



Discover Stonar Clubs

Senior School - Summer 2024



WELCOME

Life at Stonar is enriched by a vibrant co-curricular programme. We offer an extensive range of co-curricular activities throughout the Senior School and there is always plenty going on for pupils to get involved with. The programme changes termly, with over 30 different clubs and activities for all interests.

Lunchtime clubs are offered at various times throughout the lunch break and typically run for 30-40 minutes, allowing sufficient time for pupils to have their lunch. Afternoon clubs begin at 4.15pm, following a light snack, and last for one hour.

As always, our pupils are actively encouraged to try new things. Pupils acquire new friendships, gain confidence and newfound skills and experiences as they mix with pupils outside of their peer and tutor groups. It is often at Stonar Clubs that lifelong memories are made.

We are delighted to present the Stonar Clubs programme for the Summer Term. Activities fall under four different categories - Sport, Enrichment, STEM & Academic and Creative & Performing Arts. Pupils in Years 7, 8 and 9 should participate in at least two activities per week and pupils in Years 10 and 11 should participate in at least one activity per week.

- Many clubs are only suitable for certain year groups and you'll see that these are shown next to the club.
- Most clubs are open to all pupils, however, there are some that are by invite only and these do not normally appear on the online booking system.
- Certain sports training clubs will be compulsory for pupils selected to represent the School on match days.
- A minority of clubs have an extra cost associated with them and these will be highlighted next to the club's description.

Online booking for Stonar Clubs via School Base will be available from Monday 8 April until Tuesday 16 April.

Do please try and sign up in advance of the start of term as some clubs have a limited number of places and these will be allocated on a first come first served basis. The instructions for how to sign up for Stonar Clubs via the School Base Portal are given at the end of this booklet. We hope you enjoy reading this booklet and remember to sign up for your clubs over the holiday!

James Burns

Head of Adventure Training and Stonar Clubs

LUNCH TIME CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
Diamond Painting 9 - 11	Discourse 7 - 11	Choir Squad 7 - 8	EAL Catch Up 9 - 13	Stonar Able Athletes Programme (Invite Only) 7 - 13
Drama Scholars (Invite Only) 7 - 13	Senior Choir 9 - 13	Fitness Suite 9 - 13	Ten Tors Training 9 - 13	
Leiths Cookery Course 12				
Stonar Able Athletes Programme (Invite Only) 7 - 13				

AFTERNOON CLUBS

Monday	Tuesday	Wednesday	Thursday
Boys' Tennis Team Training 7 - 8	Boys' Hardball Cricket Team Training 7 - 8	Athletics 7 - 13	Boys' Hardball Cricket Team Training 9 - 10
Cushion Making 8 - 13	Bullet Journal 7 - 8	Girls' Tennis Team Training 7 - 8	DofE Gold Expedition Planning 12 - 13
Design & Technology 10 - 13	Chess & Prometheus 9 - 13	Girls' Tennis Team Training 9 - 10	Fitness Suite 9 - 13
Fitness Suite 9 - 13	DofE Bronze Award 9	IGCSE Further Pure Maths (invite only) 10	GCSE Music Practice Clinic 10 - 11
Gardening Club 7 - 9	Girls' Circuit & HIIT Training 9 - 13	Life Skills & Managing Finances 12 - 13	Landscape Photography 7 - 9
Girls' Hardball Cricket Team Training 9 - 10	Girls' Hardball Cricket Team Training 7 - 8	Kahoot Quizzes 7 - 9	Literacy Explorers Book Club 7 - 9
Girls' Softball Cricket Team Training 9 - 10	Girls' Softball Cricket Team Training 7 - 8	Movie Club 7 - 8	Orienteering 7 - 13
Girls' Tennis Team Training 7 - 8	Instrumental Practice 7 - 13	Pilates 10 - 13	Origami and Other Crafts 10 - 13
Pony Club 7 - 13	Literacy Explorers Book Club 10 - 11	Robotics & Drones 7 - 11	Supervised Prep 7 - 11
Social Football 9 - 13	Supervised Prep 7 - 11	Senior Drama 8 - 13	Swim Squad 7 - 8
STEM 7 - 9	Swim Squad 9 - 10	Supervised Prep 7 - 11	Weightlifting 11 - 13
Supervised Prep 7 - 11			Year 7 Play 7
Want to be in the whole School musical next year? 7 - 13			
Weightlifting 11 - 13			

