





# Glebelands

Respect and Achieve

## Foreword

Thrive is back for the Autumn 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** 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.

New for this year is the **THRIVE AWARD**. Each activity is within a category; Physical/Outdoor, Academic/Community and Creative/Skills. If students choose one from each category over the academic year, they will be awarded the THRIVE AWARD! The prizes are yet to be confirmed, but the award is certainly worth aiming for!

This hyperlink <https://forms.cloud.microsoft/e/BVaJQVYAKn> 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 Autumn Term, starting on **Wednesday 17<sup>th</sup> September**. 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! All options are open to any gender, but there are some restrictions in terms of year groups.

The deadline for preferences is **Wednesday 10<sup>th</sup> September** at 8pm. 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**

**Email:** [info@glebelands.surrey.sch.uk](mailto:info@glebelands.surrey.sch.uk) **Web:** [www.glebelands.surrey.sch.uk](http://www.glebelands.surrey.sch.uk)



Science





**Glebelands**  
Respect and Achieve



## THE THRIVE AWARD

If you take part in one activity from each category over the year, you will receive the THRIVE AWARD!

Please read the descriptions in the booklet carefully before choosing, don't choose just based on the titles, as you may end up with something you didn't expect!

## ACTIVITIES

### Creative/Skills:

Blender 3D Modelling  
Crochet for beginners  
Fashion Illustration  
Film Music Composition  
K-pop Demon Hunters  
Lego Masters  
Mindful Colouring  
Origami  
Stop-motion animation  
String Art  
Windows of Wonder

### Physical/Outdoors:

Badminton  
Cheerleading  
Couch to 3K  
KS4 Football  
Mountain Biking  
Netball Tournament  
Orienteering  
Running Club  
Strength and Conditioning

Touch Rugby  
Wellbeing and Welfare Garden Club

### Academic/Community:

Blooket Quiz  
Book club  
Chess  
Comedy Sketches  
Creative Writing Club  
Debating  
Forensics  
Harry Potter  
Her Story  
Italian Club  
Japanese - Language & Culture  
Reading and maths with Primary school children  
Silent Study  
The Wonderful World of Word Puzzling  
UNO club  
Warhammer

**Email:** [info@glebelands.surrey.sch.uk](mailto:info@glebelands.surrey.sch.uk) **Web:** [www.glebelands.surrey.sch.uk](http://www.glebelands.surrey.sch.uk)



## A - Z OVERVIEW – PHYSICAL OUTDOORS

### **Badminton (KS3 students)**

Fast rallies, powerful smashes, and lightning reactions—badminton is one of the quickest sports around! Whether you've played before or are brand new, this club is perfect for anyone who loves action-packed fun. You'll learn how to serve, smash, and rally like a pro, building speed, stamina, and skill along the way. With friendly matches and plenty of practice, you'll improve your game while staying active and having a laugh with friends. Grab a racket, bring your energy, and get ready to play one of the most exciting and accessible sports around.

### **Cheerleading (KS3 students)**

Cheerleading combines gymnastics tumbling, acro and dance moves to create routines in groups. Learn how to be lifted into the air as the flyer or support the person being lifted. Understand how to perform different motions to make your stunts look aesthetically pleasing! A fun sporting activity to perform with your friends! All abilities welcome.

### **Couch to 3K (all students)**

Want to boost your fitness and feel amazing? Couch to 3K is the perfect way to get started with running—even if you've never run before! Step by step, week by week, you'll go from short jogs to confidently completing 3 kilometres. No pressure, no judgement—just a supportive group working together to get fitter, stronger, and healthier. You'll set goals, track progress, and celebrate every achievement along the way. Plus, running is a great stress-buster and energy booster. Lace up your trainers and come see just how far you can go.

### **Football (KS4 students – priority for Year 11s)**

Aimed at enhancing the skills of students who have represented the school or a local team this will be a training session to develop skill and fitness as well as tactical and strategic play. Through a variety of drills and practices and small-sided games, you will be playing at a high level in a competitive environment

### **Mountain Biking (all students)**

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.

