



ARNOLD LODGE

Seniors

ExEn Programme

*Autumn Term 2024*



The ALS ExEn programme provides opportunities for pupils from Reception to Year 13 to learn beyond the classroom.

## **BOOKINGS:**

To make a booking at one of the sessions, please book through Evolve for your chosen club.

Please note: Any clubs that are limited to a set number of attendees will be allocated on a first come first serve basis.

## **EXTERNAL SESSIONS:**

Those marked with an \* denotes a session run by an external provider or a session where a charge is applied. Further information can be found in the accompanying letters. If you have any questions, please email Mr Thomas on [cthomas@arnoldlodge.com](mailto:cthomas@arnoldlodge.com).

Please note that ExEn will start on Monday 2nd September and finish on Tuesday 17th December.

## **CONTACT:**

Mr Charley Thomas

Email: [cthomas@arnoldlodge.com](mailto:cthomas@arnoldlodge.com)



# MONDAY

## UNO CLUB

<b>Years?</b>	<b>Yr 7 - Yr 9</b>	<b>When?</b>	<b>Monday 13:30–14:00</b>	<b>Where?</b>	<b>A15</b>	<b>Teacher</b>	<b>Mr Owen</b>
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Come along and enjoy a game of UNO with friends.

## CARD CLUB

<b>Years?</b>	<b>Yr 7 - Yr 9</b>	<b>When?</b>	<b>Monday 13:30–14:00</b>	<b>Where?</b>	<b>Art Room</b>	<b>Teacher</b>	<b>Mr Browitt</b>
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Everyone loves receiving a handmade card! Come to this club to design your own seasonal cards for Halloween, and then Christmas!

## WINTER WARMERS\*

<b>Years?</b>	<b>Yr 7 - Yr 9</b>	<b>When?</b>	<b>Monday 13:30–14:00</b>	<b>Where?</b>	<b>Food Room</b>	<b>Teacher</b>	<b>Mrs Crocker</b>
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Come to the food room of a lunch time to rustle up some amazing winter dishes! Comforting food to warm you up during the cold months!

## QUIET READING & HOMEWORK SPACE

<b>Years?</b>	<b>Yr 7 - Yr 13</b>	<b>When?</b>	<b>Monday 13:30–14:00</b>	<b>Where?</b>	<b>A2</b>	<b>Teacher</b>	<b>Mrs Ward</b>
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A designated space for pupils to read quietly or complete homework.

## MATHS HOMEWORK CLUB

<b>Years?</b>	<b>Yr 7 - 13</b>	<b>When?</b>	<b>Monday 13:30–14:10</b>	<b>Where?</b>	<b>A13</b>	<b>Teacher</b>	<b>Miss Smith</b>
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An opportunity for maths pupils to complete homework.

## MOVEMENT FOR MOOD

<b>Years?</b>	<b>Yr 9 - 11</b>	<b>When?</b>	<b>Monday 13:30–14:10</b>	<b>Where?</b>	<b>Outdoors</b>	<b>Teacher</b>	<b>Mrs Bhandal</b>
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Get moving at lunchtimes to help boost mood, reduce feelings of stress and fight feelings of post-lunch fatigue! During this club, we will get moving through different modes of exercise – a stretch session, a walk in the local surroundings, some simple cardio exercises – no need to be a regular expert in exercise.

## YEAR 10 DESIGN DROP IN

<b>Years?</b>	<b>Yr 10</b>	<b>When?</b>	<b>Wednesday 13:30–14:00</b>	<b>Where?</b>	<b>Design Room</b>	<b>Teacher</b>	<b>Miss Jastrzebski</b>
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An opportunity for Year 10 Design pupils to catch up on and continue their Design work.

# MONDAY

## KS4 STUDY SUPPORT

<b>Years?</b>	<b>Yr 10 - 11</b>	<b>When?</b>	<b>Monday 13:30–14:00</b>	<b>Where?</b>	<b>A14</b>	<b>Teacher</b>	<b>Mrs Caviezel Cox</b>
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For pupils to complete or re-do homework as requested by their class teachers. Pupils can also use this time to complete independent work or revision.

## YEAR 11 DRAMA CLINIC

<b>Years?</b>	<b>Yr 11</b>	<b>When?</b>	<b>Monday 13:30–14:00</b>	<b>Where?</b>	<b>A17</b>	<b>Teacher</b>	<b>Miss Dewey</b>
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A session for Year 11 Drama pupils to continue with their work.

