



FORRES  
SANDLE  
MANOR  
FORDINGBRIDGE

# Co-Curricular Activities

# FSM





# Welcome to our Summer Term Co-Curricular Activities

We are thrilled to present a rich and diverse selection of activities available to our students each week. Our co-curricular offerings are designed to inspire curiosity, encourage new skills, and provide opportunities for children to explore their interests beyond the classroom.

Children in Years 7 to 9 will need to select a Senior Enrichment activity each morning from 8.50am - 9.35am. Pre-Prep children (Reception to Year 2) may choose an after-school activity from 3.45pm - 4.30pm, or join our 'Stay & Play' session, with the option of Wrap Around Care available until 6pm. For Prep and Senior children (Years 3 to 9), a selection of after school activities is available from 4.35pm - 5.30pm with buses departing at 5.30pm. Boarders are encouraged to participate fully in school life and should sign up for an after-school activity each day of the week.

Please take your time to explore the range of activities on offer. Each one is crafted to support personal growth, teamwork, and creativity, ensuring there's something for everyone to enjoy.

All activities are signed up for on a termly basis and will be charged accordingly. We look forward to another term filled with engaging experiences and new discoveries.

*\* Please note that paid activities are subject to VAT, which will be added to the total cost.*



# SENIOR ENRICHMENT

## Every weekday 8.50 - 9.35am, Y7-9

At FSM, we believe that helping students achieve happiness and success is as much about personal growth as it is about academic progress. Outstanding personal development is a vital part of our approach, and in the Senior School, we dedicate specific time every day to nurturing each student's individual passions, skills, and social connections.

To support this, all Senior School students start their day with an Extended Curriculum ('Enrichment') session, ensuring they are energised and engaged from the outset. Each term, students can select from a wide variety of activities, allowing them to explore their interests and mix with peers from other year groups who share similar passions. This programme offers several unique benefits:

**Choice and Positive Start:** Students begin their day with an activity they are genuinely interested in, creating a positive and motivating start that aligns with their natural energy rhythms.

**Social Connections Across Year Groups:** Engaging with students from different year groups encourages friendships across ages, building a strong, supportive community.

**Opportunities for Leadership and Aspiration:** Older students can develop leadership skills, while younger students gain role models to inspire them.

**Purposeful Outcomes:** With term-long commitments to each activity, students achieve purposeful outcomes, from performances and exhibitions to certifications and additional qualifications.

Our Senior Enrichment programme offers a dynamic way to grow, learn, and connect, ensuring each student feels fulfilled and inspired as they begin each day at FSM.

# MONDAY

## PRE PREP PIONEERS

YEARS 7-9

Our senior pupils have the opportunity to step up to support the youngest members of our community. From reading and learning, to playtime fun, this heart-warming initiative creates bonds and inspires confidence on both sides.

## LANGUAGES SESSION

YEARS 7-9

Do you need to boost your French and Spanish skills? Join our languages session in the mornings for fun and interactive ways to improve your speaking, listening and vocabulary. Whether you're struggling with grammar or just want to practise, this session will help you build your confidence and fluency.

## FSM NEWSPAPER

YEARS 7-9

Calling all editors, journalists, and photographers. Our FSM Newspaper needs your skills to report on school events, the surrounding community, and major global stories. Get involved in researching, writing, and capturing images to keep our community informed and engaged.

## SENIOR CHOIR

YEARS 7-9

A non-auditioned choir open to pupils in Year 7 and above, the Senior Choir performs at school events, music concerts, competitions, and within the local community. There are also opportunities for leadership roles within this group, selected by Miss Green. Join us to share in the joy of singing and represent our school through music.

## MOVEMENT MONDAY

YEARS 7-9

Kick-start the week with an energising workout. This programme of exercises is designed to get your blood pumping and prepare your body and mind for the challenges ahead. Join us each week to build strength, endurance, and a focused mindset.

## BALLET

YEARS 7-9

Enjoy a supportive and inspiring environment as you continue to work on fundamental Ballet techniques, build your confidence and explore your creativity through movement. There is no previous Ballet experience required, just a willingness to learn.



# TUESDAY

## PRE PREP PIONEERS

YEARS 7-9

Our senior pupils have the opportunity to step up to support the youngest members of our community. From reading and learning, to playtime fun, this heart-warming initiative creates bonds and inspires confidence on both sides.

## ENGLISH INTERVENTION

YEARS 7-9

Literacy Planet English Intervention (LPEI) sessions are a new initiative here at FSM. The sessions are by invite only. Using online exercises and engaging activities, we focus on building confidence and mastery in key English concepts such as reading, writing, spelling, grammar and punctuation.