### **Netball Tournament (KS3 students)**

Are you ready to play fast, fierce, and fun? Join the netball tournament and bring your best game! Whether you're a seasoned shooter or just want to try something new, there's a place for you on the court. With teams, tactics, and plenty of action, you'll improve your fitness, teamwork, and confidence. You'll make new friends, sharpen your skills, and experience the buzz of competitive sport in a supportive atmosphere. The tournament is about energy, spirit, and fun—so grab your trainers, rally your squad, and get ready to pass, pivot, and shoot for victory.

**Email:** [info@glebelands.surrey.sch.uk](mailto:info@glebelands.surrey.sch.uk) **Web:** [www.glebelands.surrey.sch.uk](http://www.glebelands.surrey.sch.uk)





# Glebelands

Respect and Achieve

## **Orienteering (all students)**

Join the orienteering and embark on an adventurous journey that challenges both your mind and body! Orienteering is an exciting outdoor sport where participants navigate using a map and compass to find checkpoints in the quickest time possible. It hones essential skills like critical thinking, problem-solving, and spatial awareness, all while boosting your fitness and stamina. Beginners and experienced orienteers are welcome we will learn basic skills before attempting orienteering courses within the school grounds.

## **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.

## **Strength and Conditioning (KS4 students)**

Want to feel stronger, fitter, and more confident? This club is all about building your body up in fun, safe, and effective ways. You'll work on strength, flexibility, and stamina through a mix of exercises designed to push you just enough. It's not about lifting the heaviest weights—it's about learning the right techniques, building resilience, and seeing your progress over time. Whether you play sport or just want to get healthier, this club will help you smash your goals. Bring your determination, and leave each session feeling powerful and energised,

## **Touch Rugby (KS3 students)**

Join the Touch Rugby Club and dive into the exhilarating world of tag rugby! This dynamic, non-contact sport combines the thrill of rugby with the safety of tag. Players aim to score tries while evading their opponents' attempts to remove their tags. It's a fantastic way to develop agility, speed, teamwork, and strategic thinking, all while making friends and boosting confidence. Whether you're a seasoned athlete or new to the game, tag rugby offers an inclusive and supportive environment for all skill levels.

## **Wellbeing and Welfare Garden 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.

**Email:** [info@glebelands.surrey.sch.uk](mailto:info@glebelands.surrey.sch.uk) **Web:** [www.glebelands.surrey.sch.uk](http://www.glebelands.surrey.sch.uk)



Science





# Glebelands

Respect and Achieve

## A - Z OVERVIEW – CREATIVE SKILLS

### **Blender 3D Modelling (all students)**

Ever wanted to design your own characters, epic worlds, or even game-ready models? In this club, you'll learn how to use Blender, the powerful 3D software used by real animators and designers. From sculpting dragons to building futuristic cities, you'll turn your ideas into stunning digital creations. No experience needed—just your imagination! Whether you dream of working in film, gaming, or just love creating, this is your chance to dive into the world of 3D. Come shape, sculpt, and bring your wildest ideas to life in a whole new dimension.

### **Crochet – Beginners (all students)**

Do you want to feel creative, clever, calm, complete, empowered and free? Join the crochet club! We will learn how to create the very basic stitches and aim to create a small craft project (or two). Challenge yourself to learn a new skill and develop your brain. Here are a couple of reasons why you should consider joining: it is a stress reliever and crochet is one of the best activities to help you relax (it is proven). You'll have a sense of accomplishment; imagine the gratifying feeling of finishing a project. You will have a new skill to practice and share with friends and family.

### **Fashion Illustration (all students)**

Calling all trendsetters and future designers! This club is where fashion meets art. Learn how to sketch stylish outfits, explore colour palettes, and bring your clothing ideas to life on paper. Whether you're into streetwear, high fashion, or your own unique vibe, you'll discover how to express your style and personality through illustration. We'll look at famous designers for inspiration, then create collections that could walk the runway. No matter your skill level, you'll gain confidence, technique, and a killer fashion sketchbook to show off. If you love style, drawing, and creativity—this is your runway start.

