



St Augustine's
PRIORY

CO-CURRICULAR PROGRAMME

Preps & Juniors

Michaelmas Term 2018



Welcome to the St Augustine's Priory Co-curricular Programme

At the front of this booklet, you will find tables containing all clubs and activities on offer for children in the Preps and Junior School, followed by page by page outlines of the individual clubs and necessary information. Please encourage your daughter to take advantage of the many opportunities available to her.

NB All sports clubs feature in one grid on p26

Objectives of the Co-curricular Programme

- To develop and practise new skills
- To integrate children across year groups
- To challenge the girls and encourage them to take risks





Bookings

- Co-curricular bookings will be open via our Parent Portal <https://mis.sapriory.com/Logon> on Thursday 30th August at 10:00am
- Booking closes and registers will be confirmed on Thursday 6th September at 5pm. Clubs commence on Monday 17th September (apart from LAMDA and music tuition which will start on Monday 10th).
- N.B. Prep & Junior Yoga will commence week beginning 24th September
- Enquiries after the closing date will need to go straight to the member of staff running the club
- For technical enquiries regarding our Parent Portal or log in information, please email Mr Wood at swood@sapriory.com
- A full term's commitment is required for all paid clubs

Monday Preps and Juniors

Activity	Staff	Time	Venue	Year Groups	Max No	Min No	Cost / Information
Breakfast Club	Mrs O'Connell	8.00-8.30	Pupils' Refectory	Nursery to U11	20	N/A	Drop in £3.50 per session
Justice and Peace	Mrs Cattigan	1.00-1.30	U11 Alpha Classroom	U11	14	N/A	N/A
Reader's Club	Mr Lennon	12.45-1.15	U1 Classroom	L1 to U11	14	N/A	N/A
Prep Gymnastics	Mrs Gosling	3.40-5.00	Sports Hall	P1, P11 & P111	20	N/A	£60 charge for the term
Hobby Craft	Ms Brown	3.40-4.30	L1 Classroom	L1 to U11	14	N/A	N/A
After School Club	Mrs Lukomski after-schoolclub@spriory.com	3.30-6.00	Pupils' Refectory	Nursery to U11	20	4	£13.00 per session

Tuesday Preps and Juniors

Activity	Staff	Time	Venue	Year Groups	Max No	Min No	Cost / Information
Breakfast Club	Mrs O'Connell	8.00-8.30	Pupils' Refectory	Nursery to UII	20	N/A	Drop in £3.50 per session
Swimming Club	Ms Hales Please email Ms Hales directly lhales@sapriory.com	7am start	Acton Pool	LII to Priory 6	40	N/A	Booking not available please contact Ms Hales directly lhales@sapriory.com £60 per term
Junior Orchestra	Mr Judson	8.20-8.55	Chapel	LI to UII	N/A	N/A	N/A
LAMDA UI Speaking Verse & Prose Group 1	Ms Hewitt	8.00 – 8.40	Senior Music Room	UI	8	2	£100 charge for the term
Junior Percussion Club	Miss Westley/ Mrs Hatch	12.45-1.15	Hall (stage end)	LI to UII	16	4	N/A
LAMDA LI Intro Stage 3 Group 2	Ms Hewitt	12.30-1.10	Breakout Room	LI	8	2	£100 charge for the term
LAMDA Introductory Stage 1 Group 1	Ms Hewitt	1.55–2.45	Breakout Room	Prep II	8	2	£100 charge for the term 40 minutes rotation during P5 or 6
LAMDA Introductory Stage 1 Group 2	Ms Hewitt	2.50–3.40	Breakout Room	Prep II	8	2	£100 charge for the term 40 minutes rotation during P5 or 6
Taekwondo All Years	Mr Ronnie Deguzman	3.40-4.40	Sports Hall	Junior & Senior	20	4	£66 charge for the term
Prep Yoga	Ms Rosen	3.30-4.30	Drama Room	PI, PII & PIII	20	5	£54 charge for the term
Prep – Around the World Club	Mrs Lubowiecka	3.30-4.30	Prep III Classroom	PII & PIII	14	4	N/A
Junior Musical Theatre	Ms Perry	3.40-4.45	Music Room	LI to UII	24	8	£66 charge for the term
After School Club	Mrs Lukomski after-schoolclub@sapriory.com	3.30-6.00	Pupils' Refectory	Nursery to UII	20	4	£13.00 per session
LAMDA LII Speaking Verse & Prose	Ms Hewitt	3.40 – 4.20	Breakout Room	LII	8	2	£100 charge for the term

