



ST LAWRENCE
COLLEGE

Activities on offer (either Wednesdays or Fridays or both! See signup form.)

Activity name	Description	Cost	Staff/Day
Additional Mathematics	This is a GCSE more advanced than the standard GCSE taken by all 5th form students. Therefore, this is only open to students in set 5Mat1 who have previously discussed this with their teacher. You know who you are!	-	DB / Fri
Art Excellence	This activity caters for current Art GCSE and A level students. This will allow you to further develop existing classroom work or create something completely new!	-	PB / Wed & Fri
Badminton	Badminton for all levels of ability, fun and fitness guaranteed!	-	WGH/AEB / Wed & Fri
Basketball	Learn to play or improve your skills in this popular fast-moving game.	-	Mr Mills / Wed
Boxercise	Boxercise, a safe, effective and fun form of exercise suitable for all ages and levels of ability.	-	Mr Daley / Fri
Brain Training	This activity is about doing anything that makes your brain get going. It could be chess, Sudoku, word search, cross words and even memory games.	-	JLC / Wed
CAD/CAM Club	Students will learn how to design and make things; use the laser cutter and 3D printer to create exciting and original products.	-	KBP / Wed
Card Embroidery	Please see the example in Miss Coe's room.	-	AEC / Wed
CCF	Compulsory for all 3rd Form, but also an option for 4th to 6th Form.	-	NBTC / Wed
Chess	The ancient game of chess is the ultimate game for deep thinking! Try to out manoeuvre your opponent. Beginners are also welcome.	-	YJI/CJB / Wed & Fri





Climbing	Learn to climb safely on the College climbing wall.	-	Mr Riordan / Wed & Fri
Community Service	Bring a little happiness to an elderly person. We visit a residential home for the elderly, many of whom are housebound. Your contribution makes a real difference to their lives; lives that have interesting stories to share. This activity also counts towards the volunteering section of the Duke of Edinburgh awards scheme.	-	PRR / Fri
Cooking	We will be creating culinary masterpieces (aka cookies, fajitas, pasta bakes, scones and brownies etc.) in the wonderful environment of the Home Economics room. Come and join in the bake-off fun!	£20 per term	FEJ / Wed
Creative Writing	We are currently working on The Wasteland Project, alongside the Art, Drama and Music departments, with the view to showcasing some of our work at an exhibition in February. Come along and get involved in exploring different creative approaches. Future novelist? Total novice? Budding poet? Come and try your luck alongside like-minded writers and individuals in a supportive, informal and non-judgmental environment.	-	ANH / Fri
Documentary Film Club	Watching documentaries on current issues, some discussion too. Featuring many Louis Theroux documentaries!	-	DAH / Wed & Fri
Fitness	Improve your overall fitness, strength and stamina.	-	Mr Needham / Wed & Fri
Football	Come and try to kick a football in a goal, with others trying to stop you!	-	NJW/Mr Naciri / Wed & Fri
Golf	Spend an hour at the Manston golf range being coached by one of their professional staff. Learn from scratch or just improve your swing.	£10 per <u>week</u>	GD / Wed
Health & Wellbeing	You will be the pioneers of community-based public health research, which could potentially lead to some big improvements in student wellbeing at SLC, as well as some benefits beyond that (such as CREST awards, opportunities to publish your work in the Young Scientists' Journal and present at their conference, entering your research into the National Big Bang Science Competition, or even generating data for the EPQ at A level etc.). In the Michaelmas term our research focused on the impact of technology on different aspects of wellbeing, but we will be expanding our focus in the Lent term and so students interested in other health related projects are also welcome.	-	GMH / Fri





Jewellery Design	Students will complete a variety of jewellery projects. They will learn about the history of modern jewellery design, complete a small research task, a number of design and make tasks based on a brief. They will learn a variety of modern techniques to make complete jewellery pieces including working in range of materials including silver.	-	PST / Wed
Jogging	A fantastic way to build stamina and muscle and take control of your weight.	-	WMS / Wed
Learn Chinese	Introductory lessons on how to write and speak basic Mandarin.	-	ELP / Fri
Making Clothes	Learn to sew using a sewing machine to make clothes or accessories.	£20 per term	RJC / Fri
Marksmanship	For CCF (and Duke of Edinburgh students) or by agreement of Major Cav.	-	NBTC / Fri
Mathematikunterstützung	Support for German A level maths students.	-	MKST / Wed
Miniature Modelling Club	Come and develop your skills in building miniature models. You will have the opportunity to build highly detailed kits, learn painting and weathering techniques to give your creations realism, under the experienced guidance of Mr Barlow. On completion, macro photography can be utilised to create believable scenes.	£20 per term	PRB / Fri
Music Practice & Composing	Come to the music block to practice your instrument or receive guidance advice and guidance for your compositions.	-	SJP/JRW / Wed & Fri
Outward Bounds	Orienteering or simple 40-40 in. Outdoor games that will challenge you to problem solve and encourage new skills.	-	TDJ / Fri
Physics Research	The students will analyse live data of detected ionising radiation captured from the International Space Station (ISS) by the TimPix detectors. Accurate information about the radiation at different altitudes contributes to our understanding of the potential impact on humans.	-	EK / Wed
Pronunciation Workshops	Ship or sheep? Can you hear the difference? You know the word is right but people don't understand you and you have to repeat yourself all the time. Is this you? Then come along to these fun pronunciation-focused sessions to help you make the distinction between these ever confusing but common difficulties.	-	RJC / Wed





Puzzle Club	Puzzle Club is an exciting opportunity for pupils to improve logical thinking and problem solving skills through play. There is a vast variety of puzzles which encourages pupils to collaboratively solve an array of Mathematical games and brainteasers that challenge children's smartness in a variety of different ways. Pupils can choose puzzles to play by themselves, with partners or in small groups. There is something for everyone!	-	CPS / Fri
Rock and Metal	A chance to explore some of the finest and most influential rock and metal albums that have shaped the popular culture of yesteryear. Air guitars are optional.	-	JMR / Wed
School Play	For core characters only. After auditions, you will be told by Miss Young to select this activity.	-	EJY / Wed
Science Fiction Movies	Science fiction, action and thriller films!	-	JVE / Wed
Science In The News	Group discussions on all new innovations in Science, including pre-reading and follow-up research.	-	TBC / Fri
Sports Excellence	For sports excellence students by invitation only.	-	Various
Squash	Play squash and improve your cardiovascular fitness.	-	SAB / Fri
Swimming	Enjoy swimming and improve your technique.	-	Mrs Burne / Fri
Volleyball	A chance to hone your skills and prepare for the beach... summer is on its way! Join Mr Heard and the team for volleyball.	-	SH / Fri
Young Enterprise	This activity is only available for existing members of Young Enterprise who follow this activity for the whole of the school year.	-	CJB / Wed

Mr R B Wilkening
Head of Activities