GCSE REVISION - YEAR 11

LUNCH TIME CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
English	Food (Week A)		Drama	Maths
PE			EAL	

AFTERNOON CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
Computer Science	Maths (Week B)	Design & Technology	Geography	

*Pupils taking Spanish will be offered 15-minute individual slots during lunch times and afternoons

A LEVELS REVISION (UVI)

AFTERNOON CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
Computer Science	English	Design & Technology		

*Pupils taking Spanish will receive individual timetabled sessions



SPORT

Athletics

Years 7 - 13

An opportunity to develop your skills in both track and field events. No previous experience required.

Boys' Hardball Cricket Team Training

Years 7 - 8 and 9 - 10

Compulsory for those selected to be in the squad for match fixtures.

Boys' Tennis Team Training

Years 7 - 8

Compulsory for those selected to be in the squad for match day fixtures.

Fitness

Years 9 - 13

Based in our cardiovascular fitness suite, this club provides an opportunity for pupils wanting to use the fitness machines to keep fit and healthy, in a safe and dry environment.

Girls' Circuit & HIIT Training

Years 9 - 13

A fitness session for girls only. A combination of cardio-based exercises and strengthening movements, aimed at improving general fitness, boosting energy and whole-body toning.

Girls' Hardball Cricket Team Training

Years 7 - 8 and 9 - 10

Compulsory for those selected to be in the squad for match day fixtures.

Girls' Softball Cricket Team Training

Years 7 - 8 and 9 - 10

Compulsory for those selected to be in the squad for match day fixtures.

Girls' Tennis Team Training

Years 7 - 8 and 9 - 10

Compulsory for those selected to be in the squad for match day fixtures.

Orienteering

Years 7 - 13

Orienteering is an outdoor adventure sport that exercises both the mind and the body. The aim is to navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time. Pupils will need school sports kit for this club.

Pilates

Years 10 - 13

Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. It's suitable for pupils of all fitness levels.

Pony Club

Years 7 - 13 | £9.50 per session

As an official Pony Club Centre, Stonar offers all riders the opportunity to progress through the Pony Club testing system. Pupils can join the Pony Club at Stonar if they are not already members of a branch.

The Pony Club's training structure encourages riders to take tests which enable them to learn progressively about horse and pony care and riding. External examiners will attend on testing days to assess Stonar riders. To book, please contact the Equestrian Centre directly via ridingoffice@stonarschool.com.

SPORT

Social Football

Year 9 - 13

A chance to relax, play some games of football and other summer sports and have a chat with friends.

Stonar Able Athletes Programme

Year 7 - 13 / Invite Only

Strength and conditioning sessions are designed to improve pupils' core areas, in direct correlation to their individual needs within their chosen discipline. Participants will be advised on exercises and training activities that will support their development and improve their weaknesses. They will gain an insight and understanding of the requirements to get to the next level in pursuit of their potential. Those participating will independently require strong self-discipline and a good work ethic.

Swim Squad

Years 7 - 8 and Years 9 - 10 | Invite Only

These sessions are designed to improve pupils' race skills, knowledge and endurance in preparation for swimming competitions. Pupils will focus on technical aspects of all four strokes, as well as in diving and turns.

Weightlifting

Years 11 - 13

Based in the new weights room, this club is for pupils looking to use weightlifting as a way to improve their strength and power and develop their bodies to improve their sports performance.



ENRICHMENT

Bullet Journal & Calligraphy

Years 7 – 8

Each pupil gets their own journal to fill in and decorate throughout the term in a 'Pinterest' style. We will learn and practice brush-pen calligraphy alongside our doodles.

Chess & Prometheus

Years 7 – 13

Competitive chess, suitable for beginners through to more advanced players. There is also the opportunity to try Prometheus, a strategy game with simple rules and an infinitely fascinating set of outcomes.

Diamond Painting

Years 9 - 11

Mindfulness and relaxation centered Art & Craft activity that creates 5D images for decoration / reflection.

Discourse

Years 7 – 11

Discourse is a new club where pupils are able to enjoy and practice improving skills around Debating, Discussing, Philosophical and Critical Thinking, and Public Speaking. The club will also be a platform for pupils to prepare for related enrichment opportunities and competitions held at the local, national and international level.

