



# THE MixX

AUTUMN SEMESTER 2017

CLUBS &  
ACTIVITIES  
BEFORE  
SCHOOL  
LUNCHTIME  
AFTER  
SCHOOL



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## What is The MixX Project at Mounts Bay Academy?

The MixX Project is the alternative sessions that students can access outside of the curriculum.

These happen before school, at lunchtime, after school and some even happen in the evening or at weekends.

This booklet highlights all of The MixX Project sessions available to students this Autumn Semester.

The majority of The MixX Project sessions operate on a 'just turn up' basis, however some clubs require prior booking so please see the teacher in charge, or email them to check.

There really is something for everyone and the expectation is that all students will participate in some of these opportunities. Students will obtain Vivo points for attending clubs. These activities will also contribute to the Half Colours and Full Colours awards and can be carried forward through the year.



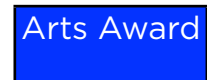
We operate late buses that leave the bus bays at the front of Mounts Bay every evening at 4.30pm. Students must book with Compass staff as places are limited and they run on a 'first come first served' basis.

The activities in this booklet have been colour coded so you know where you can gain hours towards your full or half colours, which sessions are there to support your learning and which allow you to develop your social and cultural skills. The following highlights are used -



To gain your Half or Full Colours Awards, you will be asked to give a short account of the activities you attended, so it would be useful to keep a log of the things you do and learn this Semester to help with your portfolio of evidence.

Some sessions are held for students involved in the Arts Awards sessions. These are highlighted -



### Duke of Edinburgh's Award Scheme

For students following the DofE awards there is an opportunity to gain valuable skills by being involved in a mix of activities. Speak to your DofE mentor to discuss where you can pick up credits.



# MONDAY

## Before School

8.15 - 8.40	Breakfast Club	Social	BOOST	All Students	A free breakfast club for students to meet together and socialise before school.	Miss Gooding hgooding@mountsbay.org
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## Lunchtime

1.15 - 1.50	MBA Radio	Creativity	Media Studio (41)	All Students	This is your chance to learn how to produce, present and broadcast radio.	Miss Fisher rfisher@mountsbay.org
1.15 - 1.50	Taiko Drumming	Creativity	Cube	All Students	Come along and learn this amazingly dynamic form of Japanese drumming. Anyone is welcome even if you have never drummed before. Travel to gigs, work shops and festivals with the band.	Mr New lnew@mountsbay.org
1.15 - 1.50	Music Theory	Creativity	38	Advanced Music	Improve your music theory understanding and skills. Focusing on graded theory exams to help advance in music performance.	Mrs Brown cbrown@mountsbay.org
1.15 - 1.50	Come and Play Football	Action	3G Pitch	All Students	Must wear trainers or moulded sole football boots.	Mr Harvey and Mr Jones aharvey@moutsbay.org rjones@mountsbay.org
1.15 - 1.55	Chess Club	Action	Room 32	All Students	Come along and play chess. Open to learners, improvers and masters!	Mr Worsdell kworsdell@mountsbay.org
1.15 - 1.50	Maths - Homework support	Study Support	Room 22	All Students	Drop in for help with homework or revision	Mr Kent skent@mountsbay.org
1.15 - 1.50	Independent Study and Reading	Study Support	The Library	All Students	Come and choose a good book to read or use the space to catch up on independent study.	Mrs Marsden lmarsden@mountsbay.org

## After-school

3.15 - 4.15	Art and Graphics GCSE Support	Creativity	35 and 37	GCSE Students	An session to support all GCSE students with their Art and Graphics work.	Mrs Dale cdale@mountsbay.org
3.30 - 4.30	Concert Band	Service	39	All Students	Come and play music in a large music group. All instruments and levels welcome. Earn service credits for concerts and events.	Mrs Brown cbrown@mountsbay.org
3:15 - 4:15	Eco Group	Action/Service	50/51	All Students	Come and help develop different areas within the Academy such as recycling, renewable energy and ways to improve the Academy and local environment.	Mrs Micciche hmicciche@mountsbay.org
3.15 - 4.15	Girls Netball Club	Action/Service	Sports Hall and Courts	Girls Years 7 - 11	This club will be open to all for the 1st few weeks until squads are selected. Training will then be for squad players only. We also require coaches and officials for the younger year groups.	Miss Veall and Mrs Trevail aveall@mountsbay.org strevail@mountsbay.org
3:15 - 4:30	Eco Gardening Club	Action/Service	15	All Students	Grow flowers and vegetables - help to make MBA a more eco-friendly environment.	Mr Whiteman pwhiteman@mountsbay.org
3.15 - 4.15	Job Club	Action/Service	Compass	All Students	Support with finding a job - part time Saturday job or apprenticeship, writing CV's, interview skills	Mrs Masters lmasters@mountsbay.org

