

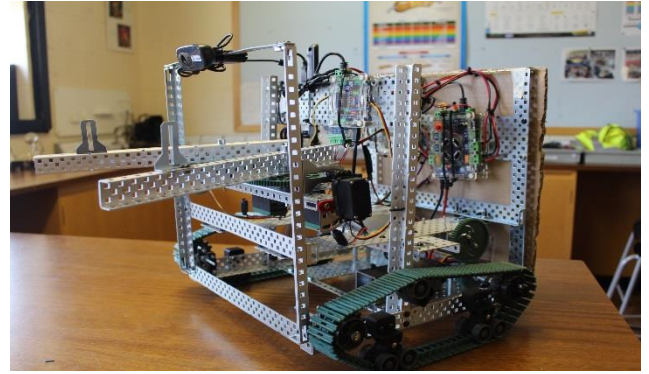


**WISBECH**  
GRAMMAR SCHOOL

# **Co-Curricular Booklet**

## **Lent Term**

### **2020**



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## Introduction

Welcome to the Wisbech Grammar School Co-Curricular programme.

This booklet contains information on the extensive range of opportunities on offer. The activities and clubs can help broaden horizons and contribute to future success. Pupils have the chance to be involved in existing interests and enthusiasms, but also to challenge themselves and to try something new. This programme is firmly a part of the 'all round education' that the School offers.

As you will see, there are separate pages in the booklet on Performing Arts, Sports and the Duke of Edinburgh Award whilst the other Clubs and Activities are listed alphabetically for ease of reference.

If you have any comments on the range of activities on offer please do contact me at the School.

Dr Kevin Mann  
Assistant Head Co-Curricular

# 1. Performing Arts

## Music

<b>Allegro String Ensemble</b> Capacity: 10	Day: Thursday Time: Period 5	Age Group: All Staff: RWW	
Players will need to be of a good standard on a string instrument. Please ask Mrs Missin if you would like further details.			
<b>Arcadia Baroque Ensemble</b>	Day: Monday Time: 1620	Staff: Mrs Harding	
This specialist ensemble will focus on music from the Baroque era – composers such as Handel, Corelli and Telemann. Players will be invited to participate in this group according to the suitability of their instrument for the repertoire. If you would like further details please see Mrs Harding or Mrs Missin.			
<b>Brass Ensemble</b>	Day: Friday Time: 1300	Staff: Mr Steward	
Mr Steward, our brass specialist, is very experienced in directing ensembles. This group will bring together trumpets, horns and trombones to work on a varied repertoire.			
<b>Cantus Choir</b> Capacity: 30	Day: Wednesday Time: Period 5	Staff: Mrs Missin	
This choir is for girls in all year groups who would like to develop their singing further. We sing arrangements of pop songs and numbers from the Musicals.			
<b>Chamber Choir</b> Capacity: 25	Day: Time: 1620	Age Group: 3rd – 6th Staff: Mrs Missin	
This club is open to advanced singers in all year groups, this group will work on more challenging vocal repertoire. There will be the opportunity to explore different musical styles and a cappella arrangements.			
<b>Orchestra</b> Capacity: N/A	Day: Tuesday Time: Period 5	Staff: Mrs Missin	Michaelmas Lent
The whole school orchestra will bring together players from the string, woodwind, brass and percussion families to perform a variety of pieces from different styles. Pupils who have instrumental lessons in school and have reached the required standard will be expected to participate.			
<b>So What? Jazz Band</b> Capacity: 10	Day: Thursday Time: 1620	Age Group: All Staff: Mr Garford	
Jazz music of all eras will be the focus for this ensemble, directed by the jazz supremo Mr Garford. Players will need to be of a good standard on an instrument associated with jazz (saxophone, clarinet, piano, drums or guitar). Please ask Mrs Missin if you would like further details.			
<b>Starter Steel</b> Capacity: 10	Day: Thursday Time: Period 5	Age Group: All Staff: Mrs Missin	Trinity
Come to learn to play the pans!			
<b>Steel on Steel</b> Capacity: 10	Day: Tuesday Time: 1620	Staff: Mrs Missin	
Steel pans are exciting to play and will present you with a refreshing, new way of learning and performing music. This group is for pupils who have had previous experience of playing in a steel band.			