## YOGA & MINDFULNESS

YEARS 7-9

Start your day with a dose of mindfulness. Whether it's following a yoga session, learning mindfulness techniques, or simply setting yourself up with the right mindset for the day, this activity offers a calm and focused start to your morning.

## CREST AWARDS

YEARS 7-9

The CREST Awards are nationally recognised accreditations that celebrate your ability to think like a scientist and engineer. Take part in hands-on science by investigating questions that interest you, working independently or as part of a team to explore the world around us. This is your chance to showcase creativity, curiosity, and commitment to STEM.

## JUNIOR SPORTS LEADER AWARD

YEARS 7-9

A fantastic opportunity to develop leadership skills through FSM's own Junior Sports Leader Award. Under the guidance of Mr Hancock, you'll help plan and deliver sessions as you gain confidence and experience in sports leadership.



## iDEA

YEARS 7-9

Discover the world of digital skills and innovation with the iDEA Club. The Inspiring Digital Enterprise Award (iDEA) platform is an online resource that offers interactive challenges and modules designed to help students develop essential digital, enterprise, and employability skills. By participating in this club, children will enhance their problem-solving abilities, creativity, and technical knowledge in areas such as coding, cyber security, and digital marketing. It's a fantastic opportunity to gain valuable skills for the future while having fun and earning digital badges to celebrate their achievements. Join us and start your digital adventure.

## SENIOR MUSIC ENSEMBLE

YEARS 7-9

A non-auditioned ensemble for pupils in Year 7 and above, open to any pupil learning an orchestral instrument (excluding piano, guitar, and drum kit, which are by invitation only). This group will perform at school-wide events, music concerts, and community engagements, as well as participate in competitions where appropriate.



# WEDNESDAY

## PRE PREP PIONEERS

YEARS 7-9

Our senior pupils have the opportunity to step up to support the youngest members of our community. From reading and learning to playtime fun, this heart-warming initiative creates bonds and inspires confidence on both sides.

## DUKE OF EDINBURGH

YEAR 9 ONLY

*Must complete all 3 terms of the enrichment programme*

Are you ready to embark on a journey of personal growth and adventure? The D of E programme will challenge you to develop new skills, go on exciting expeditions, and contribute to the community through service. Whether navigating the wilderness, learning first aid, volunteering, or earning new qualifications, you'll gain experiences that will stay with you for life. Make new friends, push your limits, and achieve the prestigious Bronze D of E Award.

*Note: To achieve your Bronze D of E Award, you must complete all three terms of the enrichment programme.*

## FSM RADIO

YEARS 7-9

Step into the exciting world of broadcasting with the FSM School Podcast Club. Students will learn essential skills like scriptwriting, audio editing, and public speaking, gaining hands-on experience with recording equipment and software. Working as a team, you'll produce engaging podcast shows, building creativity, communication skills, and technical knowledge in a fun and supportive environment. Don't miss the chance to become a part of our school's voice.

## TEXTILES

YEARS 7-9

Explore the art of textiles through a variety of materials and fibres to create decorative and artistic objects. From tie-dyeing and free-motion stitching to felt-making and embroidery, students will explore a range of techniques and develop valuable new skills.

## MUSIC SCHOLARS

MUSIC  
SCHOLARS  
ONLY

Music Scholar Enrichment offers our top musicians the chance to deepen their Music Theory knowledge through a basic introduction to the Music GCSE syllabus. We'll also rehearse chamber music pieces in preparation for concerts and events as well as utilise opportunities for enrichment in the local area.

*Please note: these sessions are open only to current Music Scholars and invited pupils, as discussed with Miss Green.*

## LACROSSE CLUB

YEARS 7-9

Get ready to play, compete, and have fun in our Lacrosse Club. Whether you're new to the game or looking to sharpen your skills, this club offers a great opportunity to learn the fundamentals of lacrosse, improve your teamwork, and stay active. Join us for exciting practices, friendly matches, and a supportive environment where everyone can grow and enjoy the thrill of the game. Grab your stick and come be part of the action.



# THURSDAY

## FSM NEWSPAPER WRITING

YEARS 7-9

Calling all editors, journalists, and photographers. Our FSM Newspaper needs your skills to report on school events, the surrounding community, and major global stories. Get involved in researching, writing, and capturing images to keep our community informed and engaged.

