

ENRICHMENT BROCHURE

Autumn Term 2025



St Bernard's **SPIRIT**

Dear Parent/Carer

Welcome to our enrichment brochure for the Summer term of this academic year. We are delighted to be able to offer some exciting clubs and hope that you will enjoy browsing the brochure with your child. All fixtures for competitive sports will have later finish times due to the length and venue of the matches.

Summer term enrichment will begin from **Monday 22nd September, 2025** until **Friday 5th December, 2025**. Unless stated within the brochure, all enrichment sessions run between **Monday and Thursday** after school, **3:10pm - 3:55pm**.

We are asking your child via to sign up for their chosen activities via email. Please note that all clubs run at the same time after school, therefore it is only possible to pick one after school club per day and that the deadline for submitting choices is **Monday 22nd September, 2025**.

Should you need any financial assistance to support your child's attendance at an enrichment activity, please do not hesitate to contact our Vice Principal, Mrs Collins. We are sure that your son/daughter will find the new activities exciting and engaging.

Thank you for your continued support; we are looking forward to welcoming our wonderful students back to a new block of enrichment at St. Bernard's.



"Regular hobbies and interests can enhance sleep, reduce stress, improve social circles and contribute to happiness."

(National Library of Medicine)

Where students have a variety of enrichment activities that they can participate in, they can make gains in both a social and an academic context.

(EEF/Children's University)

Year 7

ACADEMIC DEVELOPMENT

Learning Zone

At Learning Zone you will learn how to learn, meet new people, and broaden your knowledge! You can work independently, in groups, or supported by teachers. Try new revision strategies, and test each other on how good your knowledge is. This is a chance to get ahead with understanding the subjects you are studying, preparing yourself for tests, and making sure you achieve your potential!

Mr Lovell, Mr Clement, Mrs Thackery, Mr Parker, Mrs Shaw & Ms Mathews
Monday- Friday - Library



GAMES AND FUN

Board Game Club

Haven't a Cluedo what to do on a Tuesday evening? Time to Check in with your Mates and take a Risk at Board Game Club. You'll not only challenge your Craniums as you Scrabble to be the most Articulate player in the room, you'll also get creative as you Buckaroo your reliance on technology and let your mind Boggle over Pictionary instead.

Step Backgammon in time to a world before smartphones had such a Monopoly on your life, when people ate biscuits and talked utter Balderdash over a hotly contested game of Battleships!

Think we're talking a load of Ker-plunk? Did you know that playing board games has been proven to improve your Patience, bust stress and enhance your ability to Connect (4) with others. So, whatever your Scattergory and however Trivial your Pursuit, come along and try your Poker hand at becoming numero Uno.

Mrs Power and Mrs Marshall
Tuesday - M1



FITNESS/MINDFULNESS

Couch to 5k

Our mental health has never been more important. One of the best ways to stay healthy and happy is through exercise. Join us as we head out of the school grounds to explore our wonderful surrounding area whilst having a good chat at the same time. You will feel great about your achievements each week as your confidence and ability grows. We follow the couch to 5k program and welcome runners of any ability or none!

Mrs Vallance
Wednesday - Meet in the changing room



Year 7

FITNESS/MINDFULNESS

Netball for Fun

If competitive Netball isn't your thing then maybe a social game is more up your street. Come along every Tuesday for a chance to improve your netball skills with other social students without the pressures of competitive games.

Netball staff will meet you in the PE block and sessions will either be outside on the courts or in the Sports Hall.

Mrs Riches & Miss Sliwinski

Tuesday - Courts



Football for Fun

If you want to improve your football skills, or you simply just want to burn off some energy after school, then come along each Tuesday for a kick around, a game or two, and some fun! PE staff will meet you on the field where you can develop your team-play, build up your stamina and stay fit. This is for all skill-levels so don't be shy!

Mr Tattershall & Mr Francis Edge

Tuesday - Field



FITNESS/COMPETITIVENESS

Y7 Football Team

This enrichment is for selected students who are chosen to represent the school in competitive games against other schools in the area. If you would like to be considered for the team, but have not currently been selected, please attend Football for Fun enrichment (which is for all Year 7 students) and you may be suggested for the school team!

Mr Altariva

Wednesday - Field



Y7-11 Netball Team

This enrichment is for selected students who have tried out and shown their skills! Netball fixtures will be home and away at different schools in Rotherham. There will also be an opportunity to play in your year group's tournament.

Ms Burgin

Wednesday - PE



FITNESS/COMPETITIVENESS

Badminton

All students are invited to join in a friendly yet competitive game of badminton to hone your skills on the court. Students will be paired together with similar ability levels in order to bring out the best in each other and develop your skills. Sessions will include Singles and Doubles games to give students a wider experience of the game of Badminton.