<b>Training Wind Band</b> Capacity: 10	Day: Thursday Time: Period 5	Age Group: All Staff: Mrs Garford	
Mrs Garford, our talented woodwind teacher, will coach this group of mixed woodwind instruments – flute, clarinet, saxophone and oboe. Pupils who have woodwind lessons in school are expected to attend. If you have lessons outside of school you are very welcome to attend.			
<b>Rock Choir</b> Capacity: 40	Day: Thursday Time: Period 5	Age Group: 1st-2nd Staff: Mrs Missin	Michaelmas Lent
Singing is good for the mind, body and soul- that's a fact! Rock Choir is open to boys and girls in the First and Second Forms and is a chance to sing along with your favourite songs.			

## School Production

<b>School Production Rehearsals</b> Capacity:	Time: Period 5	Age Group: All Staff: ACD, SED	
School productions are rehearsed and performed throughout the year. They are frequently performed in the Russell Hall, but can be designed for The Angles Theatre, Wisbech or be part of national competitions and festivals. Casting takes place following advertised auditions and rehearsal schedules are distributed each half term.			
<b>Stage Crew</b> Capacity: 8	Day: Wednesday Time: Period 5	Age Group: All Staff: Mrs Duncan	Michaelmas Lent
Each week we meet to plan and prepare for events. Training is given in all aspects of technical theatre. Members of Stage Crew are assigned duties for regular assemblies and performances so occasional evening attendance is required. There is the opportunity to gain Performance Support Awards.			

## Speech and Drama, Communication Skills, Musical Theatre

<b>Speech and Drama, Communication Skills and Musical Theatre</b> Capacity: by arrangement	Tuesday and Friday Individual, pairs or small group lessons throughout the day	Age Group: All Staff: Mrs Duncan	
Tuition for Trinity College Acting and Speech and Musical Theatre Awards is available as a paid extra for pupils who want to explore performance techniques in greater depth. 30 min lessons are timetabled over a rolling programme so that the impact on academic lessons is limited. The School has recently gained accreditation as a Trinity Champion Centre and our pupils have achieved consistently high results.			

## Dance

<b>Dance with Studio 19</b> Capacity: 25	Time: Period 5	Age Group: 1st-4th Staff: Studio 19	
An opportunity for pupils who love to Dance. The classes focus on performance, technique and choreography, dancing a range of styles from jazz to commercial to musical theatre and hip hop. We work on delivering a routine by the end of each session. Sessions are priced at £5.			

## 2. Sports

Sport is a major part of WGS life and many lasting friendships are developed through being involved in school sport. Team sports form the basis for most co-curricular activities, and there is the opportunity for every pupil to get involved, learn a new sport, learn new skills and enjoy being physically active.

Teams have met success at every level, from county championships to national finalists, and many pupils have represented the county and region in a variety of sports, some moving on to play for their country. These pupils took the opportunities that were on offer here at WGS and made the most of their talents with the help of the expert coaching and support that is always available.

Cricket Club	Monday 1620	1st – 3rd	
Hockey Goalkeepers	Monday 1620		
Strength and Conditioning	Monday 1620	4th -6th	
U18 Boys Rugby Sevens	Monday 1620		
U18 Girls Rugby Sevens	Monday 1620		
Archery Club	Tuesday Period 5		
Boys Ruby Sevens	Tuesday Period 5		
Cricket Club	Tuesday Period 5		
Strength & Conditioning	Tuesday Period 5	3rd – 6th	
Gymnastics Club	Tuesday 1620	3rd – 6th	
Strength & Conditioning	Tuesday 1620	3rd – 6th	
Cricket Club	Wednesday Period 5	1st – 3rd	
Gym Club (Advanced)	Wednesday Period 5	Beginners	
Netball Shooting Club	Wednesday Period 5		
U18 Girls Rugby Sevens	Wednesday Period 5		
Badminton Club	Wednesday 1620		
Strength & Conditioning	Wednesday 1620	Invited pupils only	
Table Tennis Club	Wednesday 1620		
Dance	Thursday Period 5		
Gym Club (Beginners)	Thursday Period 5		
Sports Development	Thursday Period 5	2nd – 4th Invited pupils only	
Sports Elite	Thursday Period 5	2nd – 4th Invited pupils only	
U18 Boys Rugby Sevens	Thursday Period 5		
Cricket Club	Thursday 1620	4th – 6th	
Strength & Conditioning	Thursday 1620	3rd – 6th	
U13/12 Boys Hockey	Thursday 1620		
U13/12 Girls Hockey	Thursday 1620		
1st Greyhounds U15, U14 Hockey	Friday 1620		
1st Greyhounds U15, U14 Netball	Friday 1620		

### 3. Duke of Edinburgh's Award

Duke of Edinburgh's Award	Period 5  Tuesday (Bronze) (All year)  Wednesday (Silver) (Lent & Trinity Terms Only)  Ongoing (Gold)	Age Group: 3rd - 6th  Staff: DSG /GHN /KLT/ SJC/ESI	
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The Duke of Edinburgh's Award is a challenging programme of activities which helps young people learn new skills, develop self-confidence, resilience and experience adventure. It is held in high regard by university admission staff and future employers who recognise the attributes an award holder will have displayed.