Wednesday Preps and Juniors

Activity	Staff	Time	Venue	Year Groups	Max No	Min No	Cost / Information
Breakfast Club	Mrs O'Connell	8.00-8.30	Pupils' Refectory	LI to UII	20	N/A	Drop in £3.50 per session
Junior Aerobics Morning- first Wednesday of the month	Mrs Gosling Ms Hales	8.15-8.30	Prep Playground	All Juniors	N/A	N/A	No booking required
Indoor Athletics	Ms Hales	7.45-8.30	Sports Hall	UII - LIV	N/A	N/A	No booking required
LAMDA UI Acting	Ms Snell	12.30-1.10	Break out Room	UI	8	2	£100 charge for the term
Junior Choir	Miss Westley	12.45-1.30	Chapel	LI to UII	N/A	8	N/A
Stewardship	Priory 6	1.00-1.30	Girls will be collected from their classrooms	LI to UII	12	N/A	No booking needed, register with classroom teacher
Musical Theatre	Ms Perry	3:30-4:45	Drama Room	PI to PIII	24	8	£66 charge for the term
Homework Club	Mrs Round	3.40-4.30	LII A classroom	LI to UII	20	2	Girls are asked to bring homework to the session
After School Club	Mrs Lukomski after-schoolclub@sapriory.com	3.30-6.00	Pupils' Refectory	Nursery to UII	20	4	£13.00 per session
Junior Yoga	Ms Rosen	3.40-4.40	Hall (foyer end)	LI to UII	20	5	£54 charge for the term

Thursday Preps and Juniors

Activity	Staff	Time	Venue	Year Groups	Max No	Min No	Cost / Information
Breakfast Club	Mrs O'Connell	8.00-8.30	Pupils' Refectory	Nursery to U11	20	N/A	Drop in £3.50 per session
Junior Gymnastics	Mrs Gosling	7.45-8.30	Sports Hall	L1 to U11	20	6	£50 charge for the term
LAMDA L11 Acting	Ms Hewitt	8.00-8.40	Breakout Room	L11	8	2	£100 charge for the term
LAMDA Prep III Introductory Stage 2 Group 1	Ms Hewitt	9.00-10.10	Breakout Room	Prep III	8	2	£100 charge for the term 40 minutes rotation during P1 or 2
LAMDA Prep III Introductory Stage 2 Group 2	Ms Hewitt	9.00-10.10	Breakout Room	Prep III	8	2	£100 charge for the term 40 minutes rotation during P1 or 2
LAMDA U1 to U11 Devising	Ms Snell	12.30-1.10	St Greg's (temp)	U1 to U11	8	2	£100 charge for the term
LAMDA L1 Solo Intro Stage 3 Group 1	Ms Hewitt	12.30-1.10	Break out Room	L1	8	2	£100 charge for the term
ICT Club	Miss Daya	12.45-1.15	Fox Hollow	L1 to U11	15	4	N/A
Junior Art Club	Mrs Mackay	12.45-1.15	Junior Art Room	L1 to U11	20	5	L11-U11 1st half term L1-U1 2nd half term
Mindful Chess	www.mindfulchess.co.uk Mr Fishman	3.40-4.40	Scriptorium	L1 to U11	20	8	£110 charge for the term
After School Club	Mrs Lukomski after-schoolclub@sapriory.com	3.30-6.00	Pupils' Refectory	Nursery to U11	20	4	£13.00 per session
LAMDA U11 Acting Group 1	Ms Hewitt	3.40-4.20 Breakout Room	Senior Music Room	L11	8	2	£100 charge for the term

Friday Preps and Juniors

Activity	Staff	Time	Venue	Year Groups	Max No	Min No	Cost / Information
Breakfast Club	Mrs O'Connell	08.00-08.30	Pupils' Refectory	Nursery to U11	20	N/A	Drop in £3.50 per session
Running Club	Mr Dellow Ms Burrell	8.00-8.35	Astroturf	U11 to Priory 6	30	4	Bring your running shoes
LAMDA L11 – U11 Speaking in Public Group 1	Ms Hewitt	12.30-1.10	Breakout Room	L11 to U11	8	2	£100 charge for the term
Junior Strings	Miss Jackson	1.10-1.45	Chapel	L11 to U11	16	4	N/A
Music Club	Miss Westley	12.45-1.15	Music Room	L11 to U11	16	6	No experience necessary
Creative Writing	Mrs Tomlinson	12:50-1:25	L11 Alpha classroom	L11 to U11	14	N/A	N/A
Football Club Junior	Mr Fazel	3.40-5.00	Astro	L11 to U11	24	N/A	Full PE kit and shin pads. No Cost
After School Club	Mrs Lukomski afterschoolclub@sapriory	3.30-6.00	Pupils' Refectory	Nursery to U11	20	4	£13.00 per session