Mr Gurran

Tuesday - Sports Hall



U7-11 Girls Football Teams

Being a part of our Girls Football team means playing against other schools in Rotherham. (Please note that the Academy teams will be selected by the coaches/managers. It is therefore not an enrichment open to all students to sign up for, the PE department will identify the students involved.) Representing St Bernard's is a responsibility that must be taken professionally; you must show a good level of commitment and have a good attitude and behaviour record within school!

Mr Tattershall

Thursday - Field



Rugby 7's Teams

Rugby is a highly physical game! If you wish to develop your cardio, strength and stamina as well as team working skills, then you should definitely sign up! This is a great social sport too, you will interact with your team players, develop your confidence and self esteem as you get involved in an environment where communication is key! Give it a go!

Mr Tattershall & Mr Lovell

Thursday - Field



Rugby Training

Rugby is a highly physical and fun game! If you want to develop your cardio, strength and stamina, as well as team working skills, then you should definitely sign up! This is a great social sport too, you will interact with your team players and develop your confidence and self-esteem as you get involved in an environment where communication is vital! This sport helps you to take a knock or two, and still keep going – great for your resilience - give it a go!

Mr Lovell

Thursday - Field



FITNESS/COMPETITIVENESS

Basketball Fixtures and Training

This is a fast moving sport that works on your energy, focus, speed and team-play! You will have a fun and positive experience as you learn the sport of Basketball and the values of respect and a healthy attitude. This enrichment might involve fixtures with other schools so you could be representing St Bernards which is an important responsibility. We expect professionalism, commitment and a good conduct record in school. Basketball is addictive, come along and find out!

Mr Francis Edge

Wednesday - Sports Hall



SPECIAL INTEREST

Harmony Heights

Can you sing? Would you like to sing? Why not join our harmony group where we sing everything from the tune to the accompaniment. Who said you need instruments to make music when you have a bunch of voices working in harmony. It's a great way to meet new people, experience different song choices, build in confidence and self esteem and challenge your own abilities and talents. Ever wanted to take a vocal lead now could be your chance. We will be inviting staff to join with students and get involved in the musical life at St Bernard's including our upcoming concerts and shows.

Mrs Beck

Tuesday - G3



Dance Troop

If you enjoy dancing why not join our dance troop. You will learn new techniques and styles of dancing and it's a great way to spend your time and keep fit. You can develop your confidence, team building skills and share your own skills and talents with others. Whether you are a beginner or an advanced dancer you will learn new things, meet new people and have a good giggle in the process. This group provides fun, exciting and rewarding opportunities within the school and wider community. Before it's too late, give our dance troop a chance in your life. You will support our upcoming concerts and shows. We'd love to see you!

Mrs Ratcliffe

Tuesday - Hall



SPECIAL INTEREST

Musical Theatre

Can you sing, dance and act? If so, we need you! Everybody is welcome and no experience is necessary. We will rehearse and develop a number of performances to go towards our school concerts, events and trips. Musical Theatre is the place where you can boost your confidence, learn some performance techniques, develop a skill or learn a new one, meet amazing people and have endless fun! Come and give it a try, who knows we may have the next Tom Holland or Margot Robbie amongst us!

Mrs Beck/Mrs Ratcliffe

Thursday - Hall



Rockjam

Can you sing or play an instrument? Would you like to learn? We need you!

Everybody is welcome whether you are a beginner or an advanced performer. You will learn and play a variety of songs from all styles of music and will aim to get you involved in as many school performances and events as possible. You will meet new people and it is a great opportunity to mix with students from all years. You will be able to share and showcase your own talents and skills. If you are interested please come for a trial and have a fun filled jam.

Graham

Thursday - G3



Irish Dancing

Irish Dancing provides physical benefits such as increased stamina, core strength, and general overall fitness. It will also improve balance, posture and coordination, as well as promote flexibility and increased muscle strength. Mental benefits include learning to listen, following directions and memory building. Irish Dancing also promotes self-confidence and self-esteem. Irish dancing provides the opportunity to learn teamwork and develop team spirit. We will learn traditional Irish dancing but we will also work towards performances so we will also learn Irish show dancing. The difference? Come along and find out.

Mrs Ratcliffe

Wednesday - G2 - Lunchtime



Holy Aerobics

Get ready for a fun, faith-filled workout that mixes upbeat exercise with worship music and primary school bangers. Get your body moving and your soul lifted- think sweat, smiles and the Holy Spirit!

Mrs Davies a& Tammy

Monday - Activity Studio



SPECIAL INTEREST

Darts Club

Want to be the next Luke Humphries or Luke Littler? Come and join the darts club where we will play lots of different matches, improve our skills and enjoy the sport. Due to health and safety reasons, places are limited and will be given on a first come first served basis.

Mr Holmes

Wednesday - 1.6



Tabletop Club

This club will engage the creative side of all involved by creating and playing through a story as your own character, rolling dice and working out stat totals to vanquish foes and have the adventure of a lifetime, all from the comfort of your very own imagination.

