

PLEDGE  
Club  
ACTIVITIES  
Term 3



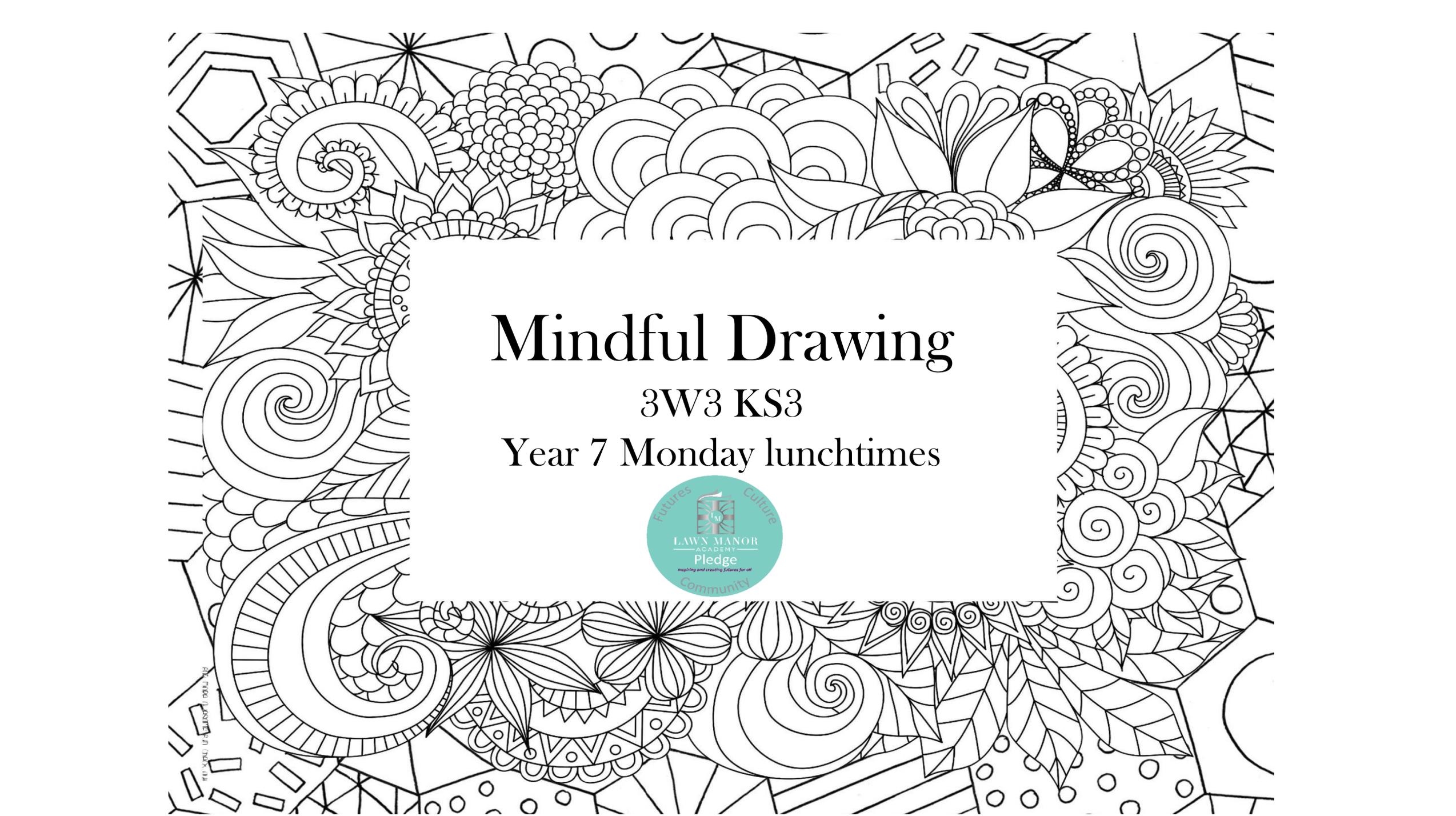
# DANCE AFTER SCHOOL!