## MONDAY (continued)

3.15 - 4.15	Rugby Club	Action	Sports Field	Years 7 - 10	Experience a new sport or develop your skills in Rugby. Meet in the PE building and bring PE kit with boots and trainers.	Mr Veal and Mr Strong iveal@mountsbay.org nstrong@mountsbay.org
3.15 - 4.15	Book Club	Action	The Library.	All Students	I will be in the library every Monday after school to help you choose a good book, listen to you read or read aloud with you as part of a reading group. Whatever suits you best. There is also the opportunity to do your homework.	Mrs Marsden lmarsden@mountsbay.org
3.30 - 4.30	Gold and Silver Arts Award	Arts Award	Cube	Gold and Silver Arts Award Students	Come and work on your Arts Award portfolio in a relaxed and fun atmosphere.	Mr New lnew@mountsbay.org
3:15 - 4:25	HPI Psychology	Study Support HPI	48	Year 11	Continuation of the subject from Year 10. Completing Units 2 and 3. Plus preparation for the end of year examination.	Miss Westren mwestren@mountsbay.org
3.30 - 4.30	KS4 Drama Support	Study Support	40	Year 9, 10 and 11	If you need any help and support with your drama, practical or theory, come along to this session.	Miss Osborne cosborne@mountsbay.org
3.15 - 4.15	GCSE Media Support	Study Support	26	GCSE Media Students	Support for GCSE Media students in completing assignments.	Miss Tooby ktooby@mountsbay.org
3.15 - 4.15	Science Support	Study Support	8 and 11	All Students	All Years support with Science.	Miss Hall, Mr Troup and Miss Weightman atroup@mountsbay.org
3.15 - 4.15	English: High Performance Institute	Study Support	23	Year 11 Gifted and Talented	Main focus is examination preparation and technique.	Mr Williams nwilliams@mountsbay.org
3.15 - 4.15	English Matters	Study Support	24	All Students	Help with homework, coursework and advice on all areas of English.	Ms Turner sturner@mountsbay.org
3.15 - 4.15	Fun French for Year 11	Study Support	33	Year 11	Practise your French, become more confident speaking and discover a bit of French culture every week!	Miss Le Jean slejean@mountsbay.org
3.15 - 4.15	GCSE Triple Biology Masterclass for Year 10 / Y11	Study Support	11	Years 10 and 11	Support for the Biology GCSE Exam.	Mrs Halls ahalls@mountsbay.org
3.15 - 4.15	Latin	Study Support	34	Years 10 and 11	Come along and challenge yourself to learn Latin. Find out more about Roman life. A qualification is available in this subject.	Ms Bennett ebennett@mountsbay.org
3.15 - 4.15	Maths Support	Study Support	29	Year 11	Support for Foundation GCSE students.	Miss McKenzie lmckenzie@mountsbay.org
3.15 - 4.15	Maths Squad	Study Support	30	All Students	Help with homework and advice on all areas of Mathematics.	Mr Williams tawilliams@mountsbay.org
3.15 - 4.15	Homework Club	Study Support	Library	All Students	For students who would like some extra support with their homework.	Mrs Marsden lmarsden@mountsbay.org

