



**ENRICHMENT  
HANDBOOK  
TERM 1**

**2024 - 2025**



مدرسة جيمس متروبول  
GEMS Metropole School  
MOTOR CITY

**GEMS**  
EDUCATION



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## Our Vision

An inspiring and inclusive community hub developing future leaders

## Our Mission

Inspire, Lead and Exceed our potential

## Our Values

Compassion, Empathy, Kindness, Leadership and Respect





## Enrichment Pathways

220

Student ECAs

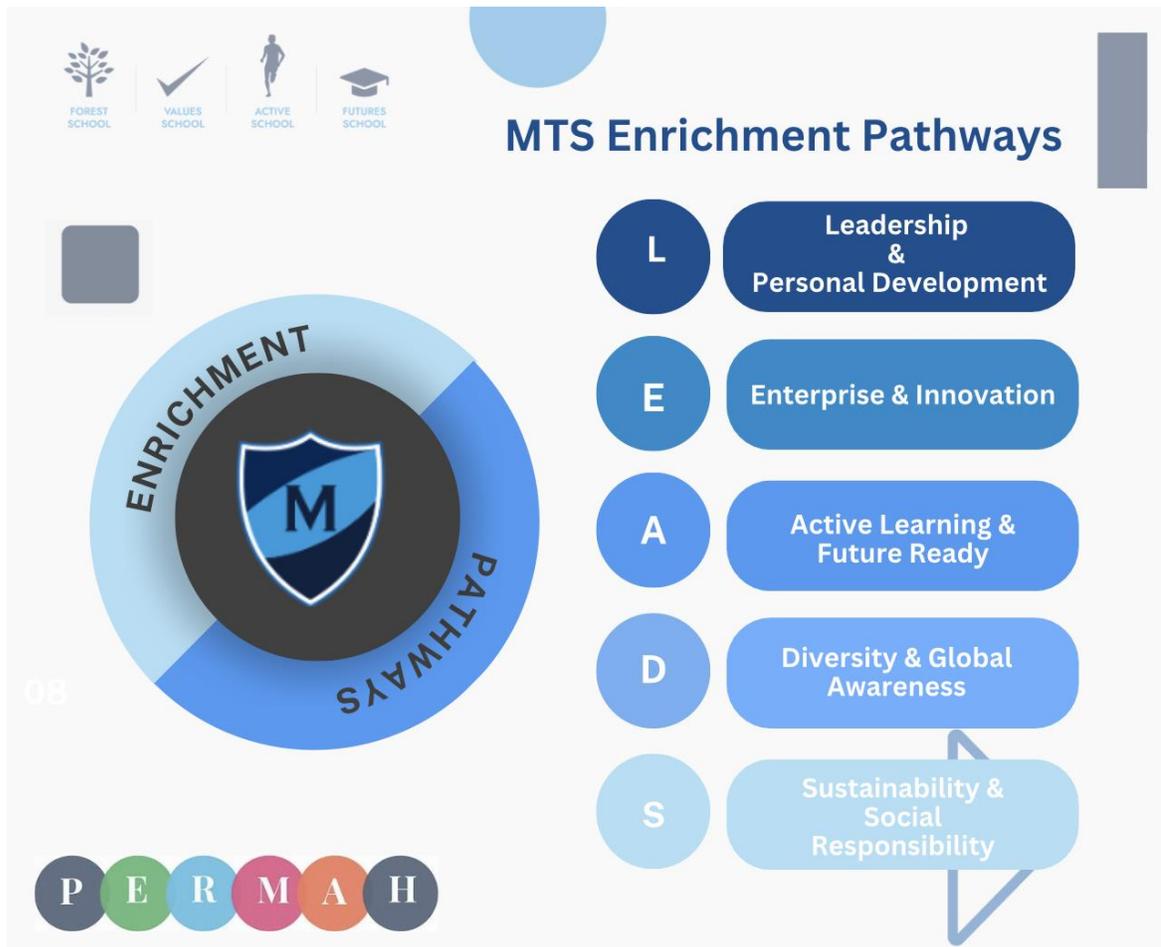
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Weekly Parent ECAs

10

Weekly Staff ECAs

At GEMS Metropole School, our programme of enrichment embodies the GEMS Metropole School core values and ensures that there is a comprehensive and balanced approach to student personal development. Our 5 enrichment pathways aim to offer a broad range of opportunities to develop key competencies for students' future success, tailored to their individual interests and aspirations. The purpose is to promote holistic growth, supporting academic achievement whilst also nurturing the wellbeing of our students through our PERMAH model. We ensure our enrichment pathways promote each of the PERMAH domains to develop happy and healthy well-rounded individuals, prepared for future challenges and global citizenship.



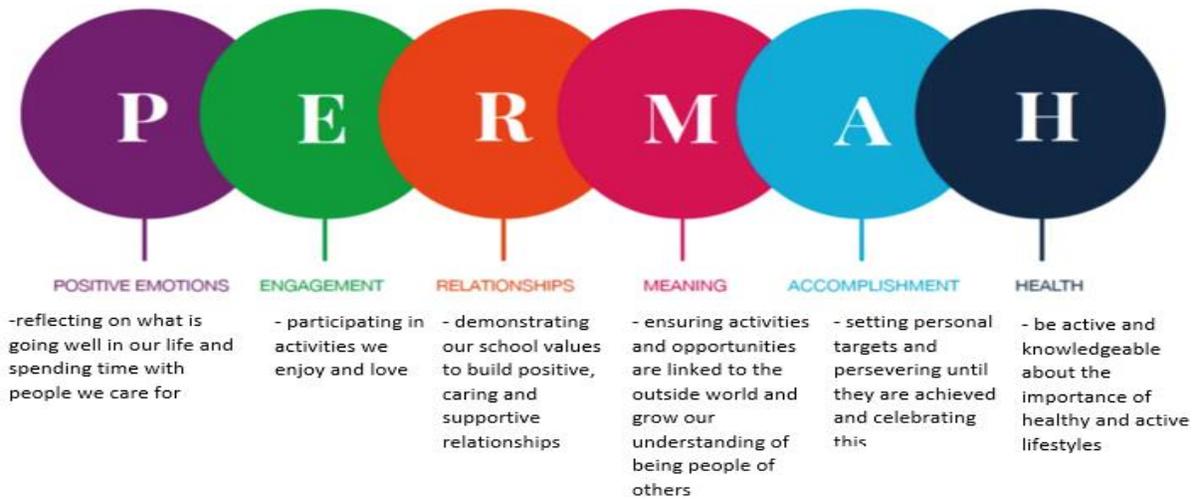
## ECA drives our Wellbeing

At GEMS Metropole School, we are committed to promoting and supporting the positive mental health and wellbeing of our students. We recognise that mental health and emotional wellbeing is just as important as physical health. Individuals are better prepared for a happier fulfilled life when they are healthy, safe and thriving.

GEMS Metropole School supports the UAE vision for wellbeing by sharing the following wellbeing vision:

**‘We are proactive in promoting wellbeing, allowing us all to personally thrive’.**

Our Wellbeing vision is based on a proactive, positive psychology model, reinforced through the PERMAH framework allowing our community to build their personal sense of happiness and wellbeing, rather than a reactive only approach. Across the school we achieve this through LEAD time, assemblies, happiness rooms, pastoral curriculum, school events, Squads, enrichment, school farm and through our 4 schools and their unique areas of focus.



Enrichment Pathway	PERMAH Domain
Leadership and Personal Development	Accomplishment Positive Emotions
Enterprise and Innovation	Engagement Accomplishment
Active Learning and Future Ready	Health Engagement
Diversity and Global Awareness	Relationships Meaning
Sustainability and Social Responsibility	Meaning Positive Emotions



## ESM Paid Extra Curricular Activities

ESM are the official GEMS Education external partners, offering students enrichment activities outside of school hours. These activities are an additional charge.