The School offers all 3 levels: Bronze for those pupils in the Third form, Silver for those in the Fourth form and Gold for those over 16.

Planning and administration of each award will take place during the school day, but will require some updating at home, via the eDofE system

Expedition training will also take place during the school day and on occasional Saturday mornings. Each participant is required to attend the route planning and training sessions plus spend some of their spare time completing the Service, Skills and Physical sections of their award.

The Volunteering element of the Award offers the opportunity for participants to assist in a variety of activities, for example, charity shops, dog walking and coaching at local sports clubs. Other participants choose to use their period 5 in school to fulfil this element of the Award, for example, working with pupils by arrangement in Magdalene House or assisting with a period 5 Club. At Gold Level we actively encourage participants to assist in local primary schools.

Provisional Expedition dates:

Bronze - Practice Expedition – 3-4 May 2020

Qualifying Expedition – 15-16 June 2020

Silver – Practice Expedition – 21-23 March 2020

Qualifying Expedition – 28-30 June 2020

Gold – Practice Expedition – 14-18 April 2020

Qualifying Expedition – 4-11 July 2020 (tbc, Internationally based)



## 4. Clubs and Activities

<b>6th Form Charity Committee</b> Capacity: 12	Time: Period 5	Age Group: 6th Staff: KLT	
The Charity Committee meets weekly to arrange a variety of events, raising money for both national and local charitable causes. We aim to involve all pupils and staff across the entire School.			
<b>6th Form Newsletter</b> Capacity:	Time: Period 5	Age Group: 6th Staff: KLT	
Run by 6th Form pupils, this club provides an opportunity for 6th Form pupils to promote what they are doing in and outside of lessons in a half termly newsletter/blog. Ideal for pupils who are interested in media, PR, journalism, graphic design or those who just want to showcase what they 6th Form get up to!			
<b>Additional Maths</b> Capacity: 10	Time: Period 5	Age Group: 5th Staff: RLD	
This Club offers some of the most gifted Mathematicians in the Fifth Form the opportunity to gain an extra qualification, while also preparing them for the A Level course. We will tackle complex and challenging problems whilst expanding knowledge.			
<b>Archaeology Society</b> Capacity: 15	Time: Period 5	Age Group: 1st - 3rd, but older pupils may attend if they wish to help run the Society Staff: SCF	
Archaeology is the study of physical remains of the past in pursuit of an understanding of human culture. Join the Archaeology Society as we look at different world cultures including the Ancient Egyptians, Assyrians and Greeks as well as the million-year-old fossilised remains of our earliest human ancestors in Africa and the scientific methods of analysis used in archaeology. There will be an opportunity to work with the University of Cambridge Division of Archaeology and the opportunity to be involved in a dig in the School grounds.			
<b>Archery Club</b> Capacity: 24	Time: Period 5	Age Group: All Staff: SAF/SCF	
Archery Club: Come and learn the ancient sport of target archery. We shoot the traditional recurve bows as used in the Olympics', but there is also an opportunity to use the modern Compound bows and the more traditional longbows. There will also be optional field shoots and other events as well as the opportunity to compete on the Wisbech Grammar School Archery Team.			
<b>Art and Science of Decoding Cryptic Crosswords</b> Capacity: 15	Time: Period 5	Age Group: All Staff: RDK	
Cryptic crosswords provide a challenge to your general knowledge, vocabulary, and ability to think in different ways as you explore and apply your skills in working out the answers. You will need to be resourceful, inventive and creative in your thinking - plus have bucket loads of perseverance. You will develop a toolkit for problem solving that will be with you for life, plus derive huge enjoyment and satisfaction in completing these puzzles.			
<b>Art, Paint and More</b> Capacity:10	Time: Period 5	Age Group: 3rd Staff: AW	

