





# Glebelands

Respect and Achieve

## Foreword

Thrive is back.

As a school, in our relentless pursuit of excellence, we are continuously looking to improve the experience that you receive whilst you are here. We truly want Glebelands to be a school where every student can enjoy activities that are not just focussed on the academic and have come up with a plan. It's called **Thrive**.

**Thrive** will be on Wednesdays. We will tweak the school day so that academic learning finishes at 2.15pm 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 **five-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.

This hyperlink (<https://forms.office.com/r/8HgMziW1Qk>) will take you to a simple Pro Forma whereby you can enter five **Thrive** preferences from 1-5. These preferences are for the Autumn Term, starting on **Wednesday 21<sup>st</sup> Sept**. We need **five** preferences 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 **Friday 9<sup>th</sup> September**. After this date, any student who has not chosen an activity will 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.

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

### **Badminton Coaching (all students)**

Badminton is a racquet sport most commonly played in doubles or singles teams. Players use a combination of power, speed, skill and deception to hit the shuttle over the net in a way that might mean your opponent is unable to return it. Students will be taught specific shots and techniques such as drop shot, smash, serve and clear to use in rallies and, when confident, in competitive play. Badminton is great for developing fitness as the shuttle can move extremely fast through the air when the correct technique is used. You will become confident in self-officiating and structuring games.

### **Basketball (KS4 students)**

Fancy yourself as a bit of LeBron James? Come along to Basketball during Thrive and shoot some hoops!

### **Board Games Club (all students)**

Do you struggle in social situations and fancy meeting new people in an enjoyable, safe and relaxed environment? If so, then this activity will be perfect for you. By learning how to play various board and card games with others you will learn social skills and strengthen relationships. Playing games will also help to reduce stress and possible anxiety as well as encouraging fun and laughter and increase your brain function. You will learn strategy skills as well as increase your general knowledge through various board games that will be played each week.

### **Boomwhackers (all students)**

These are percussion instruments made of various lengths of plastic pipe. Each pipe produces a pitch, and when a group of people play them together, they can play all sorts of music. You will learn how to make music as part of a group, improve your coordination and most importantly have lots of fun! We will play a mixture of music from different traditions, including well-known pop and rock music, but also some classical music too! Want to see/hear more? Checkout YouTube videos of Harvard THUD.

### **Chess Club (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!

### **Christmas Crafting (all students)**

This is a perfect session if you want to create a Christmas present for a relative. Create a brilliant stained-glass window decoration using tissue paper ready for Christmas! This is a unique, fun and creative activity. You do not need to be good at drawing or particularly artistic, you just need to be enthusiastic. The window displays are eye-catching but simple to make. Why stop at window displays; have a go at creating a stained-glass effect Christmas card?

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## **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.

## **Countdown (all students)**

An opportunity to improve your lexical and numerical dexterity by joining in weekly sessions playing activities based on the TV show Countdown. Depending on numbers you will play individually, in pairs or in teams. There will be rounds involving choosing up to nine letters comprising of consonants and vowels with the aim of making a word with the most letters you can, all against the clock. In number rounds there will be a target number which you have to try to get by using numbers and combinations of mathematical operations. The more you play, the better you become and the more competitive you will become.

## **Creative/Poetry Writing (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.

## **Crochet club (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 stiches 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 have a new skill to practice and share with friends and family.

## **Crest Award Science Club (KS3 students)**

Want to complete a project like a real Scientist? Have a burning question that you would like answered? The CREST Bronze Award is a nationally recognised award (overseen by the British Science Association) that introduces you to project work; empowering you to work like a real scientist. You choose your own topic and design the experiment that you will then carry out. You will work independently or in a group to plan and run a project addressing a real-world STEM problem. The award could be a problem of your own design, or one you select from a range of potential ideas. The project process develops enquiry, problem-solving and communication skills and after completing the

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project, you will receive a personalised certificate. This could then lead onto the Silver Award at GCSE and the Gold award at 'A' level. To achieve the CREST Bronze Award, you will need to produce a report explaining what your idea is, and how you planned to test this idea. You will then carry out an investigation of a number of weeks and write up your findings, drawing appropriate conclusions. The report is presented to the teacher and your peers, explaining everything you did and the conclusions you drew from the project.