ESM Active is the new identity for ESM paid after school sport and enrichment programmes (formerly DELTA) and offers a dynamic range of after-school sports and enrichment activities, delivered by professional and qualified third-party providers, that have been selected specific to the needs of each school.

Whether your child enjoys 'active body' activities like football, basketball and tennis, or 'active mind' activities such as robotics, languages, music or coding, there is an exciting array of activities to choose from.

ONE place to book, ONE place to PLAY... ONE place to get ACTIVE.

### Sign up via GEMS Connect

Year Groups	Activity	Day and Time	Price
Y1-5	Parkour	Monday 15:15-16:45	756aed (9 weeks)
FS-Y6	Fine Arts Arts and Crafts	FS: Monday 13:00-14:00 Y1-6: 15:15-16:15	765aed (9 weeks)
Y1-6	Tennis	Tuesday 15:15-16:15	900aed (9 weeks)
Y1-9	Science & Experiments	Tuesday 15:15-16:15	900aed (9 weeks)
Y1-6	Artistic Gymnastics	Tuesday – 15:15-16:15	945aed (9 weeks)
Y1-6	Kung Fu	Wednesday – 15:15-16:15	855aed (9 weeks)
Y1-6	Chess	Wednesday – 15:15-16:15	855aed (9 weeks)
FS-Y6	Football	Y1-6: Thursday 15:15-16:15 FS: Friday 12:15-13:00	630aed (9 weeks)
Y1-11	STEM – Robotics & Coding	Thursday 15:15-16:15	756aed (9 weeks)
Y1-6	Basketball	Friday 12:15-13:15	675aed (9 weeks)



## ESM Paid Extra Curricular Activities Continued

Year Groups	Activity	Day and Time	Price
Y1-12	Badminton	Friday 15:15-16:15	657aed (9 weeks)
Y1-12	Music Lessons – Piano, Guitar, Ukelele	Friday 15:15-16:15	TBC
All	Horse Riding	Various across the week/weekend	TBC



## Mustang Training Schedule

Introducing the Mustang Squads at GEMS Metropole School! Our dedicated training schedule is designed to prepare our athletes for competitive success across various sports. With expert coaching and a focus on teamwork, each squad trains regularly to enhance skills, build resilience, and foster a strong sense of camaraderie. Whether your child is an aspiring athlete or looking to improve their abilities, the Mustang Squads offer a supportive environment where they can thrive and compete in exciting events throughout the year. Join us as we gear up for an incredible season of sportsmanship and achievement!



Day	Squads	Time
Monday	U12/U13/U14 Girls Netball (Courts) U16/U19 Girls Basketball (Main Hall) U12 Boys Basketball/Cricket/Football	06:45-07:30
Monday	Secondary Swim Squad (Stables)	12:25-13:05
Monday	Y3/Y4 Girls Netball (Courts) Y3/4 Boys Football (Small Hall) U16 Boys/Girls Football (MTW) U19 Boys Basketball (Main Hall) U13/U14 Boys Football (S&C)	15:05-onwards
Tuesday	Secondary Swim Squad (Pool) Secondary Tennis (Courts) U12/U13/U14 Boys Football (Main Hall) GCSE Handball (Small Hall) U12/U13/U14 Girls Basketball/Football (S&C)	Swimming: 06:30 start 06:45-07:30
Tuesday	Primary Swim Squad (Pool) Primary Cricket (FS Courts) U12 Girls Football (Small Hall) U12 Boys Football (MUGA) U19 Girls Basketball (Main Hall) U12/U13/U14 Girls Netball/Tennis (S&C)	15:05-onwards



## Mustang Training Schedule

Day	Squads	Time
Wednesday	Primary Gymnastics (Small Hall) Secondary Boys Cricket (MUGA) U16/U19 Boys Basketball (Main Hall) Secondary Athletics (S&C)	Gymnastics 06:30 start 06:45-07:30
Wednesday	Y5/6 Girls Netball (Courts) Y5/6 Boys Football (MUGA) U19 Boys/Girls Football (MTW) U16 Girls Basketball (Main Hall) U16/U19 Boys Basketball (S&C)	15:05-onwards
Thursday	Primary Swim Squad (Pool) U12/U13/U14 Girls Football (Main Hall) U13/U14 Boys Basketball/Cricket/Tennis (S&C)	Swimming 06:30 Start 06:45-07:30
Thursday	Secondary Swim Squad (Pool) U13/U14 Boys Football (MUGA) U13/U14 Girls Football (Courts) U16 Boys Basketball (Main Hall) U16/U19 Girls Netball (FS Courts) U16/U19 Boys Football (S&C)	15:05-onwards
Friday	Staff Swimming (Pool) U16/U19 Girls Basketball/Football/Netball (S&C)	06:45-07:30



## Stallions Squads Extra Curricular Activities

At GEMS Metropole School, we have the incredible Stallions Squads who take part in a range of Performing Arts opportunities across the year, both in Primary and Secondary. Our Stallions Squads explore their creativity through drama, music, and dance. From taking center stage in school productions to honing their musical talents in ensembles and choirs, students are encouraged to develop confidence, teamwork, and self-expression.

### Stallions Schedule Below:

Activity	Day and Time
Primary Choir	Wednesday 07:00-07:40
Secondary Choir	Monday 15:05-16:00
Primary Dance	Thursday 15:05-16:00
Secondary Dance	Monday 15:05-16:00
Primary Acting	Thursday 15:05-16:00
Secondary Acting	Monday 15:05-16:00
Primary/Secondary Musical Theatre	Wednesday 15:05-16:00
Secondary Soul Choir	Thursday 15:05-16:00



## Al Noor Centre Extra Curricular Activities

At GEMS Metropole School, our Arabic and Islamic Department offer a range of extra-curricular opportunities across the year for students in Primary and Secondary. These Extra Curricular Activities provide enriching opportunities for students to deepen their understanding of the language and culture of Islam. Through engaging activities, students can enhance their Arabic speaking, reading and writing skills. The Al Noor Cultural Heritage Centre plays a pivotal role in these clubs, offering an immersive environment where students can experience and celebrate the rich culture and values of Islam. The Centre hosts cultural workshop sessions for students and parents throughout the year.

Sign up for any Arabic and Islamic opportunities are communicated by our Arabic and Islamic Department.

Audience	Activity	Day and Time
Y1-11	Teacher Classroom Based After School Arabic	Wednesday 15:05-15:45
Y1-13	Al Noor Centre Advanced Qur'an Recitation Classes	Monday-Thursday 07:00-07:40
Y1-11	Al Noor Centre After School Arabic	Monday-Thursday 15:15-16:00
Y7-13	Al Noor Centre Seerah Sessions	Friday 12:30-01:00
Parents	Al Noor Centre Arabic for Parents	Tuesday – 15:15-16:00
Parents	Al Noor Centre Spanish for Parents	Wednesday – 15:15-16:00
Parents	Al Noor Centre French for Parents	Thursday – 15:15-16:00
Parents	Al Noor Centre Female-Only Tafsir Sessions	Friday – 12:30-01:00
Staff	Al Noor Centre Tafsir Session for Staff	Friday 12:30-13:00
Y7-13 / Fathers / Staff	Al Noor Centre Jumu'ah Prayer – Arabic with English Translation	Friday 01:15



## Staff Extra Curricular Activities

A Staff ECA is an initiative designed to provide staff with opportunities to connect, unwind, and engage in activities that promote personal well-being, team building, and professional growth. By offering a variety of Extra Curricular Activities, we aim to foster a supportive and collaborative work environment where staff can explore new hobbies, develop skills, and recharge—ultimately contributing to a more positive and energized school community.