## SCIENCE & TECHNOLOGY SCHOLARS

SCIENCE &  
TECHNOLOGY  
SCHOLARS  
ONLY

Broaden your knowledge in Science and Technology. These enrichment sessions, open only to Science and Technology Scholars, offer exciting challenges, hands-on practical activities, and opportunities to deepen your understanding. From building innovative projects to tackling complex problems, you'll work collaboratively as a team and receive focused feedback to support your growth in Science and Technology.

## GLOBAL EXPLORERS

YEARS 7-9

Are you interested in learning about the positive impact people are making around the world? With the award-winning Lyfta learning platform, you'll explore a diverse range of cultures, languages, careers, and perspectives through captivating films and interactive experiences. You'll have the opportunity to virtually visit different countries and discover inspiring human stories that highlight resilience, problem-solving, teamwork, and other critical skills, values, and competencies.

## ART SCHOLARS

ART  
SCHOLARS  
ONLY

Develop your artistic portfolio with a focus on building skills and refining techniques while exploring diverse arts and cultures. This programme provides a deep dive into the creative process, helping scholars strengthen their artistic expression and versatility.

## JUNIOR SPORTS LEADER AWARD

YEARS 7-9

A fantastic opportunity to develop leadership skills through FSM's own Junior Sports Leader Award. Under the guidance of Mr Hancock, you'll help plan and deliver sessions as you gain confidence and experience in sports leadership.

## DANCE COMPANY TECHNIQUE

YEARS 7-9

Elevate your dance skills in our Dance Company 'Technique' enrichment slot. Perfect for dancers of all levels, this club focuses on building strength, precision, and flexibility through structured training in core dance techniques. Whether you're interested in improving your form, mastering new moves, or enhancing your overall performance, this is the place to refine your skills and push your limits.



# FRIDAY

## PRE PREP PIONEERS

YEARS 7-9

Our senior pupils have the opportunity to step up to support the youngest members of our community. From reading and learning to playtime fun, this heart-warming initiative creates bonds and inspires confidence on both sides.

## EARLY FRENCH GCSE

YEARS 7-9

INVITE ONLY

This club is for selected pupils with a strong aptitude for French who wish to take their GCSE early. Through focused lessons and exam preparation, students will develop their language skills and cultural understanding in an accelerated programme.

## SENIOR ECO COUNCIL

YEARS 7-9

This enrichment opportunity encourages dedicated Senior students to join the Green Team and make a meaningful impact on our school's environmental footprint. As we work towards achieving Green Flag status for FSM, you'll lead the charge with student-driven projects. If you're passionate about protecting our planet and promoting sustainability, this is the club for you. We will create an Eco-Code for the school, champion eco-friendly practices across every classroom and beyond, and organise exciting school-wide competitions. Tailored for Senior students, this club encourages cooperation across the school and promises a vibrant array of activities to inspire and engage. Dive in and make a difference - our planet needs you.

## SPORTS SCHOLARS

SPORTS

SCHOLARS

ONLY

This programme offers targeted sessions designed to develop a wide range of athletic skills throughout the term, challenging students to make improvements in every session. With guidance and encouragement, Sports Scholars will be inspired to push their limits and achieve new personal bests.

## HISTORY IN THE MOVIES

YEARS 7-9

Journey through captivating moments in history and discover how they are brought to life on the big screen. Compare riveting true stories with their Hollywood adaptations – will the films stay true to history, or will they take creative liberties? Join us to find out and become a history critic.

*Some movies shown may be rated 12; please consider this when signing up if your child is under 12*







# PRE PREP

## Every weekday 3.45 - 4.30pm, Reception - Y2

In FSM's Pre Prep, we believe that every child's early years should be filled with the freedom to explore their unique interests. Our enrichment programme is designed to nurture each child's curiosity and creativity, helping them develop important social and practical skills in a caring, supportive environment.

Children in Reception through to Year 2 can choose from a variety of exciting after-school activities each term, allowing them to try new things, make friends, and build confidence outside of the classroom. Activities run from 3:45-4:30pm, and they also have the option to join our Wrap Around Care session, which extends until 6pm. This provides families with flexibility and gives children the chance to continue their play and learning in a familiar, supportive environment.

Our Pre Prep enrichment programme offers:

**Exploration Through Choice:** With a range of activities to select from, each child has the freedom to follow their interests, build independence, and discover new hobbies.

**Social and Emotional Development:** Group activities allow children to bond with peers, develop teamwork skills, and learn the joy of collaboration in a warm and inclusive setting.

**Routine and Flexibility:** Daily activities provide a comforting rhythm to each afternoon, while Wrap Around Care offers flexibility for families needing additional support.

Our Pre Prep enrichment programme is crafted to complement the early years curriculum, providing a nurturing environment where every child can explore, grow, and thrive.

