



Extra-curricular Clubs Spring 2019

Dear Parents,

Below are the details regarding clubs for the Spring Term. Please take the time to help your children think carefully about the clubs they would like to do as they will need to commit to the club for the full term. If there is not sufficient interest in a club, unfortunately, the club will not be able to run. To find out more about a particular club, please see the member of staff that is running it.

To enable the smooth and safe running of the clubs, we may have to place a limit on the number of children attending. If a club is over-subscribed, children will be allocated places not on first come first served basis but following the drawing of names randomly. Children who are not allocated places will be put on a reserve list. **If you have not heard otherwise from us, please assume that your child has a place at the club. Clubs will commence, week beginning Monday 14 January.**

Where charges are applicable, once places are confirmed, payment options will be given and payment is required before the commencement of the club.

Children attending clubs may bring an additional healthy snack and drink which they can have before their club begins.

Children will need full PE kit for sporting clubs and, in line with our school policy, cannot take part in activities without it.

Please return the attached form to the school office in the box provided so that we can add your child to our clubs register. Children must complete a form to be allocated a place.

Regards,

Mr M Ashton
Deputy Headteacher
martinashton@avalon-school.co.uk

Club information

Big Cooks, Little Cooks

Our catering team are continuing their cookery club for children in Reception to Year 2 on a Monday night from 3.05 until 4pm. Children will learn how to make a range of dishes that they will bring home to eat with their families. Dishes planned are, for example pizzas, jacket potatoes, pies and desserts. To cover the cost of ingredients for this club, there will be a charge of £27 for a 9 week course (£3 per week). Owing to space in the kitchen, we can only take 10 children at a time. The first session is Monday 14 January.

Note: there will be no session on Monday 25 March owing to the performing arts concert.

Ballet

Miss Chapman will be offering sessions to boys and girls from Preschool (aged 3 and 4) up to Year 2 (aged 7). The sessions will be £5 for a 30 minute lesson and is payable, in advance, (£50) to the school office via cheque (made payable to Becky Chapman) or named envelope of cash. The office staff will pass on your payment to Miss Chapman. If you have any questions about uniform, please contact the school office. The lessons will run for 10 weeks from Tues 15 January 2018 and the last session is on Tuesday 26 March

Judo

The Olympic Sport of Judo is not only great for keeping your child fit, it's also brilliant fun as well! Thousands of children all across Britain take part in the sport of Judo, some in schools and some in clubs. Peter Jones has been practising judo for over 35 years and has been teaching judo for over 20 years in the Wirral. Sessions will be for children from Reception to Year 6. Peter provides all the equipment, the children just need their PE kit. The class will be taught on Judo mats in full judo kit. The classes will take place after school on Mondays. The infant course (Reception – Year 2) is from 3.05 until 3.35pm and the junior class (Year 3 – Year 6) is from 3.40 until 4.40pm. The cost of the 10 week course is £2 per lesson (£20) for the infants and £3 per lesson (£30) for the juniors. The course will run for 10 weeks from Tuesday 15 January 2018 and the last session is on Tuesday 26 March. If children are interested in joining, a letter about methods payment will be available in the school office.

Full of Beans Clubs

Details and booking information for Full of Beans clubs will be sent home shortly.

Lion's Zen Yoga

Yoga is for everyone – you're never too young to start. Children's yoga classes are a wonderful way to increase children's co-ordination, self-awareness, confidence and self-esteem while they stretch and strengthen their bodies. Using yoga, children can learn to relax, concentrate and be gentle in a fun and creative environment.

It is open to boys and girls from Reception to Year 6 and will be held on Friday mornings from 8am until 8.30am, the club will be activities based around yoga and will include some mindfulness and calmness. Children will need to wear their PE kits for this club but all other equipment will be provided as necessary. Spaces are reserved on a first come, first serve basis up to a maximum of 12 children (this club will need a minimum of 8 children to run)

The cost of the club will be £3.50 per week for the 10 week course (£35) per child and will begin on Friday 18 January and finish on Friday 29 March 2018.

Drama

Mrs Hamer offers drama lessons from Pre-School to Year 6 on Fridays. The children also have the opportunity to take LAMDA examinations (The London Academy of Music and Dramatic Art (LAMDA) examination board is internationally acclaimed and has been leading education in performing arts for 150 years) If you would like your child to have drama lessons please contact Mrs Hamer on 07983600467 for more information. Lessons recommence on Friday 18 January and finish on Friday 29 March 2018. It is presumed all children who attend speech and drama will continue to do so in January 2018 unless notice is given directly to Mrs Hamer – email: ravanne@frsjobs.co.uk or Tel: 07901822481.

Taekwondo

Classes help children gain more self-confidence & focus, enhance their co-ordination skills, improve fitness levels, help promote good behaviour and are conducted in a safe, disciplined & professional manner. Jason will be coming in to Avalon to teach a series of after school sessions starting on Friday 18 January and finish on Friday 29 March 2018. (Times: 3.05pm - 3:35pm Key Stage 1 and 3:45 - 4:45pm Key Stage 2) £3 per child. Spaces are reserved on a first come, first serve basis. Children will need their school PE kit for these clubs. Payment can be made to the school office with cash or a cheque made payable to J Rodd (£30) You can contact Jason on M: 07795 273362 www.taekwondo.gb.net

Lower School Activities

	Club	Time	Venue	Year Group	Staff In Charge	Info	Tick
M	Big Cooks. Little Cooks	3.05-4pm	Kitchen	R-Y2	Mrs Probert & Mrs Blease	10 children max. See above for charges	
	Art & Craft	3.05–3.40pm	Reception classroom	R-Y2	Miss Hardy	12 children max.	
T	Ballet	2–3pm	Hall	PS-Y2	Rebecca Chapman	See above for charges	
	Judo	3.05–3.35pm	Hall	R-Y2	Peter Jones	See above for charges	
W	Dance			Y1–Y2	Full of Beans	Details to follow	
T	Gymnastics			Y1-Y2	Full of Beans	Details to follow	
	Storytime	3.05–3.40pm	Year 1 classroom	R–Y2	Mrs Parkins & Mrs Roberts		
F	Taekwondo	3.05–3.35pm	Hall	R-Y2	Jason Rodd	See above for charges	
	Lion's Zen Yoga	8am–8.30am	Hall	R-Y6	Lion's Zen	See above for charges	
	Drama	12.10-12- 40pm	Reception classroom	R	Mrs Hamer	See above for charges	
		12.40-1.10pm	Reception classroom	Y1			
		3.05-3.30pm	Reception classroom	Y2			