This is an opportunity to experiment with a whole range of print techniques on paper and fabric. Be creative and discover how this can link with photography and Photoshop and further your creative talent.			
<b>Art Workshop</b> Capacity: 12	Time: Period 5	Age Group: 4th - 6th Staff: AW	
This is workshop session essentially for 4th Form, GCSE, and A level Art pupils who need guidance and support to develop practical coursework. This opportunity may help you to create more adventurous and ambitious projects, and experiment with new techniques.			
<b>Astronomy Club</b> Capacity: 10	Time: 1620 – 1730	Age Group: All Staff: AJS	Michaelmas (after half term) Lent
The intention of this activity is for pupils to be able to come along and make some guided observations of the night sky. In the weeks where direct observation is not possible, we will plan our observations for the following weeks. This may mean that the day on which the club runs changes to coincide with significant celestial events.			
<b>Beginners Italian</b> Capacity: 15	Time: Period 5	Age Group: 1st – 3rd Staff: ESS	
Parliamo italiano insieme! Ever wanted to learn Italian? Well this is the club for you! For absolute beginners, we will take a tour of Italy, its language and culture! We will learn a range of topics from introductions to ordering “gelato”! L’italiano è magnifico!			
<b>Beyond the Words</b> Capacity: 10	Time: Period 5	Age Group: 4th - 5th Staff: KAT	
By invite only; a Gifted, Talented and Able club which explores Literature as an art form across the ages. International and National Literature Prize winners and nominations will be discussed and pupils will be exposed to a range of Literature in preparation for Russell Group and Oxbridge applications.			
<b>Beyond the Words</b> Capacity: 10	Time: Period 5	Age Group: 6th Staff: AMC	
Expect to explore challenging texts beyond the syllabus as well as watching adaptations of texts and discussing their successes. You will develop and refine sophisticated analytical skills alongside undertaking creative writing in response to various genres.			
<b>Biology Society</b> Capacity: 15	Time: Period 5	Age Group: 4th – 6th Staff: JLL/DCC	
This club is for Biologists who are interested in looking at wider range of biological topics and current issues. It will provide leadership opportunities and scope to plan activities and events to raise awareness throughout the whole school of topical biological matters.			
<b>Book Club</b> Capacity: 8	Time: Period 5	Age Group: 1st - 3rd Staff: HKW	
Pupils have the opportunity to read a range of literature for pleasure. The group discuss how stories are constructed and how different authors create believable worlds and characters. Ideal for those that enjoy reading and want to expand their knowledge of classic stories.			
<b>Competitive Dishes</b> Capacity: 20	Time: Period 5	Age Group: All Staff: ALS	
Learn how to make competition style dishes in teams. You will be set a challenge to cook, present and serve a dish as if in a restaurant kitchen. You will have the opportunity to enter internal and external competitions. You will also explore what the commercial world of hospitality is all about.			
<b>Chess Club</b> Capacity: 20	Time: Period 5	Age Group: All Staff: FJW / TDC	

<p>Beginners are most welcome. Educators have now recognised the many benefits of playing Chess, including increased confidence and improved problem solving skills. Members are encouraged to play in the House Chess Competition.</p>			
<b>Creative Writing</b> Capacity: 20	Time: Period 5	Age Group: 1st-3rd Staff: HKW	
<p>Gothic castles, desolate landscapes, dystopian futures, anything your mind can imagine. Come and foster your writing creativity, enter competitions (local and national), win prizes, and, more importantly, have fun!</p>			
<b>Digital Graphics</b> Capacity: 20	Time: Period 5	Age Group: All Staff: VG	
<p>A club for those who enjoy using technology to be creative. You will have the flexibility to focus on what you enjoy and also to learn new things. So, come and learn more about the use of technology</p>			
<b>DT Open Workshop</b> Capacity: 20	Times: Period 5	Age Group: All Staff: RDF	
<p>Open workshop – where pupils can either further their experience of DT or work on ongoing project work.</p>			
<b>Electronics Club</b> Capacity: 10	Time: Period 5	Age Group: All Staff: CIC/CT	
<p>Electronics Club gives practical advice to enable pupils to build working projects of their own. New pupils start with soldering, creating simple LED lights. Further projects, using pins and matrix boards, allow pupils to follow circuit diagrams and build completed models that closely resemble the paper designs. Once the required skills are learnt, pupils may assemble their own choice of circuits.</p>			
<b>English Help</b> Capacity: 15	Time: Period 5	Age Group: All Staff: HKW, KAT, SJC	
<p>Help and advice with English work, essays, set texts, spelling and grammar. Sixth form A Level students also offer advice.</p>			
<b>Exploring Psychology</b> Capacity: 12	Time: Period 5	Age Group: 3rd - 5th Staff: JMG	
<p>An opportunity for pupils who have never studied Psychology to explore the subject. We will be watching interesting clips from famous psychology studies, documentaries, films and TED talks. Looking at and explaining the behaviour of people in the news and on television. We will discuss and debate interesting experiments, mental health, why people and animals may behave the way they do. This group will allow pupils to have the freedom to explore topics that they are interested in and may not have had the opportunity to discuss in lessons before.</p> <p>It will also allow pupils to gain a better understanding of psychology and help prepare and enthuse them for A level studies.</p>			
<b>Fashion Club</b> Capacity: 20	Time: Period 5	Age Group: All Staff: LEF	
<p>An opportunity for pupils to look at a broad view of fashion, from researching current fashion trends, developing an understanding of the history of fashion and becoming generally aware of a variety of topics and approaches in the industry.</p>			
<b>Food Committee</b> Capacity: Invitational	Monday Lunchtime	Age Group: All Staff: ALS	
<p>The Committee represents the pupil body on all issues relating around the food offer in School, as well as keeping up to date on current food trends to present to the School, such as during the School Assembly.</p>			
<b>Geography Discussion</b> Capacity: 20	Time: Period 5	Age Group: 5th-6th Staff: KLT/GHN	