# MONDAY

## NETBALL

RECEPTION -  
YEAR 2

FREE

Enjoy action-packed sessions that build passing, catching, and shooting skills. Learn footwork, positions, and rules through fun activities and mini-games, all while having a great time with your teammates.

## WILD ART

RECEPTION -  
YEAR 2

£10  
PER SESSION

Create beautiful pieces of artwork with our specialist arts tutor, Robyn Cheal. Explore both traditional and experimental mediums and techniques, discovering new ways to express yourself.

## STAY & PLAY

RECEPTION -  
YEAR 2

FREE

Stay at school to unwind and enjoy a variety of activities, from reading and playing with toys to relaxing after a busy day of learning.



# TUESDAY

## PRE PREP DANCE COMPANY

RECEPTION -  
YEAR 2

FREE

Experience creative dance through a variety of workshops and performance pieces. Young dancers will explore different styles, express themselves, and enjoy the art of movement in a fun and supportive environment.

## COOKERY

YEAR 1 & 2  
ONLY

FREE

Discover the world of cookery and learn what goes into your favourite dishes. In Cookery Club, children will practise key skills like weighing, counting, and using cooking equipment safely. They'll create delicious snacks, meals, and desserts to take home, all while learning a life-long skill.

## STAY & PLAY

FREE

Stay at school to unwind and enjoy a variety of activities, from reading and playing with toys to relaxing after a busy day of learning.



# WEDNESDAY

## FOOTBALL FUN

RECEPTION -  
YEAR 2

£5  
PER SESSION

Lace up your boots and get ready for action. Led by an expert coach, these football sessions welcome all age groups to enjoy a kick around, build confidence, and sharpen skills on the pitch.

## BOARD GAMES CLUB

RECEPTION -  
YEAR 2

FREE

Unleash your competitive spirit and dive into the world of board games. Join us after school to explore a variety of games, challenge friends, and enjoy some friendly competition throughout the term.

## STAY & PLAY

RECEPTION -  
YEAR 2

FREE

Stay at school to unwind and enjoy a variety of activities, from reading and playing with toys to relaxing after a busy day of learning.



# THURSDAY

## KARATE

RECEPTION -  
YEAR 2

£8  
PER SESSION

Step into our karate classes and start your journey to mastering this dynamic martial art. Learn new movements, improve balance, and build confidence as you progress through the different belt levels in a supportive environment.

## TEXTILES

YEARS 1 & 2  
ONLY

FREE

Unleash your creativity in our popular Textiles activity with Mrs Carver. Discover the art of hand-stitching and machine stitching in a safe, engaging setting, and develop skills to craft unique and useful textile items.

## STAY & PLAY

RECEPTION -  
YEAR 2

FREE

Stay at school to unwind and enjoy a variety of activities, from reading and playing with toys to relaxing after a busy day of learning.



# FRIDAY

## PRE PREP ECO COUNCIL

RECEPTION -  
YEAR 2

FREE

Join the Eco Council and take the lead in reducing our school's carbon footprint. As we work towards achieving green flag status for FSM, you'll have the chance to be part of meaningful, student-driven projects. If you're passionate about protecting the planet, this club is perfect for you. Help us create an Eco-Code for the school, promote eco-friendly practices in every classroom, build charming bug hotels, and organise exciting school-wide competitions. Tailored for our Pre Prep children, Eco Council offers a vibrant mix of activities designed to inspire and engage young environmentalists. Dive in and make a difference - our planet needs you.

## HOCKEY CLUB

RECEPTION -  
YEAR 2

FREE

Come join us on the hockey pitch where we will hold fun and active sessions to introduce basic hockey skills through games and drills. Perfect to build up coordination, teamwork and confidence whilst having a great time.

## STAY & PLAY

RECEPTION -  
YEAR 2

FREE

Stay at school to unwind and enjoy a variety of activities, from reading and playing with toys to relaxing after a busy day of learning.







# PREP & SENIORS

Every weekday 4.35 - 5.30pm,  
Years 3-9

At Forres Sandle Manor, we believe in nurturing every child's unique potential and encouraging a sense of curiosity, resilience, and passion for learning that will last a lifetime. Our Prep and Senior School programmes are designed not only to provide academic excellence but also to ensure that each student thrives socially, emotionally, and creatively.

Our co-curricular offerings in the Prep and Senior School are an essential part of our approach to education. We offer a wide variety of activities — each one carefully curated to broaden horizons, encourage teamwork, and build skills that extend beyond the classroom. From arts and sciences to sports and leadership, there's something for everyone to discover, enjoy, and excel in.