# TUESDAY

## Before school

8.15 - 8.40	Breakfast Club	Social	BOOST	All Students	A free breakfast club for students to meet together and socialise before school.	Miss Gooding hgooding@mountsbay.org
8.30 - 8.55	HPI Choir	Creativity	39	HPI students	Rehearsal for HP vocalists. Invited students only	Mr Hoadley bhoadley@mountsbay.org
Rolling Timetable	Boys Choir	Creativity	39	All Boys	Open to all boys across all year groups. Come and sing some exciting, fun, modern songs with opportunities to perform at local festivals and in the community. You must register with Mrs Brown or Mr Hoadley before attending.	Mr Hoadley and Mrs Brown cbrown@mountsbay.org and bhoadley@mountsbay.org
8.25 - 8.55	Sports High Performance Programme	Action/HPI	Dome	HPP Students	Additional fitness and conditioning sessions for successful applicants	Mr Eddy neddy@mountsbay.org

## Lunchtime

1.15 - 1.55	Dance Club	Creativity	Cube	Years 7 - 9	Working with Suzie, dance leaders and guest artists to have fun, learn different dance styles & perform. September to December we will be exploring contemporary dance and styles from other cultures. The workshops and performances will be with Chhaya Collective and Rosie Taylor to perform at St Michaels Mount and Newlyn.	Ms West swest@mountsbay.org
1.15 - 1.55	A Capella	Creativity	39	Female Singers	Come and rehearse acapella songs ready for various performances throughout the year	Mrs Brown cbrown@mountsbay.org
1.15 - 1.50	Girls Football Club	Action	Sports Hall	All Students	Come and enjoy the Girls Football club which is open to both new and experienced players! Learn some new skills and have lots of fun. Also, you will have the opportunity to represent the Academy against other schools in local friendly fixtures, County Cup and National Cup competitions.	Mr Lawrence klawrence@mountsbay.org
1.15 - 1.50	Bronze Arts Award	Arts Award	Cube Upstairs	Bronze Arts Award Students	Come and work on your Arts Award portfolio in a relaxed and fun atmosphere.	Mr New, Mr Roberts, Ms Claxton lnew@mountsbay.org

## After-school

3.15 - 4.15	Design Club	Creativity	17	All Students	We will be designing and building models, scale and full size. All welcome.	Mr Glenville kglenville@mountsbay.org
3.30 - 4.30	MBTV - Media Club	Creativity	Media Studio (41)	All Students	Working in the MBA TV studio to produce programmes such as 'Academy Challenge', our own unique quiz show, and other TV formats. Students needed in front of, and behind, the camera!	Miss Fisher and Mr Bird rfisher@mountsbay.org
3.30 - 4.30	Band MixX	Creativity	Music Block	All Students	Come and join Band MixX to play music and put your own band together. Any musicians welcome. Please contact Darren or Luke if you are interested in coming.	Mr New and Mr Roberts lnew@mountsbay.org droberts@mountsbay.org

## TUESDAY (continued)

3.15 - 4.30	Locked in Lockers Dance Company	Creativity	Gym	Years 7-11 Auditioned	Auditions will happen termly and you will be training and performing as a dance company. Autumn term will be contemporary dance and we will be creating a piece of performance with Chhaya Collective to perform in Newlyn, St Ives and Falmouth.	Ms West swest@mountsbay.org
3.15 - 4.30	Drama Club	Creativity	Cube	Years 8 and 9	Developing improvisation and acting skills. Working towards a small production of an original script in the Autumn term.	Ms Claxton sclaxton@mountsbay.org
3.15 - 5.00	High 5 Netball Umpiring	Service / Action	Sports Hall	Years 8 - 10	Chance to gain a qualification whilst umpiring the Primary High 5 league matches from October - March.	Mr N Eddy neddy@mountsbay.org
3.30 - 6.30	Surf Club	Action	Various	All Students	In conjunction with Global Boarders. Application only. Sessions until Half Term only.	Mrs Rylett brylett@mountsbay.org
3.15 - 4.30	Year 7 Football Club	Action	3G	Year 7	Come and enjoy the Year 7 boys Football Club, learn some new skills and have the opportunity to represent the Academy against other schools in local friendly fixtures, County Cup and National Cup competitions. Bring PE kit and shin pads.	Mr Lawrence klawrence@mountsbay.org
3.15 - 4.30	Biology Y10/Y11 ISA Support	Study Support	11	Years 10 and 11	Come and gain support in preparation for you Triple Science Biology coursework through completing mock papers, discussing and dissecting case study analyses and drawing graphs.	Mrs Halls ahalls@mountsbay.org
3.15 - 4.30	Homework Club	Study Support	Library	All Students	For students who would like some extra support with their homework.	Ms Jones hjones@mountsbay.org