On every Thursday  
3:20-4:00pm



When you dance, your purpose is not to get a certain place on the floor. It's to enjoy each step along the way!





# Mindful Drawing

3W3 KS3

Year 7 Monday lunchtimes



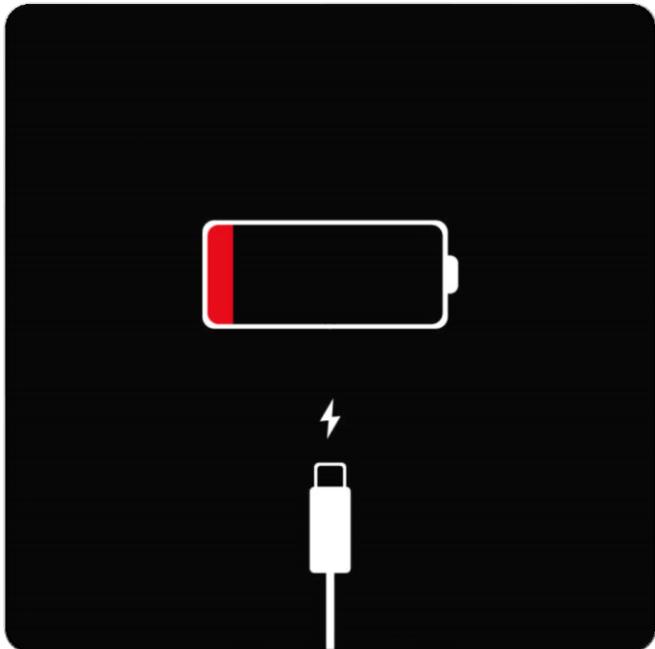


# Why Eat Breakfast?

Ask yourself this question:

Why do you charge up your mobile phone?

- Food is fuel for your body - no different to your phone needing battery power or a car needing petrol.
- You can't ignore it - the signs are hard to miss.
- How many of you experience this if you don't have breakfast?



# Breakfast Choices Available Here



## Bagels

- Great for a slow carbohydrate release.
- Keeps you full till lunch.

## Cereals (low in sugar):

- Tasty.
- Full of vitamins.
- Slow-releasing carbohydrates.

## Porridge

- The ultimate fuel.
- Lasts till lunch!



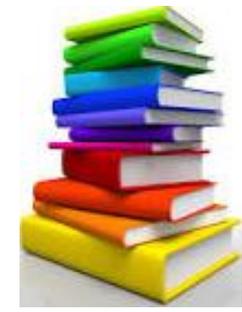
# Be a Breakfast Boss

- Here at Lawn Manor you have access to breakfast (FSM is free!)
- There are a variety of food options available to you.
- **Anyone** is free to come along.
- It's a great opportunity to socialise and make new friends or have some quiet time to prepare before lessons.

West Manor Canteen - 8:00-8:30am Every Single Day!



# Library Opening Times



Monday: 9-4 (Yr 11 Heaven: 3.20-4.00)

Tuesday: 9-5 (Film Club: 3.20-5.00)

Wednesday: 9-4 (Quiz & Bingo: 3.20- 4.00)

Thursday: 9-4 (Chess Club & Board Games, plus  
General Library: 3.20-4.00)

Friday: 9-3.20 (No After - school club)

The Library will be open  
at break & lunch time.



# PERIOD 6 – YEAR 11

3.20pm till 4.00pm

## Week A

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Geography 1W7	Spanish Miss Mazur 3E6	Maths Mrs Conroy 2W4	History Mr Gasche 1W2
	Biology Higher Mr Fowler 1c7	Maths Mrs Brouwers/Mrs Jones 2W5	Music Mr Jones 1W11
	Biology Foundation Miss Konieczna 1C10	Maths Mrs Skeates 2W2	Art Miss Young 3W3
	Chemistry Higher Miss Conroy 1C4	English Mr Horan 1E2	Graphics Mrs Morrison 1E16
	Chemistry Foundation Mr Maher 1C3	English Mrs Birkett 1E6	
	English Mr Williams 2E4	Drama Miss Owens 1W9	
	English Miss Freeman 1E1	Art Miss Young 3W3	
	Business Mr Oliver 3W2	RPE Mrs Burchall 1W3	
	Hospitality & Catering Mrs Smith 1E17		



