



STONAR

Discover Stonar Clubs

Senior School - Summer 2026



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 40 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.

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.
- 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 SOCS will be available from Wednesday 15 April until Tuesday 21 April. Clubs will start on the first day of term.

SOCS can be accessed via My School Portal: <https://stonarschool.myschoolportal.co.uk/> Instructions on how to use SOCS for signing up to clubs can be found here: <https://parents-pupils.socs.tech/support/solutions/folders/201000041333>

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.

James Burns

Head of Adventure Training and Stonar Clubs

MORNING CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
Triathlon Swim Training (Invite Only) 7am - 8am 7 - 13			Triathlon Swim Training (Invite Only) 7am - 8am 7 - 13	Swim Squad (Invite Only) 7am - 8am 7 - 13
			Whole Choir 8.30am - 9.05am 7 - 13	

LUNCHTIME CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
Drama Scholars (Invite Only) 7 - 13	History Club 9 - 11	Girls' Football 7 - 10	Open Library 7 - 13	Athletics 7 - 13
Open Library 7 - 13	Open Library 7 - 13	Junior Choir 7 - 8	Rock Band Club £ 7 - 13	Golf Club £ 7 - 13
Performance Run Sessions 7 - 13	Swim Squad (Invite Only) 7 - 8	Open Library 7 - 13	Swim Squad (Invite Only) 9 - 10	Open Library 7 - 13
Tennis 8	Tennis 10	Tennis 9	Tennis 7	
	Tunnock's Teacake Challenge (Week A) 9 - 10		Tunnock's Teacake Challenge (Week B) 9 - 10	

AFTERNOON CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Advanced Singing Ensemble (Invite Only) 7 - 13	Board Games 7 - 13	2D & 3D Computer Aided Design Club 9 - 13	Boys' Cricket - Squad Training 9 - 10	Flying Club Level 1 (Invite Only) 7 - 13	Endurance Bike Sessions (Invite Only) 7 - 13
Fitness 9 - 13	Boys' Cricket - Squad Training 7 - 8	Darts Club 7 - 13	Competitive Triathlon Club (Invite Only) 7 - 13	Hockey Excellence Programme (Invite Only) 7 - 13	
Girls' Cricket - Squad Training 7 - 8	Cross Country Running Club 7 - 9	DofE Gold Expedition Planning and Skills (Invite Only) 12 - 13	Gardening Club 7 - 13	Rugby Excellence Programme (Invite Only) 9 - 13	
Instrumental Practice Club 7 - 13	Fitness 9 - 13	Fitness 9 - 13	Jigsaw Puzzle Club 7 - 13	Yard (Invite Only) 7 - 13	
Korean Club 8 - 10	Flying Club Level 2 (Invite Only) 7 - 13	Girls' Cricket - Squad Training 9 - 10	LEGO Robotics for Girls 7 - 10		
Puzzles and Board Games 7 - 13	Practical Science Club 9 - 11	Music Theory and Composition Club 8 - 13	Literacy Explorers Book Club 10 - 11		
Social Tennis Club 10 - 13	Print Making Club 7 - 13	Supervised Prep 7 - 11	Senior Drama Club 7 - 13		
Supervised Prep 7 - 11	Stable Management Club 7 - 13	Yard (Invite Only) 7 - 13	Stable Management Club 7 - 13		
Terrarium Workshop 9 - 13	Supervised Prep 7 - 11		Supervised Prep 7 - 11		
Yard (Invite Only) 7 - 13	Yard (Invite Only) 7 - 13		Yard (Invite Only) 7 - 13		
			Yoga 9 - 13		



SPORT

Athletics

Years 7 - 13

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

Competitive Triathlon Club

Years 7 - 13 | Invite Only

Run by former professional triathlete and ex-British Olympian, Jodie Swallow, the club's goal is to foster a passion for endurance sports (swimming, cycling, running and more) among pupils, focusing on fun and active participation.

Additionally, the club aims to encourage involvement in local and national events, including triathlons, duathlons, and running races. Pupils are required to bring swimming, cycling (including bike and helmet) and running kit to every session. Bikes can be securely locked up beside the Sports Hall).

Cricket Squad Training

Years 7 - 10

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

Cross-Country Running Club

Years 7 - 9

Running club with occasional HIIT / strength sessions.

Endurance Bike Sessions

Years 7 - 13 (Invite Only)

Bike skills and endurance sessions in fields at Stonar for triathlon enthusiasts.

Fitness Suite

Years 9 - 13

Based in our cardiovascular room, 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' Football Club

Years 7 - 10

Girls' football training.

Golf Club

Years 7 - 13 | £90 per term

A great opportunity for golfers of all skill levels to develop their game. We will visit the nearby Cumberwell Golf Club for professional group lessons and access to their state-of-the-art facilities. All equipment provided or you are welcome to bring your own. Come along, improve your skills, and enjoy the game of golf! A packed lunch will be provided.