Sarah Calydon

Monday - ICT



Photography Club

Our school photography club at St Bernards provides students with opportunities to learn about photography, develop their skills, and express their creativity. This will involve hands-on activities, group projects, and opportunities to showcase your work.

Key aspects of our school photography club:

Skill Development: Students learn about camera operation, composition, lighting, and various photography techniques.

Creativity & Expression: Photography clubs provide a platform for students to explore their creativity and express themselves through images.

Community Building: Our club will create a space for students with a shared interest to connect, collaborate, and build friendships.

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Showcasing Work: Our club will provide an opportunity for students to exhibit their photographs, either within the school or possibly in community spaces.

Digital Skills: Our club will incorporate digital editing and image management, aligning with modern technology.

Curriculum Enrichment: Photography clubs can complement the school's curriculum by providing hands-on learning experiences and opportunities to explore different themes.

Mrs Harvey

Tuesday - D1



Year 7

SPECIAL INTEREST

Art Club

Come along to KS3 art club where you will enjoy a range of fun drawing, painting and printing sessions in a relaxed environment. Learn how to use a range of different art materials and be inspired by the work of other artists. Anyone is welcome but this will particularly benefit you if you are interested in taking Fine Art at GCSE.

Mrs Hamer

Wednesday - Art Studio



The Country Club

Are you a fan of country music? Whether it's country music legends like Dolly Parton and Shania Twain or modern stars like Lainey Wilson and Luke Combs, come and enjoy a weekly hoedown!

Mrs Roebuck

Tuesday - E2



Enterprise Projects

Think you could run your own business? Got ideas but want the experience?

We will be doing a Make £5 grow project. It's a fun, engaging project designed to help you draw out their enterprising skills, along with equipping you with important financial knowledge.

You will come up with a business plan of what to do with your £5. You can then set up and run your project. This is a great way to develop your general skills, your financial skills and even have the opportunity to make some money for yourself or a charity.

Ms Leckey

Tuesday - S6



MFL Movie Club

Love movies and languages? The MFL (Modern Foreign Languages) Movie Club is the perfect place to explore world cinema while improving your language skills. Each week, we'll watch exciting films in French and Spanish, followed by fun discussions and cultural insights. Whether you're a language enthusiast or just curious, come and enjoy great stories from around the globe!

Mrs Ridgway

Wednesday - L2



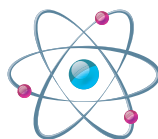
SPECIAL INTEREST

Science Club

Calling all students in Year 7 & 8 who are mad about Science! Do you want to carry out some fun and exciting experiments that will spark your curiosity and love of Science? Do you want to build on your investigation skills, and extend your knowledge of possible careers within science? If it's a yes then Science Club is for you!

Ms Morris

Tuesday - S4



Anime Club

Interested in Japanese anime and manga? Want to meet like-minded people whilst being introduced to new shows? Then this is the group for you! We will be watching an episode (or two) each week from a variety of different shows and genres so we can chat, and analyse the shows afterwards! There will also be the opportunity to learn more about Japanese life and culture and maybe learn a bit of the language too.

Victoria

Thursday - 1.5



Book Club

Love reading? Or just want to be part of something different? Come to Ms Lee's Book Club in the library where we'll share book recommendations, write and draw creative book reviews or just read in peace and quiet, maybe with a snack or two!

Ms Lee

Tuesday - Library



MINDFULNESS

Mindful Crafting

Mindful Crafting involves opportunities for you to be creative and to relax after a busy day at school. In these sessions you will: create seasonal decorations, paint bird houses, make gratitude jars, create positive affirmations in the form of posters or laminated cards, create a worry box, colour in, deco-patch, create a courage jar, enjoy simple forms of meditation and guided relaxation, explore the power of lavender, discuss positive role models and even participate in putting a jigsaw together! All of these activities will enable you to deal with the daily stresses of life, whether that be friendship issues, exam stress or simply feeling anxious about the day ahead. Mindfulness can help you enjoy life more and provides you with the tools for life such as: empathy; self-compassion; emotional resilience and tolerance. Overall, it simply helps you to understand yourself better! Together, we can take steps to develop mindfulness in our own lives and improve our mental well-being!

Mrs McArdle-Dobson

Tuesday - E4



Year 8

ACADEMIC DEVELOPMENT

Learning Zone

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Mr Lovell, Mr Clement, Mrs Thackery, Mr Parker, Mrs Shaw & Ms Mathews

Monday - Friday - Library



GAMES AND FUN

Board Game Club

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Mrs Power and Mrs Marshall

Tuesday - M1



FITNESS/MINDFULNESS

Couch to 5k

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Mrs Vallance

Wednesday - Meet in the changing room



Year 8

FITNESS/MINDFULNESS

Netball for Fun

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Mrs Riches & Miss Sliwinski

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Football for Fun

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Mr Tattershall & Mr Francis Edge