# PERIOD 6 – YEAR 11

3.20pm till 4.00pm

## Week B

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Geography 1W7	Spanish Miss Diez 3E6	Maths Miss Walldock 2W3	History Mr Gasche 1W2
	Biology Higher Mr Fowler 1C7	Maths Mr Prevost 2W4	Music Mr Jones 1W11
	Biology Foundation Miss Konieczna 1C10	Maths Mrs Davies 2W1	Art Miss Young 3W3
	Chemistry Higher Miss Conroy 1C4	English Mr Das 1E8	Graphics Mrs Morrison 1E16
	Chemistry Foundation Mr Maher 1C3	Drama Miss Owens 1W9	
	English Mr Jacklin 1E6	Art Miss Young 3W3	
	English Miss Logan 1E4	RPE Mrs Burchall 1W3	
	Business Mr Oliver 3W2		
	Hospitality & Catering Mrs Smith 1E17		



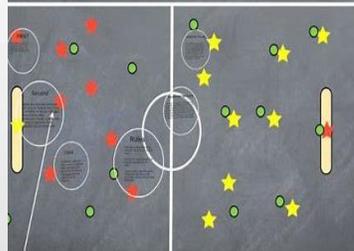


## Extra-Curricular schedule 25-26 - Nov - Dec

Day	Lunchtime	Member of staff	After school 3:20-4:20pm	Location	Staff member
Monday	YR 7 Basketball	MR MCDEAN	GYM - Y9, 10, 11 BOYS & GIRLS	The Clubhouse	MR STACEY
Tuesday	YR 8 Basketball	MISS LACY	ALL GIRLS FOOTBALL	FIELD	MISS GREGORY/ MISS LACY
			BASKETBALL CLUB - Y7 & 8	FIELD	MR WILSON/ MCDEAN
			Y9, 10 & 11 BOYS GYM	The Clubhouse	MR STACEY



How To Play Bench Ball



### PE Extra-Curricular schedule 2025-2026

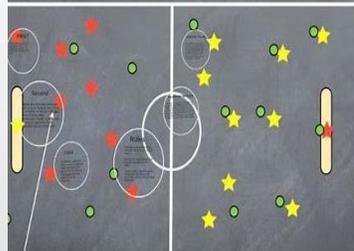
Please note:

- All lunchtime clubs will take place in West Manor Gym
- Clubs will run from 3.20 - 4.20 pm
- Players that regularly attend clubs will represent the school at school fixtures





How To Play Bench Ball



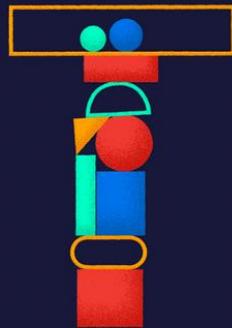
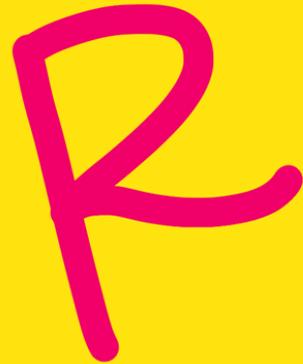
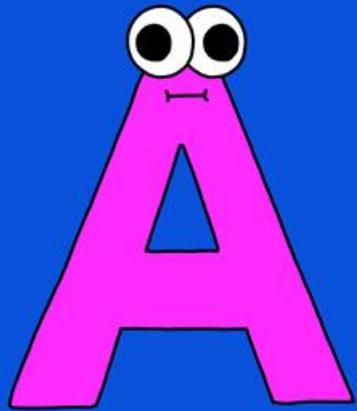
			<b>RUGBY TRAINING</b>	<b>FIELD</b>	<b>MR MCDEAN</b>
			<b>Y9, 10, 11 GIRLS GYM</b>	<b>The Clubhouse</b>	<b>MR STACEY</b>
<b>Thursday</b>	<b>U16 Basketball</b>	<b>MR WILSON</b>	<b>Y10, Y11 NETBALL TRIANING</b>	<b>COURTS</b>	<b>MISS LACY</b>
			<b>Y9 RUGBY GAMES</b>	<b>FIELD</b>	<b>MR WILSON/ MCDEAN</b>
			<b>Y9, 10, 11 BOYS &amp; GIRLS</b>	<b>The Clubhouse</b>	<b>MR STACEY</b>
<b>Friday</b>			<b>NO AFTERSCHOOL CLUBS</b>		