Enrichment activity involving aspiring A level and GCSE Geography pupils as well as anyone else who has an interest in the world around them. Each week a topic is investigated with support material provided and encouragement for pupils to research independently.			
<b>German Cultural Club</b> Capacity: 20	Time: Period 5	Age Group: 1st -3rd Staff: MMS	
This Club will be exploring the culture of Germany. We will be finding out about its geography and history as well as its language. We will also be sampling German food and sweets to give us an even wider taste of that country!			
<b>Grow, Cook, Eat Club</b> Capacity: 10	Day: Thursday Time: 1620 - 1730	Age Group: All Staff: ALS	
This well-known and ever-popular club offers the opportunity to develop your knowledge and cooking skills, plus the all important aspect – tasting the delicious results.			
<b>Gym Club (Advanced)</b> Capacity: 15	Time: Period 5	Age Group: All Staff: KDH	
For those gymnasts wishing to compete at School and county level. You should be confident to perform an acro series on the floor, eg. round off one quarter turn cartwheel and be vaulting at least a through vault. If you would like to discuss which of the Gym Club groups to join then please speak with Mrs Harrison.			
<b>Gym Club (Beginners)</b> Capacity: 18	Time: Period 5	Age Group: All Staff: KDH	
For all aspiring forward roll fans, this Club will help you to improve your basic skills on floor, try tumbling from a trampette and power down the vault runway. There may be the opportunity to take part in competitions.			
<b>History Club</b> Capacity: 20	Time: Period 5	Age Group: 1st - 3rd Staff: SE	
This is a club for all those interested in History. You will have the opportunity to investigate periods of History not studied in class. The club will have practical and fun activities, such as building models, making displays, producing videos, etc.			
<b>Homework Club</b>	Time: 1620 – 1730	Age Group: All Staff: Teaching Staff	
Homework Club runs every evening and is open to all Senior School pupils. It is supervised by a member of the Senior School teaching staff.			
<b>ICT Homework Club</b>	Time: 1620 -1730	Age Group: All Staff: Teaching Staff	
An opportunity for all year groups to catch up on homework using the ICT lab's facilities in room 56.			
<b>International Film Club</b> Capacity: 20	Time: Period 5	Age Group: All Staff: TWC	
In our globalised world, languages are necessary for improving communication and international understanding. Learning a modern language is about far more than only vocabulary and grammar; pupils need to hear it spoken in real life situations and be exposed to the culture. Watching a foreign film in the relaxed atmosphere of a school film club (so it doesn't feel like hard work!) is a great way to achieve this. Join us!			
<b>Japanese Cultural Club – Otaku</b> Capacity: 20	Time: Period 5	Age Group: All Staff: PGL	

This club will explore aspects of popular Japanese culture such as anime.  
Join us for the trip.