DofE Bronze Award

Year 9

A compulsory club for pupils participating in DofE Bronze.

DofE Gold Expedition Planning

Years 12 – 13

Starting in May, a compulsory club for pupils participating in DofE Gold. Focused on expedition skills, including route planning, camp craft and kit.

Gardening Club

Year 7 - 9

An opportunity to work as part of a small team to develop the School allotment, sowing and growing vegetables and flowers. We'll be based around the potting shed and greenhouse but may also work on projects around the school. Wellies and waterproofs will be needed.

Kahoot Quizzes

Years 7 – 9

Competing in quizzes on a wide range of topics, pupils will need their own device.

Leiths Cookery Course

Year 12

Continuing from last term, this popular course includes the Cookery Toolbox as run by the prestigious Leiths School of Food and Wine. The course is designed to be practical and enables pupils to cook for themselves or others.

Life Skills & Managing Finances

Years 12 – 13

An introduction to life skills and managing finances beyond school. A prize will be given to the pupil who produces the best 'Life Skills' booklet!

ENRICHMENT

Literary Explorers Book Club

Years 7 – 9 and 10 – 11

Embark on a thrilling journey through the pages of imagination with our vibrant school book club! We invite all book enthusiasts, from avid readers to those just discovering the joy of literature, to join us in exploring a diverse range of captivating stories. Dive into discussions, share your thoughts, and connect with fellow pupils who share a passion for the written word. Our book club is a welcoming space where ideas flourish and the love for reading is celebrated. Whether you're into mystery, fantasy, contemporary fiction, or non-fiction, there's a place for you in our community of Literary Explorers. Unearth hidden treasures in the world of literature, broaden your perspectives, and let your imagination soar with us!

Movie Club

Years 7 – 8

Join us for our movie club where we watch a variety of films such as 'Harry Potter,' 'Paddington 1 and 2,' and many more!

Ten Tors Training

Years 9 – 13

A compulsory club for Year 9 pupils participating in Ten Tors training (Years 10 – 13 will need to attend some sessions only). The club will cover topics such as navigation, safe river crossing, camp craft, nutrition, basic first aid, kit, environmental appreciation and the Ten Tors rules.



ACADEMIC & STEM

EAL Catch Up

Years 9 – 13

A chance for EAL students to get help with their prep or further develop other language skills.

IGCSE Further Pure Maths

Year 10 - Invite Only

Taught mathematical techniques beyond those covered in IGCSE in mathematics. Pupils develop problem-solving skills by translating problems in mathematical contexts and develop reasoning skills through exercises such as presenting arguments and proofs and making deductions and drawing conclusions from mathematical information. Exam to be taken in Year 11.

Robotics & Drones

Years 7 - 11

Build different designs of robots using Lego Spike Prime to solve problems and complete tasks. Learn to fly drones using a controller and program code. The goal of the robotics / drone club is for pupils to learn how to code and write commands for robots through play, whilst developing design and critical thinking skills. By programming and controlling robots, pupils will step into the world of computer science and engineering, acquiring knowledge and skills that will be useful and applicable beyond the classroom.

Science, Technology, Engineering and Maths (STEM)

Years 7 – 9

Enjoy a variety of activities from explosions to making new materials. See what STEM has to offer.

Supervised Prep

Years 7 - 11

An opportunity for quiet study time to complete prep under supervision.



CREATIVE & PERFORMING ARTS

Choir Squad

Years 7 - 8

Practice and rehearsals for choir squad members only.

Cushion Making

Years 8 - 13

Produce a cushion using a range of textile techniques to take home with you at the end of term! You will create your own design and make it using a range of materials and textile techniques.

Design & Technology

Years 10 - 13

Designing and making a project from wood.

Diamond Painting

Years 9 - 11

Mindfulness and relaxation centered Art & Craft activity that creates 5D images for decoration / reflection.

Drama Scholars (Invite Only)

Years 7 - 13

An invitational club for Drama Scholars.

GCSE Music Practice Clinic

Years 10 - 11

For any GCSE pupil who wants help with written papers or needs to practice their listening, composing and performing skills.