Hockey Excellence Programme

Years 7 - 13 | Invite Only

This is a selective training session for the School's leading hockey players. The programme is designed to refine advanced, position-specific skills and raise the overall standard of performance among our top athletes. This focused coaching environment helps players maximise their potential, both individually and within a team setting.

Performance Run Sessions

Years 7 - 13

Running sessions for anyone wanting to progress their competitive running – suitable for those taking part in athletics, cross-country and triathlons.

SPORT

Rugby Excellence Programme

Years 9 – 13 | Invite Only

Training sessions for the School's top rugby players. Open to selected pupils, the programme focuses on developing advanced, position-specific skills and elevating the performance of our most talented athletes. This high-level coaching environment supports players in reaching their full potential both individually and as part of a team.

Social Tennis Club

Years 10 – 13

A relaxed and enjoyable way to end the school day! The club gives pupils the chance to play friendly matches, develop their skills, and enjoy time on court with friends. Perfect for players of all abilities – whether you're experienced or simply enjoy a casual game.

Swim Squad

Years 7 – 13 | Invite Only

For members of the junior and senior swim squads, 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 diving and turns.

Tennis

Years 7 – 10

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

Triathlon Swim Training

Years 7 – 13 | Invite Only

These early morning swimming sessions (7.00am - 8.00am) are endurance based on skills that enhance both pool swimming and triathlon racing. Day pupils can join boarders for breakfast afterwards.

Yoga

Years 9 – 13

Yoga can give pupils the tools of mindfulness to use both inside and outside the classroom. It can help them to adjust their physiology, posture and breathing, to access a relaxed and focused state for test taking, reduced anxiety, or problems they may be experiencing outside the classroom. It can also improve general wellness by relieving stress, supporting good health habits, and improving sleep and balance.

A typical yoga class involves physical postures, breathing techniques and meditation. You don't have to be flexible to join in and there is absolutely no competition involved!



ENRICHMENT

Board Games

Years 7 – 13

An exciting mix of classic and modern board games! Whether you're a beginner or an experienced player, there's something for everyone. Enjoy the timeless challenge of Chess, test your strategic thinking with Prometheus - a game with simple rules but endless possibilities - and sharpen your vocabulary skills in Scrabble. Come along for fun, friendly competition, and the chance to develop your problem-solving skills.

Darts Club

Years 7 – 13

Darts tournaments and fun challenges while practising hand eye coordination and mental Maths.

Duke of Edinburgh's Gold Award Expedition Planning & Skills

Year 12 – 13 | Invite Only

A compulsory club for those participating in the Gold award. Sessions will focus on expedition skills, including map reading, route planning, first aid, camp craft and kit.

Gardening Club

Years 7 – 13

Did you know that gardening has proven benefits for both health and wellbeing? Make the most of the lighter summer evenings by spending club time outdoors in the School's plant nursery and gardening hub. We have our own dedicated bed to cultivate, and pupils can help decide what we grow – from sowing sunflower seeds to raising vegetables – while also learning how to care for a variety of plants.

Jigsaw Puzzle Club

Years 7 – 13

A relaxing and engaging club for pupils to develop problem-solving skills, patience, and teamwork. Each week, members will work together on a variety of puzzles, from small challenges to large, intricate designs. It's a great opportunity to unwind, focus, and enjoy a sense of achievement as the picture comes together.

Korean Club

Years 8 – 10

Pupils will explore both the Korean language and its rich culture. We practise basic Korean words and phrases suitable for beginners, learn about traditional customs, and discover different aspects of Korean life. Sessions also include simple Korea-themed crafts and fun cultural activities.

Literary Explorers' Book Club

Years 10 – 11

Embark on a thrilling journey through the pages of imagination with our vibrant 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!

Open Library

Years 7 – 13

An informal daily (except Mondays) drop-in session where pupils can read, catch up on homework, chat or play games. No need to book.

ENRICHMENT

Puzzles and Board Games Club

Years 7 – 13

A fun, relaxed space where children can unwind, think creatively, and enjoy friendly competition. Each week, pupils explore a variety of classic and modern board games, jigsaw puzzles, logic puzzles, and strategy challenges that help build problem-solving skills, teamwork, and resilience. Whether they love fast-paced games, brain-teasers, or collaborative challenges, there's something for everyone.

Stable Management Club

Years 7 – 13

Each session will focus on hands-on stable management activities, supported by an experienced coach who will guide pupils through each task and answer any questions.

The programme follows a clear, structured syllabus based on British Horse Society standards, ensuring students develop their knowledge and practical skills in line with recognised industry expectations.