### **Film Music Composition (all students)**

Do you love movies and music? Ever wondered how soundtracks bring stories to life? This club is your chance to compose your own epic film scores. You'll explore how music sets moods, creates tension, and makes those big-screen moments unforgettable. From spooky horror vibes to triumphant superhero themes, you'll experiment with sounds, beats, and melodies that tell stories without words. No need to be a music expert—just bring your creativity and love of film. By the end, you'll have your own soundtrack pieces ready to share. Lights, camera... compose!

### **K-pop Demon Hunters (all students)**

The summer's Netflix sensation is coming to Glebelands! Do you want to sing with Huntrix? Dance like the Saja boys? Make a tiny hat for a tiger? Have patterns like a demon? Across the weeks we will be singing and learning to dance with Huntrix and the Saja boys, recreating scenes for live action movie clips and doing a few themed craft projects and face painting inspired by the most viewed movie on Netflix. So if you are one of the fans, sign up to protect the Honmoon this Autumn!

**Email:** [info@glebelands.surrey.sch.uk](mailto:info@glebelands.surrey.sch.uk) **Web:** [www.glebelands.surrey.sch.uk](http://www.glebelands.surrey.sch.uk)



Science





# Glebelands

Respect and Achieve

## **Lego masters (all students)**

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

## **Mindful Colouring (all 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.

## **Origami (all students)**

Discover this ancient art of folding masterpieces out of simple paper! You will be able to create two-dimensional and three-dimensional objects and practice techniques which will enhance your patience, concentration and dexterity. No experience needed, though if you are already a paper-master, you may also wish to share and demonstrate your creative skills with the group!

## **Stop Motion Animation (all students)**

Stop motion is an animated filmmaking technique in which objects are physically manipulated in small increments between individually photographed frames so that they will appear to exhibit independent motion or change when the series of frames is played back. Students will use their phones and app (e.g. stikbot studios app) to make their own animations either in 2d or in 3d, on whiteboards or using plasticine.

## **String Art (all students)**

String art or pin and thread art, is simply an arrangement of coloured thread strung between points to form simple geometric patterns or to represent more complex images & designs. Thread, or string is wound around a grid of nails that have been hammered into a wooden board. Though straight lines are formed by the string, the slightly different angles and positions at which the strings cross over each other can give the appearance of curves. Different coloured threads can be used to pick out features of an image.

## **Windows of Wonder (all students)**

Turn ordinary tissue paper into dazzling stained-glass masterpieces! You'll sketch bold designs, create your frame, piece together glowing colours, and transform the classroom into a rainbow-lit gallery. Watch your artwork come alive when sunlight shines through—it's art that truly glows!

**Email:** [info@glebelands.surrey.sch.uk](mailto:info@glebelands.surrey.sch.uk) **Web:** [www.glebelands.surrey.sch.uk](http://www.glebelands.surrey.sch.uk)



Science





# Glebelands

Respect and Achieve

## A - Z OVERVIEW – ACADEMIC/COMMUNITY/OTHER CLUBS

### **Blooket Quizzing (all students)**

Competitive Quizzing against your friends on BLOOKET! Answers questions, steal gold, and win prizes. Testing topics will vary each week from Music, Maths, Sports, Travel and much more.....

### **Book Cub - reading (all students)**

Love books? Join the club! Dive into exciting stories, meet new characters, and share your thoughts with fellow book lovers in our fun and friendly Book Club. Whether you're into fantasy, mystery, adventure, or graphic novels, there's something for everyone! We'll choose books to read together, chat about what we're reading, play book-themed games and hopefully discover some new favourites along the way!

### **Chess (all students)**

Chess Club will teach you about the oldest, most intricate board game in the world that has taken the world by storm for over 1300 years. Are you a swashbuckling attacker who is willing to sacrifice your pieces to take over the board and pin your opponent into a quick surrender, or a crafty tactician who lays traps and thinks many moves in advance ready to strike like a tiger in the grass? Do you know your Caro-Cann from your Sicilian? Your Stafford Gambit from your Queen's Gambit? Your King's Indian from your London System? Chess Club will teach you all the basic principles of chess, including time limits, tactics, and how to beat your grandparents in four moves! Make sure you google En Passant and get yourself down to Chess Club and see if you can be the next Magnus Carlsen or Chess Twitch Streamer!