Instrumental Practice

Years 7 - 13

Any pupil who learns an instrument in or out of school to practice and get tips from our Director of Music.

Landscape Photography

Years 7 - 9

Landscape photography is based outside in the School's grounds and in the classroom learning to edit your images. If possible, please bring your own camera and some walking shoes/wellies/trainers as well as a raincoat when wet, suncream and sunhat when hot.

CREATIVE & PERFORMING ARTS

Origami and Other Crafts

Years 10 – 13

Making a variety of items using colourful paper. From jumping frogs, sampans, kimonos, flowers, boxes, butterflies, cranes etc. Good for focus and relaxation.

Senior Choir

Years 9 – 13

Practice and rehearsals for any existing choir member.

Senior Drama

Years 8 – 13

Create, rehearse and perform your own short scenes as well as develop your drama skills.

Want to be in the whole School musical next year?

Years 7 – 13

Any pupil interested in being in the big school production next year. Focus will be on auditions, vocal skills, songs and gaining confidence.

Year 7 Play

Year 7

An exciting opportunity for Year 7 pupils to work towards creating and rehearsing a production for performance. Pupils must be able to commit to the following rehearsal and performance dates:

- Sunday 23 June 10.00am-5.00pm
- Monday 24 June 4.15pm-7.00pm
Technical / Dress rehearsal
- Tuesday 25 June 6.00pm Performance
(to be confirmed)
- Wednesday 26 June 6.00pm
Performance (to be confirmed)

HOW TO BOOK



General Guidance

If your child has selected a Club that is only on a Week A or B, please email j.burns@stonarschool.com their club for the alternative week (the booking system will not allow you to add it yourself).

Once an activity has been selected, pupils must attend that activity each week as it will form part of their school timetable. If, for any reason, they are unable to attend (for example, a dental appointment or other commitment in or out of school) could we please ask that you contact the School Office and your child's tutor as you would for a normal school absence.

Online Booking System

Online booking for the clubs will be available on SchoolBase from **Monday 8 April** until **Tuesday 16 April** so that you and your child can select their chosen activities. After 16 April, bookings can only be made by your child's tutor.

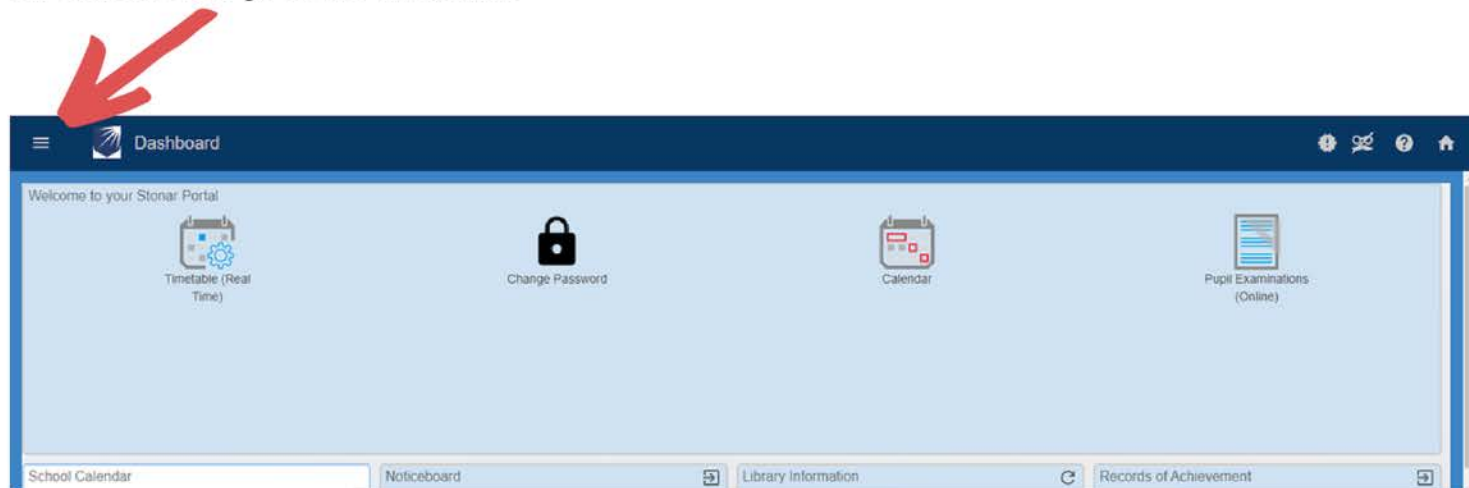
- All Day pupils must book into a Club every day or select 'Going Home' and depart School at 4.00pm
- Pupils who travel home on the school buses may not select 'Going Home' on the nights they travel on the bus
- Boarding pupils must select 'back to house' if not attending a club on any given day
- Stonar Clubs will appear in the pupils' live timetable available on the Portal once they are running
- Tutors will check pupils have made selections for each day during Tutor Time at the start of term
- Registers will be taken at each club and pupils are required to attend those activities they are booked into
- Pupils and parents will not be able to make any amendments to bookings from 16 April. In exceptional circumstances, amendments can be made during the term, but parents must make this request to their child's tutor.