## KS5 STUDY SUPPORT

<b>Years?</b>	<b>Yr 12 - 13</b>	<b>When?</b>	<b>Monday 13:30–14:00</b>	<b>Where?</b>	<b>Sixth Form</b>	<b>Teacher</b>	<b>Electives Staff</b>
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For pupils to complete or re-do homework as requested by their class teachers. Pupils can also use this time to complete independent work or revision.

## SENIOR FENCING\*

<b>Years?</b>	<b>Yr 7 - Yr 11</b>	<b>When?</b>	<b>Monday 16:15–17:15</b>	<b>Where?</b>	<b>Hall</b>	<b>Teacher</b>	<b>External</b>
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Fencing is a fantastic sport that allows pupils expand pent up energy in a safe environment. Movement, coordination, sportsmanship, courage and perseverance are developed through the foil and sabre discipline.

# TUESDAY

## ISA DESIGN COMPETITION PREP

<b>Years?</b>	<b>Yr7 - Yr9</b>	<b>When?</b>	<b>Monday 13:30–14:00</b>	<b>Where?</b>	<b>A3</b>	<b>Teacher</b>	<b>Miss Jastrzebski</b>
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Much needed preparation time for pupils to get ready for the big ISA Design Competition! Come along and vie for a place in the team!

## DEBATING CLUB

<b>Years?</b>	<b>Yr 7 - Yr 9</b>	<b>When?</b>	<b>Tuesday 13:30–14:00</b>	<b>Where?</b>	<b>A6</b>	<b>Teacher</b>	<b>Mr Dobson</b>
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Debating club with the opportunity to practice debating skills on a variety of current affairs across the globe. There will also be opportunities to research these issues in depth in order to debate them.

# TUESDAY

## BIOLOGY CLINIC

<b>Years?</b>	<b>Yr 7 - Yr 13</b>	<b>When?</b>	<b>Tuesday 13:20–14:00</b>	<b>Where?</b>	<b>S1</b>	<b>Teacher</b>	<b>Mrs Dearman</b>
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Pupils have the opportunity to catch up on their Biology work.

## MATHS HOMEWORK CLUB

<b>Years?</b>	<b>Yr 7 - 13</b>	<b>When?</b>	<b>Monday 13:30–14:10</b>	<b>Where?</b>	<b>A12</b>	<b>Teacher</b>	<b>Mrs Ebrahim</b>
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An opportunity for maths pupils to complete homework.

## VEX ROBOTICS

<b>Years?</b>	<b>Selected</b>	<b>When?</b>	<b>Monday 13:20–14:00</b>	<b>Where?</b>	<b>CML</b>	<b>Teacher</b>	<b>Mrs Kandola-Edwards</b>
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Build and code a robot capable of competing in the world's largest robotics championship.

## SOCIOLOGY CLINIC

<b>Years?</b>	<b>Yr 10 - Yr 11</b>	<b>When?</b>	<b>Friday 13:30–14:00</b>	<b>Where?</b>	<b>A8</b>	<b>Teacher</b>	<b>Miss Beckwith-Chandler</b>
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This is an opportunity for students to access support for GCSE Sociology. The sessions are open to all students and will provide a chance to go over content and practice exam technique in preparation for the exams.

## FOOD DROP-IN

<b>Years?</b>	<b>Yr 10 - Yr 11</b>	<b>When?</b>	<b>Friday 13:30–14:00</b>	<b>Where?</b>	<b>Food Room</b>	<b>Teacher</b>	<b>Mrs Crocker</b>
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An opportunity for Food pupils to continue their work and seek support.

## ART COMPULSORY CATCH-UP

<b>Years?</b>	<b>Yr11</b>	<b>When?</b>	<b>Wednesday 13:30–14:00</b>	<b>Where?</b>	<b>Art Room</b>	<b>Teacher</b>	<b>Mr Browitt</b>
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A chance for pupils to come along and receive any specific support that they feel they would benefit from in the lead up to coursework/art exams.