As students progress from Prep to Senior School, they'll find opportunities to take on greater challenges, explore personal interests, and form meaningful connections with peers from different age groups.

We are committed to supporting every student on their journey - encouraging them to be curious learners, compassionate friends, and responsible global citizens. We look forward to an exciting term filled with opportunities, growth, and discovery.

# MONDAY

## HOME LEARNING CLUB

YEARS 7-9

FREE

A dedicated time in the week to complete your prep. This is available to students who are a Senior Day student (Year 7 and above) or a Prep student (Year 3 to 6) getting the bus.

## CUBS

YEARS 3-6  
(AGE 8-10)

£30

PER TERM

Join our after-school Cubs activity for an adventure-packed escape. Learn new skills, make friends, and experience the excitement of the Scouting movement. With games, crafts, and more, every Monday is set to be full of fun.

## GOLF

YEARS 3-9

£12

PER SESSION

Unlock your golfing potential. Our after-school programme introduces pupils to the joys of golf, with expert guidance and age-appropriate activities. Whether you're a budding pro or just starting out, there's something for everyone on the course.

## SWIMMING

YEARS 3-9

FREE

Dive into fun after school with our swimming club. Join us for an exciting hour of games and water based challenges, and stay active in a splash-tastic environment.

## DANCE COMPANY PERFORMANCE

YEAR 6-9

FREE

Gain insight into the world of professional dance. In this club, you'll experience how a dance company rehearses and creates performance pieces. Learn practical dance skills, improve your technique, and develop choreographic ideas through engaging workshops and rehearsals.

## PHOTOGRAPHY CLUB

YEARS 3-9

£10

PER SESSION

Come along to Photography Club, where you'll learn how to use different camera functions, capture great shots, and edit your photos to make them even better. Start building your own portfolio and discover a new passion. Having your own camera is helpful, but we also have some available for use in school.

## TEXTILES IN ART

YEARS 3-6

FREE

Explore the world of textile art by working with a variety of materials and fibres to create decorative, artistic objects. From tie-dyeing and felt-making to free-motion stitching and embroidery, pupils will delve into a range of techniques and develop new skills in this creative class.

## THE READING RETREAT

YEARS 5-7

FREE

A wonderful opportunity for Prep pupils in Years 5 and 6 to join Senior students in Year 7 for a shared reading experience in our cosy Bothy. Together, they'll dive into a novel, exchange book recommendations, and enjoy discussing favourite plots, characters, and story twists. This club is ideal for those passionate about reading and for anyone considering applying for future roles as school reading mentors.



# TUESDAY

## HOME LEARNING CLUB

YEARS 7-9

FREE

A dedicated time in the week to complete your prep. This is available to students who are a Senior Day student (Year 7 and above) or a Prep student (Year 3 to 6) getting the bus.

## GUIDES

YEARS 6-9  
GIRLS ONLY

£30

PER TERM

Be a part of the huge family of Girlguiding, 1st FSM Guides will choose from the wide range of badges, skills and activities covered by the six programme themes and have a LOT of fun completing the challenges.

## RWANDA CHARITY GROUP

YEAR 6-9

FREE

Support the Green Village of Hope in Rwanda. This activity will raise funds for the Dufatanye Organisation, based in Nyanza, Rwanda which empowers vulnerable communities to overcome poverty, malnutrition and HIV/AIDS. Every penny raised will go directly to the cooperative, with updates from Godfrey, the programme's inspirational leader, showing the immediate impact of your support.

## CRICKET NETS

YEAR 7-9

FREE

Ready to hit it out of the park? Join us after school for some cricket action in the nets. Whether you're a seasoned player or just getting started, come practice your batting, bowling, and fielding skills in a fun, relaxed environment. Perfect for improving your game and enjoying some friendly competition.

## SENIOR MUSIC PRACTICE CLUB

YEAR 7-9

FREE

Come to the Music Department to spend time practising your instrument, or singing. Miss Green is available for support, whether it be accompanying, refining those aural tests, or general support with your instrumental or vocal study.

## CIRCUS SKILLS

YEAR 3-6

FREE

Step right up and discover the magic of circus skills. Join our after-school circus workshop, where you'll learn exciting tricks like juggling, balancing, and much more. Build confidence, coordination, and creativity while having a blast with friends in a fun and supportive environment.

## PREP DANCE COMPANY

YEARS 3-6

FREE

Enhance your dance performance skills and techniques with workshops and rehearsals, run in the style of a professional dance company.

