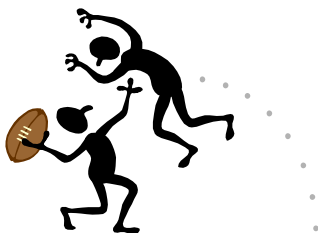
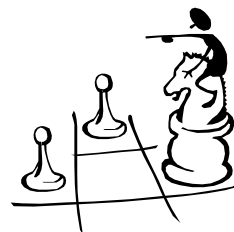
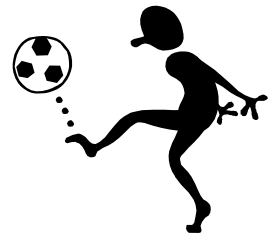


EXTRA CURRICULAR ACTIVITIES AT



INFORMATION BOOKLET

This booklet gives details of the extra curricular activities available to all students. These activities run from the week commencing 15th September. The majority of these activities run on Tuesdays and Thursdays when extra curricular transport operates from the school bus bay at 4.40pm. Details and timings below:

Route 1

Rockfield – 4.50pm MAIN ROAD PUBLIC SERVICE BUS STOP
 Newcastle – 4.55pm PULL IN
 Skenfrith – 5.10pm THE BELL/CHURCH
 Grosmont – 5.20pm VILLAGE HALL
 Cross Ash – 5.35pm VILLAGE HALL/TRIANGLE
 Llanvetherine – 5.45pm JUNCTION LLANGATTOCK LINGOED / LANES GARAGE

Route 2

Mitchel Troy – 4.45pm ALL MAIN ROAD PUBLIC SERVICE BUS STOPS
 Dingestow – 4.50pm
 Raglan – 5.00pm
 Usk – 5.20pm

Route 3

Staunton – 4.45pm ALL MAIN ROAD PUBLIC SERVICE BUS STOPS
 Berry Hill – 5.00pm
 Five Acres – 5.05pm
 Coleford town (Clock Tower) – 5.10pm

Route 4

Turning for Penallt – 4.50pm PULL IN
 Trellech – 5.00pm PRIMARY SCHOOL
 Llanishen – 5.10pm MAIN ROAD PUBLIC SERVICE BUS STOP

All timings are approximate and routes may be subject to change. We recommend parents make plans to arrive in advance of the published estimated arrival times.

EXTRA CURRICULAR ACTIVITIES TERM DATES 2014/2015

TERM	Activities Begin	Activities End
Autumn	Monday 15.09.14	Friday 05.12.14
Spring	Monday 12.01.15	Friday 20.03.15
Summer	Monday 13.04.15	Friday 19.06.15