## KS5 STUDY SUPPORT

<b>Years?</b>	<b>Yr 12 - 13</b>	<b>When?</b>	<b>Monday 13:30–14:00</b>	<b>Where?</b>	<b>Sixth Form</b>	<b>Teacher</b>	<b>Electives Staff</b>
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For pupils to complete or re-do homework as requested by their class teachers. Pupils can also use this time to complete independent work or revision.

# TUESDAY

## PLAY REHEARSALS

<b>Years?</b>	<b>Selected</b>	<b>When?</b>	<b>Tuesday 16:15–17:15</b>	<b>Where?</b>	<b>Hall</b>	<b>Teacher</b>	<b>Miss Dewey</b>
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Rehearsals for our upcoming play. *To begin on Monday 16th September.*

## STEM CLUB

<b>Years?</b>	<b>Yr 7 - Yr 13</b>	<b>When?</b>	<b>Tuesday 16:15–17:15</b>	<b>Where?</b>	<b>S1</b>	<b>Teacher</b>	<b>STEM Staff</b>
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A chance to be with one of the STEM team and discuss current issues and happenings. Also an opportunity to watch some cool documentaries!

## YEAR 11 DESIGN DROP IN

<b>Years?</b>	<b>Yr 11</b>	<b>When?</b>	<b>Tuesday 16:15–17:15</b>	<b>Where?</b>	<b>Design Room</b>	<b>Teacher</b>	<b>Miss Jastrzebski / Miss Williams</b>
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An opportunity for Year 11 Design pupils to catch up on and continue their Design work.

# WEDNESDAY

## MATHS CHALLENGE PUZZLES

<b>Years?</b>	<b>Yr 7 - Yr 9</b>	<b>When?</b>	<b>Wednesday 13:30–14:00</b>	<b>Where?</b>	<b>A12</b>	<b>Teacher</b>	<b>Mrs Ebrahim</b>
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Maths puzzles for KS3 to enjoy extra Maths outside of a prescriptive curriculum setting.

## GRADE 5 THEORY CLUB

<b>Years?</b>	<b>Yr 7 - Yr 13</b>	<b>When?</b>	<b>Wednesday 13:30–14:00</b>	<b>Where?</b>	<b>A17</b>	<b>Teacher</b>	<b>Miss Crisp</b>
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An opportunity for musicians to work on their Grade 5 Theory.

## KS3 DRAMA

<b>Years?</b>	<b>Yr7 - Yr9</b>	<b>When?</b>	<b>Wednesday 13:30–14:00</b>	<b>Where?</b>	<b>Hall</b>	<b>Teacher</b>	<b>Miss Dewey</b>
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For all budding actors to come along and have a go at a range of scripted and devised performances.

# WEDNESDAY

## TICKLE YOUR TASTEBUDS

<b>Years?</b>	<b>Yr7 - Yr9</b>	<b>When?</b>	<b>Wednesday 13:30–14:00</b>	<b>Where?</b>	<b>Food Room</b>	<b>Teacher</b>	<b>Mrs Triassi</b>
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Come and join us for a culinary trip around the world to make some tantalising dishes.

## DOFE DROP-IN

<b>Years?</b>	<b>Yr 9 - Yr 10</b>	<b>When?</b>	<b>Wednesday 13:30–14:00</b>	<b>Where?</b>	<b>A18</b>	<b>Teacher</b>	<b>Miss Morgan and Miss Sims-Ross</b>
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Training sessions for pupils completing their Bronze and Silver DofE Awards to include camp craft, route planning and map skills.

## CROSSWORD CLUB

<b>Years?</b>	<b>Yr 10 - Yr 13</b>	<b>When?</b>	<b>Wednesday 13:30–14:00</b>	<b>Where?</b>	<b>S2</b>	<b>Teacher</b>	<b>Mr Hawkins</b>
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An opportunity for pupils to relax with some crossword puzzles.

## YEAR 11 DESIGN DROP IN

<b>Years?</b>	<b>Yr 11</b>	<b>When?</b>	<b>Wednesday 13:30–14:00</b>	<b>Where?</b>	<b>Design Room</b>	<b>Teacher</b>	<b>Miss Jastrzebski</b>
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An opportunity for Year 11 Design pupils to catch up on and continue their Design work.

## KS5 STUDY SUPPORT

<b>Years?</b>	<b>Yr 12 - 13</b>	<b>When?</b>	<b>Wednesday 13:30–14:00</b>	<b>Where?</b>	<b>Sixth Form</b>	<b>Teacher</b>	<b>Electives Staff</b>
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For pupils to complete or re-do homework as requested by their class teachers. Pupils can also use this time to complete independent work or revision.