Activity	Staff Member	Description	Day and Time	Capacity	Location
Premier League Debate Club	Jason Corcoran	Premier League Debate" is an engaging staff-led ECA where adults can passionately discuss and debate key topics surrounding the Premier League, from team performance to standout players. This club encourages critical thinking, public speaking, and a deeper understanding of football dynamics	Monday 06:40-07:20	15	S311
Financial Literacy	Nikita Shaikh	Understanding concepts of financial literacy - Budgeting, Investment, Debt and Savings	Monday Lunch Time	25	S309
Music - Rock / Pop band	Ryan Evans	Anyone who is interested in joining a band/playing music are invited. I have a range of tracks ready to teach. Great for talent shows. Previous musical experience helpful.	Monday 15:15-16:00	10	Music Room
Cultural Dance	Amalia Booher	This ECA immerses everyone into the vibrant world of salsa, where they learn essential steps, rhythms, and techniques in a fun and supportive atmosphere. Participants not only express themselves through movement but also enhance their coordination, build confidence, and develop a passion for dance while enjoying a rich cultural experience.	Tuesday 07:00-07:40	25	Dance Studio
French Movie Club	Vanessa White	Discover French movies every week and enjoy the enrichment of the culture as well as practice of language listening skills.	Wednesday 15:15-16:00	30	F601
Wellbeing Programme for Adults	Megan Moon Rebecca Boshoff	A well-being program for adults, with a focus on self-care, mental wellbeing and building healthy habits.	Wednesday 13:00-13:45	16	G509
Coaching	Kelly Rubbery	Here are some of the main objectives covered in the course: Understand a coaching model Identify and practice coaching skills Explain the personal shifts needed to adopt a coach approach as a manager-leader Describe your own personal coaching style(s) Create a personal action plan to adopt a coaching style of leadership	Wednesday 15:15-16:00	15	Conference room
Staff and Parent swimming Development	Joseph Gannon	This ECA offers staff and parents a chance to come together in a relaxed, social setting to improve their swimming technique or boost their overall swimming fitness. Each session will be tailored to accommodate a range of skill levels, ensuring that everyone can participate at their own pace. Please note that basic swimming ability is required to attend.	Friday 06:30-07:10	20	Swimming Pool



## Parent Extra Curricular Activities

At GEMS Metropole School, we are excited to offer a variety of extracurricular activities (Extra Curricular Activities) designed specifically for parents. These engaging sessions provide a wonderful opportunity for you to connect with other parents, learn new skills, and participate in community events. Our Extra Curricular Activities are designed to foster connections and enhance your experience as part of our school community.

Join us in these enriching activities and be a part of the vibrant life at GEMS Metropole School!

**Please note that spaces are limited, once you sign up on the link below you will receive a welcome email to state if you have successfully received a place. Please complete the link promptly to avoid disappointment.**

Activity	Staff Member:	Description	Date and Time	Capacity	Location	Sign up Link:
Maths Support at Home (Y1/2 Parents)	Kirsty Dawson	Designed to support parents of Year 1 and 2 students in enhancing their child's Maths learning at home. In this session, you'll learn practical strategies to help your child with the four main operations - addition, subtraction, multiplication, and division.	Tuesday 06:40-07:20	20	Class 2B - G202	Sign up already complete.
Arabic	Mohammed Makda	A chance for parents to learn basic conversational and written Arabic through this cultural masterclass.	Tuesdays 15:15-16:00	18	Al Noor Centre	Sign up already complete.
Cultural Dance - Salsa Dancing	Amalia Boothe	This ECA immerses students in the vibrant world of salsa, where they learn essential steps, rhythms, and techniques in a fun and supportive atmosphere. Participants not only express themselves through movement but also enhance their coordination, build confidence, and develop a passion for dance while enjoying a rich cultural experience.	Tuesday 07:00-07:40	25	Dance Studio	Sign up already complete.
Wellbeing Programme for Adults	Megan Moon Rebecca Boshoff	A well-being program for adults, with a focus on self-care, mental wellbeing and building healthy habits.	Wednesday 13:00-13:45	16	G509.	Sign up already complete.



## Parent Extra Curricular Activities Continued

Activity	Staff Member:	Description	Date and Time	Capacity	Location	Sign up Link:
How to Support your Child using the EYFS.	Lauren Mcauley	This will support parents with how to support their child at home with how to reach the ELG and be developmentally ready.	Wednesday 13:00-13:45	16	FS1G - G534	Sign up already complete.
Spanish	Martin Boothe	A chance for parents to learn basic conversational and written Spanish in this cultural ECA.	Wednesday 15:15-15:45	18	Secondary Library	Sign up already complete.
French	Charlotte Curtis	A chance for parents to learn basic conversational and written French through this cultural masterclass.	Thursday 15:15-16:00	18	Secondary Library	Sign up already complete.
Swimming Development	Joe Gannon	This ECA offers staff and parents a chance to come together in a relaxed, social setting to improve their swimming technique or boost their overall swimming fitness. Each session will be tailored to accommodate a range of skill levels, ensuring that everyone can participate at their own pace. Please note that basic swimming ability is required to attend.	Friday 06:30-07:10	20 person	Swimming Pool	Sign up already complete.
Community Eco-Warriors	Melissa Jones	Join our Community Eco-Warriors club for parents, where you can cultivate your Eco skills, connect with fellow green thumbs, and contribute to creating a more sustainable future for MTS. Take part in a variety of sustainable projects each week!	Friday 07:15-08:00	15 person	Primary Library	<a href="https://forms.office.com/r/adPwwmMkRX">https://forms.office.com/r/adPwwmMkRX</a>



## Foundation Stage Free Extra Curricular Activities - FS1 and FS2

Year Groups Attending	Teacher	Activity	Day and Time	Pick up Location	Capacity	Description
FS1 and 2	Marama Douglas Katy Anderson	Construction Club	Monday 1:00-1:45pm	FS1H - G536	16	Through hands-on activities, teamwork, and imaginative play, children will develop essential skills in problem-solving and cooperation while exploring the exciting world of construction.
FS1 and 2	Lauren Wright Hannah Williams	Fine Motor - Dough Disco	Monday 1:00-1:45pm	FS1A - G522	16	Creativity meets movement in a fun and engaging way! This club is designed for children to enhance their fine motor skills through the playful manipulation of dough while grooving to lively music.
FS1 and 2	Emma Cannon Katie Lynn	Mindfulness	Monday 1:00-1:45pm	FS2G - G513	16	Introduce young minds to calm and focus with our Mindfulness Club, where FS students learn simple techniques to relax, breathe, and stay present through fun, engaging activities.
FS1 and 2	Grace Lees Sanna Zahid	Recycling art - Sustainability	Monday 1:00-1:45pm	FS1C - G526	16	Develop your recycling skills, collect your recycling from home bring them into school and create masterpieces.
FS1 and 2	Marilie Wentzel Abbey Gibson	Book Club	Monday 1:00-1:45pm	FS1E - G530	16	Sharing and exploring a different text every week with planned activities (mark making, crafts, modeling, small world) that correspond with the focus text.
FS1 and 2	Kirsty Lawry Ashley Scott	Fine Motor Skills	Wednesday 1:00-1:45pm	FS2P - G548	16	Children need to learn develop and strengthen their fine motor skills to improve hand-eye coordination. This can lead to an increased ability to express themselves artistically as well as an elevated sense of independence and self-confidence.
FS2	Katrina Wakeling Natalie Bruce	Creative Arts (Rhythm and Music)	Monday 1:00-1:45pm	FS2H - G515	16	Discover the joy of expression through rhythm and music in our Creative Arts Club, where students explore beats, instruments, and movement to create fun and energetic performances!
FS2	Jessica Brown Noreen Maqbul	STEM	Wednesday 1:00-1:45pm	FS2D - G507	16	This club offers hands-on activities in Science, Technology, Engineering, and Math. Through fun experiments, building projects, and problem-solving challenges, children will explore the wonders of the world around them while developing critical thinking, creativity, and teamwork skills.
FS2	Hannah Rodriguez Gabriella Simillidou	Observational Drawings	Monday 1:00-1:45pm	FS2A - G514	16	The Observational Drawing Club invites FS2 children to explore their creativity through drawing from real-life objects and scenes. Students will develop their observational skills, learn about shapes and colours, and express themselves through art in a fun and supportive environment.
FS1 and 2	Sophie Watkin Emily Toohey	Little Leaders	Monday 1:00-1:45pm	FS2K - G519	16	In our club, we will be learning about the importance of leading and helping others in our wider community. This club will help develop independence and resilience, whilst also learning about the importance of team-work and responsibility.