### **Comedy Sketches (KS3 students)**

Flex your acting muscles, build your performance and presentational skills, as you bring stories to life and everyone has the chance to shine. You will get rehearse and develop and create your own comedy sketches or perform a famous one of your favourites. This is an opportunity to develop your acting talents and ability to make your friends chuckle! Build your confidence and create a comedy sketch within a group. Hone your Drama skills and steal the spotlight! There is also space to include to four students who are interested in sound and/or lighting. Stand up, stand out and put on a show!

### **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.

### **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

**Email:** [info@glebelands.surrey.sch.uk](mailto:info@glebelands.surrey.sch.uk) **Web:** [www.glebelands.surrey.sch.uk](http://www.glebelands.surrey.sch.uk)



Science





# Glebelands

## Respect and Achieve

platform is a fantastic opportunity to prepare for any leadership roles: either at school or later in life. You'll also be able to express your opinion and be a voice for change on any issue you are passionate about.

### **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.

### **Harry Potter Club (all students)**

Step into the wizarding world! If you're a Potterhead, this is your magical home. From trivia battles and spell-casting games to house competitions and themed crafts, there's something for every fan of Hogwarts. Debate the biggest mysteries, test your knowledge, or just geek out about your favourite characters and moments. Whether you're Gryffindor brave, Ravenclaw smart, Hufflepuff loyal, or Slytherin cunning, you'll find fellow witches and wizards to share the magic with. Wands, cloaks, and butterbeer optional—but enthusiasm is a must! Mischief managed? Not quite—join us for magical fun.

### **Her Story (Yr 9-11)**

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 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.

### **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!

### **Japanese – Language and culture (all students)**

Explore the culture, history and art of Japan. Each session we will explore a different aspect of Japan's rich and varied history and culture, from Shinto mythology to Kawaii and the arts such as Studio Ghibli and ukiyo-e artist Hokusai. At the end of each session, we will then have a go at creating an art piece in the style of the explored topic and some Sumi-e ink painting and calligraphy.

**Email:** [info@glebelands.surrey.sch.uk](mailto:info@glebelands.surrey.sch.uk) **Web:** [www.glebelands.surrey.sch.uk](http://www.glebelands.surrey.sch.uk)



Science



### **Reading and maths with primary school children (Yrs 9 -11)**

Love reading? Enjoy maths? Do you want to join an exciting opportunity to help make a difference? At this Thrive activity you will help Year 3 students with reading and maths! Not only will you be supporting younger students at their Primary School, but you'll also get to: ☆ Build confidence & leadership skills ☆ Create fun games and activities to help them learn ☆ Gain valuable experience (great for future opportunities!) ☆ Make learning exciting for little learners! ☆ Be a role model for younger learners This is a chance to inspire, teach, and have fun—all at the same time! Don't miss out on this fantastic opportunity!

### **Silent Study (all students)**

Need a calm, focused space to get stuff done? Silent Study gives you exactly that. No distractions, no noise—just the perfect environment to work on homework, projects, or revision in peace. You'll be surrounded by others who want to focus too, which makes staying on track much easier. Plus, you'll feel great knowing you've smashed your tasks, leaving more time for fun later. If you struggle to concentrate at home or just want a quiet spot to power through, this club is your study sanctuary. Bring your books, find your seat, and enjoy the silence.

### **The Wonderful World of Word Puzzling (KS3 students)**

Welcome to WWWP, the place where you will work stuff out, search for hidden words, unravel clues of a logical and cryptic nature, and other such things of a similar category. Essentially, if you like puzzles printed on paper, come along with a pen and a highlighter and a reasonable level of enthusiasm.

### **Uno Club (all students)**

Enjoy playing Uno? Broaden your horizons by learning to play Uno with a difference - Uno All Wild, Uno No Mercy, Uno dos, Uno flip, Uno 99 and Uno Teams as well as the original Uno. Play a different type of Uno each week with a range of different students.

### **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.

**Email:** [info@glebelands.surrey.sch.uk](mailto:info@glebelands.surrey.sch.uk) **Web:** [www.glebelands.surrey.sch.uk](http://www.glebelands.surrey.sch.uk)