Tuesday - Field



FITNESS/COMPETITIVENESS

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Ms Burgin

Wednesday - PE



Badminton

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Mr Gurran

Tuesday - Sports Hall



Year 8

FITNESS/COMPETITIVENESS

47-11 Girls Football Teams

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Mr Tattershall
Thursday - Field



Rugby 7's Teams

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Mr Tattershall & Mr Lovell
Thursday - Field



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Mr Lovell
Thursday - Field



48 Football Team

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Mr Mason
Wednesday - Field



Year 8

FITNESS/COMPETITIVENESS

Basketball Fixtures and Training

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Mr Francis Edge

Wednesday - Sports Hall



SPECIAL INTEREST

Harmony Heights

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Mrs Beck

Tuesday - G3

Dance Troop

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Mrs Ratcliffe

Tuesday - Hall

Year 8

SPECIAL INTEREST

Musical Theatre

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Mrs Beck/Mrs Ratcliffe

Thursday - Hall



Rockjam

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Graham

Thursday - G3



Irish Dancing

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Mrs Ratcliffe

Wednesday - G2 - Lunchtime



Holy Aerobics

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Mrs Davies & Tammy

Monday - Activity Studio



Year 8

SPECIAL INTEREST



Darts Club

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Mr Holmes

Wednesday - 1.6

Tabletop Club

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Sarah Calydon

Monday - ICT

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Mrs Harvey

Tuesday - D1

Year 8

SPECIAL INTEREST

Art Club

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Mrs Hamer

Wednesday - Art Studio



The Country Club

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Mrs Roebuck

Tuesday - E2



Enterprise Projects

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Ms Leckey

Tuesday - S6



MFL Movie Club

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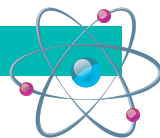
Mrs Ridgway

Wednesday - L2



Year 8

SPECIAL INTEREST



Science Club

Calling all students in Year 7 & 8 who are mad about Science! Do you want to carry out some fun and exciting experiments that will spark your curiosity and love of Science? Do you want to build on your investigation skills, and extend your knowledge of possible careers within science? If it's a yes then Science Club is for you!

Ms Morris

Tuesday - 54

Anime Club

Interested in Japanese anime and manga? Want to meet like-minded people whilst being introduced to new shows? Then this is the group for you! We will be watching an episode (or two) each week from a variety of different shows and genres so we can chat, and analyse the shows afterwards! There will also be the opportunity to learn more about Japanese life and culture and maybe learn a bit of the language too.

Victoria

Thursday - 1.5



Book Club

Love reading? Or just want to be part of something different? Come to Ms Lee's Book Club in the library where we'll share book recommendations, write and draw creative book reviews or just read in peace and quiet, maybe with a snack or two!

Ms Lee

Tuesday - Library



Jamie Oliver's 10 Cooking Skills For Life

Follow Jamie Oliver's 10 key skill program to learn to cook 10 simple and healthy dishes that will give you an excellent foundation of skills and some delicious dishes to enjoy!

Mrs Barnett

Tuesday - D4



Year 8

MINDFULNESS

Mindful Crafting

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Mrs McArdle-Dobson

Tuesday - E4

Year 9

ACADEMIC DEVELOPMENT

Learning Zone

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Mrs Vallance

Wednesday - Meet in the changing room



Netball for Fun

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Mrs Riches & Miss Sliwinski

Tuesday - Courts



Football for Fun

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Mr Tattershall & Mr Francis Edge

Tuesday - Field



Year 9

FITNESS/COMPETITIVENESS

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Ms Burgin

Wednesday - PE



Badminton

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Mr Gurran

Tuesday - Sports Hall



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Mr Tattershall

Thursday - Field



Rugby 7's Teams

Rugby is a highly physical game! If you wish to develop your cardio, strength and stamina as well as team working skills, then you should definitely sign up! This is a great social sport too, you will interact with your team players, develop your confidence and self esteem as you get involved in an environment where communication is key! Give it a go!

Mr Tattershall & Mr Lovell

Thursday - Field



Year 9

FITNESS/COMPETITIVENESS

Rugby Training

Rugby is a highly physical and fun game! If you want to develop your cardio, strength and stamina, as well as team working skills, then you should definitely sign up! This is a great social sport too, you will interact with your team players and develop your confidence and self-esteem as you get involved in an environment where communication is vital! This sport helps you to take a knock or two, and still keep going – great for your resilience - give it a go!

Mr Lovell

Thursday - Field



Basketball Fixtures and Training

This is a fast moving sport that works on your energy, focus, speed and team-play! You will have a fun and positive experience as you learn the sport of Basketball and the values of respect and a healthy attitude. This enrichment might involve fixtures with other schools so you could be representing St Bernards which is an important responsibility. We expect professionalism, commitment and a good conduct record in school. Basketball is addictive, come along and find out!

Mr Francis Edge

Wednesday - Sports Hall



Y9 Football Team

This enrichment is for selected students who are chosen to represent the school in competitive games against other schools in the area. If you would like to be considered for the team, but have not currently been selected, please attend Football for Fun enrichment (which is for all Year 9 students) and you may be suggested for the school team!