<b>Junior Poyser</b> Capacity:	Time: Period 5	Age Group: 2nd – 4th Staff: SE/IPR	
The Junior Poyser group is for bright and inquisitive individuals in the 2nd to 4th Form. The group examines topical issues ranging from politics to ethics to the environment. We consider different opinions on controversial issues and use discussion and debate to argue individual perspectives. The group engages in a range of different activities and encourages pupils to take a lead on issues that they consider to be important. In 2019 we examined environmental problems and wrote letters to the Environment Secretary to voice our concerns and present possible solutions. If you like to be challenged and enjoy debate, then Junior Poyser could be right for you?			
<b>Junior Science Club</b> Capacity: 15	Time: Period 5	Age Group: 1st – 3rd Staff: CL, AS	
Do you love science and want to do some very cool experiments? Have you ever wondered why fizzy drinks are bad for your teeth? Have you ever wondered if antibacterial handwash is better than normal soap? The Junior Science Club is open to all students 1st Form and above. It is an opportunity for you to complete an independent scientific investigation with guided support, in exchange for an Award. Pupils begin by completing a Bronze Level Award and can then move onto Silver and Gold. The club will help improve your thinking and practical skills.			
<b>Language Leaders</b> Capacity: 10	Time: Period 5	Age Group: 6th Staff: ESS	
This club is open to all 6th Form pupils who either study a Modern Foreign Language or have a passion for languages. You will be taught the basics of teaching and planning methodology, and then asked to lead language learning activities in a primary classroom. You will also plan a language learning event for primary school pupils. This club is not only for people who are thinking of going into teaching, but if you are, it will provide you with a lot of skills which you can use later on in your career.			
<b>Language Quizlet Club</b> Capacity: 26	Time: Period 5	Age Group: All Staff: ESS	
Do you want to be the best at Quizlet? Do you want to improve your vocabulary for your languages? This club will give you the chance to improve your vocab which in turn will help your listening, speaking, reading and writing skills. Come along to the language lab (Rm 12).			
<b>Learning Support</b> Capacity:	Time: Various	Age Group: Staff: ESI, CMA, AMK	
<p>The Learning Support staff are available to support pupils in a number of areas:</p> <p>Handwriting Club: Don't miss out on vital examination marks because the examiner can't read your work. Join handwriting club to improve the appearance and speed of your handwriting.</p> <p>Organisation Help Club: Messy folders? Can't find your work? Forgotten the deadline? You need help with organisation. This club will help you develop your organisation skills.</p> <p>Learning Support: We offer support with literacy skills – such as reading, writing and spelling. This is an invitation only club, however if you feel that you need support in these areas, please contact ESI.</p>			



<b>LEGO Robotics</b> Capacity:10	Day: Wednesday Time: Period 5	Age Group: All Staff: CIC	
<p>This Club is for those interested in building machines, engineering, science and programming.</p> <p>You will use the LEGO Technics system to build machines and robots that have to achieve certain tasks. There is loads of LEGO for you to use which allows really imaginative solutions. We are looking to enter the First LEGO League competition where you can build a robot to solve a real world problem.</p> <p>Sixth Formers involved in the Club will design, manufacture and program an autonomous robot to compete in 'Student Robotics', a national competition, involving over 50 schools. Pupils will need to work in a team in order to overcome a challenge set by the competition organisers. No previous experience with programming or robots is necessary and taking part in this competition will also give you something great to talk about on a university application.</p>			
<b>Lifesavers Club</b> Capacity: 10	Time: Period 5	Age Group: All Staff: CVE (School Nurse)	
<p>With the skills you learn in this Club, you just might be able to save someone's life! This is a club for pupils to learn about a variety of first aid conditions and how to treat them. Sessions will include topics such as CPR, burns, wounds, seizures, bones, muscle and joint injuries and poisoning, to name but a few. The sessions are based on lesson plans produced by St John's Ambulance and pupils will receive a certificate at the end of the term demonstrating their newly learnt skills.</p>			
<b>Lower School Art Club</b> Capacity: 12	Time: Period 5	Age Group: 1st - 2nd Staff: SDC	
<p>This is a club designed for Lower School pupils who want to explore and have fun with a range of Art activities. We will explore a range of cultural influences and techniques aiming to work on large scale projects.</p>			
<b>Maths Help</b> Capacity: 20	Time: Period 5	Age Group: All Staff: KDH	
<p>Need more time to practise? Want extra explanation? Forgotten what to do? Stuck on your homework? Then we are here to help with all of your mathematical worries!</p>			
<b>McMug</b> Capacity: 16	Time: Period 5	Age Group: All Staff: MJT	
<p>Are you interested in good honest food? If so let's ditch the plates and whip up some fresh quick Mug Meals faster than it takes to pre-heat the oven or say "Big Mac and Fries please"!!</p>			
<b>Meditation &amp; Mindfulness</b> Capacity: Infinite	Time: Period 5	Age Group: All Staff: EAL	
<p>A club for those wishing to learn meditation and mindfulness techniques, which can help to improve memory and concentration, promote a calmer outlook on life, and deal with feelings of stress and anxiety.</p>			
<b>Mental Health Advocates</b> Capacity: 15	Time: Period 5	Age Group: 3rd – 6th Staff: JMG	
<p>The club is a way of bringing pupils together to talk about mental health in schools. We will have an open dialogue about current and common problems teenagers face and pupils can suggest improvements that the school can make. Pupils can have a say in mental health assemblies, can lead assemblies and produce material to distribute around the school, written by teenagers, for teenagers. Pupils can help raise understanding of LGBTQ, healthy ways to 'diet', exam stress etc. We will also educate pupils on different mental health conditions and look at courses we could run.</p>			

