



STUDENT EXTRA-CURRICULAR



ACTIVITIES BOOKLET 2023-2024



PENSBY
HIGH SCHOOL
Care Respect Inspire

PENSBY HIGH SCHOOL
Care Respect Inspire

New Age Curling Club

MONDAYS - STARTS 25 SEPTEMBER 3.25 - 4.30
ALL YEARS WELCOME - YOU JUST NEED TO BRING TRAINERS TO CHANGE INTO



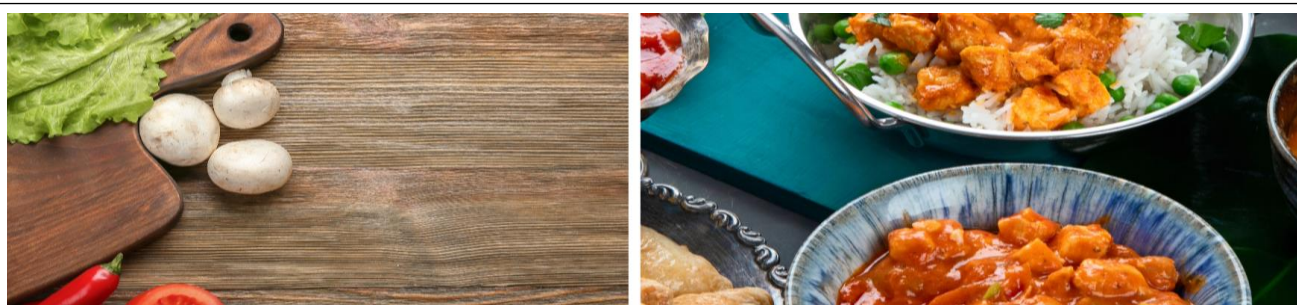
Meet at Sport Complex Mondays 3.25 - 4.30

Extra-curricular Activities

Monday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Crammond Mrs Macrae Mrs Robinson	8:00 - 8:30am	<div style="background-color: yellow; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; padding: 2px;">Year 8</div> <div style="background-color: pink; padding: 2px;">Year 9</div> <div style="background-color: lightblue; padding: 2px;">Year 10</div> <div style="background-color: purple; padding: 2px;">Year 11</div>	Dining Hall
This is a free breakfast – ALL students welcome				
LUNCHTIME				
Lunchtime Football on the Astro Daily Access only to the Year Groups highlighted. (Details found within the Target Group Section)	Mr Davies & Prefects	12:25-12:50pm	<div style="background-color: lightgreen; padding: 2px;">Year 8</div> <div style="background-color: pink; padding: 2px;">Year 9</div> <div style="background-color: lightblue; padding: 2px;">Year 10</div>	Astro (Trainers Required) NO FOOD OR DRINK ON ASTRO
Coding Club	Mr Friel	12:25-12:50pm	<div style="background-color: lightblue; padding: 2px;">Year 10</div> <div style="background-color: purple; padding: 2px;">Year 11</div>	E5
Science Club	Mr Thompson & Miss Saunders	12:25-12:50pm	<div style="background-color: yellow; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; padding: 2px;">Year 8</div>	F2
eDofE Update & Input Help/Advice and Password Reset Drop-In Sessions	Mr Cottrell	12:25-12:50pm	All DofE participants <div style="background-color: pink; padding: 2px;">Year 9</div> <div style="background-color: lightblue; padding: 2px;">Year 10</div>	E8
Spelling Bee	Mr DuNoyer	12:25-12:50pm	<div style="background-color: yellow; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; padding: 2px;">Year 8</div>	Library
Spanish Speaking Club	Mrs Teare	12:25-12:50pm	<div style="background-color: lightblue; padding: 2px;">Year 10</div> <div style="background-color: purple; padding: 2px;">Year 11</div>	A4
AFTER SCHOOL				
Year 7 Girls football	Mrs Plunkett / Miss Waring / DofE Sports Leaders	3:25-4:30pm	<div style="background-color: yellow; padding: 2px;">Year 7</div>	Sports Complex Changing Rooms / Astro
Year 8 Girls Football	Mrs Plunkett / Miss Waring / DofE Sports Leaders	3:25-4:30pm	<div style="background-color: lightgreen; padding: 2px;">Year 8</div>	Sports Complex Changing Rooms / Astro
Year 9 Girls Football	Mrs Plunkett / Miss Waring / DofE Sports Leaders	3:25-4:30pm	<div style="background-color: pink; padding: 2px;">Year 9</div>	Sports Complex Changing Rooms / Astro
Year 10 Girls Football	Mrs Plunkett / Miss Waring / DofE Sports Leaders	3:25-4:30pm	<div style="background-color: lightblue; padding: 2px;">Year 10</div>	Sports Complex Changing Rooms / Astro
Year 11 Girls Football	Mrs Plunkett / Miss Waring / DofE Sports Leaders	3:25-4:30pm	<div style="background-color: purple; padding: 2px;">Year 11</div>	Sports Complex Changing Rooms / Astro
Year 7 Boys Rugby RFU	Chris Ramsden – RFU Coach / Mr Hall / Mr Davies (DofE Sports Leaders)	3:25-4:30pm	<div style="background-color: yellow; padding: 2px;">Year 7</div>	Changing Rooms / Rugby Field