Mr Mason

Wednesday - Field



SPECIAL INTEREST

Harmony Heights

Can you sing? Would you like to sing? Why not join our harmony group where we sing everything from the tune to the accompaniment. Who said you need instruments to make music when you have a bunch of voices working in harmony. It's a great way to meet new people, experience different song choices, build in confidence and self esteem and challenge your own abilities and talents. Ever wanted to take a vocal lead now could be your chance. We will be inviting staff to join with students and get involved in the musical life at St Bernard's including our upcoming concerts and shows.

Mrs Beck

Tuesday - G3



Dance Troop

If you enjoy dancing why not join our dance troop. You will learn new techniques and styles of dancing and it's a great way to spend your time and keep fit. You can develop your confidence, team building skills and share your own skills and talents with others. Whether you are a beginner or an advanced dancer you will learn new things, meet new people and have a good giggle in the process. This group provides fun, exciting and rewarding opportunities within the school and wider community. Before it's too late, give our dance troop a chance in your life. You will support our upcoming concerts and shows. We'd love to see you!

Mrs Ratcliffe

Tuesday - Hall



Musical Theatre

Can you sing, dance and act? If so, we need you! Everybody is welcome and no experience is necessary. We will rehearse and develop a number of performances to go towards our school concerts, events and trips. Musical Theatre is the place where you can boost your confidence, learn some performance techniques, develop a skill or learn a new one, meet amazing people and have endless fun! Come and give it a try, who knows we may have the next Tom Holland or Margot Robbie amongst us!

Mrs Beck/Mrs Ratcliffe

Thursday - Hall



Rockjam

Can you sing or play an instrument? Would you like to learn? We need you! Everybody is welcome whether you are a beginner or an advanced performer. You will learn and play a variety of songs from all styles of music and will aim to get you involved in as many school performances and events as possible. You will meet new people and it is a great opportunity to mix with students from all years. You will be able to share and showcase your own talents and skills. If you are interested please come for a trial and have a fun filled jam.

Graham

Thursday - G3



SPECIAL INTEREST

Irish Dancing

Irish Dancing provides physical benefits such as increased stamina, core strength, and general overall fitness. It will also improve balance, posture and coordination, as well as promote flexibility and increased muscle strength. Mental benefits include learning to listen, following directions and memory building. Irish Dancing also promotes self-confidence and self-esteem. Irish dancing provides the opportunity to learn teamwork and develop team spirit. We will learn traditional Irish dancing but we will also work towards performances so we will also learn Irish show dancing. The difference? Come along and find out.

Mrs Ratcliffe

Wednesday - G2 - Lunchtime



Holy Aerobics

Get ready for a fun, faith- filled workout that mixes upbeat exercise with worship music and primary school bangers. Get your body moving and your soul lifted- think sweat, smiles and the Holy Spirit!

Mrs Davies & Tammy

Monday - Activity Studio



Darts Club

Want to be the next Luke Humphries or Luke Littler? Come and join the darts club where we will play lots of different matches, improve our skills and enjoy the sport. Due to health and safety reasons, places are limited and will be given on a first come first served basis.

Mr Holmes

Wednesday - 1.6



Tabletop Club

This club will engage the creative side of all involved by creating and playing through a story as your own character, rolling dice and working out stat totals to vanquish foes and have the adventure of a lifetime, all from the comfort of your very own imagination.

Sarah Calydon

Monday - ICT



Year 9

SPECIAL INTEREST



Photography Club

Our school photography club at St Bernards provides students with opportunities to learn about photography, develop their skills, and express their creativity. This will involve hands-on activities, group projects, and opportunities to showcase your work.

Key aspects of our school photography club:

Skill Development: Students learn about camera operation, composition, lighting, and various photography techniques.

Creativity & Expression: Photography clubs provide a platform for students to explore their creativity and express themselves through images.

Community Building: Our club will create a space for students with a shared interest to connect, collaborate, and build friendships.

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Showcasing Work: Our club will provide an opportunity for students to exhibit their photographs, either within the school or possibly in community spaces.

Digital Skills: Our club will incorporate digital editing and image management, aligning with modern technology.

Curriculum Enrichment: Photography clubs can complement the school's curriculum by providing hands-on learning experiences and opportunities to explore different themes.

Mrs Harvey

Tuesday - D1

The Country Club

Are you a fan of country music? Whether it's country music legends like Dolly Parton and Shania Twain or modern stars like Lainey Wilson and Luke Combs, come and enjoy a weekly hoedown!

Mrs Roebuck

Tuesday - E2



Enterprise Projects

Think you could run your own business? Got ideas but want the experience?

We will be doing a Make £5 grow project. It's a fun, engaging project designed to help you draw out their enterprising skills, along with equipping you with important financial knowledge.