Saturday Preps and Juniors

Activity	Staff	Time	Venue	Year Groups	Max No	Min No	Cost / Information
LAMDA Solos and Pairs	Ms McMullin	9.00-12.50	Senior Music Room	UI to Priory 6	2	N/A	See LAMDA brochure for costs. Half an hour slots available
Yourstage Tots Drama and Dance	Ms Hagerty info@yourstage.com	9.00-10.00	New Hall	Boys and girls aged 3-5	20	5	£215 per term (10 weeks)
Yourstage Too and Teens Drama and Dance	Ms Hagerty info@yourstage.com	10.00-12.00	New Hall	Boys and girls aged 6-16	30	3	£215 per term (10 weeks)

Saturday Sport

Junior Michaelmas Sports

Saturday Sports Option 1
Hockey Junior
9-12noon

Saturday Sports Option 2
Netball Junior
9-12noon

AC/CL

Start Date 22nd September



Around the World Mrs Lubowiecka

Prep II and III Around the World Club:

During the course of the year we will visit a different continent each half term. We will then explore a country within that continent every week and engage in activities related to it.

Start date	Topic	Venue	Facilitator
Tuesday	Around the World Club	Prep III Classroom	Mrs Lubowiecka
Max Number	Min Number	Time	Cost
14	4	3:30pm 4:30pm	N/A

Where: Prep III classroom from 3:30pm.

Pick up: Entrance to Prep II/III building at 4.30pm.

Materials: All materials and equipment will be provided.

Cost: No Cost.

Additional

Information: Girls are asked to bring in a snack.





Art Club

Mrs Mackay / Ms Eng

Art Club: Lower I to Upper II

The girls will have the opportunity to make arts and crafts in the studio environment. This is a wonderful opportunity for girls to work on seasonal projects which will support them to develop their creative thinking and practical skills.

First half term LII & UII

Second half term LI & UI

Start date	Topic	Venue	Facilitator
Thursday	All sorts	Junior Art Room	Mrs Mackay LI & UI Ms Eng LII & UII
Max Number	Min Number	Time	Cost
20	N/A	12.45 - 1.15	N/A

Where: Junior Art Room

Pick up: N/A

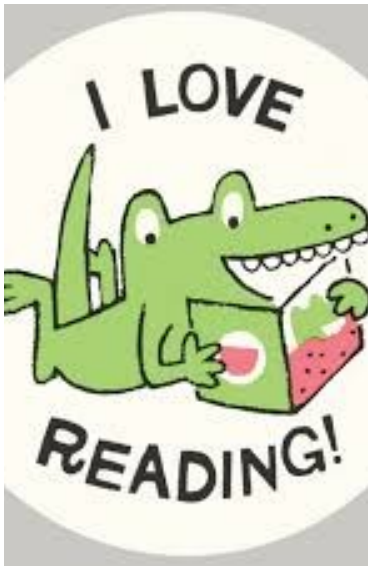
Materials: All materials and equipment will be provided

Cost: N/A

Additional

Information: Girls are asked not to bring in snacks as there is a 'no eating and drinking' policy for this club





Reader's Club Mr Lennon

All Juniors welcome!

This is a wonderful opportunity for our Junior girls to discover new books with Mr Lennon. Come and share your favourite book with us!

Start date	Topic	Venue	Facilitator
Monday	Books	Upper I Classroom	Mr Lennon
Max Number	Min Number	Time	Cost
14	4	12.45 - 1.15	N/A

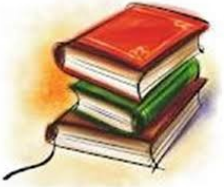
Where: Upper I classroom

Pick up: N/A

Cost: N/A

Additional

Information: Girls are asked not to bring in snacks as there is a 'no eating and drinking' policy for this club



Fun filled activities
Book reviews



Creative Writing Club Mrs Tomlinson

Creative Writing Club - Lower II & Upper II

The girls will have an opportunity to use a number of different writing methods to develop their creative writing skills.