SUMMARY OF EXTRA CURRICULAR ACTIVITIES AND COURSES SEPTEMBER 2014

MONDAY		WEDNESDAY	
Badminton	All years	Basketball	All years
Football (Break Time)	All Years	Chess	All Years
Kayaking	All years	Cross Fit	Y11-Y13
Music Theory	All years	Dance	All years
Rowing (existing rowers)	See note below	Football (Break Time)	All Years
TUESDAY		Gymnastics	All years
Art Club	Y7 & Y8	Jazz/Wind Band (Break time)	All Years
Art & Design GCSE	Y10 & 11	Rowing (existing rowers)	see note below
Book Club	Y7 – Y9	Vocal Group -Seniors	Y10-Y13
Cartoon Club	Y7 – Y9		
Choir	All Years	THURSDAY	
Classical Civilisation GCSE	Y9 & Y10	Art and Design Club	Y10 & Y11
Cooking Club	Y7	Classical Civilisation GCSE	Y9 & Y10
Cooking Club	Y8	Coding Club	Y 7 & Y8
Cross Country	All years	Debate and Public Speaking	All Years
Cross Fit	All years	Engineering GCSE	Y11
D & T KS5 practical sessions	Y12 & Y13	Film Club	All Years
English GCSE catch up sessions	Y11	Football (Break Time)	All Years
Football	All years	Geography GCSE Catch up Sessions	Y10 & Y11
Football (Break Time)	All Years	Gospel Choir (Break Time)	All Years
Geography GCSE Catch up Session	Y10 & Y11	Great Poetry Group	Y10 – Y13
Health & Social Care / Child Development	Y10 & Y11	Health & Social Care / Child	Y10 - Y13
History Club	Y7 & Y8	History GCSE Support Sessions	Y10 – Y11
History GCSE Support Sessions	Y10 – Y11	Homework Club	Y7 – Y9
Hockey	Y7 & Y8	Hockey	Y9 – Y13
Homework Club – Key Stage 3	Y7 – Y9	ICT & Computer Science GCSE Support	Y10 & Y11
ICT & Computer Science GCSE Support	Y10 & Y11	Maths AS/A2 support	Y12 & Y13
Journalism and Media Club	All Years	Maths GCSE Support	Y10 & Y11
Languages Club	Y7 – Y9	Maths KS3 Support	Y7 – Y9
Maths AS/A2 support	Y12 & Y13	Music – School Production Rehearsal	All Yrs
Maths GCSE Support	Y10 & Y11	Netball	Y7 & Y8
MFL KS4 Support Sessions	Y10 & Y11	Psychology Support	Y11-Y13
Muse/Creative Writing	All years	Rowing (existing rowers)	See note below
Music – School Production rehearsal	All Years	Rugby – Union and League	All Years
Netball	Y9 – Y13	Science Club KS3	Y7 – Y9
Percussion Ensemble	All Years	Sixth Form Period 6 lesson	Y12 & Y13
Rowing (existing rowers)	See note below	Study Group – Key Stage 4	Y10 & Y11
School Production – Musical Theatre	Audition	Swimming	All years
Sixth Form Period 6 lesson	Y12 & Y13	Trampolining	All years
Study Group – Key Stage 4	Y10 & Y11	Virtual Spin	All Years
Welsh Club (Clwb Cymraeg)	Y7& Y8	Welsh AS/A2 Speaking Session	Y12 & Y13
Welsh Full Course GCSE	Y10 & Y11	Young Millionaires	Y9 & Y10
Welsh GCSE Coursework Catch up	Y10 & Y11	FRIDAY	
Wildlife and Gardening Club	All Years	Football (Break Time)	All Years
		Indoor Rowing	Y7 & Y8
		Orchestra	All Years
		Rowing (existing rowers)	See note below
ROWING - Existing rowers - please see www.mcsbc.co.uk for full training programme			

MONDAY

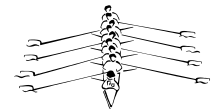
Badminton – all years

Football – All years (Break Time)

Kayaking – All years

Music Theory – All years

Aimed at those students who want to take the Grade 5 theory exam or wanting to improve their theoretical knowledge.



Rowing

For existing rowers. Please see www.mcsbc.co.uk for full training programme.

TUESDAY

Art Club – Year 7 and 8



Art & Design GCSE – Year 10 and 11

Book Club – Year 7 to 9

Are you passionate about reading and want to share your ideas and opinions about books with other like-minded students? The Book Club is for you. We will read a wide range of engaging texts and have lively, stimulating discussions in a friendly, essay-free environment! We will also be shadowing the Carnegie medal competition in May next year.

Cartoon Club – Year 7 to 9

Exploring the world of cartoon art – learning about and practising technique to enhance the skills of the cartoon.

Choir – All years

We perform in a variety of events, including the Christmas concert and the summer showcase. We have also recently joined together with many of the Year 6's from our primary schools to form a Cluster Choir which has many exciting performance opportunities planned! We sing an extensive range of music, including music from the films *Les Miserables*, *Lord of the Rings* and *Home Alone* to songs by 'The Wanted', 'Jessie J' and 'Coldplay'.