<b>Military History Club</b> Capacity: 20	Time: Period 5	Age Group: All Staff: SE	
Focus on key battles from Ancient to Modern Times. Activities will involve movie clips and documentaries, research and presentations to the group. Study of tactics, uniforms, weapons and personalities.			
<b>Photography Club</b> Capacity: 10	Time: Period 5	Age Group: All Staff: TDC	
See Mr Chapman for details. You will need to bring your own digital SLR camera.			
<b>Poetry Club</b> Capacity: 20	Time: Period 5	Age Group: All Staff: SJC	
A perfect opportunity for you to explore poetry in more depth – you will both read and write a wide and exciting variety of poetry in order to gain a greater appreciation of the highly influential art form.			
<b>Quiz Club</b> Capacity: 25	Time: Period 5	Age Group: 1st – 5th Staff: PWT	
An opportunity to test and develop your general knowledge through a variety of quiz formats. There may be opportunities to compete against other schools.			
<b>Role Playing Games</b> Capacity: 10	Time: Period 5	Age Group: All Staff: SJM	
<p>Role playing games depart from traditional wargaming and assign each player a specific character to play instead of an army. These characters embark upon imaginary adventures within a fantasy setting. A “Dungeon Master” serves as the game's referee and storyteller, while maintaining the setting in which the adventures occur and playing the role of the inhabitants. The characters form a party that interacts with the setting's inhabitants (and each other). Together they solve dilemmas, engage in battles, and gather treasure and knowledge. In the process the characters earn experience points to become increasingly powerful over a series of sessions.</p> <p>No equipment is needed.</p>			
<b>Russian Club</b> Capacity: 15	Time: Period 5	Age Group: 3rd-6th Staff: IPR	
Russian Club is a club devoted to celebrating and understanding Russian Culture. We focus on the arts, music, dance, theatre, language, sports, and/or film.			
<b>Science Hospital</b> The Complete Treatment! Building Biology, Curing Chemistry and Fixing Physics Capacity: 40	Time: Period 5	Age Group: 3rd - 6th Staff: AJS/DCC/GSP/JLL	
Pupils are offered the opportunity to seek guidance and support with their work. A member of staff is available to offer advice with completion of assignments or projects.			
<b>Senior Science Club</b> Capacity: 15	Time: Period 5	Age Group: 4th-6th Staff: GSP	
Do you love science experiments? Would you like to clone plants? Have you ever wondered how much Vitamin C is in broccoli? The Senior Science Club is open to all students 4th Form and above. It is an opportunity for you to complete an independent scientific investigation with guided support, in exchange for an Award. Pupils begin by completing a Bronze Level Award and can then move onto Silver and Gold. It is a fantastic opportunity to publish a piece of scientific work to put on your UCAS form.			