Start date	Topic	Venue	Facilitator
Friday	Creative Writing	LII Alpha Classroom	Mrs Tomlinson
Max Number	Min Number	Time	Cost
14	N/A	12:50 - 1.25pm	N/A

Where: Lower II Alpha Classroom

Materials: All materials and equipment will be provided

Cost: N/A

Craft and problem solving Club

Ms Brown



Hobby Craft Club: Lower I and Upper I

If you could be anyone, who would you be?

Drama club offers girls the opportunity to develop their acting and performance skills in a fun and friendly setting.

Date	Topic	Venue	Facilitator
Monday	Drama Club	LI Classroom	Ms Brown
Max Number	Min Number	Time	Cost
14	N/A	3.40 - 4.30pm	N/A

Where: Lower I Classroom

Pick up: N/A

Materials: All materials and equipment will be provided

Cost: N/A

Additional

Information: Girls are asked not to bring in snacks as there is a 'no eating and drinking' policy for this club



Homework Club

Homework Club : Lower I to Upper II

Homework club is an ideal opportunity to tackle and complete homework, with teacher support if needed.

Start date	Topic	Venue	Facilitator
Wednesday	Homework	LII A Classroom	Mrs Round
Max Number	Min Number	Time	Cost
20	2	3.50 - 4.30pm	N/A

Pick up: Prep Playground

Cost: N/A

Additional

Information: Girls are asked to bring homework to this session.



ICT Club Miss Daya

ICT Club: All Juniors Welcome

During the course of the term the girls can utilise the ICT facilities to complete homework or start a project on a topic they are inspired by. Miss Daya will support and facilitate where needed.

Start date	Topic	Venue	Facilitator
	ICT	Fox Hollow	Miss Daya
Max Number	Min Number	Time	Cost
15	4	12:45 - 1:15pm	N/A

Where: Fox Hollow

Materials: All materials and equipment will be provided

Cost: N/A

Additional

Information: Girls are asked not to bring in snacks as there is a 'no eating and drinking' policy for this club





Justice & Peace Mrs Cattigan

Justice & Peace Group: Upper II

The Justice and Peace Group not only raises awareness of issues of social justice, both locally and around the world, but provides opportunities for other pupils to take action. The group is an active and effective means of allowing girls in Upper II to initiate a number of projects, including:

- leading pupil assemblies on topics of injustice
- promoting Fair Trade across the school
- organising events to raise awareness of charitable causes

The girls continue to work on issues which are close to their hearts.



Where: Upper II Alpha classroom

When: Monday 1.00pm – 1.30pm

Cost: N/A



LAMDA

Performance & Communication
Qualifications

LAMDA examinations improve communication skills, increase confidence & develop strong social skills

Introduction

30 sessions are offered per academic year. Refunds are made for lessons missed owing to teacher absence. Refunds are not made for student absence for any reason, including sickness, exams, trips etc.

2018/19

- ◆ Group lessons £100 per student per term
- ◆ Individual lessons £240 per student per term
- ◆ Pair £120 per student per term
- ◆ One-off individual £15 lessons

Please note that a half term's notice is required of termination of lessons or a half term's fees in lieu of notice will be charged. All fees will be charged to your school account a term in arrears.

LAMDA examinations for each grade take place once per academic year. LAMDA entrance fees are charged separately and cost different amounts depending on the subject and grade. Notification will be sent of upcoming examinations and, should you wish to enter your daughter, the examination entrance fee would be added to your school account.

Application

Book online via the Parent Portal.

Lamda Subjects at St Augustine's Priory

Group and Individual lessons are offered in...

Solo Introductory Introducing learners to basic communication skills. Learners will speak one poem from memory, audibly and clearly with some appreciation of meaning and maintain a short conversation with the examiner about a favourite toy or object, picture and book.

Acting Developing a strong speaking voice and good memory skills by learning and performing monologues and duologues. Designed for solo or duologue performances.

Speaking in Public Developing the skills necessary for effective oral communication and public presentation. These lessons will benefit native English speakers as well as those for whom English is a second language.