Classical Civilisation GCSE – Year 9 and 10

This two-year GCSE course is a great opportunity to widen your History horizons! Discover a different period of history whilst enhancing your independent learning skills and gaining an extra GCSE. We learn about life in Ancient Athens and Sparta as well as studying a Greek Tragedy and Ovid's Roman poetry. *Please note: this is a full and challenging yet rewarding GCSE option - full attendance and much supporting independent study will be necessary*

Cooking Club – Year 7

Cooking Club – Year 8

An informal and fun opportunity to develop and enhance cooking ability and skills.



Cross Country – All years



CrossFit – All years

CrossFit workouts incorporate elements from high-intensity interval training, olympic weightlifting, plyometrics, powerlifting, gymnastics, and other exercises

Design Technology – Practical – Key Stage 5

This is an opportunity for **AS and A Level students** to further develop their manufacturing skills.



English GCSE catch-up sessions – Year 11

You do not need to make a weekly commitment; in fact you will only need to attend the sessions which are of direct relevance to you. We will begin with descriptive writing in September. If you want to complete this piece or any other pieces, please sign up in room 39. Sessions will run from 3:15 – 4:30.

Football – All years

Students take part in training sessions and matches.



Football – All years (Break Time)

Geography GCSE Catch Up Session – Year 10 and 11

Health and Social Care / Child Development – Year 10 and 11

Open to Year 10 and 11 students following these courses. Support with homework and revision and a chance to do some extra research and reading.

History Club – Year 7 & 8

This is an opportunity to engage and indulge in the areas of History that interest you the most! You can build on knowledge gained in class, or pursue an interest in any field; from the Japanese Samurai, to the birth of Rock and Roll music. The club is supported by keen A-level historians, who encourage everyone to share their interests and enjoy making discoveries about the past.

History GCSE Support Session – Year 10 and 11

Hockey – Year 7 and 8

Students take part in training sessions and matches.

Homework Club – Key Stage 3 – Year 7 to 9

Students in Years 7 - 9 are provided with an opportunity to complete homework and class tasks, as well as developing literacy and numeracy skills. Students have access to resources required to hone their learning skills. Throughout these sessions, support is available to assist students in developing their independence and organisational skills.

ICT and Computer Science GCSE Support

Support sessions open to **GCSE ICT and Computer Science** students for support in all aspects of the course.

Journalism and Media Club

Journalism and Media Club has absorbed Young Reporters and Media Club to form an authentic experience of both print and media journalism. Our work this year will be in preparation for BBC News School Report Day; a day on which students get the chance to broadcast their news around the world through the BBC website.

This year, students in **Years 7 to 11** have the opportunity to take part in the day, whilst **Year 12 and 13** students can act as guides and mentors.

This club will provide valuable experience into all aspects of news creating, reporting and producing and will help students discover the skills needed for Media GCSE and further education courses in the subject.

Languages Club – Year 7 – Year 9

Fun activities and games to develop language skills (**Years 7, 8 and 9**)

Maths AS/A2 support

Support sessions for students taking **AS/A2 Mathematics**

Maths GCSE support – Year 10 and 11

Support sessions for Year 10 and 11 students taking GCSE Mathematics.

MFL Key Stage 4 Support Sessions – Year 10 and 11

Muse/Creative Writing – All years

An opportunity to share our creative efforts with like-minded individuals from all Key Stages.

Together we write in a number of forms: poetry, micro-fiction, narratives, and descriptive pieces and critique each other's work with a view to bettering our creative talent.



Music - School Production rehearsal – All years

For details see School Production Tuesdays.

Netball – Year 9 to 13

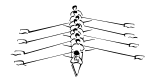
Students take part in training sessions and matches.



Percussion Ensemble – All Years

Rowing

For existing rowers. Please see www.mcsbc.co.uk for full training program



School Production – Musical Theatre

The Creative Arts Faculty offers the chance for **students** to be involved in a production of a full scale musical. A great opportunity for Drama, Music and Dance students to develop their skills, but also the chance for pupils to work creatively in a large group. This year's play is still to be confirmed, but previous productions have included 'Guys and Dolls', 'Fiddler on the Roof', 'Oh, What a Lovely War', 'Bugsy Malone' and 'Schools Will Rock You'.