## SENIOR SCIENCE CLUB

YEARS 7-9

FREE

Dive into the world of Science with our Senior Science Club. Take part in hands-on activities and experiments, learn essential survival skills for a Zombie Apocalypse, and explore the wonders of the Universe.

## NOVEL FILM CLUB

YEARS 3-6

FREE

Come along to the Barn and immerse yourself in some great films - all of which will be adaptations of classic and modern novels. Once watched, you can then learn to become a film critic by discussing and writing reviews. You may even choose to read the novel itself to discover how well the story has been translated in to screen format. This is a fantastic way to enjoy yourself whilst developing your imagination and vocabulary.

## RIDING

YEARS 3-9

£38

PER SESSION

Saddle up for after-school adventures at Arniss Riding School. Explore scenic trails, learn riding techniques, and bond with our gentle horses. Join us for a magical journey through the world of equestrianism.

# WEDNESDAY

## HOME LEARNING CLUB

YEARS 7-9

FREE

A dedicated time in the week to complete your prep. This is available to students who are a Senior Day student (Year 7 and above) or a Prep student (Year 3 to 6) getting the bus.

## MATHS GAMES

YEAR 3-6

FREE

Join our After-School Maths Club, where numbers come to life. Whether you're looking to sharpen your skills, tackle tricky problems, or simply have fun with friends, our club offers a welcoming space for all math enthusiasts. From brain teasers to creative challenges, we make math engaging and enjoyable for everyone. Come learn, grow, and solve together.

## SEWING WITH DENIM

YEAR 3-9

FREE

Get creative at our Denim Sewing Club. Whether you're a seasoned seamstress or a complete beginner, this club is the perfect place to explore the world of denim crafting. From upcycling old jeans to creating stylish accessories, you'll learn new sewing techniques and bring your ideas to life with denim. Join us for hands-on fun, and fabulous fashion projects.

## BOARDERS' CHILL OUT

YEAR 9 ONLY

FREE

Year 9 boarders are invited to enjoy some peaceful downtime in the boarding house before supper. This is the perfect time to unwind, relax, and recharge in a quiet space with friends.

## LEGO EDUCATION

YEARS 3-9

FREE

Dive into the world of robotics, engineering, and computer science with our exciting LEGO Education Robotics club. Using Spike Prime LEGO kits, you'll engage in hands-on projects that spark creativity and problem-solving. Build, code, and collaborate as you bring your ideas to life and embark on an adventure of innovation and discovery.

## PREP FOOTBALL CLUB

YEARS 3-6

£5  
PER SESSION

Join our exciting Football sessions, now lead by an expert coach. Open to all age groups, enjoy having a kick around and improving your skills.

## YOGA

YEAR 6-9

FREE

Find your balance and calm and wind down from a busy day in our Yoga Club. Whether you're a beginner or have some experience, this club offers a relaxing and supportive environment to explore the benefits of Yoga. Improve your flexibility, strength and mindfulness while learning essential poses and breathing techniques. Perfect for de-stressing, boosting focus and promoting overall well-being.



# THURSDAY

## HOME LEARNING CLUB

YEARS 7-9

FREE

A dedicated time in the week to complete your prep. This is available to students who are a Senior Day student (Year 7 and above) or a Prep student (Year 3 to 6) getting the bus.

## BROWNIES

YEARS 3-5  
GIRLS ONLY

£30

PER TERM

Embark on an exciting journey with your Brownie friends. Together, you'll have fun exploring the world around you, playing games, getting creative, learning new skills, trying out hobbies, and going on outdoor adventures. Plus, you'll earn badges along the way to celebrate each new skill and discovery.

## SWIMMING

YEARS 3-9

FREE

Dive into fun after school with our swimming club. Join us for an exciting hour of games and water based challenges, and stay active in a splash-tastic environment.

## GOLF

YEARS 3-9

£12

PER SESSION

Unlock your golfing potential. Our after-school programme introduces pupils to the joys of golf, with expert guidance and age-appropriate activities. Whether you're a budding pro or just starting out, there's something for everyone on the course.

## KARATE

YEARS 3-9

£8

PER SESSION

Step into our Karate classes and start, or continue your journey to mastering this dynamic martial art. Learn new movements, improve balance, and build confidence as you progress through the different belt levels in a supportive environment.



## RETRO GAMING CLUB

YEARS 5-9

FREE

Step back in time and relive the golden age of gaming. Join the Retro Gaming Club after school for epic sessions of classic games on consoles like the Nintendo 64, Playstation 1, Gameboys and more. Whether you're a pro at Super Mario or just curious about the classics, it's the perfect place to have fun, compete, and relax after school. No experience necessary—just bring your love for gaming and let's power up together.

