patterns are formed by first floating the colours on the surface of a liquid, and then laying the paper or fabric onto the colours to absorb them. Marbling is sometimes still called by its original Turkish name, ebru. Marbling is easy and fun. You do not need to be an artist to produce stunning pictures!

Mindful Colouring (KS3 students)

Colouring has the ability to relax the fear centre of your brain. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long week at school. The perfect activity if you need a bit of a break from the hustle and bustle of life.

Mountain Biking (Yr8&9)

Each week we will go for a bike ride along the Downs Link and learn a few basic bike skills along the way. A great opportunity to build up your fitness, get some fresh-air and explore our beautiful countryside. You must have your own mountain bike, and this must be in a roadworthy condition as well as a helmet. This isn't quite Red Bull Rampage more a Surrey Saunter, but still - good to be out on your bike.

Paper Cutting (all students)

Are you creative? Do you want to learn a new skill and take something home you can be proud of? Look no further. You will learn how to cut paper with a scalpel, make your own designs and cut them out. You even have a choice to frame it, creating a true masterpiece of which you can be proud.

Puzzle Boards and Games (all students)

If you like playing board games and card games and are willing to mix with other students to play a selection of games this activity is for you. Uno, Uno flip, Dobble. Monopoly, Scrabble, Articulate, Pictionary, Q-Bitz extreme, Exploding Kittens and 5 second rule are just some of the games in our collection. We encourage you to try different games and play with different people so that you get to know more students in the school from other year groups.

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Reading (all students)

Want even more time to read? Reading reduces stress. Reading about something you enjoy or losing yourself in a good novel is an excellent way to relax. It can ease tension in your muscles and heart while letting your brain wander to new ideas and live in someone else's shoes. ... As you can see, reading is good for you - very, very good for you. You'll have an hour of uninterrupted reading every Wednesday if you choose this as an option.

Recycling Project (all students)

Have you ever wondered what happens to plastic bottles when they go for recycling? Now is your chance to find out! Using collected bottle tops you will melt them down and reform them in to a new sheet of re-usable plastic. From here you can make keyrings, necklaces, coasters, the choice is yours!

Rounders Club (all students)

This will be a tournament type format with students being allocated teams and playing matches on a rota basis for the half term. Rules and tactics will be taught, and students will be expected to participate fully.

Running Club (all students)

Running is a great way to keep fit, enjoy time outdoors and make friends along the way. In running club, we will work on building up stamina and pacing ourselves for running longer distances. We are in a beautiful part of the country and will try to make the most of it by exploring some of the local footpaths around school as we build up our fitness.

Softball (all students)

Softball was introduced initially as an indoor version of Baseball but is now a recognised outdoor sport played on a smaller scale to Baseball. There are four bases (first base, second base, third base and home plate) on the field of play, this forms the shape of a diamond. Teams can be mixed. The principle aim of each team is to score as many runs as possible. The aim for the team batting is to get a batter around all bases to the home plate to score runs. Batters have three attempts to hit the ball. They must run on the third ball even if they do not hit it. If a batter stops on a base and then runs to the next base on the next batters hit, they can still score a run if and when they make it back to the home plate. A home run is scored when a batter runs all the way to the home plate without stopping. The defending team tries to defend its bases by getting three outs and not allowing the batting team to score. Each team's innings ends when three of its batters have been ruled out and then the team that was defending goes in to bat.

Tennis coaching (all students)

Part coaching, part competitive play. Students will be allocated courts according to ability/confidence and will play mini matches as well as receive coaching from staff.

Ultimate Frisbee (Yr 9&10)

Do you want to participate in a ultimate is a non-contact sport played with a flying disc frisbee? The aim of the game is that two teams of players compete on a playing field about the same length as a football field, but narrower. At each end of the playing field there is an end zone. Each team defends one end zone. It is a really exciting sport where you use both attacking and defensive strategies, so you are working out your mind and improving your physical fitness, whilst making friends and having fun.

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Warhammer/Dungeons and Dragons (all students)

Welcome to Warhammer 40,000, the thrilling hobby of table top wargaming! The game is set in the grim darkness of the far future, where mighty armies clash on countless war-torn worlds and Humanity stands alone, beset on all sides by the threats of the heretic, the mutant and the alien. There is no mercy. There is no respite. Prepare yourself for battle. You couldn't have picked a better time to get started. Being a Warhammer hobbyist opens up a whole world of activities from building and painting collections of stunning miniatures to pitting you against other armies in exhilarating table top battles and forging your own stories in the galaxy of the far future. We have a range of fully painted miniatures of the Ultra Marines, and of the Tau empire. You will be introduced to the rules of table top wargaming, and then let loose. Enjoy.

Weights and Fitness (Yr10)

Welcome to the Iron Paradise! Keen to learn about the human body and all it is capable of? Keen to push your own body to the test and push yourself to new limits? Then the gym is the place for you! Exercise has numerable benefits to both your physical and your mental well-being, so why not come sign up for a gym session with Mr Bryant. We will be hitting all the different muscle groups; back shoulders, arms, legs and chest. We will also be finding out about the different muscle groups and how best to activate you with a range of exercises and techniques. In the words of Dwayne 'The Rock' Johnson, there are three things you need to make up a successful gym environment "Blood, Sweat and Respect. First two you give, last one you earn." Let's get after it!

Wind Down Wednesdays (all students)

Because sometimes, we just need some time and space to pause ... and ... breathe!

Would you like to explore various ways to wind down and chill out? Would you benefit from techniques to soothe a worried or overthinking mind? Wind Down Wednesdays will provide you with a regular time and safe space to try out calming activities and relaxation methods with like-minded peers. An antidote to the anxieties of everyday life! I will plan the activities to suit the wishes and preferences of the group, but each session will include a variety of ideas and experiences. As well as brief meditations and breathing exercises, you will try mindfulness-based activities such as colouring, mindful eating, yoga and tai chi. We will involve games, music and nature, plus you will have time to reflect and chat about each technique and their possible benefits. Bring a change of comfortable clothes!

World Politics (Yr 9&10)

This course will be an opportunity for you to learn in more detail how some of the most complex systems in the world work. From the first session we will look at types of political systems over time from Monarchy, Capitalism to Communism and how and why change has occurred. Then we will examine the political systems and some key events in society in particular countries such as the U.K development of democracy; The U.S political system; China and the development of the Tiger economies; Russia and the revolution of 1917; Conflicts in the 1970s from Vietnam to Afghanistan. Each session will involve teacher led presentation, discussion and some group work along with an examination of multimedia resources including video, film and pop music.

Women's History and the History of Feminism (Yr 8-10)

This course will be a whistle stop tour of the most significant events and people in the history of women in Britain and an exciting opportunity to delve deeper into a fascinating topic. You should pick this course if you are interested in developing a broader understanding of women's history and the challenges women have faced. You do not need to be female or a feminist to consider this course, but a maturity of thought and an open mind are most definitely

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required. It may be of interest to those considering History, Politics or Sociology at A-level, however anyone with a passion to learn will be welcome. Each session will involve a presentation and open discussion and will culminate with each student producing a personal response to the course in a medium of your choice. This could be anything from an essay or video presentation to a piece of art or poetry.

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