

ST IVES SCHOOL



BE INSPIRED

September 2021

ST IVES SCHOOL 'BE INSPIRED' AUTUMN TERM 2021

St Ives School places a very high value on developing our students' moral, cultural and social understanding and on the wider education of children 'beyond the classroom'.

We think the wellbeing of young people is so important that we dedicate one afternoon each week (Thursday afternoon) for our 'Be Inspired' programme. We change the timings of the school day slightly to allow us to do this without removing curriculum time. This means all students can benefit from taking part in 'Be Inspired' and won't miss out because of transport or other after school commitments. Using an afternoon of school time for extra-curricular activities is a model used by many 'top' schools across the country and we think it really benefits our students.

As you would expect, this programme is fully inclusive. All activities are open to students of all abilities and both genders. Some classes are mixed age to encourage students to work together and share ideas. Following the student choices, we will finalise class lists and students will be given one 'Be Inspired' option for the Spring Term from their choice of 3. We will be able to update students at the end of this term about their individual 'Be Inspired' programme for September 2021.

To help students to choose a wide range of activities, we have divided the programme into skill areas:

- **Creative Activities**
- **Mind and Body Activities**
- **Active and Adventurous Activities**



We hope this programme achieves its aims, which are: to inspire students to achieve and learn; to help students to develop the broadest range of skills and understanding; and to enrich students' learning.

If there are any questions about the 'Be Inspired' programme, please contact Mrs M Mugford:

mmugford@st-ives.cornwall.sch.uk

CREATIVE ACTIVITIES

| | | | |
|--|--|-------------|---|
| Bodysurfing Hand Plane making. Years 7-11 | Design and make a 'Bodysurfing' Handplane. Design a logo and artwork for the deck. You must be comfortable using a wide range of tools and machinery. | £7 |  |
| Dress making. Years 7-11 | Design and make a simple dress from a basic pattern. Potential fashion show at the end of term. | Approx. £10 |  |
| Creative writing and Illustration. Years 7-11 | Experience all stages of Creative writing and Illustration from concept to final publication. Contribute to our collaborative publication 'The Nexus'. | £2 |  |
| School Production Matilda the Musical. Workshops and Rehearsals. Years 7-10 | If you have gained a role in the School Production we will be working on singing, script and choreography. Matilda the Musical will be performed at the end of the Spring Term. | N/A |  |
| Set design & Technical theatre production. Year 7-11 | Learn about the 'behind-the-scenes' world of theatre. Help to design and make the set for the school production 'Matilda the Musical'. | N/A |  |
| Short Film Production. Years 7-11 | Work with 'Start Now' to create a short film. Be at the centre of this project from inception to final film. Directing, editing and sound mixing. Support from Pirate FM's videographer. | N/A |  |
| Clay Sculptures. 7-11 | Create clay sculptures and learn about the process of making, glazing and firing clay. Work with a local potter and use our potter's wheel. | £5 |  |
| Bass Guitar for beginners. | Learn to play the bass guitar, read music and guitar tab. Own guitar not essential. | N/A |  |
| Songwriting | Write and record your own song. Produce a group CD. | N/A |  |

MIND AND BODY ACTIVITIES

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| Chess Years 7-11 | Learn to play chess. An excellent activity for practising strategy and logic. | N/A |  |
| Space & Cosmology Discussion. Years 7-11 | Discuss ideas, findings, thoughts and theories related to the vast and mainly unknown area of space and cosmology. | N/A | |
| Feed a family. Food Bank Cooking. | Help the local community and fight against food poverty in our area. Cook in school for the St Ives Food Bank. Gain the Level 2 food Hygiene certificate. | N/A |  |
| A Level Biology and beyond taster. Years 9-11 | A range of activities and practical sessions to give an idea of studying A level Biology. (for those wishing to study Biology at college/University) | N/A |  |
| Animal Welfare. Years 7-9 | A range of activities to raise awareness of animal welfare. Learn how to be a responsible pet owner and how human activity affects the survival of wild species. | N/A | |
| Debating Society. Years 8-11 | Your chance to debate current moral, social and political issues. Learn how to become confident, engaging, charismatic and well-prepared public speakers. | N/A | |
| World Cinema. Years 7-11 | Watch and discuss foreign language films from across the globe. Visit Newlyn cinema and host a film once a month. | £5 per cinema trip. | |
| Eco Club. Years 7-11 | Form the School's 'Eco Club'. Conduct environmental conservation activities such as beach cleans, fundraising, awareness-building schemes, volunteering and managing the biodiversity of the on-site ponds. | N/A Appropriate footwear & old clothes. |  |
| Yoga. Years 7-11 | Practise yoga to improve to improve strength and flexibility while helping to de-stress and unwind. | N/A |  |
| Model United Nations. Years 9-11 | The UN is committed to maintaining international peace and security. MUN is an activity participated in by students globally and is an opportunity to research, debate and generate solutions for issues about which you are passionate. | N/A | |

MIND AND BODY ACTIVITIES

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| Geographical Society. Years 7-11 | Explore current geographical issues, and the representation of these issues in the media. Find ways to raise awareness within our community. | N/A | |
| Philosophy and Ethics. Years 7-11 | Learn about famous philosophers. Debate philosophical ideas and ethical issues. | N/A | |



ACTIVE AND ADVENTUROUS ACTIVITIES

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| Girls' Netball. Years 7-11 | Develop netball and umpiring skills through training and match play. | N/A |  |
| Outdoor Adventure. Years 7-11 | A range of outdoor activities, including, shelter-building, fire lighting, teambuilding and problem-solving; a treasure hunt, orienteering and climbing. | £25 Old clothes , shoes & boots required. |  |
| Walking for Wellness. Years 7-11 | Take part in the most beneficial form of physical activity. Walk to optimise physical, mental and social well-being while exploring our beautiful local surroundings. | N/A |  |
| Basketball. Years 10 –11 | Develop your skills in this fast-paced game. | P.E. kit. |  |
| KS4 Boys' Football. | Develop football skills through drills and games-based activities. | N/A P.E kit. Boots. |  |
| Gardening Club. Years 7-11 | Develop habitats around school for local wildlife and pollinators. Create 'bug hotels' and bird feeders. Plant identification walks, garden journalling and planting activities. | N/A Appropriate footwear & old clothes. |  |
| Golf. | Takes place on local golf courses. Open to all abilities. | TBC Waterproofs Suitable shoes. |  |
| Tag Rugby. Year 9-11 | Develop non-contact rugby skills through individual and team play activities. | N/A P.E kit. |  |
| Hiking and Navigation. Years 7-11 | Organise and navigate hour-long hikes. Understand the environment and participate in beach and trail clean-ups. | N/A Hiking boots, waterproof clothing & water bottle. |  |
| Boys' Football Years 7-8 | Develop football skills through drills and games-based activities. | P.E. kit. |  |

Please complete this 'Be Inspired' form fully with your choices and return to Reception as soon as possible.

Please be aware that some activities have limited numbers.

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| Student Name: | Year Group: (in September 2021) |
| Choice A | |
| Choice B | |
| Choice C | |



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