## Primary Free Extra Curricular Activities – Monday

Year Groups Attending	Teacher	Activity	Day and Time	Drop off/Pick up Location	Capacity	Description
Y1 and 2	Marleigh Davies	Mindfulness Morning (1)	Monday 06:40-07:20	Y1E - G105	15	A relaxed ECA that will focus on mindfulness to encourage a positive day for the children. In the sessions, we will cover breathing techniques, meditation, mindful colouring and yoga. These activities will teach children how to build emotional regulation and focus.
Y2	Amy Howes	Reading Across the Curriculum Mornings (1)	Monday 06:40-07:20	Y2A - G201	20	Students explore different subjects through themed reading, promoting literacy while enhancing knowledge in areas like history, science, and the arts.
Y3 and 4	Sarah Tindall	Creative Writing	Monday - 06:40-07:20	Y3J - G309	18	The Creative Writing Club aims to inspire students to express their imagination and improve their writing skills through various fun and engaging activities.
Y3	Rebecca Northcott	Calligraphy Club	Monday - 06:40-07:20	Y3B - G302	5	With each swirl and stroke, members learn the art of decorative writing while developing their fine motor skills. Whether for making personalized cards, decorating notebooks, or simply enjoying the meditative process of writing, our club fosters creativity, patience, and a love for the written word.
Y3	Bethany Longville	Tech Mondays	Monday - Lunch Time	Y3K - G310	26	An opportunity for students to take part in different activities each week, based on tech such as iMovie and PowerPoint.
Y4	Jessie Cleary	Scratch Coding	Monday - Lunch Time	Library	25	This Scratch coding club introduces students to the basics of programming by allowing them to create interactive games, and animations using simple block-based code. It fosters creativity and problem-solving skills while teaching foundational concepts like loops, conditionals, and variables in a beginner-friendly environment.
Y3	Louise Higgins	Mindfulness	Monday - Lunch Time	Y3D - G304	20	In Mindfulness the children will learn to be in the moment and gain skills of how to be mindful in different situations. They will learn how to gain a growth mindset opposed to a fixed mindset and will learn new techniques to build on their growth mindset supporting them in all aspects of school life.
Y6	Rebecca Manning	Henna designs	Monday - Lunch Time	Y6E - F105	30	Developing wellness and culture through mindful henna designs. Children will explore intricate and creative designs to develop their artistic flare.
Y6	Patricia Smith	Crossword Challenge Club	Monday - Lunch Time	Y6H - F108	20	In the Crossword Challenge Club, students will solve exciting puzzles, create their own crosswords, and compete in friendly word battles. This club is the perfect place to sharpen vocabulary and have fun with friends. Work in teams to crack tricky clues, race against the clock, and become the ultimate puzzle master!
Y3,4 and 5	Stevie-Leigh Webb	Drama Club	Monday - 15:15-16:00	Y3C - G303	10	We will be acting out a script where each student will have a role. The script will be based upon something moral that the children can also learn from. This will allow them to develop their speaking and listening skills while also encouraging them to be leaders and get used to being in the spotlight.
Y3 and 4	Jennifer De Almeida Julio	Spanish	Monday - 15:15-16:00	Y4H - F308	20	Join our Beginner Spanish Club and start your journey to learn basic conversational skills, vocabulary, and cultural insights in a fun and interactive setting!
Y4	Adam Hall	Minecraft Education Leadership	Monday - 15:15-16:00	4A Classroom	15	Children will be asked to design a theme park (or use democracy to agree on something else to design as it will be student led and their decisions matter). They will have to use their HPL skills by working collaboratively and using leadership skills and decisions will be made based on teamwork.



## Primary Free Extra Curricular Activities – Tuesday

Year Groups Attending	Teacher	Activity	Day and Time	Pick up/ Drop Off Location	Capacity	Description
Y2 and 3	David Andrew Carroll	Board Game - Problem Solving - Mornings	Tuesday - 06:40-07:20	Y2G - G207	20	Children will take part in a carousel of different board game activities. They will use their communication skills to work together and develop their social skills by turn taking and sharing the games.
Y6	Neesha Pal	Book club	Tuesday - 06:40-07:20	Y6A - F101	15	Great for those who enjoy reading and discussing literature with peers. Exploring a range of books and developing reading skills.
Y5 and 6	Rebecca Coulter	Guitar	Tuesday - 06:40-07:20	T608	15	Interested in playing a musical instrument? This is a group for beginners who would like to learn how to play the guitar, including a few popular songs!
Y5 and 6	Alicia Louise Mooney	Mosaics	Tuesday - 06:40-07:20	Y6K - F110	10	Mosaic club is a place for children to explore the art of mosaic making using different mediums.
Y5	Alisha Brookes	Board Games	Tuesday - Lunch Time	Y5E - F205	20	This ECA will promote collaboration, critical thinking and inquiry. It will allow children to use empathy and strong teamwork skills to ensure a strong sense of inclusion.
Y6	Eman Oraby	Mindfulness Lunch Time	Tuesday - Lunch Time	Y6D - F104	20	Join the Mindful Colouring ECA Club for a relaxing and creative escape! Students will explore various colouring techniques and engage in guided mindfulness exercises, fostering focus and reducing stress. This club promotes self-expression, enhances fine motor skills, and encourages a sense of community among participants.
Y6	Natasha Strachan	Abstract Art	Tuesday - Lunch Time	Y6G - F107	28	Abstract art encourages creativity by allowing students to express ideas and emotions through colors, shapes, and forms without needing to depict realistic objects.