Terrarium Workshop

Years 9 – 13

The terrarium was discovered by chance in 1829 by Dr Nathaniel Bagshaw Ward, a British physician and amateur botanist. While attempting to study insect metamorphosis, Ward unintentionally created a sealed environment that kept a fern alive far longer than expected. This accidental discovery led to the creation of the "Wardian case" - an early form of the terrarium that became highly popular during the Victorian era. These glass enclosures made it possible to transport delicate tropical plants across the globe, sparking a surge of interest in indoor gardening and plant science. Over time, terrariums evolved from scientific instruments into stylish and educational features in homes and classrooms.

In this club, pupils will explore the two main types of terrariums - closed (humid, rainforest-like) and open (dry, desert-like) - and learn how to design and care for their own miniature ecosystems.

Tunnock's Teacake Challenge

Years 9 – 10

The 2026 Tunnock's Teacake Challenge, themed "Around the World in a Bite," invites pupils to transform a classic teacake into a high-end, professionally presented culinary creation. This national competition celebrates inventive food styling, encouraging participants to use techniques such as intricate garnishes and vibrant colour palettes to convey a global story in a single bite.

Yard

Years 7 – 13 | Invite Only

Assisting with yard tasks and caring for the horses. For pupils with either their own or a loan horse.



ACADEMIC & STEM

2D & 3D CAD Club

Years 9 – 13

Designing products on 2D and 3D software to be manufactured using laser cutting and 3D printing.

History Club

Years 9 – 11

If you are keen Historian, come along to find out more about some of the topics we don't have time to cover. If you are interested in the Cold War, Mao's China, The French Revolution and Ancient History, we will have a 30-minute blast through the past to find out more!

LEGO Robotics for Girls

Years 7 - 10

Love being creative? Curious about coding? Come and join our LEGO Robotics Club! Build impressive LEGO robots, learn how to programme them, and watch your designs come to life. No experience is needed – just bring your imagination and enthusiasm.

- Design and build your own robots
- Learn to code in a fun, accessible way
- Tackle exciting challenges
- Work together with friends

Whether you're completely new to robotics or already passionate about tech, this club is the perfect place to explore, create, and have fun after school!

Practical Science Club

Years 9 – 10

This will focus on the required practical investigations for GCSE Combined and Triple Science and will give pupils the opportunity to extend their understanding of these, improve their practical skills, and have fun along the way.

Stonar Flying Club (Level 1 & 2)

Years 7 – 13 | Invite Only | £300 per term

A termly programme offering a unique opportunity to explore aviation, develop critical thinking, and gain hands-on experience in an exciting, real-world field.

Weekly lessons, in small groups, taught by British Young Pilots instructors. Each pupil will complete the BYP Wings Syllabus, which includes lessons in: Principle of flight; General Handling; Take-off and landing; Aerodynamics and forces on the aircraft; Parts of an aircraft; Weather patterns and Navigation. Go to <https://www.britishyoungpilots.com/> for further information or email j.burns@stonarschool.com

Supervised Prep

Years 7 – 11

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



CREATIVE & PERFORMING ARTS

Advanced Singing Ensemble

Years 7 – 13 | Invite Only

This ensemble is designed for confident and experienced singers who are ready to take their vocal skills to the next level. Pupils will work on advanced choral repertoire, explore harmony and blend, and develop strong performance techniques.

Sessions focus on vocal technique, musical expression, ensemble discipline, and high-level musicianship. Members will have opportunities to perform at school concerts and special events, showcasing their work as part of a committed and talented group.

Drama Scholars Club

Years 7 – 13 | Invite Only

A compulsory club for Drama Scholars working on dramatic termly projects to be performed at showcases.

Instrumental Practice Club

Years 7 – 13

A club for those who learn an instrument in or out of school to use the music school to practise independently.

Junior Choir

Years 7 – 8

Practice and rehearsals for school performances throughout the year.

Music Theory & Composition Club

Years 8 – 13

An opportunity for pupils to improve their music theory knowledge and/or work on their own compositions (including GCSE pupils).

Print Making Club

Years 7 – 13

During this club you will explore a range of printmaking techniques, including monoprint, polyblock, lino, and etching. You will have the opportunity to use your own imagery and ideas, making each piece personal and unique while developing your creative and technical skills.

Rock Band Club

Years 7 – 13 | £TBC

Facilitated by drum teacher, Mr Lodge, and guitar teacher, Mr Barkwill, this club is aimed at any pupil who plays guitar or drums and wants to play in a band setting. There will be a small fee for this club which will be paid directly to Mr Lodge and Mr Barkwill.

Senior Drama Club

Years 7 – 13

Any Senior School pupil interested in drama can sign up. No prior experience is required. You will take part in workshops and work on short scenes. You can either act or take on a backstage role.

Whole Choir

Years 7 – 13

Practice and rehearsals for school performances throughout the year.

For further information contact

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