Auditions will take place in early September with rehearsals on Tuesdays and Thursdays all the way through to the performances which will take place at the end of January 2015. Students wanting to be involved will need to commit to attending every rehearsal.

Study Group Key Stage 4 – Year 10 and 11

This provides students in Years 10 & 11 with an opportunity to catch up and improve on classwork, Welsh Bacallaureate and controlled task preparation. Support is available to assist students in developing their organisational skills and complete assigned tasks.

Welsh Club (Clwb Cymraeg) – Year 7 and 8

A chance for Year 7 and 8 to develop their Welsh skills in a fun way.



Welsh Full Course GCSE Session - Year 10 and 11

For Year 10 and Year 11 students completing the Full Course GCSE in Short Course time

Welsh GCSE Coursework Catch up – Year 10 and 11

For Year 10 and 11 students who need to sit or re-sit any coursework.

Wildlife & Gardening – All years

For all students interested in wildlife conservation and learning basic gardening techniques.

WEDNESDAY



Basketball – All years

Chess Club – All years

CrossFit – Years 11 – 13

CrossFit workouts incorporate elements from high-intensity interval training, olympic weightlifting, plyometrics, powerlifting, gymnastics, and other exercises.

Dance – All years

Football – All Years (Break Time)

Gymnastics – All years

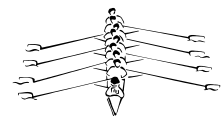


Jazz/Wind Band – All years (Break Time)

Rowing

For existing rowers. Please see www.mcsbc.co.uk for full training programme.

Senior Vocal Group – Year 10 to 13



THURSDAY

Art and Design Club – GCSE Art Students

An opportunity for students to continue with their GCSE Art Work.

Classical Civilisation GCSE – Year 9 and 10

To compliment Tuesdays, this is an opportunity for independent study, support and revision to further enhance your passion for the Classical World!

Coding Club – Years 7 & 8

An opportunity for students to take part in a variety of activities to learn computer coding. Open to Years 7 and 8.

Debate and Public Speaking – All years

"Honest disagreement is often a good sign of progress."

Mahatma Ghandi

The Debate and Public Speaking Society is a student led society which compete in regular "in-house" tournaments as well as being represented in well regarded national competitions such as the CEWC Cymru Debating Championships and the Rotary Youth Speaks Competition. We have a fantastic history at these events, having reached the National Finals on more than one occasion. Last year we even staged a debate on whether women make better leaders in society for the Monmouth Women's Festival.

The process of debate offers profound and lasting benefits for individuals, for societies and for the global community as a whole. With its emphasis on critical thinking, effective communication, independent research and teamwork, debate teaches skills that serve individuals well in school, in the workplace, in political life and in fulfilling their responsibilities as citizens of democratic societies. Perhaps though, most importantly debating and public speaking both allow learners to find their own style and voice and provides a forum in which difficult and often challenging topics can be discussed.

Engineering GCSE – Year 11

Year 11 students have the opportunity to complete GCSE coursework during these sessions.

Film Club – All years

Football – All years (Break Time)

Geography GCSE Catch up Sessions – Years 10 & 11

Gospel Choir – All years (Break Time)

Great Poetry Club – Year 10 to 13

This is not an English lesson. No writing. Nothing traumatic. Come and talk about great poetry. Or just eat the biscuits.

Excellent preparation for all GCSE and A Level students.

Health and Social Care/Child Development – Year 10 – Year 13

Research and individual support.

History GCSE Support sessions – Year 10 and 11

Supervised catch-up sessions for revision, exam practice, study support and Controlled Assessment catch up.

Homework Club Key Stage 3 – Year 7 to 9

Students are provided with an opportunity to complete homework and class tasks, as well as developing literacy and numeracy skills. Students have access to resources required to hone their learning skills. Throughout these sessions, support is available to assist students in developing their independence and organisational skills.