# WEDNESDAY

## Before school

8.15 - 8.40	Breakfast Club	Social	BOOST	All Students	A free breakfast club for students to meet together and socialise before school.	Miss Gooding hgooding@mountsbay.org
8.30 - 8.55	HPI Choir	Creativity	39	HPI Students	Rehearsal for HP vocalists. Invited students only	Mr Hoadley bhoadley@mountsbay.org

## Lunchtime

1.15 - 1.55	Year 11 band	Creativity	PR 1	Year 11 Musicians	Come and rehearse songs as a year 11 mega-band ready for performances at the end of the year. A little bit of fun and light-relief half way through the week.	Mrs Brown cbrown@mountsbay.org
1.15 - 1.50	Year 7 Girls Netball	Action/Service	Sports Hall	All Years	Open to Year 7 for game play Other Years welcome to coach and officiate.	Mrs Trevail and Miss Veall strevail@mountsbay.org
1.15 - 1.50	Fitness Club	Action	Fitness Room	All Students	Come and get fit. Watch our new TV screen while you run, row or cycle!	Mr Veal/ Mr Lawrence iveal@mountsbay.org
1.15 - 1.50	Sustainability Action Group - Geography	Action HPI	4	HPI Students	Sustainability action group focused on real world issues affecting the school and our community.	Mr Hopper lhopper@mountsbay.org
1.15 - 1.50	Gold and Silver Arts Award	Arts Award	Cube	Gold and Silver Arts Award Students	Come and work on your portfolio in a fun and relaxed atmosphere.	Mr New lnew@mountsbay.org
1.15 - 1.50	Maths - Homework Support	Study Support	Room 22	All Students	Drop in for help with homework or revision	Mr Kent skent@mountsbay.org
1.15 - 1.50	Independent Study and Reading	Study Support	The Library	All Students	Come and choose a good book to read or use the space to catch up on independent study.	Mrs Marsden lmarsden@mountsbay.org

## After-school

3.30 - 4.30	Acoustic Band MixX	Creativity	Cube	All Students	Come and join Acoustic MixX to learn, play and write music on acoustic instruments.	Mr New and Mr Roberts lnew@mountsbay.org droberts@mountsbay.org
3.15 - 5.30	Photography Club	Creativity HPI	19	All Students (via sign up)	Grow your photography skills by signing up for the workshops you want to attend (emailed).	Mr Cross icross@mountsbay.org
3:30 - 4:30	Charity Club	Service	50/51	All Students	To work on the charity days for the school year and how to promote certain charities	Miss C Drew cdrew@mountsbay.org
3.15 - 4.15	English: High Performance Institute	Study Support HPI	23	Selected Students	HPI	Mr Williams nwilliams@mountsbay.org
3.15 - 4.15	Literacy Leaders	Study Support	25	Years 7 and 8 (by invitation)	To recruit and train a cadre of literacy 'specialists' who can then support their teachers and peers in all subjects.	Mr Helliwell mhelliwell@mountsbay.org
3.30 - 4.30	Science Support	Study Support	10	All Students	Need some science support? For KS3 and 4.	Mr Steer isteer@mountsbay.org