## Primary Free Extra Curricular Activities – Wednesday

Year Groups Attending	Teacher	Activity	Day and Time	Pick up/ Drop Off Location	Capacity	Description
Y4 and 5	Graham Rennie	PowerPoint Skills Club	Wednesday - 06:40-07:20	Y5H - F208	28	An opportunity for students to continue developing their ICT skills using PowerPoint. Students will create innovative presentations through the development of their skills.
Y4	Laurel Gaynor	Reading and creative writing club	Wednesday - 06:40-07:20	Y4F - F306	10	The aim of Reading Club is to enhance Year 4 students' High-Performance Learning (HPL) skills such as empathy, literacy, and analysis by exposing them to various texts in a fun and engaging setting. I will also be reading the same story, and we will come together as a group to go through the book/particular chapter/s.
Y5	Saif Mir	Mindfulness Mornings	Wednesday - 06:40-07:20	Y5B - F202	15	This club focuses on teaching mindfulness techniques to help students manage stress, improve focus and cultivate self-awareness. Through activities like guided meditation, breathing exercises and reflective discussions, we create a calm and supportive environment for personal growth.
Y5,6 and 7	Ella Reynolds	Cultural Fashion Design	Wednesday - 06:40-07:20	Y6B - F102	10	The Cultural Fashion Design Club invites children to explore and celebrate fashion from different cultures around the world. Through hands-on activities, participants will design their own outfits inspired by traditional garments, learning about the history, patterns, and textiles that make each style unique.
Y5 and 6	Breandan Casey	Coding with Co Spaces	Wednesday - Lunch Time	Primary Library	10	In the Coding with CoSpaces ECA for Year 5 and 6, students explore the world of 3D coding and virtual reality creation. They learn to design interactive environments, develop programming skills, and bring their ideas to life using CoSpaces software.
Y6	Zoe Joslin	Reading for Passion	Wednesday - Lunch Time	Y6C - F103	20	Join our vibrant book club, where students in Years 5 and 6 can explore amazing stories and ignite their passion for reading! Each week, we'll read and share captivating books and enjoy lively discussions, based on our favorite characters and the worlds they exist in.
Y5	Iqra Zaffar	Mindful Lunch Time	Wednesday – Lunch time	Y5F - F206	15	A club where students practice mindfulness techniques like breathing exercises and body awareness to build emotional regulation and focus.
Y1 and 2	Amy Mcrobb	Arts and Crafts Lunch Club	Wednesday - Lunch Time	Y2A - G201	10	This ECA provides students a fun and engaging environment to explore their creativity and develop fine motor skills. Each session focuses on a variety of projects, such as collage-making, and sculpting, utilising diverse materials like paper, and recycled items.
Y1 and 2	Jane Napier	Yoga	Wednesday 15:15-16:00	Y2F - G206	12	In our after-school yoga sessions, we'll be learning fun and easy poses that help us stretch and strengthen our bodies, while also practicing how to breathe deeply and relax. Each week, we'll explore new poses like the tree and downward dog, along with playful activities that help us focus and calm our minds.
Y1	Hannah Raybould Jessica Sawford	Board Games	Wednesday 15:15-16:00	Y1L - G111	20	Children will take part in a carousel of different board game activities. They will use their communication skills to work together and develop their social skills by turn taking and sharing the games.
Y1 and 2	Emilia Ackroyd	Maths games	Wednesday 15:15-16:00	Y2H - G208	15	A club for students to develop problem-solving and logical reasoning skills through fun math puzzles, challenges, and games.



## Primary Free Extra Curricular Activities – Wednesday

Year Groups Attending	Teacher	Activity	Day and Time	Pick up/ Drop Off Location	Capacity	Description
Y1 and 2	Antoinette O'Carroll	Mindfulness Afternoons	Wednesday 15:15-16:00	Y2 - G209	15	A relaxed ECA that will focus on mindfulness to encourage a positive day for the children. In the sessions, we will cover breathing techniques, meditation, mindful colouring and yoga. These activities will teach children how to build emotional regulation and focus.
Y3	Crystal Bauer	Community Gardeners- Forest School	Wednesday - 15:15-16:00	Forest School Area (Beside Gate)	14	A mini enrichment session for Year 3 students to be part of the Forest School experience. They will support in uplifting the outdoor area by planning and creating a community garden.
Y3 and 4	Chloe Coleman	Magical Multipliers	Wednesday - 15:15-16:00	Y3G - G307	15	Join the "Magic Multipliers" club, where children will master their multiplication skills through exciting games, fun challenges, and interactive quizzes! This engaging environment encourages teamwork and boosts confidence in math, all while making learning fun and dynamic.
Y3,4,5 and 6	Amy Mcgowan	Lego Club	Wednesday - 15:15-16:00	Y4B - F302	20	Lego Club is an exciting opportunity to tackle new challenges each week, where creativity meets problem-solving! Students will enhance their teamwork and engineering skills while building impressive structures.
Y5	Sumur Rizwan	Heritage Heroes	Wednesday - 15:15-16:00	Y5J - F209	28	This club will explore and celebrate local and global heritage, focusing on preserving traditions, customs, and values. Students might create projects to learn about historical figures, important landmarks, and cultural practices, with a focus on the UAE's rich heritage.
Y5	Aneesa Hassan	Heritage Story telling	Wednesday - 15:15-16:00	Y5K-F210	28	Students explore their own cultural heritage and that of others by sharing traditional stories, myths, and legends from around the world.
Y5 and 6	Alexandra Jones	Debate club	Wednesday - 15:15-16:00	Y4C - F303	20	Children will look at real life scenarios and enter into discussions for and against. They will be given time to research and plan their arguments showing our school values of leadership as well as respect.



## Primary Free Extra Curricular Activities – Thursday

Year Groups Attending	Teacher	Activity	Day and Time	Pick up/ Drop Off Location	Capacity	Description
Y3 and 4	Holly Morgan	Construction Club	Thursday - 06:40-07:20	Y3F - G306	10	It invites young builders to unleash their creativity through fun and engaging projects. Students collaborate on hands-on challenges, enhancing their problem-solving skills while developing teamwork and engineering concepts.
Y1,2 and 3	Anthony Weekes	Nutrition	Thursday - 06:40-07:20	Y2E - G205	20	The club will look at how we can improve our diet and nutrition through healthy food choices. Examples of what a healthy food choices look like with opportunities to make different healthy snacks.
Y3 Invite Only	Sean Sweeney	Student Leadership - Community Outreach	Thursday - Lunch Time	Y3A - G301	13 student council leaders	This ECA is going to introduce an ongoing project where student leaders will be given a project which involves a series of activities linked to community outreach. The student leaders are going to be given a series of weekly challenges which involve serving the community.
Y5 and 6	Conor Downey	Digital Designers (Canva)	Thursday - Lunch Time	Library	20	A club where students explore digital art and graphic design, creating posters, logos, or digital artwork using Canva.
Y5	Sasha De Silva	Drawing Club	Thursday - Lunch Time	Y5G - F207	24	In drawing club, children will develop their creativity and fine motor skills by learning to draw a range of different pictures using different mediums. They will be doing a different picture each week which they will be able to take home with them once complete.
Y4,5 and 6	Rana Cheikh Ali	Brain teasers and puzzles' Club	Thursday - 15:15-16:00	Harmony - F405	10	This ECA offers different types of puzzles that are written or spoken and require mental reasoning to solve. It is for children who wish to work as a team to solve puzzles.
Y5 and 6	Karl Taras	Robotics Lab	Thursday - 15:15-16:00	IT - S401	15	students will engage in hands-on robotics and electronics projects that combine coding and engineering principles. They'll enhance their problem-solving abilities and foster creativity while exploring real-world applications of STEM concepts.
Y3,4,5 and 6	Skye Heilbronn	How to Draw	Thursday - 15:15-16:00	Y4K - F310	20	This fun and engaging club will explore various drawing techniques and styles, from cartooning to landscapes. Each session will focus on different themes, allowing kids to express their unique artistic voices while developing their artistic skills.
Y4 and 5	William Mckirdy	CSI Club	Thursday - 15:15-16:00	Y4G-F307	25	Step into an exciting world of forensic science and criminal investigation! If fascinated by crime scene analysis, eager to learn about fingerprinting, or intrigued by the science of solving mysteries, CSI club will cover all of these things. It's a perfect opportunity to explore your curiosity, develop teamwork skills, and maybe even discover a future career in forensics or law enforcement.
Y4,5 and 6	Ashley Kearsley	Reading Across the Curriculum	Thursday - 15:15-16:00	Y5C - F203	28	Travel to a different part of the world or period of time without leaving the classroom through a variety of cross-curricular reading opportunities.
Y3 and 4	Emily Wilkinson	Meditation	Thursday - 15:15-16:00	Y3A - G301	12	This club will be designed to promote mental health and an understanding of why we need to relax our minds. We will be discovering a range of relaxation techniques and deciding what works for our bodies. This will promote students becoming more aware of their minds and bodies and will actively be able to implement these strategies in other scenarios.