Year 8 Boys Rugby RFU	Chris Ramsden – RFU Coach / Mr Hall / Mr Davies (DofE Sports Leaders)	3:25-4:30pm	Year 8	Changing Rooms / Rugby Field
Year 9 Boys Rugby RFU	Chris Ramsden – RFU Coach / Mr Hall / Mr Davies (DofE Sports Leaders)	3:25-4:30pm	Year 9	Changing Rooms / Rugby Field
Year 10 Boys Rugby RFU	Chris Ramsden – RFU Coach Mr Hall / Mr Davies (DofE Sports Leaders)	3:25-4:30pm	Year 10	Changing Rooms / Rugby Field
Year 11 Boys Rugby RFU	Chris Ramsden – RFU Coach Mr Hall / Mr Davies (DofE Sports Leaders)	3:25-4:30pm	Year 11	Changing Rooms / Rugby Field
New Age Curling	Miss Simpson	3:25-4:30pm	Year 7 Year 8 Year 9 Year 10 Year 11	Sports Hall (Trainers Required)
Cookery Club (Maximum Capacity 30)	Miss McCluskey	3:25-4:30pm	Year 7 Year 8 Year 9	A1/A2
National Theatre Performance Rehearsals (Invitation Only)	Miss Milns	3:25-4:30pm	Year 9 Year 10	Drama Studio B
Homework Club	Mr Jones Mrs Cantillon Ms Coulthard Mrs Roebuck	3:25– 4:00pm	Year 7 Year 8 Year 9 Year 10 Year 11	SSC (Student Support Centre)
Quiz Club	Ms Dufton	3:25-4:30pm	Year 7 Year 8 Year 9 Year 10 Year 11	Library



Cookery Club

Enrolment for cookery club is on a first come, first serve basis
A separate letter will be available from the food tech department, detailing the cost & return/expiry date

No places will be secured until both, signed letter & payment has been received

**Please note - all extra-curricular clubs are free of charge, with the exception of cookery club
A small fee is charged to cover the cost of ingredients**

RUGBY

RFU

Year 7,8,9,10,11 Boys Rugby Training
(separate teams)



Starts MONDAY 25 September
3.25 - 4.30
Meet at the Changing Rooms

Do you have what it takes to be the next Pensby Lions?

Join us Every Monday after School

(Gum shield & Full

P. E. Kit including boots Required)

PENSBY HIGH SCHOOL
Care Respect Inspire

GIRLS

FOOTBALL TRAINING

← YEAR →

7,8,9,10,11

GIRLS FOOTBALL

STARTS MONDAY

25 SEPTEMBER

(ON THE ASTRO)

FULL P. E. KIT

AND SHIN PADS

REQUIRED

MONDAYS

3.25-4.30

MEET AT SPORTS

COMPLEX

CHANGING ROOMS

(NEAR SPORTS

HALL)

PENSBY HIGH SCHOOL

Care Respect Inspire

Extra-curricular Activities

Tuesday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Crammond Mrs Macrae Mrs Robinson	8:00 - 8:30am	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: pink; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div> <div style="background-color: purple; border: 1px solid black; padding: 2px;">Year 11</div>	Dining Hall
This is a free breakfast – ALL students welcome				
LUNCHTIME				
Lunchtime Football on the Astro <i>Daily Access only to the Year Groups highlighted. (Details found within the Target Group Section)</i>	Mr M Wright & Prefects	12:25-12:50pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: pink; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: purple; border: 1px solid black; padding: 2px;">Year 11</div>	Astro (Trainers Required) NO FOOD OR DRINK ON ASTRO
Crest Award (Science)	Mrs Moss	12:25-12:50pm	<div style="background-color: pink; border: 1px solid black; padding: 2px;">Year 9</div>	D5
Zany Zines (Fun & Quirky Magazine printing based on any topic)	Mrs Graham	12:25-12:50pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: pink; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div> <div style="background-color: purple; border: 1px solid black; padding: 2px;">Year 11</div>	D4
eDofE Update & Input Help/Advice and Password Reset Drop-In Sessions	Mr Cottrell	12:25-12:50pm	All DofE participants <div style="background-color: pink; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div>	E8
AFTER SCHOOL				
Year 7 Football	Mr Wright / Mr Cottrell / Mr Davies & Mr Hall (DofE Sports leaders)	3:25-4:30pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div>	Changing Room / Astro
Year 8 Football	Mr Hall / Mr Davies / Mr Cottrell & Mr Wright (DofE Sports Leaders)	3:25-4:30pm	<div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div>	Changing Room / Astro
Spanish Extra <i>All things Spanish: A variety of conversation, cooking, crafts, IT work & games.</i>	Mrs Hall	3:25-4:30pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: pink; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div> <div style="background-color: purple; border: 1px solid black; padding: 2px;">Year 11</div>	A6
Homework Club	Mr Jones Mrs Cantillon Ms Coulthard Mrs Roebuck	3:25 – 4:00pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: pink; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div> <div style="background-color: purple; border: 1px solid black; padding: 2px;">Year 11</div>	SSC (Student Support Centre)
Pensby Gardeners Club	Mrs Timmins & Mrs Mills	3:25-4:30pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: pink; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div>	Meet in Reception
Student Librarian Club	Ms Dufton	3:30-4:00pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: pink; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div> <div style="background-color: purple; border: 1px solid black; padding: 2px;">Year 11</div>	Library
Samba Band	Mr Firth & Miss Boak	3:30-4:30pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: pink; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div> <div style="background-color: purple; border: 1px solid black; padding: 2px;">Year 11</div>	Drama Studio A



PENSBY GARDENERS CLUB

Every Tuesday, Starts 26 September

Meet in Reception - 3.25 - 4.30

All years welcome - Plan &
Prepare plant beds and borders,
weeding and digging, plant
Flowers & Vegetables