## COMIC BOOK CREATION

YEARS 3-9

FREE

Unleash your imagination at our Comic Book Creation Club. Whether you're into superheroes, fantasy, or quirky characters, this is the place to bring your stories to life. Learn the art of comic book design, from sketching and inking to storytelling and layout. Join us to create your own epic adventures and connect with fellow aspiring artists and writers.



# FRIDAY

## ATHLETICS

YEARS 3-9

FREE

Let the training begin. Start building speed and endurance in a club that's all about reaching your personal best. Perfect for those who love to push themselves to new limits.

## PREP MUSIC PRACTICE CLUB

YEARS 3-6

FREE

Come to the Music Department to spend time practising your instrument, or singing. Miss Green is available for support, whether it be accompanying, refining those aural tests, or general support with your instrumental or vocal study.

## HOME LEARNING CLUB

YEARS 7-9

FREE

A dedicated time in the week to complete your prep. This is available to students who are a Senior Day student (Year 7 and above) or a Prep student (Year 3 to 6) getting the bus.

## THE READING RETREAT

YEARS 8-9

FREE

For senior students in Years 8 and 9, join us in our cosy Bothy to share novels, swap book recommendations, and discuss favourite plots and characters. A perfect club for those interested in becoming future reading mentors or leaders.

## PREP ECO CLUB

YEAR 3-6

FREE

Join the Eco Council to help reduce FSM's carbon footprint and work towards green flag status for our school. Lead student-driven projects, create an Eco-Code, promote eco-friendly practices in every classroom, and build bug hotels. Tailored for our Prep and Senior students, this club offers hands-on, meaningful activities that make a real difference. Join us to protect our planet - our world needs you.

## ROUNDERS

YEARS 3-9

FREE

Get ready to hit, run, and have fun at our After-School Rounders Club! Whether you're a seasoned player or new to the game, this club is all about teamwork, sportsmanship, and enjoying the excitement of rounders. Improve your skills, make new friends, and enjoy a fun-filled session of this classic British sport. Grab your bat and join us for a great time!





# SATURDAY ENRICHMENT

Saturdays, Years 3-9

Session 1 9.00am - 10.30am

Session 2 11.00am - 12.30pm

Our Saturday Enrichment programme offers an exciting start to the weekend for students in Years 3 to 9. With two engaging sessions, students have the chance to explore a range of enriching activities, designed to encourage creativity, build skills, and promote teamwork. Students should sign up for both sessions on a Saturday to fully experience the variety of activities on offer.

Session 1: 9:00am - 10:30am

Session 2: 11:00am - 12:30pm

For boarders staying over the weekend, lunch will be served at 1:00pm.

After lunch, Mr. Humphreys and the boarding team will lead a selection of afternoon activities for boarders in Year 6 and below, ensuring a fun, active afternoon. Boarders in Years 7 to 9 have the option to join in the activities or, if they prefer, explore Fordingbridge in small groups, offering a sense of independence and adventure.

Our Saturday Enrichment sessions create a perfect balance of structured learning and leisure, setting the stage for an enjoyable weekend at FSM.

# SATURDAY

## LAMDA DRAMA & PUBLIC SPEAKING

YEARS 3-9

£27

PER SESSION  
(30 MINUTES)

April 26<sup>th</sup>  
May 10<sup>th</sup>  
June 7<sup>th</sup>  
June 21<sup>st</sup>

Exam - TBC

We're proud to announce that FSM is now a LAMDA Private Centre for delivering LAMDA Examinations, giving students the opportunity to achieve recognised qualifications in drama and public speaking. These exams are much more than just an assessment—they're a chance to build valuable life skills like clear communication, self-confidence, and effective teamwork through the dynamic mediums of drama, literature, and music.

### What to Expect

Guided by Mr. Peak, students can apply for one-to-one, 30-minute sessions to work toward an examined grade in either the new Shakespeare syllabus (Levels 1-3) or Speaking in Public (Grades 1-5). Placement in a grade or level depends on the student's age and experience, ensuring a personalised and meaningful learning experience. Please note that standard exam fees will apply based on the chosen syllabus and grade.

### Session Details & Registration

LAMDA sessions will be held during Saturday Enrichment hours. For those selecting LAMDA, we recommend choosing non-chargeable activities for Session 1 and Session 2 or planning to attend only for the LAMDA sessions.

To register your interest, please email Mr. Peak at [wpeak@fsm.school.com](mailto:wpeak@fsm.school.com).