You will come up with a business plan of what to do with your £5. You can then set up and run your project. This is a great way to develop your general skills, your financial skills and even have the opportunity to make some money for yourself or a charity.

Ms Leckey

Tuesday - S6



Year 9

SPECIAL INTEREST

MFL Movie Club

Love movies and languages? The MFL (Modern Foreign Languages) Movie Club is the perfect place to explore world cinema while improving your language skills. Each week, we'll watch exciting films in French and Spanish, followed by fun discussions and cultural insights. Whether you're a language enthusiast or just curious, come and enjoy great stories from around the globe!



Mrs Ridgway
Wednesday - L2

Anime Club

Interested in Japanese anime and manga? Want to meet like-minded people whilst being introduced to new shows? Then this is the group for you! We will be watching an episode (or two) each week from a variety of different shows and genres so we can chat, and analyse the shows afterwards! There will also be the opportunity to learn more about Japanese life and culture and maybe learn a bit of the language too.



Victoria
Thursday - 1.5

Book Club

Love reading? Or just want to be part of something different? Come to Ms Lee's Book Club in the library where we'll share book recommendations, write and draw creative book reviews or just read in peace and quiet, maybe with a snack or two!



Ms Lee
Tuesday - Library

Art & Design Studio Time

Studio time available to all Y9-11 GCSE Art and Design students. Use this time to work on your coursework or as an opportunity to catch up if you've missed a lesson.



Mrs Hamer
Tuesday, Wednesday & Thursday - Art Studio

MINDFULNESS

Mindful Crafting

Mindful Crafting involves opportunities for you to be creative and to relax after a busy day at school. In these sessions you will: create seasonal decorations, paint bird houses, make gratitude jars, create positive affirmations in the form of posters or laminated cards, create a worry box, colour in, deco-patch, create a courage jar, enjoy simple forms of meditation and guided relaxation, explore the power of lavender, discuss positive role models and even participate in putting a jigsaw together! All of these activities will enable you to deal with the daily stresses of life, whether that be friendship issues, exam stress or simply feeling anxious about the day ahead. Mindfulness can help you enjoy life more and provides you with the tools for life such as: empathy; self-compassion; emotional resilience and tolerance. Overall, it simply helps you to understand yourself better! Together, we can take steps to develop mindfulness in our own lives and improve our mental well-being!



Mrs McArdle-Dobson

Tuesday - E4

Duke of Edinburgh's Award - Bronze



What is the DofE?

A life-changing experience. A fun time with friends. An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement; respected by employers.

The DofE is many things to many people, supporting generations to successfully navigate adult life.

14-24 year-olds can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award.

There are four sections to complete at Bronze level. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition.

Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries.

Through a DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs and uni and job applications. Top employers recognise the work-ready skills Award holders bring to their business.

This is a year-long enrichment programme that will continue throughout the academic year. There is a cost of £30.50 associated with the award in order to register with the DofE and receive a welcome pack. There is also specific personal equipment which needs to be purchased in order to participate in the programme along with the cost of the expedition trips (campsite fees and coach transportation).

F Barber & E Smith

Tuesday - S3



Year 10

ACADEMIC DEVELOPMENT

Learning Zone

At Learning Zone you will learn how to learn, meet new people, and broaden your knowledge! You can work independently, in groups, or supported by teachers. Try new revision strategies, and test each other on how good your knowledge is. This is a chance to get ahead with understanding the subjects you are studying, preparing yourself for tests, and making sure you achieve your potential!

Mr Lovell, Mr Clement, Mrs Thackery, Mr Parker, Mrs Shaw & Ms Mathews

Monday-Friday - Library



English Revision

With your GCSE Literature exams at the end of the year, Thursday revision sessions provide you the opportunity to revise, practise and ask your teachers for any additional support. In past years, those students who've achieved the best are those who regularly attended after-school revision, so no excuses - get yourselves there!

English Team

Thursday - English Teaching rooms



FITNESS/MINDFULNESS

Netball for Fun

If competitive Netball isn't your thing then maybe a social game is more up your street. Come along every Tuesday for a chance to improve your netball skills with other social students without the pressures of competitive games.

Netball staff will meet you in the PE block and sessions will either be outside on the courts or in the Sports Hall.

Mrs Riches & Miss Sliwinski

Tuesday - Courts



Football for Fun

If you want to improve your football skills, or you simply just want to burn off some energy after school, then come along each Tuesday for a kick around, a game or two, and some fun! PE staff will meet you on the field where you can develop your team-play, build up your stamina and stay fit. This is for all skill-levels so don't be shy!

Mr Tattershall & Mr Francis Edge

Tuesday - Field



FITNESS/COMPETITIVENESS

Y7-11 Netball Team

This enrichment is for selected students who have tried out and shown their skills! Netball fixtures will be home and away at different schools in Rotherham. There will also be an opportunity to play in your year group's tournament.