PARTICIPATION CAN BE USED FOR DOFE SKILLS/VOLUNTEERING SECTIONS



PENSBY HIGH SCHOOL
Care Respect Inspire



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YEAR 7 & 8

BOYS FOOTBALL TRAINING
ON THE ASTRO

Starts Tuesday
26 September
Full P.E. kit &
Shin Pads
required

TUESDAY AFTER SCHOOL
3.25 - 4.30
MEET OUTSIDE THE
CHANGING ROOMS

CARE RESPECT INSPIRE

Extra-curricular Activities

Wednesday

Activity	Staff Member	Time	Target Group	Location					
BEFORE SCHOOL									
Breakfast Club	Mrs Crammond Mrs Macrae Mrs Robinson	8:00 - 8:30am	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 7</td></tr> <tr><td>Year 8</td></tr> <tr><td>Year 9</td></tr> <tr><td>Year 10</td></tr> <tr><td>Year 11</td></tr> </table>	Year 7	Year 8	Year 9	Year 10	Year 11	Dining Hall
Year 7									
Year 8									
Year 9									
Year 10									
Year 11									
This is a free breakfast – ALL students welcome									
LUNCHTIME									
Lunchtime Football on the Astro <small>Daily Access only to the Year Groups highlighted. (Details found within the Target Group Section)</small>	Miss Waring & Prefects	11:45-12:15pm	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 8</td></tr> <tr><td>Year 10</td></tr> <tr><td>Year 11</td></tr> </table>	Year 8	Year 10	Year 11	Astro (Trainers Required) NO FOOD OR DRINK ON ASTRO		
Year 8									
Year 10									
Year 11									
Biology Revision	Miss Coyne	11:45-12:15pm	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 11</td></tr> </table>	Year 11	G11				
Year 11									
KS3 Games Club	Mrs Hannaway / Mrs Anders & Mr Unsworth	11:45-12:15pm	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 7</td></tr> <tr><td>Year 8</td></tr> <tr><td>Year 9</td></tr> </table>	Year 7	Year 8	Year 9	B4		
Year 7									
Year 8									
Year 9									
Horrible Histories Club	Mrs Page and Prefects	11:45-12:15pm	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 7</td></tr> <tr><td>Year 8</td></tr> <tr><td>Year 9</td></tr> <tr><td>Year 10</td></tr> <tr><td>Year 11</td></tr> </table>	Year 7	Year 8	Year 9	Year 10	Year 11	E2
Year 7									
Year 8									
Year 9									
Year 10									
Year 11									
eDofE Update & Input Help/Advice and Password Reset Drop-In Sessions	Mr Cottrell	11:45-12:15pm	All DofE participants <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 9</td></tr> <tr><td>Year 10</td></tr> </table>	Year 9	Year 10	E8			
Year 9									
Year 10									
BSL (British Sign Language Club)	Miss Simons	11:45-12:15pm	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 7</td></tr> <tr><td>Year 8</td></tr> <tr><td>Year 9</td></tr> <tr><td>Year 10</td></tr> <tr><td>Year 11</td></tr> </table>	Year 7	Year 8	Year 9	Year 10	Year 11	G9
Year 7									
Year 8									
Year 9									
Year 10									
Year 11									
Biology Revision	Mrs Theobald	11:45-12:15pm	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 11</td></tr> </table> (11T2 & 11S1 only)	Year 11	C8				
Year 11									
Mindfulness & Neurographic Art Club (M.A.N)	Mrs Graham	11:45-12:15pm	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 7</td></tr> <tr><td>Year 8</td></tr> <tr><td>Year 9</td></tr> <tr><td>Year 10</td></tr> <tr><td>Year 11</td></tr> </table>	Year 7	Year 8	Year 9	Year 10	Year 11	D4
Year 7									
Year 8									
Year 9									
Year 10									
Year 11									
Drama Club	Miss Kasstan & Mr Griffiths	11:45-12:15pm	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 7</td></tr> <tr><td>Year 8</td></tr> <tr><td>Year 9</td></tr> </table>	Year 7	Year 8	Year 9	C6 or Drama Studio A		
Year 7									
Year 8									
Year 9									
Careers Drop-In	Mrs Turner	11:45-12:15pm	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>Year 7</td></tr> <tr><td>Year 8</td></tr> <tr><td>Year 9</td></tr> <tr><td>Year 10</td></tr> <tr><td>Year 11</td></tr> </table>	Year 7	Year 8	Year 9	Year 10	Year 11	Careers Office (F Corridor)
Year 7									
Year 8									
Year 9									
Year 10									
Year 11									

AFTER SCHOOL

Manga, Illustrations & Comics Club	Ms Dufton	2:20-3:20pm	<table border="1"> <tr><td>Year 7</td></tr> <tr><td>Year 8</td></tr> <tr><td>Year 9</td></tr> <tr><td>Year 10</td></tr> <tr><td>Year 11</td></tr> </table>	Year 7	Year 8	Year 9	Year 10	Year 11	Library
Year 7									
Year 8									
Year 9									
Year 10									
Year 11									
Tennis Club <i>(Pro Coaching from Owen Kirkham, Heswall LTC)</i> (Maximum Capacity 40 with a waiting list)	Owen Kirkham (Pro coach) DofE Sports Leaders	2:20-3:30pm	KS3 BOYS & GIRLS <table border="1"> <tr><td>Year 7</td></tr> <tr><td>Year 8</td></tr> <tr><td>Year 9</td></tr> </table> (Maximum capacity 40)	Year 7	Year 8	Year 9	Changing Rooms/ Courts/Sports Hall		
Year 7									
Year 8									
Year 9									
Cross County Running Club	Mr Mark Smith	2:20-3:30pm	<table border="1"> <tr><td>Year 7</td></tr> <tr><td>Year 8</td></tr> <tr><td>Year 9</td></tr> <tr><td>Year 10</td></tr> <tr><td>Year 11</td></tr> </table>	Year 7	Year 8	Year 9	Year 10	Year 11	Changing Rooms (Full PE Kit and Trainers required)
Year 7									
Year 8									
Year 9									
Year 10									
Year 11									