## KARATE\*

<b>Years?</b>	<b>Y2 - Yr11</b>	<b>When?</b>	<b>Wednesday 16:00–17:00</b>	<b>Where?</b>	<b>Hall</b>	<b>Teacher</b>	<b>External</b>
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Through the discipline of Tang Soo Do (a Korean martial art with roots into the Japanese arts) pupils learn to develop movement, kicking and defensive techniques. There are 10 Gup grade levels (coloured belts) and 9 Dan grade levels (black belts) with pupils given the opportunity to complete a grade every 3 months.

## FOOTBALL

<b>Years?</b>	<b>Yr 7 - Yr 9</b>	<b>When?</b>	<b>Wednesday 16:15 - 17:15</b>	<b>Where?</b>	<b>Playground</b>	<b>Teacher</b>	<b>Mr Scott</b>
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A fun opportunity for pupils to hone their football skills and play in small sided games to improve tactical awareness and performing under pressure. Notes spaces limited to 16 pupils!

# WEDNESDAY

## HORRIBLE HISTORIES CLUB

<b>Years?</b>	<b>Yr 5 - Yr 8</b>	<b>When?</b>	<b>Wednesday 16:15 - 17:15</b>	<b>Where?</b>	<b>A15</b>	<b>Teacher</b>	<b>Mrs Smith</b>
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"Horrible Histories" where we will watch an episode and then explore the truth behind some of the most interesting stories. The club provides an opportunity for pupils to delve into the parts of history they find most fascinating.

## SENIOR ORCHESTRA

<b>Years?</b>	<b>Yr7 – Yr13</b>	<b>When?</b>	<b>Wednesday 13:20–14:00</b>	<b>Where?</b>	<b>A17</b>	<b>Teacher</b>	<b>Miss Crisp</b>
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Orchestra for string, woodwind and brass players who are Grade 2 standard or above

## BLUES & FUNK IMPROV

<b>Years?</b>	<b>Yr 7 - Yr 13</b>	<b>When?</b>	<b>Wednesday 16:15–17:15</b>	<b>Where?</b>	<b>A16</b>	<b>Teacher</b>	<b>Mr Durand</b>
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A space for Arnold Lodge musicians to improvise in the genres of funk and blues. Some ability to improvise is needed, but coaching in this area will be part of the programme. Especially encouraged to apply are any of the following: bass player, brass or woodwind players and vocalists.

## ART CATCH-UP

<b>Years?</b>	<b>Yr10 - Yr 13</b>	<b>When?</b>	<b>Wednesday 16:15–17:15</b>	<b>Where?</b>	<b>Art Room</b>	<b>Teacher</b>	<b>Mr Browitt</b>
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An opportunity for pupils to catch up on and continue their Art work.

## YEAR 13 DESIGN DROP IN

<b>Years?</b>	<b>Yr 13</b>	<b>When?</b>	<b>Wednesday 16:15–17:15</b>	<b>Where?</b>	<b>Design Room</b>	<b>Teacher</b>	<b>Miss Jastrzebski</b>
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An opportunity for Year 13 Design pupils to catch up on and continue their Design work.

# THURSDAY

## ROBOTICS

<b>Years?</b>	<b>Yr7 - Yr13</b>	<b>When?</b>	<b>Thursday 13:30–14:00</b>	<b>Where?</b>	<b>CML</b>	<b>Teacher</b>	<b>Mrs Kandola-Edwards</b>
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Build and code a robot capable of competing in the world's largest robotics championship.

## GENDER EQUALITY GROUP

<b>Years?</b>	<b>Yr 7 - Yr 13</b>	<b>When?</b>	<b>Thursday 13:30–14:00</b>	<b>Where?</b>	<b>TBC</b>	<b>Teacher</b>	<b>Mrs Graves</b>
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If you're interested in gender equality and discussing the impact that the patriarchy has on all of our lives then come along to gender equality club.



# THURSDAY

## SENIOR CHOIR

<b>Years?</b>	<b>Yr 7 - Yr 13</b>	<b>When?</b>	<b>Tuesday 13:30–14:00</b>	<b>Where?</b>	<b>A17</b>	<b>Teacher</b>	<b>Miss Nix</b>
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A chance for pupils to be part of the senior choir, a huge feather in any school's cap!