## PE Extra-Curricular schedule 2025-2026

Please note:

- All lunchtime clubs will take place in West Manor Gym
- Clubs will run from 3.20 - 4.20 pm
- Players that regularly attend clubs will represent the school at school fixtures





# EVERY

DAY at lunchtime

# ROOM 3W3



Bring with you a passion for all things creative.

The plan is to support and guide you on your idea's throughout the year. It is a chance for YOU to work using IT and digital recourses and you have the opportunity to:  
**print, sculpt, draw or just want to relax with us we would love to see you there!**

# YOU'RE INVITED



# LMA Gym and Fitness Club

## 15:20 - 16:15



Tuesdays: Year 9, 10 and 11 - Boys only  
Wednesdays: Year 9, 10 and 11 - Girls only  
Thursdays: Year 9, 10 and 11 - Boys and Girls  
Fridays: Year 10 and 11 - Boys and Girls



Come and use the Lawn Manor fitness centre. A safe and fully inclusive environment for all abilities. Receive free exercise advice, hints and tips in a completely non-judgemental way from an experienced Personal Trainer.

- Benefits of exercise for young people:
- ✓ Increase self confidence
  - ✓ Increase body confidence
  - ✓ Decrease stress
  - ✓ Help support positive mental health
  - ✓ Better sleep

Based on the BBC TV series: Four Families discover the full truth about what happened to their relatives during the Holocaust and the impact it has today.

We will relive Bernie's Story!

Mr Bull: Monday Lunchtime -1W4



Schools can still sign up to join #HtFMeUs project via Nic Wetherall:  
[nwetherall@rwba.org.uk](mailto:nwetherall@rwba.org.uk)

THE HOLOCAUST,  
THEIR FAMILY,  
ME AND US



# PLC after school clubs

Monday 3.20pm – 4pm

Connect  
Homework  
Support.

Tuesday 3.20pm – 4pm

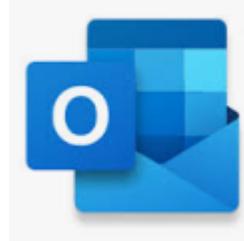
KS3 Homework  
Support.

Wednesday  
3.20pm – 4pm

KS4 Homework  
Support.

**Thursday  
3.20pm –  
4pm**

**Gardening.**



# Art Club

KS3 & KS4 all welcome @ lunchtimes  
Monday, Tuesday, Thursday & Friday



Art Club – 3W3



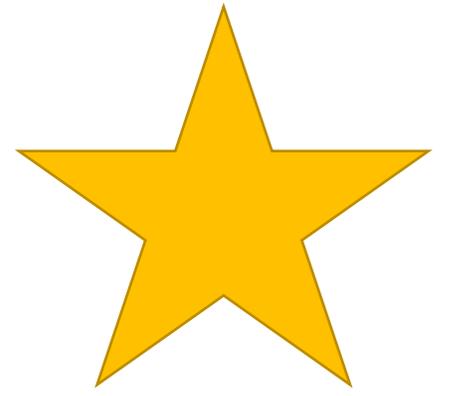
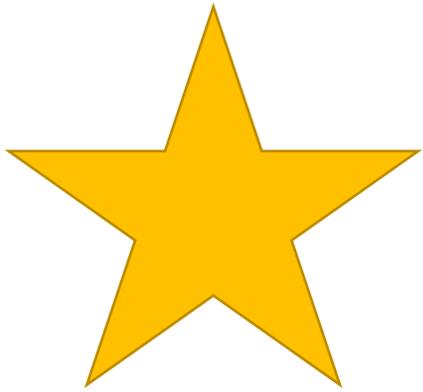