Years 9, 10 Duke of Edinburgh Award participants-

This early finish may be a good time to complete the volunteer or skill sections of the award that you may want to arrange in or out of school.

**PENSBY
HIGH
SCHOOL**

**CHRISTMAS
CONCERT**

12 December 2023

7pm

Tickets £5

CARE RESPECT INSPIRE

CROSS COUNTRY RUNNING CLUB

MEET @ THE CHANGING
ROOMS EVERY WEDNESDAY



Starts Wed 27 September

All years welcome - Boys &
Girls

Every Wednesday after
school 2.20- 3.30

*Full P.E. Kit and
Trainers Required*

PENSBY HIGH SCHOOL
Care Respect Inspire

Pensby Tennis Club

Pro Tennis
coaching from
coach Owen
Kirkham



**WEDNESDAYS
2.20 - 3.30
MEET @ THE
CHANGING
ROOMS**





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YEAR 9 - 10 - 11 BOYS FOOTBALL TRAINING ON THE ASTRO

**Starts
Thursday 28
September
Full P.E. kit &
Shin Pads
required**

**THURSDAY AFTER SCHOOL
3.25 - 4.30
MEET OUTSIDE THE
CHANGING ROOMS**

CARE RESPECT INSPIRE

Extra-curricular Activities

Thursday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Crammond Mrs Macrae Mrs Robinson	8:00 - 8:30am	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: lightcoral; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div> <div style="background-color: lightpurple; border: 1px solid black; padding: 2px;">Year 11</div>	Dining Hall
This is a free breakfast – ALL students welcome				
LUNCH TIME				
Lunchtime Football on the Astro <small>Daily Access only to the Year Groups highlighted. (Details found within the Target Group Section)</small>	Mr Jones & Prefects	12:25-12:50pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: lightpurple; border: 1px solid black; padding: 2px;">Year 11</div>	Astro (Trainers Required) NO FOOD OR DRINK ON ASTRO
Guitar Group	Mr Bastow	12:25-12:50pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: lightcoral; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div> <div style="background-color: lightpurple; border: 1px solid black; padding: 2px;">Year 11</div>	B5
eDofE Update & Input Help/Advice and Password Reset Drop-In Sessions	Mr Cottrell	12:25-12:50pm	All DofE participants <div style="background-color: lightcoral; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div>	E8
AFTER SCHOOL				
Year 9 Boys Football	Mr Hall / Mr Davies / Mr Jones & Mr Wright	3:25-4:30pm	<div style="background-color: lightcoral; border: 1px solid black; padding: 2px;">Year 9 BOYS</div>	Changing Room / Astro
Year 10 Boys Football	Mr Wright / Mr Davies / Mr Hall & Mr Jones	3:25-4:30pm	<div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10 BOYS</div>	Changing Room / Astro
Year 11 Boys football	Mr Jones / Mr Davies/ Mr Hall & Mr Wright	3:25-4:30pm	<div style="background-color: lightpurple; border: 1px solid black; padding: 2px;">Year 11 BOYS</div>	Changing Room / Astro
Year 7 Netball	Miss Waring & Miss Rainbow-Hardman (DofE Sports Leaders)	3:25-4:30pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7 GIRLS</div>	Sports Complex Changing Rooms / Courts
Year 8 Netball	Miss Waring & Miss Rainbow-Hardman (DofE Sports Leaders)	3:25-4:30pm	<div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8 GIRLS</div>	Sports Complex Changing Rooms / Courts
Year 9 Netball	Miss Waring & Miss Rainbow-Hardman (DofE Sports Leaders)	3:25-4:30pm	<div style="background-color: lightcoral; border: 1px solid black; padding: 2px;">Year 9 GIRLS</div>	Sports Complex Changing Rooms / Courts
Year 10 Netball	Miss Waring & Miss Rainbow-Hardman (DofE Sports Leaders)	3:25-4:30pm	<div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10 GIRLS</div>	Sports Complex Changing Rooms / Courts
Year 11 Netball	Miss Waring & Miss Rainbow-Hardman (DofE Sports Leaders)	3:25-4:30pm	<div style="background-color: lightpurple; border: 1px solid black; padding: 2px;">Year 11 GIRLS</div>	Sports Complex Changing Rooms / Courts
Pensby Voices (Choir)	Miss Clayton	3:25-4:30pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: lightcoral; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div> <div style="background-color: lightpurple; border: 1px solid black; padding: 2px;">Year 11</div>	B5
Shabby Chic Club (Learn the tricks & magic of upcycling furniture)	Mrs Sands	3:25-4:30pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: lightcoral; border: 1px solid black; padding: 2px;">Year 9</div>	G4
Homework Club	Mr Jones Mrs Cantillon Ms Coulthard Mrs Roebuck	3:25-4:00pm	<div style="background-color: yellow; border: 1px solid black; padding: 2px;">Year 7</div> <div style="background-color: lightgreen; border: 1px solid black; padding: 2px;">Year 8</div> <div style="background-color: lightcoral; border: 1px solid black; padding: 2px;">Year 9</div> <div style="background-color: lightblue; border: 1px solid black; padding: 2px;">Year 10</div> <div style="background-color: lightpurple; border: 1px solid black; padding: 2px;">Year 11</div>	SSC (Student Support Centre)