Ms Burgin

Wednesday - PE

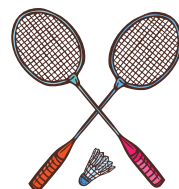


Badminton

All students are invited to join in a friendly yet competitive game of badminton to hone your skills on the court. Students will be paired together with similar ability levels in order to bring out the best in each other and develop your skills. Sessions will include Singles and Doubles games to give students a wider experience of the game of Badminton.

Mr Gurran

Tuesday - Sports Hall



Y7-11 Girls Football Teams

Being a part of our Girls Football team means playing against other schools in Rotherham. (Please note that the Academy teams will be selected by the coaches/managers. It is therefore not an enrichment open to all students to sign up for, the PE department will identify the students involved.) Representing St Bernard's is a responsibility that must be taken professionally; you must show a good level of commitment and have a good attitude and behaviour record within school!

Mr Tattershall

Thursday - Field



GCSE PE Badminton

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Mr Clark

Thursday - Sports Hall



FITNESS/COMPETITIVENESS

Rugby 7's Teams

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Mr Tattershall & Mr Lovell

Thursday - Field



Rugby Training

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Mr Lovell

Thursday - Field



Y10 Football Team

This enrichment is for selected students who are chosen to represent the school in competitive games against other schools in the area. If you would like to be considered for the team, but have not currently been selected, please attend Football for Fun enrichment (which is for all Year 10 students) and you may be suggested for the school team!

Mr Mason

Wednesday - Field



SPECIAL INTEREST

Harmony Heights

Can you sing? Would you like to sing? Why not join our harmony group where we sing everything from the tune to the accompaniment. Who said you need instruments to make music when you have a bunch of voices working in harmony. It's a great way to meet new people, experience different song choices, build in confidence and self esteem and challenge your own abilities and talents. Ever wanted to take a vocal lead now could be your chance. We will be inviting staff to join with students and get involved in the musical life at St Bernard's including our upcoming concerts and shows.

Mrs Beck

Tuesday - G3



SPECIAL INTEREST

Dance Troop

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Mrs Ratcliffe

Tuesday - Hall



Musical Theatre

Can you sing, dance and act? If so, we need you! Everybody is welcome and no experience is necessary. We will rehearse and develop a number of performances to go towards our school concerts, events and trips. Musical Theatre is the place where you can boost your confidence, learn some performance techniques, develop a skill or learn a new one, meet amazing people and have endless fun! Come and give it a try, who knows we may have the next Tom Holland or Margot Robbie amongst us!

Mrs Beck/Mrs Ratcliffe

Thursday - Hall



Rockjam

Can you sing or play an instrument? Would you like to learn? We need you!

Everybody is welcome whether you are a beginner or an advanced performer. You will learn and play a variety of songs from all styles of music and will aim to get you involved in as many school performances and events as possible. You will meet new people and it is a great opportunity to mix with students from all years. You will be able to share and showcase your own talents and skills. If you are interested please come for a trial and have a fun filled jam.

Graham

Thursday - G3



SPECIAL INTEREST

Irish Dancing

Irish Dancing provides physical benefits such as increased stamina, core strength, and general overall fitness. It will also improve balance, posture and coordination, as well as promote flexibility and increased muscle strength. Mental benefits include learning to listen, following directions and memory building. Irish Dancing also promotes self-confidence and self-esteem. Irish dancing provides the opportunity to learn teamwork and develop team spirit. We will learn traditional Irish dancing but we will also work towards performances so we will also learn Irish show dancing. The difference? Come along and find out.

Mrs Ratcliffe

Wednesday - G2 - Lunchtime



Holy Aerobics

Get ready for a fun, faith- filled workout that mixes upbeat exercise with worship music and primary school bangers. Get your body moving and your soul lifted- think sweat, smiles and the Holy Spirit!

Mrs Davies & Tammy

Monday - Activity Studio



Darts Club

Want to be the next Luke Humphries or Luke Littler? Come and join the darts club where we will play lots of different matches, improve our skills and enjoy the sport. Due to health and safety reasons, places are limited and will be given on a first come first served basis.

Mr Holmes

Wednesday - 1.6



Tabletop Club

This club will engage the creative side of all involved by creating and playing through a story as your own character, rolling dice and working out stat totals to vanquish foes and have the adventure of a lifetime, all from the comfort of your very own imagination.

Sarah Calydon

Monday - ICT



SPECIAL INTEREST

The Country Club

Are you a fan of country music? Whether it's country music legends like Dolly Parton and Shania Twain or modern stars like Lainey Wilson and Luke Combs, come and enjoy a weekly hoedown!

Mrs Roebuck

Tuesday - E2



The Fictionists

If you love to read and chat about reading, then 'The Fictionists' is the club for you. All are welcome to our casual book club. The book, biscuits, and snacks are provided!

Miss Wan

Wednesday - E1



Enterprise Projects

Think you could run your own business? Got ideas but want the experience?

We will be doing a Make £5 grow project. It's a fun, engaging project designed to help you draw out their enterprising skills, along with equipping you with important financial knowledge.