## Primary Free Extra Curricular Activities – Thursday

Year Groups Attending	Teacher	Activity	Day and Time	Pick up/ Drop Off Location	Capacity	Description
Y3 and 4	Emily Wilkinson	Meditation	Thursday - 15:15-16:00	Y3A - G301	12	This club will be designed to promote mental health and an understanding of why we need to relax our minds. We will be discovering a range of relaxation techniques and deciding what works for our bodies. This will promote students becoming more aware of their minds and bodies and will actively be able to implement these strategies in other scenarios.
Y4	Christopher Wilson	Drama Club	Thursday – 15:15-16:00	F304 - 4D	20	Unleash your creativity and confidence through role-play, improvisation, and performance in our dynamic Drama Club, where students explore storytelling and character development in a fun, supportive environment.
Y3 and 4	Katy Mcguinness	ShowStoppers	Thursday - 15:15-16:00	Y3L - G311	20	Join us in the Showstoppers club, where Year 3 and 4 students can express themselves through singing, dancing, and acting. This dynamic program is designed to boost children's confidence and provide them with a platform to showcase their talents, culminating in exciting performances that celebrate their hard work and creativity.
Y1,2 and 3	Chanelle O'Brien	Spanish club	Thursday - 15:15-16:00	Y1D - G104	15	Spanish club will enable you to learn key Spanish phrases and vocabulary as well as learn about the culture of Spain.
Y2	Hannah Jackson	Board Game - Problem Solving - Afternoons (2)	Thursday - 15:15-16:00	Y2C - G203	20	Children will take part in a carousel of different board game activities. They will use their communication skills to work together and develop their social skills by turn taking and sharing the games.
Y1 and 2	Jodie Callow Muna Abdulkadir Ali	Creative Arts	Thursday - 15:15-16:00	Y1K - G110	25	Let's get creative! We will have a go at using different art mediums to express our creativity through different art projects.
Y1	Helen Spencer Rachel Fitzgerald	Cardio Stepping	Thursday 15:15-16:00	Y1C - G103	20	Cardio Stepping is a fun high cardio exercise class to music to increase heart rate and fitness levels. It is easy to access for our younger pupils as teachers will model and pupils copy the dance and stepping moves.
Y1	Joanne Healy Charlotte Thompson	Book Club	Thursday 15:15-16:00	Y1G - G107	25	Dive into exciting stories and spark your imagination in our Book Club, where students explore new worlds, share ideas, and foster a love for reading!
Y1 and 2	Andrew Walters	Reading Across the Curriculum	Thursday 15:15-16:00	Y2L - G211	20	We will be looking at books and texts that are linked to our curriculum lessons. This will include some reading skills and discussion about the texts / topic.



## Primary Free Extra Curricular Activities – Friday

Year Groups Attending	Teacher	Activity	Day and Time	Pick up/ Drop Off Location	Capacity	Description
Y1	Aneera Jamshed	Meditation	Friday 07:00-07:40	OT Room – Inclusion Hub	10	Find peace and balance in our Meditation Club, where students practice calming techniques to enhance focus, reduce stress, and cultivate inner calm.
Y3 and 4	Rachel Williams	Jigsaw Puzzle Solvers	Friday - 06:40-07:20	Y3H - G308	20	Jigsaw puzzle clubs where enthusiasts come together to solve a range of jigsaw puzzles. Members can collaborate, share tips, and participate in competitions. The club offer themed challenges making them a fun way to enhance puzzle-solving skills and connect with fellow jigsaw lovers.
Y3 and 4	Afshana Choudhury	Mindfulness	Friday - 06:40-07:20	Y4E- F305	20	These sessions will explore mindfulness techniques to help students stay present and calm in the moment. We will practise deep breathing exercises and guided meditation to enhance focus and reduce stress. We will develop self-awareness with tools for emotional regulation, getting them prepared for the day's learning ahead.
Y5 and 6	Oliver Haigh	Nutrition	Friday - 06:40-07:20	Y5L - F211	20	Nutrition sessions for Y5/6 children consisting of engaging topics that introduce the basics of nutrition, including food groups, healthy choices, portion sizes, and the connection between nutrition and physical activity. Activities include interactive games, recipe developments and more.
Y5 and 6	Christopher Mcauley	Maths Prodigy	Friday - 06:40-07:20	6F - F106	20	Maths Prodigy is an online educational platform designed to help students improve their math skills through engaging, game-based learning. It provides interactive math challenges and activities tailored to the student's grade level, encouraging practice in various mathematical topics while making learning fun and motivating.
Y5 and 6	David Moore	Quiz Club	Friday - 06:40-07:20	Y6J - F109	24	Quiz club will foster a sense of competition through quizzing websites such as Blooket, Quizlet and Kahoot. Revision and fun will go hand in hand as students compete to answer questions accurately and quickly.



## Secondary Free Extra Curricular Activities – Monday Morning

Year groups	Teacher	Activity	Location	Capacity	Description
12 and 13	Jason Corcoran	Football Debate	S311	15	Students and staff can engage in discussion/debate about weekend English premier league football results. Students enjoy watching and talking about it generally so this will give them an opportunity to focus on the key game from the weekend and discuss what they thought about it, the result, the key decisions, the tactics, etc.
12 and 13	Peter Fletcher	Science Journal/Book Club	G624	20	The science book club is a group where students explore various topics through engaging books and discussions. Key activities include reading assignments and group discussions that deepen understanding. Outcomes for students include improved critical thinking, enhanced scientific literacy, and a greater passion for science.
7 to 13	Toby Ayres	Meditation and Mindfulness	S615	15	A time and space to be meditate and be mindful - reflecting on the previous week and being energised for the week ahead. A quiet and safe space for students and staff alike.

## Secondary Free Extra Curricular Activities – Monday Lunchtime

Year groups	Teacher	Activity	Location	Capacity	Description
7 to 13	Harri Burford	Magic School intro to AI	S203	28	A safe introduction and exploration of the world of AI for students through approved school platforms
8 to 11	Misba Du Plessis	Mindful Colouring	G616	15	Join us for a mindful colouring session designed to promote relaxation and creativity! Students will explore various patterns while learning mindfulness practices to enhance focus and reduce stress. This calming activity encourages self-expression and fosters a sense of community.
10 to 13	Lorraine De Souza	Duke Of Edinburgh	S212	sign up needed	This will be where students who need support with completing their ORB can come and see me. In addition, students will be given time to plan routes for their expeditions, learning compass skills and working together in their groups
11 to 13	Eoghan Ryan	Sudoku	S614	12	"Sudoku Club offers students a stimulating environment to develop their problem-solving and logical thinking skills through weekly puzzles and challenges. Participants enhance their concentration and patience while enjoying the satisfaction of solving increasingly complex Sudoku puzzles.
7 to 10	Rabia Chaudhry	Magic School AI	S209	10	Magic School Ai – A safe introduction to the world of Ai in this innovative ECA.
9 to 13	Helen O'Donovan	Collaborative artwork club	S405	15	The Collaborative art club will be for students to work together on large outcomes. The outcomes created in this club will be presented in place of the murals in the stairwells.
7 to 10	Claire Daly	Mural Painting	Art room	20	Come along and explore the wonderful and creative side of making mural paintings.