### **DJing (all students)**

This is a must for anyone that is a budding DJ. An outside DJ will be working with a small group of Thrive students showing them the art of DJing.

### **Drama - Sketch Club (all 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 space for up to twenty students. 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!

### **ELSA (Year 7 invite only)**

Sometimes school can seem like a big and busy place to be, the ELSA club would be the place for you if you just need some weekly space away from it all. Every week we will chat and do a craft activity within a friendly and caring environment. Some of the tasks we do will include; cross stitch sewing, rock painting, clay modelling, origami. The ELSA club will be a welcoming sanctuary for those who feel they need a bit of TLC within quiet and calm surroundings. Whilst enjoying the craft activities, it will also be a good time within a small group to engage in conversation, talk about the positive things and share any difficulties you may be having.

### **Film Studies (all students)**

Each week we will watch a classic scene from a classic film. Then we will discuss it: how do different shots create meaning? How does the use of sound create effects? Does the use of framing make us think differently about characters or events? Along the way we may well find out about certain key film techniques and their uses (e.g. diegetic and non-diegetic sound, framing and reframing, long shots/close-ups, pans, etc.) Overall, though, this is a club for people who are interested in how films work.

### **Fitness and Circuits (KS3 students)**

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 circuit's session. 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. Let's get after it!

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### **Football (KS4 students)**

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.

### **Forensics Club (all students, but not if you've done it before)**

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: dissection, fingerprint analysis, lie detection, blood analysis, hair analysis, footprint analysis, chromatography, and DNA analysis.

### **Gymnastics (all students)**

Gymnastics club will be focussing on creating Sports Acrobatics balance and dance sequences. This is where you will be working with a partner or a small group to complete a routine to a piece of music, to be performed in a mini show at the end of the Summer Term. If you are brave, flexible, are happy to lift others or be lifted/balance yourselves; and you want to improve your gymnastic skills, this is the club for you!

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

If you are still waiting for your Hogwarts acceptance letter, this is the next best thing to Hogwarts. Don't let the muggles get you down and spend Thrive watching your favourite parts of the films whilst making your own wands, howlers, marauders maps and much much more. There'll be lots of wand waving and silly incantations in this club... some might even say it's going to be magical.

### **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!

### **Keep Calm and Colour Club (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.

### **Kwik Cricket (KS3 students)**

Kwik Cricket is a fully inclusive format of cricket, where the emphasis is on participation and enjoyment. Every player has an opportunity to bat, bowl and field. Teams are usually eight per side with batting done in pairs. Don't worry, if you get out because in this format you can continue your innings! This is a good chance for you to get a taster of the game of cricket. Kwik cricket is played with plastic bats and a soft ball, which means there is no time lost getting equipment on and off. This keeps the game moving! During the sessions you will also receive some

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basic coaching to help improve your skills. However, the main emphasis is on having fun and getting a taste for the game.

### **Lego Building (all students)**

Is your idea of fun being let loose on a big box of Lego and building whatever you like? If so, this is the Thrive activity for you!

### **Metal Work (Year 9-11 students)**

This workshop-based activity involves designing and making with different metals to create a balancing toy. You will produce sketches and models to test your design before moving on to make your idea. We will be using a wide range of hand tools and machinery to create your masterpieces, including using the lathes. The skills we will use include measuring, marking out, cutting, shaping, drilling, using taps and dies to create a thread and forming. If you are creative, good at solving problems and enjoy making – then this is the perfect project for you.

### **Model Railway (all students)**

Want to be part of an existing model railway club? Then sign up. In this Thrive activity we will be building scenery to go with an existing model railway to make it really stand out. You will be working in small groups to build tunnels and a hill. If you are creative and love modelling, then this is the club for you.

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

An external netball coach will be spending some time teaching the basics of how to play netball and then giving opportunities for you to show them off in a game.

### **Orienteering (all students)**

Orienteering is an exciting outdoor adventure sport suitable for all ages and fitness levels that exercises mind and body. The aim is to navigate between checkpoints or controls marked on a special orienteering map. There is no set route so the skill and fun come from trying to find the best way to go. In competitive orienteering, the challenge is to complete the course in the quickest time. Orienteering can take place anywhere from the streets of Central London to the wilds of the Scottish Highlands and everywhere in between including forests, parks, moorland, town centres, school playgrounds, and university campuses. For Thrive, the venue is the Glebelands playing fields!