**Mondays in the LIBRARY-**  
**Yr 11 Heaven – 3.20 - 4.00**  
**FREE Hot chocolate & cookies**



**Yr 11 Heaven is on Monday night,**  
**It's revision time to help you get it right.**  
**Use this time wisely to put you in good stead,**  
**As GCSE's are coming and it's a tough road ahead.**  
**The staff here at school will help you get through,**  
**But the most important thing is the effort from YOU!**

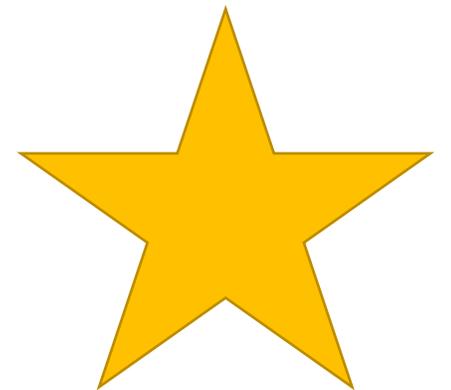




STAR



Support To Always Remember



# What is STAR?

- Have you been bereaved? Lost a family member, friend or pet?
- The opportunity to meet with others with similar experiences.
- To complete activities to help us remember our lost loved ones
- To create memory boxes
- Time for sharing memories and reflecting

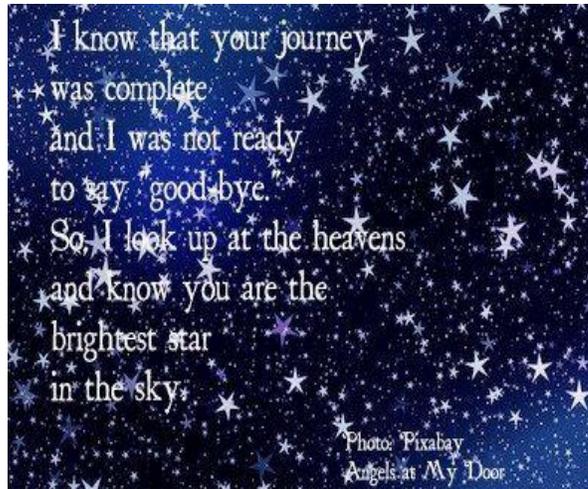


STAR



Someone To Always Remember

If you think that you would benefit from STAR support,  
Please pop and see me in 3W1  
on Tuesday lunchtime.



Becci Benson





# Craft Club

Tuesday 3.30-4.30 in 1E17

This term we will be concentrating on making Christmas crafts and decorations. Come along and have a go.

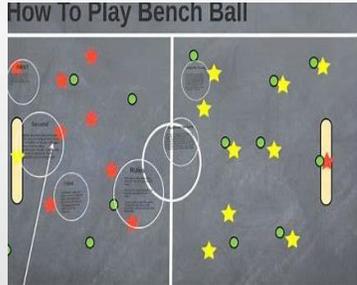
Space will be limited so email Mrs Smith to reserve your place.

# Film Club- Tuesdays in the LIBRARY 3.20 - 5.00



Vote for your favourite film,  
grab some FREE popcorn  
and squash,  
then sit back and  
relax...