NETBALL CLUB

STARTS THURS
28 SEPTEMBER

Thursdays



*** MEET AT SPORTS COMPLEX**

CHANGING ROOMS

[NEAR SPORTS HALL]

3.25 - 4.30

CARE RESPECT INSPIRE

Extra-curricular Activities

Friday

Activity	Staff Member	Time	Target Group	Location					
BEFORE SCHOOL									
Breakfast Club	Mrs Crammond Mrs Macrae Mrs Robinson	8:00 -8:30am	<table border="1" style="margin: auto;"> <tr><td style="background-color: yellow;">Year 7</td></tr> <tr><td style="background-color: lightgreen;">Year 8</td></tr> <tr><td style="background-color: pink;">Year 9</td></tr> <tr><td style="background-color: lightblue;">Year 10</td></tr> <tr><td style="background-color: purple;">Year 11</td></tr> </table>	Year 7	Year 8	Year 9	Year 10	Year 11	Dining Hall
Year 7									
Year 8									
Year 9									
Year 10									
Year 11									
This is a free breakfast – ALL students welcome									
LUNCHTIME									
Lunchtime Football on the Astro <i>Daily Access only to the Year Groups highlighted. (Details found within the Target Group Section)</i>	Mr Hall & Prefects	12:25-12:50pm	<table border="1" style="margin: auto;"> <tr><td style="background-color: yellow;">Year 7</td></tr> <tr><td style="background-color: pink;">Year 9</td></tr> <tr><td style="background-color: lightblue;">Year 10</td></tr> </table>	Year 7	Year 9	Year 10	Astro (Trainers Required) NO FOOD OR DRINK ON ASTRO		
Year 7									
Year 9									
Year 10									
eDofE Update & Input Help/Advice and Password Reset Drop-In Sessions	Mr Cottrell	12:25-12:50pm	All DofE participants <table border="1" style="margin: auto;"> <tr><td style="background-color: pink;">Year 9</td></tr> <tr><td style="background-color: lightblue;">Year 10</td></tr> </table>	Year 9	Year 10	E8			
Year 9									
Year 10									
Chess Club	Ms Hartley & Mr Jones	12:25-12:50pm	<table border="1" style="margin: auto;"> <tr><td style="background-color: yellow;">Year 7</td></tr> <tr><td style="background-color: lightgreen;">Year 8</td></tr> <tr><td style="background-color: pink;">Year 9</td></tr> <tr><td style="background-color: lightblue;">Year 10</td></tr> <tr><td style="background-color: purple;">Year 11</td></tr> </table>	Year 7	Year 8	Year 9	Year 10	Year 11	C2
Year 7									
Year 8									
Year 9									
Year 10									
Year 11									
AFTER SCHOOL									

Football daily at lunchtime (cancelled if wet lunch). You have to leave your tie as a deposit for the loan of a ball, returned when you give the ball back. The same football rules and laws of the game apply at lunchtime football as they do at any other time. Trainers are required and **NO FOOD OR DRINK ON THE ASTRO.**

Breakfast Club is open to all students every day please just turn up. **THIS IS NOT AN ACTIVITY YOU HAVE TO PICK.**

Musical Instrument and singing lessons will take place during the school day. See Mr Hogg if you are interested in taking up tuition and for timings and further information.

**ANY ADDITIONAL CLUBS OR SEASONAL ACTIVITIES
WILL BE ADVERTISED VIA
POSTERS IN SCHOOL AND STUDENT NOTICES
THROUGHOUT THE YEAR**

Chess Club

FRIDAY LUNCHTIME
ALL YEARS WELCOME

ROOM C2
FRIDAYS
12.25 - 12.50



CARE RESPECT INSPIRE

MOST ACTIVITIES WILL START FROM MONDAY 25 SEPTEMBER 2023

**TAKE NOTE OF LATER START DATE FOR SOME CLUBS
(Some Seasonal)**

Once you have received and completed the **online choices form**, make a note in your own planner of the activities you have chosen

You will not receive confirmation of your choices please just attend the clubs you have selected at the date/time and location they start.

Remember expectations in terms of behaviour, attitude and personal responsibility will be the same in extra-curricular activities as it is in normal lessons.

Short notice cancellations or postponement of clubs will be communicated to parents/carers via email or text.

School sporting fixtures happen throughout the whole school year. Parents will receive a text informing them when their son/daughter has been selected to attend a fixture (these are often away fixtures offsite, travel will mostly be via school minibus to and from school)



YEAR 9 & 10 BRONZE/SILVER
DUKE OF EDINBURGH AWARD
STUDENTS - PLEASE SEE THE
FOLLOWING PAGES FOR IDEAS
FOR YOUR CHOSEN ACTIVITY
SECTIONS

PHYSICAL

SKILL

VOLUNTEERING

THE EXPEDITION SECTION IS BACKPACKING CAMPING TRIPS





THE DUKE OF EDINBURGH'S AWARD[®]

Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a physical programme of your own.