# SESSION 1 - 9AM-10.30AM

## CLIMBING LESSONS

YEARS 3-9

£26

PER SESSION  
9AM - 12.30PM

Spend your Saturday mornings trying something new and working towards your National Indoor Climbing Award (NICAS). Head down to Parthian Climbing Centre where they will show you the ropes and teach you the various skills required to work towards your Level 1, 2 or 3 Award.

## SPORTS FUN

YEARS 3-9

FREE

Looking to stay active, have fun, and challenge yourself? Our multi-sports club offers a dynamic mix of sports and activities for all ages and skill levels. From basketball and football, to tennis, volleyball, and beyond, we've got something for everyone. Whether you're aiming to sharpen your skills, meet new people, or just enjoy a fun workout, our welcoming community and expert coaches are here to support you.

## IMPROVE YOUR ENGLISH

YEARS 3-9

FREE

Join our International Students' English Club, where language learning meets cultural exchange. This welcoming space is designed to help students improve their English skills through fun activities, conversations, and group exercises. Whether you're looking to boost your speaking, writing, or listening abilities, our club offers support in a relaxed and friendly environment. Come practice, learn, and connect with fellow students from around the world!

## ARCHERY

YEARS 3-9  
(AGES 8+)

£22

PER SESSION

Ready, aim, fire. Dive into the ancient art of archery with Wild Edge's enrichment club. Master the bow, sharpen your skills, and unleash your inner marksman. Join us for a thrilling, target-hitting adventure.



## CLAY DESIGN

FREE

Join our Clay Design Club and discover the art of sculpting. Learn foundational techniques for shaping and detailing clay, practicing throughout the term to improve your skills. By the end, you'll create a final masterpiece that showcases your growth and creativity. Perfect for those who enjoy working with their hands and transforming ideas into tangible art.

## FILM MAKING CLUB

FREE

Calling all creative minds and future directors! Whether you dream of being behind the camera, writing epic scripts, or starring on screen, our film making Club is the place for you. Learn the art of storytelling, experiment with camera techniques, and bring your ideas to life around the FSM Campus. Edit your films together to produce an epic end of term project!



# SESSION 2 - 11AM-12.30PM

## SWIMMING

YEARS 3-9

FREE

Dive into fun on Saturday with our swimming activity! Join us for an exciting hour of games and water based challenges, and stay active in a splash-tastic environment!

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## WATERCOLOUR PAINTING

YEARS 3-9

FREE

Dive into the world of creativity at our Watercolour Painting Club! Whether you're a beginner or an experienced artist, this club offers a relaxed space to explore the beautiful techniques of watercolour painting. Experiment with colours, learn new skills, and express yourself through art. Join us to discover the magic of watercolours and connect with fellow artists!





# SUNDAY TRIPS

## Every Sunday (Excluding Sleep Outs)

At FSM, Sundays are for Adventure and Discovery.

Every Sunday during term time, our boarding pupils have the chance to embark on exciting adventures, exploring destinations that range from local landmarks to captivating attractions further afield. These outings are carefully designed to offer a mix of recreation, and cultural enrichment — ensuring there's something for everyone to enjoy.

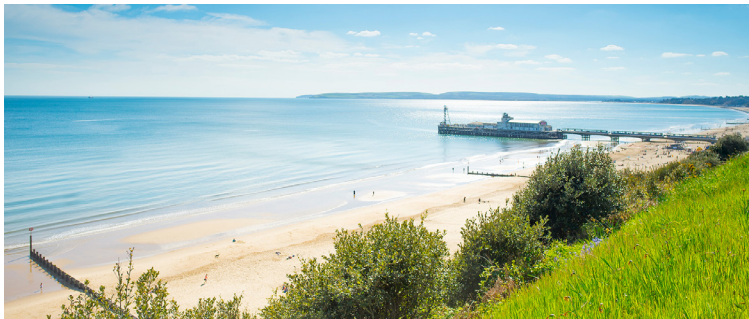
The full schedule of trips is shared before the start of each term, giving families plenty of time to plan and look forward to what's ahead.

Day pupils are also warmly invited to join these trips dependent on availability. There will be a cost associated with each week, so please register interest with Head of Boarding ([gscott@fsm-school.com](mailto:gscott@fsm-school.com)).

Whether it's creating unforgettable memories, building friendships, or experiencing something new, our Sunday trips truly offer something special for everyone.

# SUNDAY TRIPS

27th April - BEACH TRIP



11th May - MARWELL ZOO



18th May - PAULTONS PARK



**9th June - SPLASHDOWN**



**22nd June - POOL PARTY & PARK**



**29th June - BEACH PARTY**





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