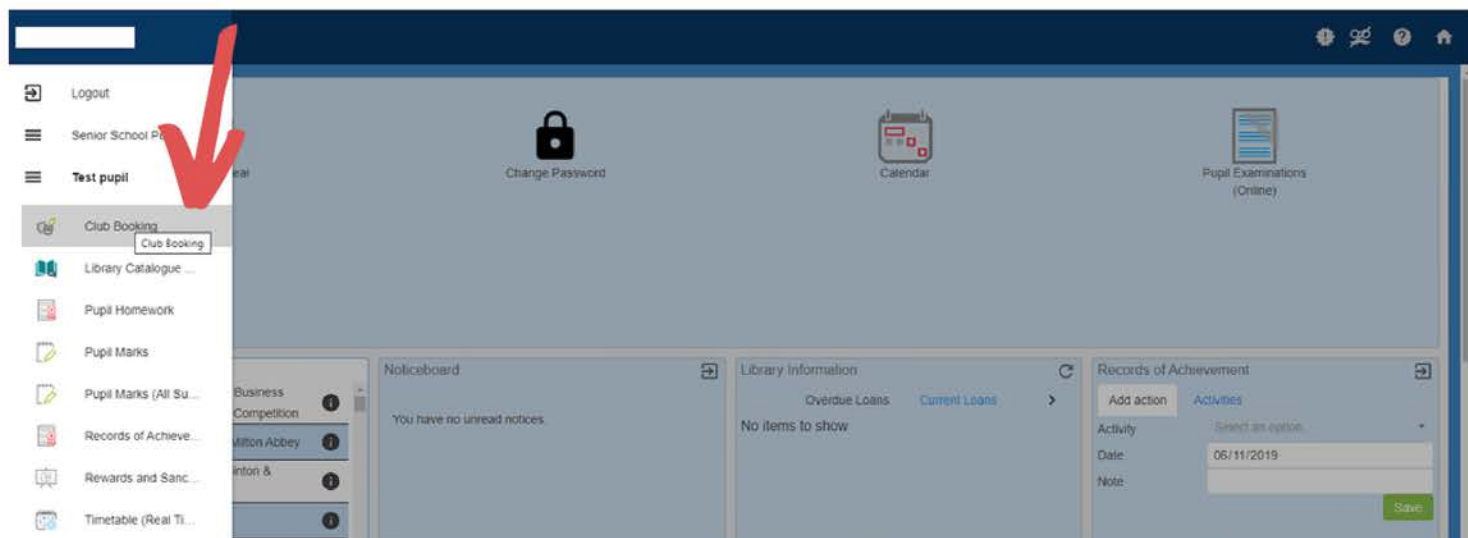
Instructions

Please follow the instructions below to make bookings:

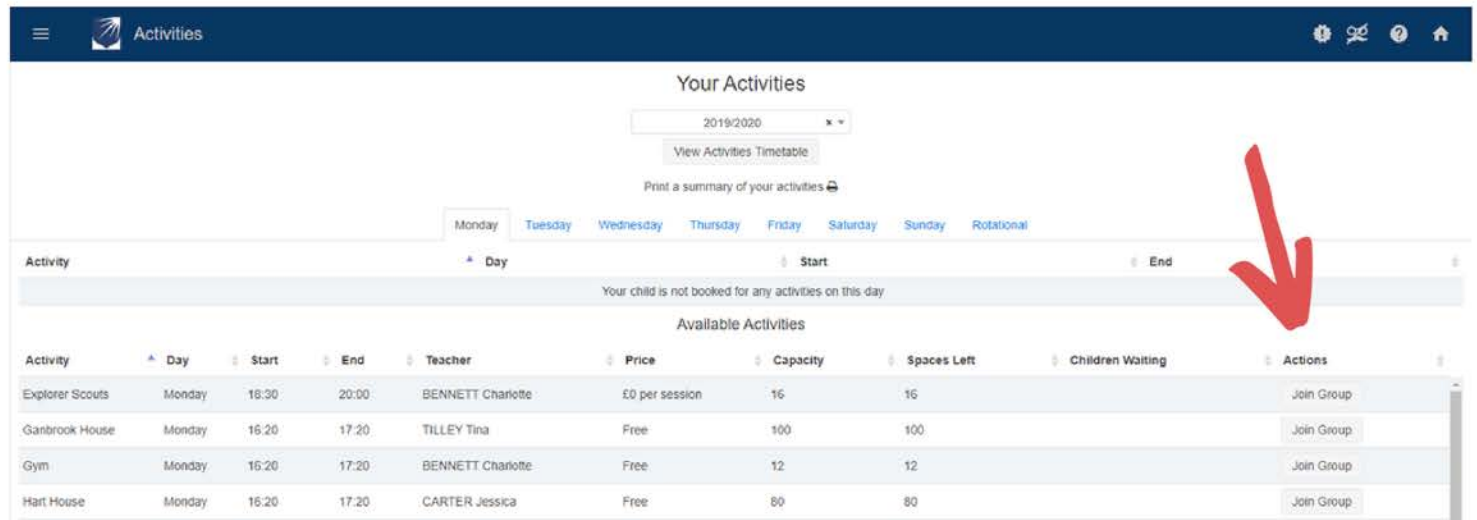
On SchoolBase, go to the three lines



Select 'Club Booking'



The screen below appears with Monday club options. Select the club you wish to join by selecting a box under 'Action'.



Your Activities

2019/2020

[View Activities Timetable](#)

[Print a summary of your activities](#)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday Rotational