You can find more information at DofE.org/physical

and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathlon
- Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- Roller blading
- Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampoline
- Wheelchair fencing
- Wrestling

Water sports

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kite surfing
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua (SCUBA diving & snorkelling)
- Surfing/body boarding
- Swimming
- Synchronised swimming
- Underwater rugby
- Wakeboarding
- Windsurfing

Dance

- Ballet
- Ballroom dancing
- Belly dancing
- Bhangra dancing
- Ceroc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) dancing

- Scottish/Welsh/Irish dancing
- Street dancing/breakdancing/hip hop
- Swing
- Tap dancing

Racquet sports

- Badminton
- Matkot
- Racketball
- Racketlon/Rackets
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

Fitness

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medau movement
- Physical achievement
- Pilates
- Running/jogging
- Walking
- Weightlifting
- Wii-fit
- Yoga

Extreme sports

- BMX
- Caving & potholing
- Climbing
- Free running (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Skateboarding
- Skydiving
- Snow sports (skiing, snowboarding, snowkiting)
- Speed skating
- Street luge

Martial arts

- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

Team sports

- American football
- Baseball
- Basketball
- Boccia

- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Korfbal
- Lacrosse
- Netball
- Octopushing
- Polo
- Quidditch
- Roller derby
- Rogaining
- Rounders
- Rugby (union/League)
- Sitting Volleyball
- Sledge hockey
- Sledge ice hockey
- Softball
- Stoolball
- Tchoukball
- Tug of war
- Ultimate flying disc
- Volleyball
- Wallyball
- Water polo
- Wheelchair basketball
- Wheelchair rugby

Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own.

You can find more information at DofE.org/skills and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism
- Yoyo extreme

Science & technology

- Aerodynamics
- Anatomy
- App design
- Astronomy
- Biology
- Botany
- Chemistry
- Coding/ programming
- Ecology
- Electronics
- Engineering
- Entomology
- IT
- Marine biology
- Oceanography
- Paleontology

- Physics
- Rocket making
- Taxonomy
- Weather/meteorology
- Website design
- Zoology

Care of animals

- Agriculture (keeping livestock)
- Aquarium keeping
- Beekeeping
- Caring for reptiles
- Dog training & handling
- Horse/donkey/llama/alpaca handling & care
- Looking after birds (i.e. budgies & canaries)
- Pet care – health/training/maintenance
- Pigeon breeding & racing

Music

- Church bell ringing
- Composing
- DJing
- Evaluating music & musical performances
- Improvising melodies
- Listening to, analysing & describing music

- Music appreciation
- Playing a musical instrument
- Playing in a band
- Reading & notating music
- Understanding music in relation to history & culture

Natural world

- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanship
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable growing

Games & recreation

- Cards (i.e. bridge)
- Chess
- Clay target shooting
- Coxing
- Cycle maintenance
- Darts
- Dominoes
- Fishing/fly fishing
- Flying
- Gliding
- Go-karting

continued over...

- Historical period re-enacting
- Kite construction & flying
- Mah Jongg
- Marksmanship
- Model construction & racing
- Motor sports
- Power boating
- Snooker, pool & billiards
- Sports appreciation
- Sports leadership
- Sports officiating
- Table games
- War games

Life skills

- Alternative therapies
- Cookery
- Democracy in action
- Digital lifestyle
- Driving: car maintenance/car road skills
- Driving: motorcycle maintenance/road skills
- Event planning
 - First aid – St John/St Andrew/BRCS
- Hair & beauty
- Learning about the emergency services
- Learning about the RNLI (Lifeboats)
- Library & information skills
- Life skills
- Massage
- Money management
- Navigation
- Public speaking and debating
- Skills for employment
- Young Enterprise

Learning & collecting

- Aeronautics
- Aircraft recognition
- Anthropology
- Archaeology
- Astronautics
- Astronomy
- Bird watching
- Coastal navigation
- Coins
- Collections, studies & surveys
- Comics
- Contemporary legends
- Costume study

- Criminology
- Dowsing & divining
- Fashion
- Forces insignia
- Gemstones
- Genealogy
- Heraldry
- History of art
- Language skills
- Military history
- Movie posters
- Postcards
- Reading
- Religious studies
- Ship recognition
- Stamp collecting

Media & communication

- Amateur radio
- Blogging
- Communicating with people who are visually impaired
- Communicating with people who have a hearing impediment
- Film & video making
- Journalism
- Newsletter & magazine production
- Signalling
- Vlogging
- Writing

Creative arts

- Basket making
- Boat work
- Brass rubbing
- Building catapults & trebuchets
- Cake decoration
- Camping gear making
- Candle-making
- Canoe building
- Canvas work
- Carnival/festival float construction
- Ceramics
- Clay modelling
- Crocheting
- Cross stitch
- DIY
- Dough craft
- Drawing
- Dressmaking
- Egg decorating
- Embroidery
- Enamelling

- Fabric printing
- Feng Shui
- Floral decoration
- French polishing
- Furniture restoration
- Glass blowing
- Glass painting
- Interior design
- Jewellery making
- Knitting
- Lace making
- Leatherwork
- Lettering & calligraphy
- Macramé
- Marquetry
- Model construction
- Mosaic
- Painting & design
- Patchwork
- Photography
- Pottery
- Quilting
- Rope work
- Rug making
- Snack pipping
- Soft toy making
- Tattling
- Taxidermy
- Textiles
- Weaving and spinning
- Wine/beer making
- Woodwork



THE DUKE OF EDINBURGH'S AWARD.

Programme ideas: Volunteering section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Volunteering section programme of your own.