## Secondary Free Extra Curricular Activities – Monday Afterschool

Year groups	Teacher	Activity	Location	Capacity	Description
7 to 13	David Carter	Fantasy Football Discussion	S310	15	We will discuss everything about fantasy football including players to target for transfers, long term plans and optimal times to use chips
10 to 13	Hani Sofe	Wellbeing warriors	G615	30	Join us for a fun and relaxing after-school well-being session designed to help you unwind and recharge! This activity offers a mix of mindfulness exercises, light physical movement, and creative expression, all aimed at boosting mental and physical health. All students are welcome—no experience needed!
7 to 9	Gaynor Lewis	KS3 Science club	G620	10	Are you a curious child who loves to explore the wonders of science? Join our exciting Science Club after school! Every week, we'll embark on thrilling experiments, build amazing creations, and learn about the fascinating world around us. From making oobleck to burning money, there's always something new to discover. So come join us and ignite your passion for science!
10 and 11	Usama Ibrahim	Duke of Edinburgh Bronze	S207	8	Exploring historical archives and stories and understanding sense of history. Pupils will make blogs about archives etc
9 to 12	Louise Elizabeth Lightfoot	Early entry Language GCSE	F603	20	Opportunity for students to achieve an additional GCSE in their mother tongue
9 to 12	Gavin Warke	Early Entry Language GCSEs	F610	20	Opportunity to gain an additional GCSE in their mother tongue.
7 and 8	Sophie Hunter-Brown	Digital Designers	S401 (ICT)	20	Students will learn intermediate to advanced dance for different dance styles. we can tailor this to ages and who is interested.
7 to 13	Ryan Evans	Music - Rock / Pop band	Music rooms	10	Any students interested in joining a band / playing music or receiving coaching as a group are invited. I have a variety of tracks ready to teach. Great for talent shows. Previous musical experience helpful



## Secondary Free Extra Curricular Activities – Tuesday Morning

Year groups	Teacher	Activity	Location	Capacity	Description
9 to 13	Saqib Akram	Leverage Futures Trading	S310	12	This enrichment activity is designed so support your skills in day trading. Day trading is a form of speculation in securities in which a trader buys and sells a financial instrument within the same trading day, this means trades are closed before the market closes. Day Trading is all about short term speculation identifying chart patterns using a variety of indicators to reduce risk.
7 to 13	Catharine Snell	Warhammer Club: Build, Paint, and Develop STEAM Skills!	G602	15	Ready to get creative? In Warhammer Club, you'll build and paint detailed models while developing valuable STEAM (Science, Technology, Engineering, Art, and Math) skills. Learn precision in model assembly, improve your fine motor skills, and engage in problem-solving as you bring your miniatures to life. Whether you're new or experienced, this club is for everyone who wants to combine creativity with hands-on learning. All skill levels welcome!

## Secondary Free Extra Curricular Activities – Tuesday Lunchtime

Year groups	Teacher	Activity	Location	Capacity	Description
11 and 13	Denifer Demaili	Sixth form students will be able to tutor year 11 students - program called "academic allies" I will supervise. sixth former will receive volunteer hours.	S306	10	Sixth formers volunteering to tutor Year 11 students will develop key leadership, communication, and mentoring skills. This activity fosters a sense of responsibility and enhances their understanding of academic content by teaching others. Additionally, students will earn volunteer hours, contributing toward a certificate that acknowledges their commitment to helping others.
7 to 13	Stephanie Gray	Brain teaser puzzles	S205	20	Students can enhance their wellbeing through puzzles and develop their problem solving.
7 to 9	Stuart Wilson	Reading club	Library	12	The Reading Club is a relaxed space for students to enjoy reading. It's a quiet environment where everyone can take time to immerse themselves in books, without any discussions or distractions. All KS3 are welcome to join and simply enjoy the pleasure of reading.
7 to 9	Christine Burns	Travel club	S207	10	Students will explore the worlds travel destinations and learn about the variety of cultures and landmarks across these destinations.
8 and 9	Safae Drissi	Coding with scratch	S208	15	The Scratch Club is a fun and creative space where students can explore programming through the Scratch platform! Whether they are a beginner or have some experience, this club is perfect for anyone interested in coding, game design, and storytelling. Students will use Scratch to create their own interactive stories, games, and animations – and, in the process, learn important computational concepts and problem-solving strategies. Google certificates will be provided at the end of each project completed!



## Secondary Free Extra Curricular Activities – Wednesday Morning

Year groups	Teacher	Activity	Location	Capacity	Description
10 to 13	Nasra Jama	Social dilemma club - discussing complex social issues	S304	15	Critical Thinking: Encourage students to think critically about social dilemmas and understand the nuances involved in each situation. Discussion and Debate: Facilitate open discussions and debates on various social issues, helping students articulate their viewpoints and consider opposing perspectives.
7 to 13	Ashleigh Mackissack	Mindfulness	G615 Happiness room	20	The Mindfulness ECA involves guided breathing exercises, mindful movement, meditation sessions, and reflective journaling to help students manage stress, improve focus, and enhance overall well-being. Sessions will also include group discussions to share experiences and learn practical mindfulness techniques for daily life.
7 to 13	Umair Munir	Mindfulness (2)	happiness room	20	Students can come and participate in mindfulness activities, such as meditation, gratitude journaling and affirmations.
7 to 10	Muhammad Usman	Cricket Club	tennis courts Muga	45	The cricket ECA offers students the opportunity to develop their skills in one of the world's most exciting sports. Through regular training sessions and matches, students will enhance their teamwork, discipline, and leadership abilities, while building confidence and physical fitness.

## Secondary Free Extra Curricular Activities – Wednesday Lunchtime

Year groups	Teacher	Activity	Location	Capacity	Description
7 to 13	Amy Harrison	Voyager Class Social Club	S301	15	Join us for a fun lunchtime session focused on developing social skills! We'll engage in games and activities designed to boost communication, teamwork, and friendship-building in a welcoming environment.
13	Desta Stewart	Media Intervention	NEA sessions targeting skills and SOI development to achieve high grades	15	Working on the formulation of comprehensive Statement of Intent documentation to yield high grades. Focus on building technical skills in camerawork, applying the visual skills and editing primary content in Adobe Photoshop for the desired outcome.
11 to 13	Maria Margarida Parreira Prudencio	Water colour painting (Wellbeing)	Secondary Art room	10	Discover the calming art of watercolour painting, where creativity meets mindfulness. This ECA promotes relaxation, enhances focus, and boosts overall wellbeing through the soothing process of blending colours and expressing yourself artistically.
7 to 9	Jennifer Awodipe	Braiding Club	G606	10	Join our Braiding Club to explore the art of braiding, perfect for all skill levels! Enjoy hands-on practice, tips, and themed events to show your creativity and unique styles.
10 to 13	Tazmin Miah	Mindful Moments: A Student Wellness Retreat	S616	20	We will be presenting wellbeing activities and the theories and psychology behind it. Students will then be able to perform these activities, create wellbeing info booklets and share around school or within their leads and class time. Ideally for social science and science students.
10 to 13	Katharine Ashton	Mindfulness colouring	G606	20	Time out from stress of exam classes to unwind with mindfulness colouring, relaxing music and a space to be calm.
8 to 10	Greig Barnes	Basic first aid	S604	25	Come along and learn about some basic first aid that people will apply in the the real world. This will not give you a first aid qualification but will give you an oversight of basic first aid.



## Secondary Free Extra Curricular Activities - Wednesday Lunchtime (cont.)

Year groups	Teacher	Activity	Location	Capacity	Description
7 to 9	Muneera Millwala	Discovery class social club		15	A structured yet fun social activity. Each week, a different game is introduced—like board games, card games, or interactive group activities—designed to promote turn-taking and understanding of rules. As students engage in these games, they learn to communicate with peers, practice patience, and develop teamwork skills. A teacher guides the group, encouraging conversations about the games, reinforcing positive interactions, and helping students navigate any challenges. This supportive environment not only fosters social engagement but also builds confidence and friendship among students.
9 to 11	Emma Flanagan	UKMT Maths Challenge	S608	28	The key activities in the UK Maths Challenge preparation include practicing problem-solving techniques, tackling non-standard Maths questions, and enhancing logical reasoning skills through mock challenges and group discussions. The expected outcomes are improved mathematical thinking, greater confidence in tackling complex problems, and a deeper understanding of concepts that will help students excel in the UK Maths Challenge competition.
7 to 13	Sean Dennis	Brazilian Ju Jitsu	Dolo	30	Join the Brazilian Jiu-Jitsu (BJJ) Club to learn the fundamentals of grappling, self-defense, and ground control through technique and strategy. Improve your fitness, boost confidence, and have fun mastering the art of BJJ in a supportive environment!