## WEDNESDAY (continued)

3.15 - 4.15	Science Support	Study Support	11 and 12	All Students	After school support sessions for Science GCSE.	Mr Hoyle mhoyle@mountsbay.org
3.30 - 4.15	Business and Enterprise	Study Support	14	All Students	For help with the development of your enterprise ideas	Mr Jenkin cjenkin@mountsbay.org
3.30 - 4.15	Finance	Study Support	16	All Students	To continue with any additional finance classwork, homework or exam prep.	Miss Walters dwalters@mountsbay.org
3.30 - 4.30	Spanish EXTRA	Study Support	31	Year 11	Further support for GCSE students. A drop in clinic to work on speaking practice, grammar and translation skills	Miss Tripp ktripp@mountsbay.org
3.15 - 4.15	Geography KS4	Study Support	44	KS4 Geographers	A drop-in clinic for GCSE geographers who need to brush-up on knowledge, understanding or exam technique.	Mr Hopper lhopper@mountsbay.org
3.30 - 4.30	Smart Technology and Graphics Support	Study Support	12b	KS4	Further support for KS4 students will be offered in these sessions. This will include digital techniques and portfolio work.	Mr Lane plane@mountsbay.org
3:15 - 4:25	HPI Psychology	Study Support HPI	48	Year 11	Continuation of the subject from Year 10. Completing Units 2 and 3. Plus preparation for the end of year examination.	Miss Westren mwestren@mountsbay.org
3.30 - 4.30	Music Coursework Support	Study Support	38	KS4	Support for any students studying any of the music courses. This will include revision, coursework completion, performance support and recording. Every other Wednesday.	Mrs Brown cbrown@mountsbay.org
3:15 - 4:25	HPI - Additional Maths	Study Support HPI	29	Year 11	Continuation of the subject from Year 10 and exam preparation	Miss McKenzie lmckenzie@mountsbay.org
3.15 - 4.15	History KS4	Study Support	44	KS4 Historians	A drop-in clinic for GCSE historians who need to brush-up on knowledge, understanding or exam technique.	Mr Payne dpayne@mountsbay.org
3.15 - 4.30	Homework Club	Study Support	Library	All Student	For students who would like some extra support with their homework.	Ms Jones hjones@mountsbay.org

### Evening

19.00 - 20.30	Karate	Action	Gym	All Students	Join our Karate Club to learn new skills and get fit. Mounts Bay Shukokai is affiliated to the English Karate Federation and members have represented GB and England. Cost £5 for hire of gym.	Mr Blackabey pblackabey@mountsbay.org
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## Before school

8.15 - 8.40	Breakfast Club	Social	BOOST	All Students	A free breakfast club for students to meet together and socialise before school.	Miss H Gooding hgooding@mountsbay.org
8.40 - 9.00	Manga Drawing Club	Creativity	Compass	All Students	Come along and learn how to draw Manga and other styles. All abilities welcome.	Mr Abdullayev rabdullayev@mountsbay.org
8.25 - 8.55	Sports High Performance Programme	Action HPI	Dome	HPP Students	Additional fitness and conditioning sessions for successful applicants	Mr Eddy neddy@mountsbay.org

## Lunchtime

1.15 - 1.55	Careers Club	Social	Compass	All Students	Additional support with 16+ option choices, work experience, CV writing, job applications, interviews and how to match yourself to possible careers.	Mrs Masters lmasters@mountsbay.org
1:25 - 1:55	Maths Leader Award/STEM Club	Social HPI	27	Years 7 - 9	If you are interested in developing key life skills like leadership, communication and organisation then come along and work towards gaining an accreditation.	Miss McKenzie lmckenzie@mountsbay.org
1:25 - 1:55	Karaoke Club	Creativity	Cube	All Students	Come along and sing to your favorite songs. Sign up to sing during break times in the Cube.	Mr New lnew@mountsbay.org
1.25 - 1.55	Handball Club	Action	Sports Hall	All Students	Come and practise your handball skills!	Mr Strong nstrong@mountsbay.org
1.15 - 1.50	Hockey Club	Action	Sports Hall	All Students	Develop a range of key hockey skills.	Mrs Trevail strevail@mountsbay.org
1.15 - 1.50	Boys Fitness Club	Action	Sports Building	Years 7 - 9 (Boys)	Come and work out in the Academy Fitness Suite.	Mr Lawrence klawrence@mountsbay.org
1.15 - 1.50	V-Cert Food & Cookery	Study Support	13	Years 9 and 11	A drop-in clinic for Year 9 and 11 Food and Cookery students who need to brush-up on knowledge, understanding or exam technique for their examination in November.	Mr Bromfield tbromfield@mountsbay.org