Hockey – Year 9 to 13

Students take part in training sessions and matches.

ICT and Computer Science GCSE Support

Support sessions open to **GCSE ICT and Computer Science** students for support in all aspects of the course.

Maths AS/A2 support Year 12 & Year 13

Support sessions for students taking **AS/A2 Mathematics**

Maths GCSE support

Support sessions for **Year 10 and 11 students** taking GCSE Mathematics

Maths – KS3 Support – Year 7 – Year 9

Support sessions for students in Years 7, 8 and 9

Music - School Production rehearsal – All Years

For details see School Production Tuesdays and Thursdays.

Netball – Year 7 and 8

Students take part in training sessions and matches.

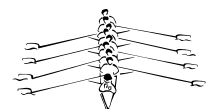


Psychology Support – Year 11 to 13

Open to students in Years 11 - 13 studying psychology. Help with homework, revision and research.

Rowing

For existing rowers. Please see www.mcsbc.co.uk for full training programme.



Rugby – Union and League – All years

Students take part in training sessions and matches.

Science Club – Year 7 to 9

A Club aimed at Years 7 - 9 packed full of practical activities and challenges e.g. the great boat race, invisible ink and making face creams!

Swimming - All years

Study Group – Key Stage 4

This provides students in Years 10 & 11 with an opportunity to catch up and improve on classwork, Welsh Baccalaureate and controlled task preparation. Support is available to assist students in developing their organisational skills and complete assigned tasks.



Trampolining – All years

Virtual Spin – All years

Welsh AS/A2 Speaking Session – Year 12 and 13

To enable Year 12/13 to speak Welsh to members of the public

Young Millionaires – Year 9 and 10

For students who want to get a taste of what it's like to be an entrepreneur. An opportunity for students to think of a new business idea and make it happen, using real money to take risks in the business field, make a profit – and make a difference!

FRIDAY

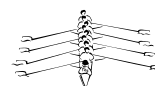
Football – All years (Break Time)

Indoor Rowing – Year 7 and 8

Orchestra – All years

Rowing

For existing rowers. Please see www.mcsbc.co.uk for full training programme.



Autumn Term 5x60 Activities at Monmouth Comprehensive School

ACADEMY

Day	Activity	Venue	Time	Term Cost
Monday	Equine	Equestrian Centre	3:15 - 5:15pm	£80
Tuesday	Tae Kwon Do	Dance Studio	3:10 - 4:10pm	£22
Tuesday	Squash	Squash Courts	3:10 - 4:10pm	£22
Thursday	Street Dance	Dance Studio	3:10 - 4:10pm	£22
Friday	Fencing	Sports Hall	3:10 - 4:10pm	£22
Friday	Water Polo	Swimming Pool	3:10 - 4:10pm	£22

FREE ACTIVITIES

Day	Activity	Venue	Time	Term Cost
Monday	Badminton	Sports Hall	3:10 - 4:10pm	FREE
Monday	Kayaking	Swimming Pool	3:10 - 3:50pm	FREE
Tuesday	Cross Fit (Year 7-10)	School Gym	3:10-4:10pm	FREE
Wednesday	Cross Fit (Year 11-13)	School Gym	3:10-4:10pm	FREE
Wednesday	Boxing	Squash Courts	3:10-4:10pm	FREE
Thursday	Virtual Spin	Leisure Centre Café	3:10 - 4:10pm	FREE
Thursday	Competitive Swimming	Swimming Pool	3:10-3:50pm	FREE
Friday	Indoor Rowing (Year 7&8 only)	Leisure Centre Café	3:10 - 4:10pm	FREE
Monday - Friday	Football	Astroturf	11:05 - 11:30am (Break Time)	FREE

All sessions to commence w/c 15th September and Finish w/c 1st December (11 weeks)
 For further information please email Paul Sullivan
 (Community and Sport Development Officer for Monmouth)
paulsullivan@monmouthshire.gov.uk



"Learning to Lead our Lives"
 "Dysgu Trwy Arwain"