<b>Senior Poyser</b> Capacity:	Time: Period 5	Age Group: 5th – 6th Staff: SJM/PGL	
Aimed at Wisbech's Scholars and Exhibitioners but also open to those pupils nominated by staff, the Poyser group seeks to place the 'life of the mind' at the centre of a pupils development.			
<b>Sports Society</b> Capacity: 15	Time: Period 5	Age Group: 3rd – 6th Staff: EJS	
This Club is for those who love to talk about sport. Debates and discussions on current sporting issues: the commercialisation of sport, sports funding, religious and ethical issues as well as the organisation of sporting charity events.			
<b>Street Food Club</b> Capacity: 20	Time: Period 5	Age Group: All Staff: ALS	
Tastings and hands on making of food from around the world. From Aloo Chat, Arancini, Belgian Waffles, Burritos, Dim Sum to Quesadillas and Crepes. Come and explore through both eating and cooking.			
<b>Student Investor</b> Capacity: 12	Time: Period 5	Age Group: 4th – 6th Staff: EH	
Can you make money on the stock market? The Student Investor Challenge is designed for teams of four students of 4th Form to Lower Sixth. Teams have a virtual £100,000 to invest in a set of stocks and other investment instruments. They will create two portfolios - The Active Investor portfolio and The Strategic Investor portfolio. Teams are entered into a national competition with the top performing team winning a trip to New York.			
<b>Textiles Workshop</b> Capacity: 12	Time: Period 5	Age Group: 4th - 6th Staff: SDC/LEF	
This is workshop session essentially for 4th Form, GCSE, and A level Textiles pupils who need guidance and support to develop practical coursework. This opportunity may help you to create more adventurous and ambitious projects, and experiment with new techniques.			
<b>The Food Apprentice</b> Capacity:	Time: Period 5	Age Group: All Staff: ALS	
Could you be the Food Apprentice? Can you create new food products? Can you design food utensils? Can you make a food promotional video? Could you be a project manager? Or will you be the one who is fired? Come and take part in food based challenges, working in a team and eventually, you could win the title and a foodie prize?			
<b>Touch Typing</b> Capacity: 15	Time: Period 5	Age Group: ALL Staff: ESI	
Do you feel the need for speed? Learn how to type faster without looking at the keyboard. Touch-typing is quick to learn and will prove extremely useful for homework tasks, essays and assignments. Like riding a bike, touch-typing is a skill that once mastered will last a lifetime.			
<b>Two Zero and More Club</b> Capacity: 30	Time: Period 5	Age Group: All Staff: Mrs Neale	
Come along and learn the popular game of 'two zero', 'take a chance' and many more!! Enjoy competing with each other to become the overall champion. The more the merrier! Looking forward to seeing you have some great fun.			
<b>Tycoon in School</b> Capacity: 20	Time: Period 5	Age Group: 5th - 6th Staff: EH	
Tycoon in School. Are you the next Alan Sugar? Teams from 5th and 6th form will put together a Business Plan and borrow money from the Peter Jones Foundation. Using this seed capital teams will have until Christmas to operate their business.  Teams enter their performance data and have the chance to win cash prizes and progress to the national competition.			

<b>VetMed Soc</b> Capacity: Invitation	Day: Tuesday Time: 1620 - 1730	Age Group: L6 Staff: SJM	
This Society focuses on offering assistance to those applying for clinical courses (medicine/veterinary/dentistry). We make full use of Old Wisbechians who are currently training and those who have completed their course. This Club runs from after half term in the Michaelmas Term and during the Trinity Term. Please discuss your involvement and the timings with Dr Miller.			
<b>Warhammer</b> Capacity: 12	Time: Period 5	Age Group: All Staff: SJM	
Warhammer is a table-top battle game which puts players in command of armies of valiant humans, noble elves, savage orcs or a variety of twisted and monstrous creatures. Unlike a board game, where players' moves are restricted to defined areas, Warhammer commanders freely manoeuvre their units set distances using rulers and resolve shooting and hand-to-hand combat by rolling dice. No equipment is needed – new players are most welcome!			
<b>Wasgij Club</b> Capacity: 8	Time: Period 5	Age Group: All Staff: AMC	
What can they see and what happens next? This Club is about jigsaws with a twist: the picture on the box is only a clue to the picture you will construct, which will be either what the cartoon characters are looking at or what happens next. For more details please talk with Miss Clayton.			
<b>Womens' Society</b> Capacity: 20	Day: Monday Time: Period 5	Age Group: All Staff: EAL	
The WGS Women's Society aims to raise awareness of women's issues on both a global and local scale. We will be examining and discussing topics concerning equality in society, as well as aiming to do practical activities such as fund raising, and taking an active role in school assemblies.			
<b>Young Engineers</b> Capacity: 15	Time: Period 5 and 1620 – 1730 Tuesday	Age Group: All Staff: RDF	
Increase your Design, engineering and entrepreneurial skills by designing or just building a product of your choice or working on one of the ongoing projects that we have. Or you can even get involved in the P5aLive Radio Station which broadcasts in Period 5 Monday and after school on a Tuesday. <ul style="list-style-type: none"> <li>Check out our latest podcasts on the P5aLive area on Firefly.</li> </ul>			