## Secondary Free Extra Curricular Activities - Wednesday Afterschool

Year groups	Teacher	Activity	Location	Capacity	Description
7 to 10	Muhammad Usman	Cricket Club	Tennis courts	45	The cricket ECA offers students the opportunity to develop their skills in one of the world's most exciting sports. Through regular training sessions and matches, students will enhance their teamwork, discipline, and leadership abilities, while building confidence and physical fitness.
7 to 9	Adam Aboussaad	Mathematical Geometry Art Club	S618	13	Discover the beauty of math through art and design! In this club, students will create stunning designs using shapes, patterns, and symmetry. Explore tessellations, fractals, the golden ratio, curves of pursuit and much more. Where Maths and design meet
7 to 13	Vanessa White	French Movie Club	F601	30	Discover French movies every week and enjoy the enrichment of the culture as well as practice of language listening skills. Movies will be in French with subtitles.
7 to 9	Olivia Parr	Spanish Film Club	F608	20	Students will have the opportunity to immerse themselves in Spanish language and gain a greater appreciation of Hispanic culture through watching a variety of films in target language.
9 to 12	Amina Choudhury	DECA Club	S311	25	The DECA Club is designed for students and aspiring entrepreneurs who seek to enhance their problem-solving, analytical, and decision-making skills through real-world business case study analysis.
7 to 9	Emily Bancroft	Mindfulness	F611	12	Our mindfulness club is an opportunity for guided discovery of peace and presence. Engage in various activities such as music therapy, mindful appreciation, stretching, journaling and breath-work whilst connecting with others seeking balance and serenity.



## Secondary Free Extra Curricular Activities – Thursday Lunchtime

Year groups	Teacher	Activity	Location	Capacity	Description
10 to 13	Samuel Heald	Physics and Astronomy Research and Enquiry	G602	28	The Physics and Astronomy Research and Enquiry Club for Futures School is a hands-on program designed to ignite curiosity about the universe. Through discussions and research projects, participants will explore key concepts in physics and astronomy, developing critical thinking and research skills while deepening their understanding of the cosmos.
10 to 13	Zahra Younis	Social Science Cinema: Exploring Groundbreaking Investigations	S302	10	Key activities include watching famous classic psychological and sociological investigations and contemporary investigations inspired by classic research whilst discussing the relevance of it in understanding patterns of human behaviour in the contemporary world.
12 and 13	Simon Humphreys	UAE Driving Theory	School Site	28	Enriching A Level students with UAE driving theory can be an engaging way to enhance their knowledge and life skills, especially those relevant to driving laws, safety, and road awareness. The intention is to prepare students for the theory aspect of their driving license.
7 and 8	Laura Kilvington	Mindfulness		20	To help students develop mindfulness techniques for stress management, improve concentration or enhance emotional well-being. Activities will include mindfulness colouring, sound meditation, mindful eating, gratitude practice, mindful walk to the farm, visualization, grounding exercises.
7 and 8	Alisia Argyrou	Mindfulness		20	To help students develop mindfulness techniques for stress management, improve concentration or enhance emotional well-being. Activities will include mindfulness colouring, sound meditation, mindful eating, gratitude practice, mindful walk to the farm, visualization, grounding exercises.
7 to 9	Shanna Lynn Yarde	Python Coding for Beginners	S211	12	The Python Coding Club for beginners introduces students to the basics of programming through fun, hands-on activities. Students will develop foundational coding skills, including problem-solving and logical thinking, while creating simple games and programs. By the end of the club, they'll have the confidence to write basic Python code independently.
10 to 13	Navid Sarfarazi	Match Of the Day	G613	10	Watch football highlights from the week of football including Premier League Champions League, Europa League and any national football games of interest. Join in on discussions about controversial VAR decisions etc.



## Secondary Free Extra Curricular Activities – Thursday Afterschool

Year groups	Teacher	Activity	Location	Capacity	Description
9	Mark Preece	Jui-Jitsu	Level 2 Dojo	20	Jiu Jitsu is a modern martial art that focuses on teaching practical techniques that can be used in self-defense situations, but in a fun and welcoming environment. The classes offered will focus on the following techniques: throwing, falling, restraint / joint-locking, blocking strikes, handling multiple opponents.
9 to 13	Cian Mcnerney	Film Club	S626	20	We will look at the film making process from script writing to acting, to editing. Working across the year we will help students create, shoot and finalise short film projects while experiencing the different roles a film set offers.
7 to 13	Rukhsana Saleem	Henna Designs	S605	20	We will explore different designs and research different styles used by different cultures. We will apply this to create our own intricate Henna designs.
10 to 13	Zaheer Siddique	Advanced Board games	S614	14	Students will engage in strategic board games learning collaborative and competitive board games of increasing complexity - Not for the faint hearted or the sore loser
7 to 13	Demi Austin	Fine Art	S628	10	We will be looking after our mental health by completing fine art to relax and unwind!
7 to 9	Zain Saeed	Key stage 3 Homework Club	G602	15	The Homework Club provides a supportive environment where students can enhance their academic skills and receive personalised assistance with their homework.

## Secondary Free Extra Curricular Activities – Friday Morning

Year groups	Teacher	Activity	Location	Capacity	Description
10 to 13	Kerry Mclean	Board games	S604	16	Enjoy board games? Have a competitive streak? Come and join us for a range of games that will develop social interaction skills, critical thinking, logical reasoning, memory and problem solving.



## Frequently Asked Questions

### What are the different types of Extra Curricular Activities at GEMS Metropole School?

- Mustang Sports Squads – Invite only for Mustang Squads
- Performing Arts Clubs (Choir, Musical Theatre, Dance)
- ESM Paid Extra Curricular Activities
- Free Teacher Led Extra Curricular Activities
- Arabic/Islamic Clubs

### When do the Term 1 Free Teacher-led Extra Curricular Activities run from and to?

- The Free Extra Curricular Activities led by teachers begin Monday 28th October and run until Friday 6th December. There will be no free teacher-led Extra Curricular Activities the W.C 9.12.24.

### How are the spaces in Extra Curricular Activities allocated?

Each Free ECA has a different capacity. This is a first come, first served basis and once the sign up is full, the ECA will not appear in the app any longer.

### Why do some days have fewer ECA opportunities available than others?

- Teachers are in professional development meetings at different times during the week, meaning there are less staff available to run clubs on these days.

### Can my child attend an ECA or sport squad if they have been absent from school on that day?

- No, students must have attended school on the day to be able to attend the club.

### How will I know if my child has been allocated a space?

- You will receive a welcome email the W.C 14.10.24 from the relevant staff member welcoming you to the ECA. This will indicate the you have been successful in securing a place and will have all relevant information you will need for the ECA such as timings, date, location etc.

### Does the school provide an ECA bus service?

- No, any students attending before or after school ECA will need to arrange own transport. Buses will not be running for Extra Curricular Activities.

### How do I sign up for Paid/Free Extra Curricular Activities?

- You can sign up using GEMS Connect for any ESM paid ECAs or Free Teacher-Led ECAs.
- The deadline to sign up for Free Extra Curricular Activities is Tuesday 15th October.
- You may sign up for the ESM Paid Extra Curricular Activities at any point in the term.

### What if I am late to pick my child up from an after-school ECA?

- Please note that if you are running late to collect your child from an after-school ECA, please ring and inform the reception or email the staff member running the ECA (welcome email received from this staff member).
- Each time you are late collecting your child from an ECA you will receive a letter following this up. If you are late to collect your child on 3 occasions, your child will be asked to leave the ECA.





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