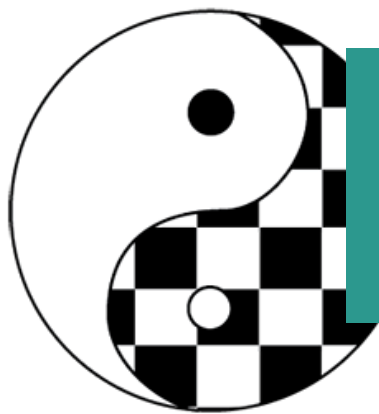
Speaking Verse & Prose Learners interpret a rich variety of poems and novels, developing a strong speaking voice and memory skills. Designed for individual candidates.

Reading For Performance Learners construct and present a recital based on a theme of their choice, using an introduction, verse readings, prose readings, dramatic readings, reflective linking statements and a conclusion. Texts are not memorised for this qualification. Designed for individual candidates.

Individual lessons are also offered in...

Devising Drama Developing creativity by exploring ideas and themes and realising them through devised dramatic performances. Designed for solo or duologue performances.

Miming Gaining an understanding of non-verbal communication by exploring body language and facial expression, and putting them into a dramatic performance. Designed for solo or duologue performances.



Mindful Chess

Mindful Chess:

Mindful Chess equips young people with both greater chess skills and concentration techniques to benefit all areas of their learning and development. Following working with one of Hong Kong's most prestigious chess schools, Scholastic Chess, we are now providing the same opportunities for children in London.

We consider making the learning experience a fun, enjoyable one to be fundamental to a student's progress. As one's passion grows so does the speed at which knowledge is retained and improved.

For further information about our teaching please see www.mindfulchess.co.uk

Date	Topic	Venue	Facilitator
Thursday	Enrichment	Scriptorium	Mindful Chess
Max Number	Min Number	Time	Cost
20	8	3:40 - 4.40pm	£110 per term

Year groups: All Junior and Senior

Pick up: Prep Playground at 4.40pm

Materials: Water bottle and snack.



Music Clubs

Music is a vital part of a complete education and, at St Augustine's Priory, we encourage each girl to develop her musical skills and interests both in the classroom and through partaking in a range of co-curricular activities.

Junior Orchestra

- Tuesdays 8.20am-8.55am
- Lower I to Upper II
- Mr Judson

Junior Percussion Club

- Tuesdays 12.45pm-1.15pm
- Lower I to Upper II
- Miss Westley/ Mrs Hatch
- Maximum number 16
- Minimum number 4

Junior Choir

- Wednesdays 12.45pm-1.30pm
- Lower I to Upper II
- Miss Westley
- Minimum number: 8

Junior Strings

- Fridays 1.10pm-1.45pm
- Lower I to Upper II
- Miss Jackson
- Maximum number 16
- Minimum number 4

Music Club

- Fridays 12.45pm-1.15pm
- Lower I to Upper II
- Miss Westley
- Maximum number 16
- Minimum number 6



Musical Theatre

Ms Perry

Prep Musical Theatre: Prep I - Prep III

Prep Musical Theatre is a club designed to instill confidence and self esteem in students through the enjoyment of performance and creativity. The class introduces the technical elements of singing, drama and dance in a musical theatre style through games and exercises, and each half term we aim to complete one full musical theatre routine with characterisation, singing and dancing. The focus with Preps is to have fun whilst encouraging them to have their own voice in class, instill discipline through Dance and confidence in their own imaginations through Drama, and to introduce the concept of performance.

The class is run by Amy Perry, a professional musical theatre performer who trained at ArtsEd, and has since performed in a variety of shows from regional venues to the West End. Alongside this she has over 6 years teaching experience.

Date	Topic	Venue	Facilitator
Wednesday	Prep Musical Theatre	Drama Room	Ms Perry
Max Number	Min Number	Time	Cost
24	8	3:40 - 4.45pm	£66 per term

Junior Musical Theatre: Lower I - Upper II

Junior Musical Theatre is designed to challenge the students' understanding and ability of singing, dancing and acting. The class develops technical skills in each discipline in a musical theatre style through drama games and specific exercises. Students are encouraged to challenge themselves, and each other, both individually and in groups, using established musical theatre repertoire. Each half term we aim to complete one full musical theatre routine with characterisation, singing, dancing and an awareness of context. For Juniors, the class is about developing their singing, dance and drama skills, as well as encouraging independence and confidence in performance.

The class is run by Amy Perry, a professional musical theatre performer who trained at ArtsEd, and has since performed in a variety of shows from regional venues to the West End. Alongside this she has over 6 years teaching experience.