### **Paper Cutting (all students)**

Paper cutting is when you cut a design out of paper using a scalpel. The designs can be made both by hand or on the computer. Once cut out, you are left with a beautiful design that you can frame to make it look like it is floating. During the course you will learn how to cut different shapes out of paper, learn how to use Inkscape (computer software), create your own designs either by hand or using Inkscape and finally cut out these designs to create a finished product. You should choose this course if you enjoy art and crafts and if you want to try your hands at a different skill, which you can use in the future to make brilliant homemade presents for your friends and family. Paper cutting is suitable for years 9-11 and it is really satisfying to end up with something which will look great in your home.

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## **Photography (KS3 students, but not if you've done it before)**

We will learn about cropping, lighting, mood & composition. We will compare our work to that of professional photographers to see what we can learn from them. For each session, you will be expected to take and bring at least two new photos for us to discuss. These do not have to be of yourself, and work can be anonymised if requested. You can use your phone to take the photographs but those you bring to class should be downloaded onto a USB or printed onto A4 paper. The first few sessions planned are: selfies, mood and what makes a memorable photo.

## **Reading Club (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.

## **Roller skating (all students)**

Inlines or quads, we'll be using our Thrive time to have some wheeley good fun! \*cringe\* Every week we'll be rolling around and seeing if we can teach you some new skills. You can learn the basics of stopping and turning, some advanced skills like crossovers or backwards or you can try out some tricks, slalom moves or skate dance moves. All abilities welcome but you will need to wear a helmet (cycle helmet or skateboard helmet is fine), knee pads and wrist guards. In wet weather we will learn some skate maintenance to keep those skates running smoothly. NB You must have your own skates!

## **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.

## **Rugby (KS3 female students)**

In the past five years there has been a 28% increase in female participation in Rugby and this club hopes to empower girls to have a go at sport that they may not have had much exposure to in the past. You will be challenged to develop not only your knowledge of the game of rugby but your skill level, physical fitness, resilience and, perhaps most importantly, your teamwork. You will be taught correct techniques to allow you to successfully pass, receive and kick the ball. You will be safely taught to tackle using progressive drills and games (which will no doubt result in a lot of laughter and perhaps some very muddy PE kits) to use in competitive game play.

## **Softball (Year 9&10 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.

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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.

### Textiles (all students)

A bit different to your normal Textiles lessons, in Textiles Thrive you will start by making your own felt! This is very messy and energetic, but loads of fun too. From your handmade felt you will then make a beautifully decorated keyring, based on either the Mexican Day of the Dead, Halloween or Christmas.

### Ukraine Club

Ukrayins'kyi klub

Vy neshchodavno pereyikhaly do Velykobrytaniyi z Ukrayiny? Pid chas ts'oho klubu vy otrymayete mozhlyvist' posydyty v kimnati z misis Mahuayr, yaka rozmovlyaye rosiys'koyu. Tse bude shans dlya vas pospilkuvatysya z inshymy studentamy z Ukrayiny ta pohovoryty pro svoyu ridnu krayinu. YA spodivayusya, shcho tsey pereklad maye sens

### War Hammer (all students)

Welcome to Warhammer 40,000, the thrilling hobby of tabletop 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 tabletop 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 tabletop wargaming, and then let loose. Enjoy.

### Women's History (Year 9-11 students)

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.

### World Politics (Year 9-11 students)

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

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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.

### **Yoga/Pilates (all students)**

Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength. Pilates trains the body as an integrated whole, focusing on core, lower body, and upper body strength as well as flexibility and posture. Pilates workouts promote strength, balanced muscle development, flexibility, and increased range of motion for the joint. Do you need this in your life? Joe Wicks would think so!

### **Youth Speaks Debating (all students)**

Youth Speaks: A Debate is a three-stage competition organised and promoted by Rotary International – one of the top three public speaking competitions in the district. 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. The two age groups are Intermediate (11 to 13) and Senior (14 to 17). You can come along as a group of three or be placed in a group. 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.

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