You can find more information at DofE.org/volunteering and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Volunteering gives you the chance to make a difference

to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see DofE.org/volunteering for the requirements).

Helping people

- Helping children
- Helping children to read in libraries
- Helping in medical services e.g. Hospitals
- Helping older people
- Helping people in need
- Helping people with special needs
- Tutoring
- Young carer
- Youth work

Working with the environment or animals

- Animal welfare
- Environment
- Rural conservation
- Preserving waterways
- Working at an animal rescue centre
- Litter picking
- Urban conservation
- Beach and coastline conservation
- Zoo/farm/nature reserve work

Coaching, teaching and leadership

- Dance leadership
- DofE Leadership
- Group leadership
- Head student
- Leading a voluntary organisation group
 - Girls' Venture Corps
 - Sea Cadets
 - Air Cadets
 - Jewish Lads' and Girls' Brigade
 - St John Ambulance
 - Scout Association
 - Air Training Corps
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade
- Sports leadership
- Music tuition

Community action & raising awareness

- Campaigning
- Cyber safety
- Council representation
- Drug & alcohol education
- Home accident prevention
- Neighbourhood watch
- Peer education
- Personal safety
- Promotion & PR
- Road safety

Helping a charity or community organisation

- Administration
- Being a charity intern
- Being a volunteer lifeguard
- Event management
- Fundraising
- Mountain rescue
- Religious education
- Serving a faith community
- Supporting a charity
- Working in a charity shop



THE DUKE OF EDINBURGH'S AWARD.

BRONZE

Volunteering **3 months**

Physical **3 months**

Skills **3 months**

Expedition **2 days 1 night**



PLUS a further 3 months in the Volunteering, Physical or Skills section.

SILVER

Volunteering **6 months**

Physical one section for 6 months, the other for 3 months

Skills

Expedition **3 days 2 nights**



Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

GOLD

Volunteering **12 months**

Physical one section for 12 months, the other for 6 months

Skills

Expedition **4 days 3 nights**



Residential **5 days 4 nights**

Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

How long does a DofE programme take to complete?



Each section

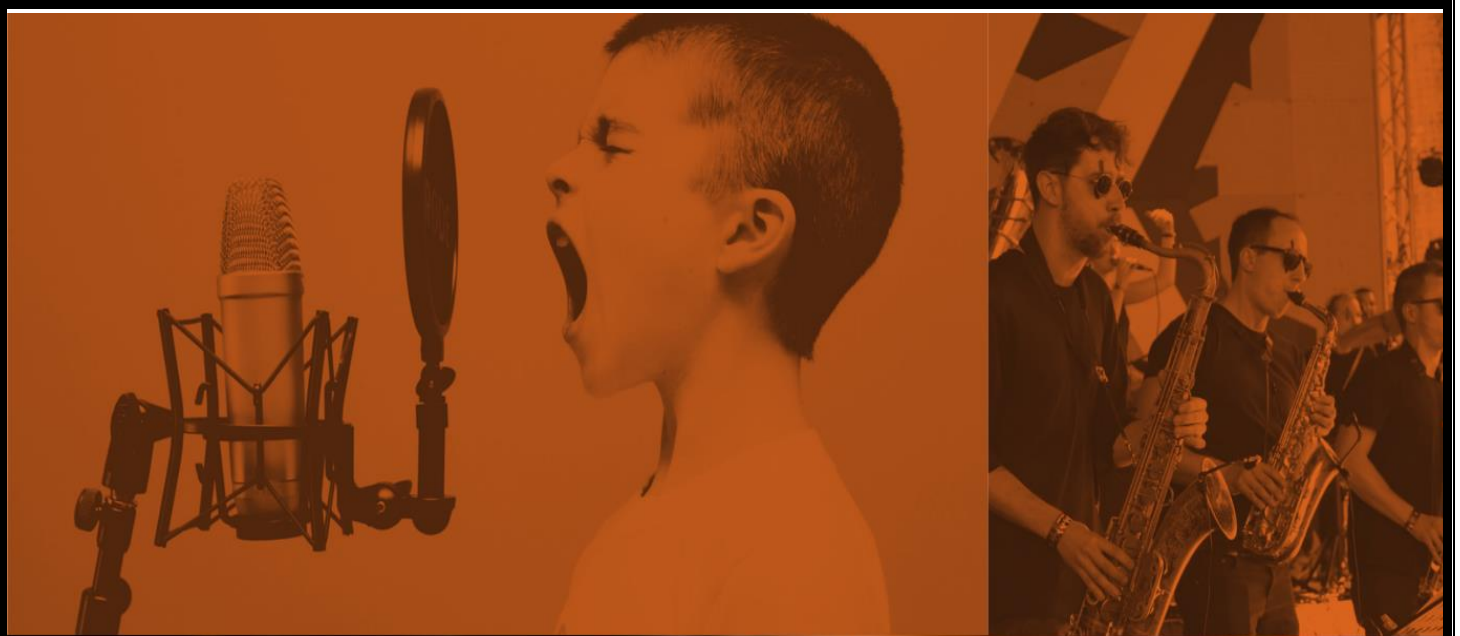
1 HOUR

average per week

STARTING AGES:



All Awards must be completed by the participant's 25th birthday



A team of teachers visit Pensby High School on a weekly basis and deliver lessons on a variety of instruments, including:

Piano/keyboard

Drums

Guitar

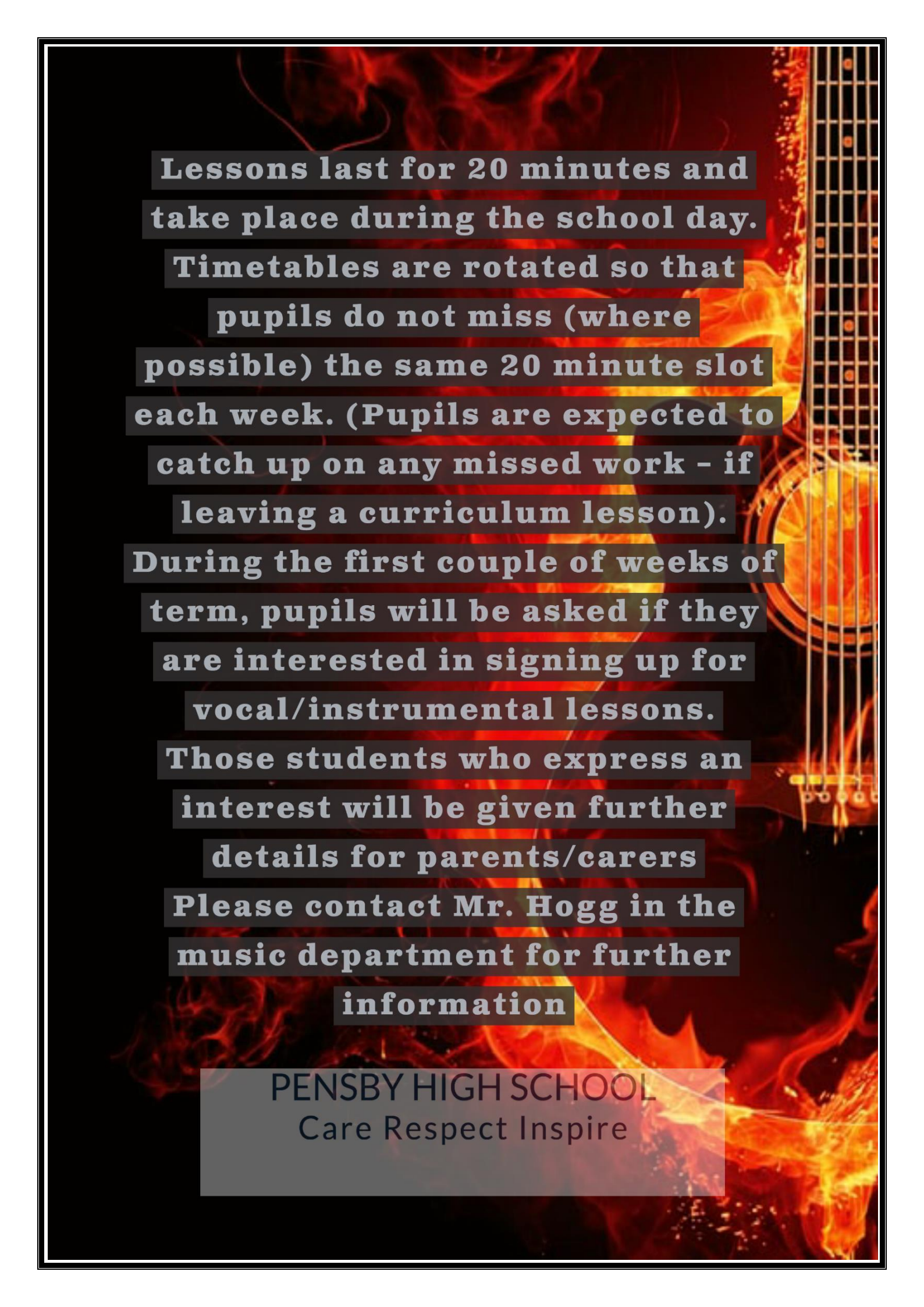
Brass

Singing

Woodwind

Strings - Violin - Viola - Cello





Lessons last for 20 minutes and take place during the school day.

Timetables are rotated so that pupils do not miss (where possible) the same 20 minute slot each week. (Pupils are expected to catch up on any missed work - if leaving a curriculum lesson).

During the first couple of weeks of term, pupils will be asked if they are interested in signing up for vocal/instrumental lessons.

Those students who express an interest will be given further details for parents/carers

Please contact Mr. Hogg in the music department for further information

PENSBY HIGH SCHOOL
Care Respect Inspire

**The cost for
Singing/Guitar/Woodwind lessons is
£10 per individual 20 minute lesson
and £7 per shared 20 minute lesson
(2 pupils to a lesson)**

**The cost for
Piano/Drums/Brass/Strings is £14.40
per individual 20 minute lesson and
£7.20 per shared 20 minute lesson
(2/3 pupils to a lesson)**

**For pupils in receipt of the Pupil
Premium grant, there will be a 50%
reduction in fees.**

Contact Mr. Hogg for further details

FOR YOUR USE ONLY – NOTES / CHOSEN OPTIONS

Days	LUNCHTIME
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Days	AFTER SCHOOL
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

**PENSBY
HIGH
SCHOOL
PENSBY'S
GOT
TALENT**



LAST DAY OF TERM

FRIDAY

DECEMBER 22

2023

PERFORMANCES

KS3 SHOWS

KS4 SHOWS

The Process..

Stage 1

Week of 27th Nov - 1st Dec

Forms choose best talent in form groups during pastoral time.

(form tutors email auditionees

names and chosen talent by Fri 1st

Dec)

Stage 2

Prospective Talent Audition Wednesday 6th December after School @

The Drama Studio (long wait possible!)

Rehearsal w/b 11th December.