## MATHS HOMEWORK CLUB

<b>Years?</b>	<b>Yr 7 - 13</b>	<b>When?</b>	<b>Monday 13:30–14:10</b>	<b>Where?</b>	<b>A11</b>	<b>Teacher</b>	<b>Mr Pryce</b>
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An opportunity for maths pupils to complete homework.

## GCSE SCIENCE HOMEWORK CLUB

<b>Years?</b>	<b>Yr10 - Yr11</b>	<b>When?</b>	<b>Thursday 13:20–14:00</b>	<b>Where?</b>	<b>S1</b>	<b>Teacher</b>	<b>Mrs Jaffri</b>
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An opportunity for pupils to come along and receive any specific support that they feel they would benefit from in the lead up to GCSE exams.

## KS5 STUDY SUPPORT

<b>Years?</b>	<b>Yr12 - Yr13</b>	<b>When?</b>	<b>Thursday 13:30–14:00</b>	<b>Where?</b>	<b>Sixth Form</b>	<b>Teacher</b>	<b>Electives</b>
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For pupils to complete or re-do homework as requested by their class teachers. Pupils can also use this time to complete independent work or revision.

## NETBALL

<b>Years?</b>	<b>Yr7 - Yr 9</b>	<b>When?</b>	<b>Thursday 16:15–17:15</b>	<b>Where?</b>	<b>Playground</b>	<b>Teacher</b>	<b>Miss Smith</b>
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## ISA DESIGN COMPETITION PREP

<b>Years?</b>	<b>Yr7 - Yr9</b>	<b>When?</b>	<b>Thursday 16:15–17:15</b>	<b>Where?</b>	<b>A3</b>	<b>Teacher</b>	<b>Miss Jastrzebski</b>
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## ENGLISH & HUMANITIES REVISION

<b>Years?</b>	<b>Yr9 - Yr13</b>	<b>When?</b>	<b>Thursday 16:15–17:15</b>	<b>Where?</b>	<b>A2</b>	<b>Teacher</b>	<b>Miss Jastrzebski</b>
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An opportunity to revise or complete coursework for History, Politics, Media Studies or English with a member of the Faculty to supervise.

# FRIDAY

## FILM CLUB

<b>Years?</b>	<b>Yr 7</b>	<b>When?</b>	<b>Friday 13:30–14:00</b>	<b>Where?</b>	<b>A2</b>	<b>Teacher</b>	<b>Miss Qureshi</b>
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Discover the magic of cinema in our Film Club! Each week, we delve into a diverse selection of films from classic masterpieces to contemporary blockbusters. Join us for screenings, lively discussions, and a chance to explore the art of filmmaking. Whether you're a budding critic, an aspiring filmmaker, or simply a movie enthusiast, our club offers something for everyone.

## KS5 STUDY SUPPORT

<b>Years?</b>	<b>Yr12 - Yr13</b>	<b>When?</b>	<b>Friday 13:30–14:00</b>	<b>Where?</b>	<b>Sixth Form</b>	<b>Teacher</b>	<b>Electives</b>
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For pupils to complete or re-do homework as requested by their class teachers. Pupils can also use this time to complete independent work or revision.

## YEAR 13 DESIGN DROP IN

<b>Years?</b>	<b>Yr 13</b>	<b>When?</b>	<b>Friday 13:30–14:00</b>	<b>Where?</b>	<b>Design Room</b>	<b>Teacher</b>	<b>Miss Jastrzebski</b>
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An opportunity for Year 13 Design pupils to catch up on and continue their Design work.

## PLAY REHEARSALS

<b>Years?</b>	<b>Selected</b>	<b>When?</b>	<b>Tuesday 16:15–17:15</b>	<b>Where?</b>	<b>Hall</b>	<b>Teacher</b>	<b>Miss Dewey</b>
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Rehearsals for our upcoming play. *To begin on Monday 16th September.*

## EXTERNAL SESSIONS:

Those marked with an \* denotes a session run by an external provider and may incur an additional charge. Please see the accompanying letters for details of the external sessions:

- **FENCING:** KK Fencing Club
- **KARATE:** Association of Traditional Martial Arts