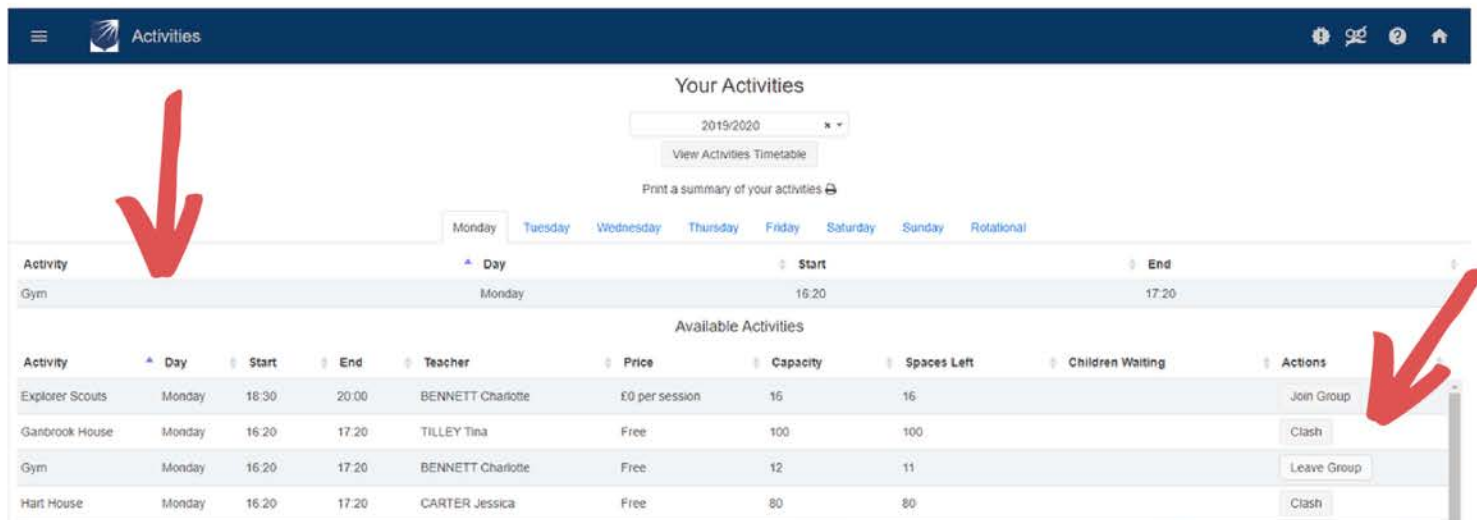
Activity Day Start End

Your child is not booked for any activities on this day

Available Activities

Activity	Day	Start	End	Teacher	Price	Capacity	Spaces Left	Children Waiting	Actions
Explorer Scouts	Monday	18:30	20:00	BENNETT Charlotte	£0 per session	16	16		Join Group
Ganbrook House	Monday	16:20	17:20	TILLEY Tina	Free	100	100		Join Group
Gym	Monday	16:20	17:20	BENNETT Charlotte	Free	12	12		Join Group
Hart House	Monday	16:20	17:20	CARTER Jessica	Free	80	80		Join Group

When a selection has been made you will see that the 'Action' options change and the line at the top is populated with your selection.



Your Activities

2019/2020

[View Activities Timetable](#)

[Print a summary of your activities](#)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday Rotational

Activity Day Start End

Gym Monday 16:20 17:20

Available Activities

Activity	Day	Start	End	Teacher	Price	Capacity	Spaces Left	Children Waiting	Actions
Explorer Scouts	Monday	18:30	20:00	BENNETT Charlotte	£0 per session	16	16		Join Group
Ganbrook House	Monday	16:20	17:20	TILLEY Tina	Free	100	100		Clash
Gym	Monday	16:20	17:20	BENNETT Charlotte	Free	12	11		Leave Group
Hart House	Monday	16:20	17:20	CARTER Jessica	Free	80	80		Clash

You can book two clubs on the same day if they are at different times (i.e. a lunchtime club and afternoon club).

You are not able to book to attend two clubs held at the same time. You will need to 'Leave Group' and then you will be able to 'Join Group'.

Some Clubs are open to certain year groups (such as Junior and Senior Prep) and some are open to certain year groups on specific evenings (such as Gym). Clubs listed on SchoolBase are the clubs pupils allocated can join on that day. Day pupils **MUST NOT** book a place in the Boarding House. Boarders should book a place in Boarding House if not attending any other activities.

When a Club is full a 'Waiting List' is maintained. If a space becomes available, the Pupil at the top of the waiting list will be informed by their Tutor. If they no longer require the place, the next person on the list will be informed and so on. If you no longer wish to be on the 'Waiting List' for a club or activity you can remove yourself from it.

The activity timetable provides a list of all bookings made (every day, every week), this is particularly useful for clubs which are not on every week.

Activities Details

Activities Details

View Activities Booking

Timetable

History

Print the timetable for this child's activities

Week Beginning	Groups	Day	Start	End	Room	Teacher
06-Jan-2020	Home	Tuesday	16:20	17:20		
06-Jan-2020	Chamber Choir	Wednesday	13:30	14:00	M1	GOODALL Nicholas
06-Jan-2020	D of E	Wednesday	16:20	17:20	S6	BENNETT Charlotte
06-Jan-2020	Elite Swim Squad	Thursday	16:20	17:20	Swim	HOBSON Richard
06-Jan-2020	New Linked Group 1	Thursday	16:20	17:20	Swim	HOBSON Richard
13-Jan-2020	Home	Tuesday	16:20	17:20		
13-Jan-2020	Chamber Choir	Wednesday	13:30	14:00	M1	GOODALL Nicholas
13-Jan-2020	D of E	Wednesday	16:20	17:20	S6	BENNETT Charlotte
13-Jan-2020	Elite Swim Squad	Thursday	16:20	17:20	Swim	HOBSON Richard

The 'Print Summary' provides a list of the bookings made. When term starts, all clubs will be populated with bookings made for the term.

Activity Summary for (2019/2020)

Activity	Day	Start	End
Home	Monday	16:20	17:20
Chamber Choir	Wednesday	13:30	14:00
D of E	Wednesday	16:20	17:20
Home	Thursday	16:20	17:20
Home	Friday	16:20	17:20

For further information contact

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