## After-school

3:15 - 4:20	Maths Leader Award/STEM Club	Social HPI	27	Years 7 - 9	Put into practice the skills developed at lunch time and work on a STEM project that you will help deliver to primary schools in the spring/summer term.	Miss McKenzie lmckenzie@mountsbay.org
3.30 - 4.30	School Show Rehearsals	Creativity	40	Years 7 -11	Rehearsals for Buggy Malone. We will block scenes, develop characters and run through songs for next years production.	Miss Osborne cosborne@mountsbay.org
3.15 - 4.15	Film & Animation Club	Creativity	Cube	All Students	If you are interested in animating, writing, filming, acting or editing, then come along and be involved.	Miss Tooby ktooby@mountsbay.org
3.15 - 4.30	Jazz Band	Creativity	Music Block	All Students	Come along and explore how to play some Jazz, funk tunes. Get involved with performances in assemblies and out of school	Mr New and Mr Smith lnew@mountsbay.org msmith@mountsbay.org

## THURSDAY (continued)

3:15 - 4:30	Art Club	Creativity HPI	37	All Students	A chance for all students to continue to explore a range of materials and processes.	Miss Green agreen@mountsbay.org
3.15 - 5.30	Netball Fixtures	Action/Service	Sports Hall and away venues	Various Year Groups	Compete against the local schools in the Penwith League if you are part of the Netball Squad.	Mrs Trevail strevail@mountsbay.org
3:30 - 4:30	Science (Pond Area)	Action/Service	10	Years 7 and 8	Plan and action to improve the space as a wildlife/learning area	Mr I Steer isteer@mountsbay.org
3.30 - 4.30	Karate	Action	Gym	All Students	Join our Karate Club to learn new skills and get fit. Cost £5 for hire of gym includes Wednesday and Thursday.	Mr Blackabey pblackabey@mountsbay.org
3.15 - 4.15	MBAstronomers	Action	9	All Students	If you are interested in the universe and like stargazing, come along and learn more.	Ms Weightman mweightman@mountsbay.org
3.30 - 4.15	The Adventure Society	Action	12b	All Years	All abilities welcome but commitment is essential. If you want to explore what our world has to offer and have an appetite for adventure, then join the Adventure Society.	Mr Lane, Mr Raggett & Mr Helliwell plane@mountsbay.org iraggett@mountsbay.org mhelliwell@mountsbay.org
3.30 - 4.30	History KS3	Action	47	KS3 Students	A project to investigate the history of the local area. Using mapping techniques and Census records we are going to investigate who lived in our local homes in the past.	Mr Floyd afloyd@mountsbay.org
3.30 - 4.15	Girls Rugby	Action	PE Building	Years 7-10	All abilities welcome. Come and be a part of an ever growing club! Experiences and new players are welcome.	Miss Tripp and Ms Page ktripp@mountsbay.org tpage@mountsbay.org
3.15 - 5.30	Photography Club	Study Support HPI	19	Photography Students	GCSE Photography support to take your work to the next level.	Mr Cross icross@mountsbay.org
3.15 - 4.15	GCSE Triple Masterclass for Year 10 and Year 11	Study Support HPI	8	Years 10 and 11	Support for the GCSE Exam	Miss Hall nhall@mountsbay.org
3:30 - 4:30	Citizenship Studies GCSE Support	Study Support	50/51	Year 11	Further support for GCSE students will be offered in these sessions. This will include exam technique practice and revision.	Mrs Micciche/Miss Drew hmicciche@mountsbay.org cdrew@mountsbay.org
3.30 - 4.30	KS4 Music Support	Study Support	38/Studio	Years 9 -11	If you need any help and support with your music, practical or theory, come along to this session.	Mrs Brown cbrown@mountsbay.org
3.30 - 4.15	Spanish EXTRA	Study Support	32	Year 11	Practise your Speaking exam after school. We will work on Role Plays, Photo Card responses and General Conversation answers.	Mr Worsdell kworsdell@mountsbay.org
3:30 - 4:30	Geography KS4 support	Study Support	5	Years 10 and 11	Drop-in and RSI sessions to support homework, revision and any other issues	Ms Kennedy ckennedy@mountsbay.org
3.30 - 4.30	History KS4	Study Support	44	KS4 Historians	A drop-in clinic for GCSE historians who need to brush-up on knowledge, understanding or exam technique.	Mr Payne dpayne@mountsbay.org
3.15 - 4.15	Latin	Study Support	34	Years 10 and 11	Come along and challenge yourself to learn Latin. Find out more about Roman life. A qualification is available in this subject.	Ms Bennett ebennett@mountsbay.org
3.15 - 4.15	Homework Club	Study Support	The Library	All Students	For students who would like some extra support with their homework.	Mrs Payne jpayne@mountsbay.org