Date	Topic	Venue	Facilitator
Tuesday	Junior Musical Theatre	Music Room	Ms Perry
Max Number	Min Number	Time	Cost
24	8	3:40 - 4.45pm	£66 per term



Priory 6 Meets Priory Farm Stewardship

Every Wednesday Priory 6's four House Captains take a group of girls from the Junior school over to the Priory Farm. The Juniors learn about the apple pressing process and join together as a community to produce fresh apple juice!

This is a wonderful opportunity to use the apple press to grind apples, whilst feeding and visiting the animals. Sign up with your Form Tutor and enjoy the great outdoors, make friends and build relationships with girls across the Senior and Junior school.

It's a great way for the Junior girls to have a fun-filled lunchtime with our older girls whilst supporting the Farm and Orchard!

Stewardship provides an excellent relationship between the older and younger girls.

Where	When	Who	Application
Priory Farm The girls will be collected by Priory 6 girls from the Prep Playground first	Every Wednesday 1-1:30pm	All Juniors 8-12 girls selected each term	Rota created each week to allow opportunities for all.





Sports Clubs

Prep and Junior Gymnastics:

This club focusses on developing fundamental movement skills which are imperative for girls' development. Girls develop their strength, balance, flexibility and co-ordination, as well as gaining a greater understanding of how their body moves. Girls are taught by a Gymnastics Coach, who caters for all abilities and helps the girls to develop. At the end of each term, girls perform in a showcase, to demonstrate to parents their progress.

The club costs £60 per term.



Cheerleading:

'Dynamite', our Cheerleading Squad is a great squad made up of girls in Lower II – Lower V. Girls work together to create sequences and routines which involve stunts, jumps, tumbling and other

Gymnastic skills. This club is run by LDCA Cheerleading Academy, who provide specialist coaching for the girls. Dynamite compete in three main competitions throughout the year, as well as competing at local and school events. This club not only develops girls' Gymnastics skills such as strength, co-ordination and tumbling but also teaches them leadership, team work and trust which are all vital for a successful squad.

This clubs costs £75 a term and girls who are already in Dynamite have first refusal on places. Trials for the squad occur in September, where girls can join taster sessions to see if they enjoy the club.



Netball:

Netball is one of our main winter sports. Girls compete in fixtures from Upper 1 - Senior level against a range of schools. We cater for all abilities, providing the opportunities for all to partici-

pate and improve, as well as stretching the more able with Middlesex and National Schools Tournaments.

At Junior Level, girls participate in Whole Year fixtures and learn through the High 5 Netball programme. They develop their basic skills, and movement and learn how to play all positions. As the girls get older, there are more training sessions and fixtures available and Saturday Sport is also a great way to receive extra training.

At Senior Level, girls focus on tactics and strategies and compete in a regular fixtures programme. Training takes place before school, at lunchtimes and after school and girls are expected to commit to training if they want to represent the school regularly. Saturday Sport is also a great way to get extra training. We go on a Bi-Annual Netball Tour, and girls must be committed to Netball in order to participate.



Hockey:

Hockey is another of our main winter sports. Girls compete in fixtures from U1 - Senior level against a range of schools. We cater for all abilities providing the opportunities for all to participate and improve,

as well as stretching the more able with Middlesex and local Tournaments. At Junior Level, girls participate in Whole Year fixtures and learn through the Quicksticks programme. They develop their basic skills, and movement and learn how to play matches.

At Senior Level, girls focus on tactics and strategies and compete in a regular fixtures programme. Training takes place before school, at lunchtimes and after schools and girls are expected to commit to training if they want to represent the school regularly. As they progress through the school, girls will play 11aside matches. We go on Bi-Annual Hockey Tour, and girls must be committed to Hockey in order to participate.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Before School 7.45 8.30 am		Swimming Club Acton Pool 7am start LH Charged club	Junior Aerobics 8.15 -8.30am First Wednesday of the Month Prep Playground LH Indoor Athletics UII—LIV LH	Junior Gymnastics Club LI – UII Sports Hall Charged club KG	Netball UII -LII LH Running Club MD/AB Email Mr Dellow directly	Saturday Sports Option 1 Hockey Junior 9-12noon
Junior Lunch 12.45 1.15 pm		Junior Netball LI, UI LII, UII SN/LH		Junior Hockey Club LI - UII AC		
After School 3.40 5pm	LII/UII Netball CL LI/UI Hockey AC Prep Gymnastics Club finishes at 5pm Charged Club Temporary Hall	Taekwondo All Years Club finishes at 4.40pm Charged Club LII & UII Hockey AC Prep Yoga New Hall 4.30 Charged Club	UI & LI Netball CL Junior Yoga Sports Hall Club finishes at 4.40 Charged Club	Cheerleading LII Upwards Temporary Hall EB Charged Club	Junior Football Club LI to UII Astro NF Charged Club	



