



You may recall the extensive extra-curricular programme that was offered during the Summer Term last year, and now that we are once again locked down, we have constructed a similar programme. We are a school that prides itself both on the breadth of opportunity available to our pupils and on our strong sense of community, and the online extra-curricular programme is an important element in this.

This Update sets out the extra-curricular programme that will be available during this half term. A similar version will shortly be sent to all the pupils (with a link to an online form, which they should use to sign up for the various activities), and we would ask you to take a moment to review this with your sons and daughters, and encourage them to engage with what is on offer. Though the realities of life in lockdown clearly make it difficult fully to recreate the experience of actually being here, we believe there is something in the programme for everyone.

We are very conscious that your children and our teachers are spending blindingly long hours staring at screens, so it is our intention that, as far as possible, sessions will start with an introduction, and then move on to the pupils getting away from their desks to complete the task or activity, before reporting back.

The full programmes for Prep and College are set out below. Please be sure to go through the details carefully, and encourage your sons and daughters to sign up. As you would expect, we would hope for full engagement of all pupils but recognise that some families might have other activities/interests they wish to pursue in the afternoon, and that our swimmers are heavily committed already to their online training programme.

Pupils will be asked to make their selections by midday on **Friday 15 January**. We will then make the necessary arrangements, and the whole programme will start at the beginning of week 3, with *Thought for the Week* at 8:30 on the morning of Monday 18 January.

All these activities will be delivered using Microsoft Outlook Teams Meetings and instructions on how to access the various activities will be emailed to pupils by the staff running each activity.

Any questions with the online form, with accessing options, or with the programme itself should be directed to Mrs Kelly ([KellyK@mountkelly.com](mailto:KellyK@mountkelly.com))

In the meantime, do encourage your sons and daughters to engage with what is on offer. There can be little doubt that intellectual, creative, culinary, political or physical endeavour will put a breath of wind in their sails and help them through the doldrums of a winter lockdown.

# AT THE COLLEGE

Pupils should use the online link on their school email to select options for each session

08:30	MON	TUE	WED	THU	FRI
All College Pupils	Thought for the Week	Tutor Group Check-In Time (as required)			

14:00	MON	TUE	WED	THU	FRI
Year 9-11 & U6th	Academic Lessons as per timetables	Work Out Online	Academic Lessons as per timetables	Academic Lessons	Academic Lessons as per timetables
L6th				Careers and Guidance Workshops	

15:00	MON	TUE	WED	THU	FRI
Year 9	<i>This session is compulsory for Year 9 but pupils should select one from the list of activities</i>				
	<i>Book Club</i>  <i>Covid 19 &amp; Pollution workshop</i>	<i>Skills Sessions</i> <ul style="list-style-type: none"> <li>• <i>Hockey</i></li> <li>• <i>Netball</i></li> <li>• <i>Cricket</i></li> <li>• <i>Rugby</i></li> </ul> <i>Virtual Challenge</i>	<i>Art drop in</i>  <i>Book Club</i>  <i>DofE Bronze drop in</i>	<i>PE – how the body works</i>  <i>Culture Club</i>	<i>Year 9 CADS</i>  <i>Nature Club</i>
Year 10 & upwards	Academic Lessons as per timetables	Swim training with Josh (Swimmers)	Academic Lessons as per timetables		

16:00	MON	TUE	WED	THU	FRI
Year 9 & upwards	Live Cooking	Year 10-13 – DofE Silver & Gold Drop in	Year 10-13 Book Club  CADS	Online Work out  Virtual Challenge	Tutor Group Check-In & Swim squad stretch and core & Squad meetings (Swimmers)

## Notes for College

All pupils must complete the online form using the link that has been included in their briefing sheet.

ACTIVITY	DESCRIPTION
Thought for the Week	A member of staff will lead a virtual assembly, live-streamed from the College. Links will be sent out weekly.
Tutor Check-In/Check-Up/Check-Out	Tutor Group tutorials, to check on wellbeing, progress and other pastoral matters. Tutors will let tutees know which sessions to attend each week.
Work-Out Online	A lively and engaging variety of physical exercises led by one of our own staff, including: strength and conditioning, SAQ (Speed, Agility and Quickness) and transferrable skills. All livestreamed each session.
Virtual Challenge	<p>A physical virtual challenge. Everyone must sign up to one of the challenges. You can complete it walking, running or cycling! Record your results each week and track your progress.</p> <p><b>Rules:</b></p> <ul style="list-style-type: none"><li>• Distances must be covered as a walk, run or cycle</li><li>• At least two distances must be recorded each week</li><li>• All distances must be recorded via your individual log book on Teams/OneNote, providing proof using any tracking app</li><li>• You have four weeks to complete the challenge</li><li>• The closing date for entries is Sun 14 Feb</li><li>• All pupils in Year 9-13 must sign up to one of the challenges and will be added to a Team for recording distances and for motivational messages from the lead staff!</li></ul> <p><b>Challenge options:</b></p> <ul style="list-style-type: none"><li>• Option 1 – Easy – English Channel – 33km</li><li>• Option 2 – Inter – Mount Everest – 64km</li><li>• Option 3 – Hard – SW Coast to Coast Path – 102km</li><li>• Option 4 – Ultra – Great Ocean Road, Australia – 240km</li></ul>
Sport Skills Sessions	Run by the Heads of Sport, these sessions will focus on sport-specific skills and drills in Hockey, Cricket, Rugby and Netball. Make sure you sign up for your sport/s.

<b>Cooking Live</b>	Join a member of our school staff to learn to how cook a dish. The ingredients will be published in Friday's Newsletter of the previous week, giving you the weekend to get to the shops.
<b>Book Clubs</b>	Age-appropriate book clubs, to lead pupils through a book in livestreamed discussion. The books will be chosen collectively and pupils will need to buy their own copies.
<b>DofE Drop in sessions</b>	An opportunity to drop in and ask questions about your Duke of Edinburgh Award, get sections signed off or talk about what you might want to do next.
<b>Culture Club</b>	An opportunity to broaden cultural horizons, with members of staff leading pupils to a greater understanding of central figures who have 'Changed the World.'
<b>How your body works</b>	An introduction into the workings of the human body, and a great opportunity for any pupils looking to continue studying PE at GCSE or BTEC next year.
<b>Nature Club</b>	A chance to get out of the house and to explore and appreciate the wildlife in your local area.
<b>Covid-19 &amp; Pollution Workshop</b>	Join Mr Pearson in looking at the data analysis for the current pandemic and pollution.
<b>Art Drop-In</b>	A chance to catch up with your art teachers to talk about a project you are working on, individual pieces or just to get some tips and ideas on what to try next.
<b>CADS</b>	Current Affairs & Debating Society. A teacher-led discussion group, considering political and global affairs. Each session will be advertised in advance, and a brief presentation will be followed by open debate.