Wednesday	YR 9 Basketball	MISS GREGORY	ALL GIRLS FOOTBALL  Y9, 10, 11 GIRLS GYM	FIELD  The Clubhouse	MISS LACY/ MISS GREGORY  MR STACEY
Thursday	U16 Basketball	MR WILSON	U16 GIRLS FOOTBALL MATCHES  Y9/U16 BASKETBALL  Y9, 10, 11 BOYS & GIRLS	FIELD  WMG  The Clubhouse	MISS LACY  MR WILSON/ MCDEAN  MR STACEY
Friday			NO AFTERSCHOOL CLUBS		

**PE Extra-Curricular schedule 2025-2026**



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# **This Term in the Music Department**

## **Singing Club**

**Tuesdays**

**After School**

**Upcoming Events:**

- **Care Homes Day Trip**
- **Steam Museum Show**
- **Candlelight Concert**
- **Christchurch Day**

## **Band Club**

**Thursdays**

**After School**

**Learn:**

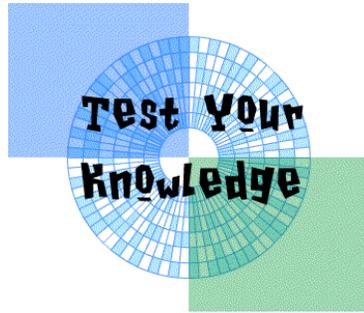
**Piano!**

**Guitar!**

**Drums!**

**Ukulele!**

# Quiz Night - Wednesdays in the LIBRARY 3.20 – 4.00



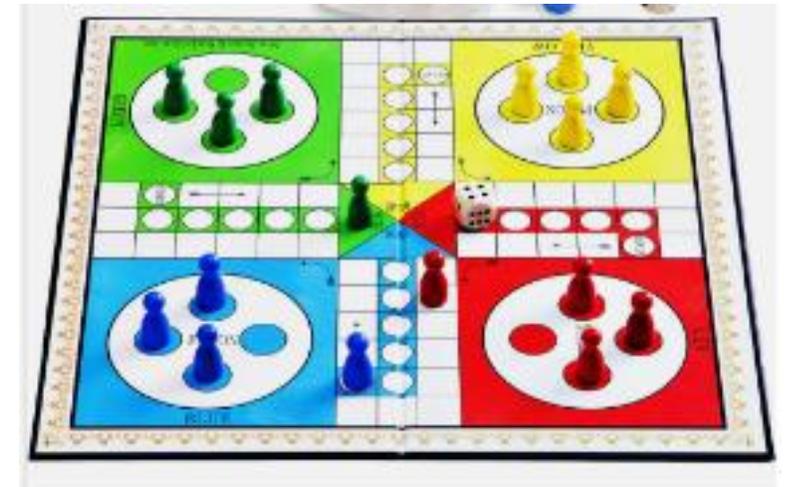
‘Grab some team mates or go it alone  
get your brains working, get into the zone!’



# YOUNG CARERS CLUB

Every Wednesday at Lunchtime in the PLC.

Various activities each week including arts and crafts, drawing, picnics outside and more.





# LGBTQ+ CLUB

## WHERE?

2W4 (Maths corridor)

## WHEN?

Wednesday lunchtimes

## WHICH TEACHERS?

Mrs Conroy, Becci and Mr Williams =

## WHO?

Anyone is welcome!

Whether you are part of the community, or would just like to show your support, come eat your lunch with us!

## WHAT?

We would love to hear your ideas of whole-school activities we could do to raise awareness.

Or, you can just come have a chat!

This is your opportunity to make sure you feel heard and supported in a safe and friendly environment! 😊

All year groups invited

Every Wednesday after school 3.20-4pm

Fun drama games, sketches  
and performances



# Drama club

With Ms Owens

Located in 1W9 Drama  
Studio

Starts on  
17<sup>TH</sup> September 2025

# Wednesdays in the LIBRARY

are normally Quiz night (3.20 – 4.00),  
but due to popular demand we are also playing

## BINGO !

Test your Speed, Concentration and Luck!

Prizes for one line, two lines  
and a full house.

So...It's 'Eyes Down'  
in the Library.

It's great fun!!

Prizes and certificates to  
be won by all.

Hope to see you all there.





# Spanish Club!



Looking for a place to practice your Spanish with other students or a teacher?  
Want to learn more about Spanish culture?