Swimming Club Ms Hales

Swimming club: Lower II to Priory 6

The swimming club is a high intensity club aimed at improving technique and endurance. A good level of swimming ability and fitness is required to participate. Beginners are not recommended.

[No online booking required please contact Ms Hales directly](#)

lhales@sapriory.com

Start date	Topic	Venue	Facilitator
Tuesdays	Swimming	Acton Pool	Ms Hales
Max Number	Min Number	Time	Cost
40	N/A	7am Start	£60 per term

Where: Acton swimming pool

Pick up: Girls are taken back to school via coach

Materials: Swimming costume, goggles, flippers, swimming hat, towel.

Cost: £60 per term

Additional

Information: Girls are asked not to bring in snacks as there is a 'no eating and drinking' policy for this club





Football

Football Club: Lower I to Upper II

Football Club is a club available for girls in Lower I to Upper II. It develops fundamental skills such as passing and moving into space as well as game related activities. This club helps to develop pupils' awareness in games and we have seen a large improvement in co-ordination and body control. It is run by parents and is a really popular club where the girls have made fantastic progress.

<u>When:</u>	Fridays 3:40pm to 5:00pm
<u>Materials:</u>	Full PE kit and shin pads required
<u>Additional</u>	
<u>Information:</u>	Max Number: 24





Taekwondo Mr Deguzman

Taekwondo:

- Taekwondo for all ages
- Fun way to get fit, learn self-defence, self-discipline and gain confidence
- Learn one-to-one sparring with the use of protective equipment
- Opportunity to gain National and Internationally recognised Taekwondo certificates
- In-house grading conducted by a recognised British Taekwondo examiner and 4th Dan Black Belt

Start date	Topic	Venue	Facilitator
Tuesday	Martial Arts	Sports Hall	Mr Ronnie Deguzman
Max Number	Min Number	Time	Cost
20	4	3:40 - 4.40pm	£66 per term

Year groups: All Junior and Senior

Pick up: Prep Playground at 4.40 pm

Materials: Taekwondo suit required, water bottle and snack.

Cost: £66 for the term



Yoga Friends Ms Rosen

Yoga Friends

Yoga Friends teaches children the value of relationships. During a yoga class, we learn to connect our body, mind and heart. It is through this connection that we understand the importance of looking after ourselves and others.

Children learn a vocabulary of different yoga poses that make us strong and flexible. Beyond the physical benefits, we also explore how yoga poses make us feel and how we express ourselves through our body.

Each yoga friend employs her imagination and creativity, so we can jointly weave ideas together into a practice sequence.

Partner yoga activities foster mutual trust and respect. A short relaxation time at the end of class allows us to digest what we learned.

Where: New Hall/Sports Hall

Year groups: Preps and Juniors

Pick up: Prep playground at 4.30pm (Preps on Tuesdays), 4.40pm (Juniors on Wednesdays)

Materials: PE kit to be worn. Mats provided. Water bottle and snack.

Cost: £54 for the term



CENTRE STAGE OR BACK STAGE

- LET YOUR CHILD DISCOVER WHERE THEY WANT TO SHINE!

Let your children burn off some of their energy on Saturday mornings with Yourstage Drama. Using games and improvisation to teach new skills in drama, music, dance and singing, classes culminate in a wonderful end of term show. Teens will create their very own Western style film!

Sat 8th Sept – Sat 1st Dec 2018

St Augustine's Priory, Ealing

9am-10am Yourstage Tots (Ages 3-5)
10am-12noon Yourstage Too (Ages 6-10)
 Yourstage Teens (Ages 11-18)

All quiet on the Western front....not at Yourstage this Autumn. There's a little bit of movie magic coming soon.....



'It has been so lovely to watch them grow in confidence and they've had a really fun time in the process. They've come out each Saturday buzzing!' R. Roff

To book and for further information on all Yourstage courses,
visit www.yourstagedrama.com



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Girls'
Schools
Association