# FRIDAY

## Before school

8.15 - 8.40	Breakfast Club	Social	BOOST	All Students	A free breakfast club for students to meet together and socialise before school.	Miss H Gooding hgooding@mountsbay.org
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## Lunchtime

1.15 - 1.50	Gospel Choir	Creativity	39	All Students	Come and sing some high-energy, fun songs to perform at events around the Academy.	Mrs Brown cbrown@mountsbay.org
1:15 - 1:50	Badminton Club	Action	Sports Hall	All Students	Come and have fun while playing badminton.	Mr Veal iveal@mountsbay.org
1:15 - 1:50	Dodgeball	Action	Sports Hall	All Students	"Dodge, Duck, Dip, Dive and Dodge!" - Come and let off some steam on a Friday afternoon with a game of Dodgeball.	Mr Strong nstrong@mountsbay.org
1.15 - 1.50	Girls Fitness Club	Action	Fitness Suite	Girls - All Years	Opportunity to develop personal fitness.	Mrs Trevail strevail@mountsbay.org
1.15 - 1.50	Equality Club	Action	48	Years 9 - 11	The opportunity to discuss and promote equality within the Academy and the wider community.	Miss Westren mwestren@mountsbay.org

## After-school

3:30 - 4:30	Karate	Action	Gym	Senior Grades	For senior grades advanced kata, bunkai and kumite training.	Mr Blackabey pblackabey@mountsbay.org
3.30 - 4.30	Badminton Club (starting late September)	Action	Dome	All Students	Come and learn how to play badminton with Cath Bick. £1.00 per person.	Mr Veal iveal@mountsbay.org
3.30 - 4.30	Duke of Edinburgh Award	DofE	12b	DofE Applicants	Skills training and mentoring for the DofE Award.	Mr Lane and Mr Helliwell plane@mountsbay.org mhelliwell@mountsbay.org
3.15 - 4.30	Homework Club	Study Support	Library	All Students	For students who would like some extra support with their homework.	Ms Jones hjones@mountsbay.org

# SATURDAY

Girls Wildcats Football 10.00 - 11.00am	MBFDC - Mini Soccer Centre for girls	Action	Sports Centre/3G	School Years 1-6	The Wildcats is a girls only centre where the emphasis is to have fun, make friends and play football. COST: £3:00 per session, 1st session is FREE OF CHARGE!	Mr Lawrence klawrence@mountsbay.org
Soccer Pros (7-12 year olds): 10.00am - 11.30am	MBFDC - Mini Soccer Centre	Action	Sports Centre/3G	Age 7-12	The empahsis of the Mini Soccer Centre is to play lots of Football with a smile on your face. Come and develop your Football skills and play in small sided games on the 3G pitch on Saturday mornings. If you love playing matches and scoring lots of goals then the Mini Soccer Centre is perfect for you!  COST: £3:00 per session, 1st session is FREE OF CHARGE!	Mr Lawrence klawrence@mountsbay.org
Soccer Tots (4-6 year olds): 10.30 am - 11.30am	MBFDC - Mini Soccer Centre	Action	Sports Centre/3G	Age 4 -6	The empahsis of the Mini Soccer Centre is to play lots of Football with a smile on your face. Come and develop your Football skills and play in small sided games on the 3G pitch on Saturday mornings. If you love playing matches and scoring lots of goals then the Mini Soccer Centre is perfect for you!  COST: £3:00 per session, 1st session is FREE OF CHARGE!	Mr Lawrence klawrence@mountsbay.org