Come to Ms Deaton's room- 3E5- during Thursday lunches!



# Chess Club & Board Games - Thursdays in the LIBRARY

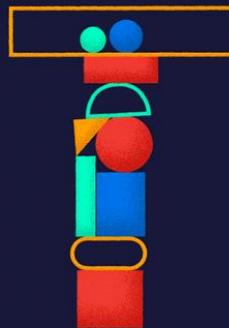
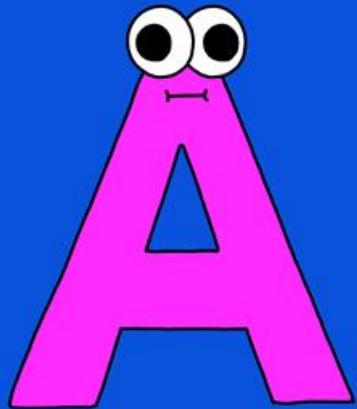
## 3.20 - 4.00



Come and test your skills with a game of Chess. Whether you are a beginner or a pro, this club will suit everyone.

Also lots of board games to play & challenge each other with, plus lots of HP's to be won !!





# EVERY

Thursday & Friday 3.20 till 4pm

# ROOM 3W3

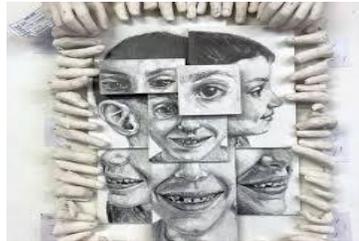
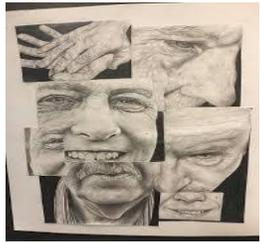
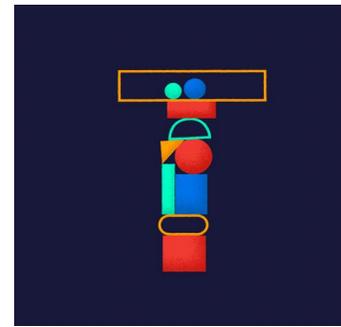
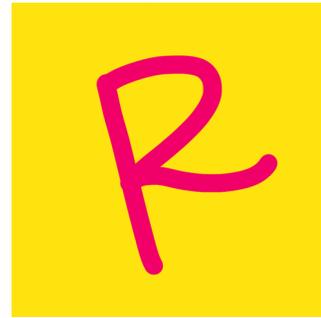
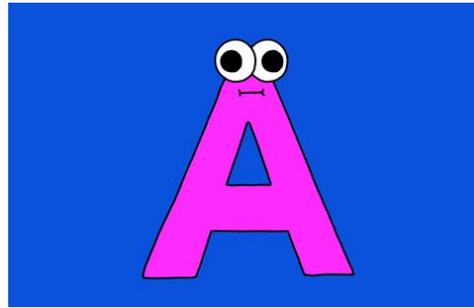


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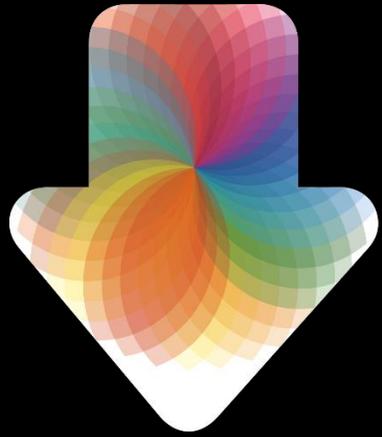
# YOU'RE INVITED



Every other week on  
Friday  
From 3.20pm until 6pm



Yr11  
Refine GCSE work Every week



# Post-16 and careers Drop-in

Do you have any questions about  
post-16 or careers?

Would you like any help/advice  
regarding your options or submitting  
applications?

Come to 2E2 after school every Friday  
for the post-16 drop-in session with  
Mr. Jacklin.