You will come up with a business plan of what to do with your £5. You can then set up and run your project. This is a great way to develop your general skills, your financial skills and even have the opportunity to make some money for yourself or a charity.

Ms Leckey

Tuesday - S6



MFL Movie Club

Love movies and languages? The MFL (Modern Foreign Languages) Movie Club is the perfect place to explore world cinema while improving your language skills. Each week, we'll watch exciting films in French and Spanish, followed by fun discussions and cultural insights. Whether you're a language enthusiast or just curious, come and enjoy great stories from around the globe!

Mrs Ridgway

Wednesday - L2



SPECIAL INTEREST

Anime Club

Interested in Japanese anime and manga? Want to meet like-minded people whilst being introduced to new shows? Then this is the group for you! We will be watching an episode (or two) each week from a variety of different shows and genres so we can chat, and analyse the shows afterwards! There will also be the opportunity to learn more about Japanese life and culture and maybe learn a bit of the language too.

Victoria

Thursday - 1.5



Art & Design Studio Time

Studio time available to all Y9-11 GCSE Art and Design students. Use this time to work on your coursework or as an opportunity to catch up if you've missed a lesson.

Mrs Hamer

Tuesday, Wednesday & Thursday - Art Studio



MINDFULNESS

Mindful Crafting

Mindful Crafting involves opportunities for you to be creative and to relax after a busy day at school. In these sessions you will: create seasonal decorations, paint bird houses, make gratitude jars, create positive affirmations in the form of posters or laminated cards, create a worry box, colour in, deco-patch, create a courage jar, enjoy simple forms of meditation and guided relaxation, explore the power of lavender, discuss positive role models and even participate in putting a jigsaw together! All of these activities will enable you to deal with the daily stresses of life, whether that be friendship issues, exam stress or simply feeling anxious about the day ahead. Mindfulness can help you enjoy life more and provides you with the tools for life such as: empathy; self-compassion; emotional resilience and tolerance. Overall, it simply helps you to understand yourself better! Together, we can take steps to develop mindfulness in our own lives and improve our mental well-being!

Mrs McArdle-Dobson

Tuesday - E4



Duke of Edinburgh's Award - Silver

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A life-changing experience. A fun time with friends. An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement; respected by employers.

The DofE is many things to many people, supporting generations to successfully navigate adult life.

14-24 year-olds can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award.

There are four sections to complete at Silver level. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition.

Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries.

Through a DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs and uni and job applications. Top employers recognise the work-ready skills Award holders bring to their business.

This is a year-long enrichment programme that will continue throughout the academic year. There is a cost of £32.50 associated with the award in order to register with the DofE and receive a welcome pack. There is also specific personal equipment which needs to be purchased in order to participate in the programme along with the cost of the expedition trips (campsite fees and coach transportation).

This enrichment programme is available to students who have completed their bronze DofE programme in Year 9.

M Fox & A Lewus

Thursday - 1.2



Year 11

ACADEMIC DEVELOPMENT

Learning Zone

At Learning Zone you will learn how to learn, meet new people, and broaden your knowledge! You can work independently, in groups, or supported by teachers. Try new revision strategies, and test each other on how good your knowledge is. This is a chance to get ahead with understanding the subjects you are studying, preparing yourself for tests, and making sure you achieve your potential!

Mr Lovell, Mr Clement, Mrs Thackery, Mr Parker, Mrs Shaw & Ms Mathews
Monday-Friday - Library



FITNESS/MINDFULNESS

Football for Fun

If you want to improve your football skills, or you simply just want to burn off some energy after school, then come along each Thursday for a kick around, a game or two, and some fun! PE staff will meet you on the field where you can develop your team-play, build up your stamina and stay fit. This is for all skill-levels so don't be shy!

Mr Tattershall & Mr Francis Edge
Tuesday - Field

FITNESS/COMPETITIVENESS

Y7-11 Netball Team

This enrichment is for selected students who have tried out and shown their skills! Netball fixtures will be home and away at different schools in Rotherham. There will also be an opportunity to play in your year group's tournament.

Ms Burgin
Wednesday - PE



Netball for Fun

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Netball staff will meet you in the PE block and sessions will either be outside on the courts or in the Sports Hall.

Mrs Riches & Miss Sliwinski
Tuesday - Courts



FITNESS/COMPETITIVENESS

Badminton

All students are invited to join in a friendly yet competitive game of badminton to hone your skills on the court. Students will be paired together with similar ability levels in order to bring out the best in each other and develop your skills. Sessions will include Singles and Doubles games to give students a wider experience of the game of Badminton.

Mr Gurran

Tuesday - Sports Hall



U7-11 Girls Football Teams

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Mr Tattershall

Thursday - Field



GCSE PE Badminton

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Mr Clark

Thursday - Sports Hall



Rugby Training

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Mr Lovell

Thursday - Field



Year 11

FITNESS/COMPETITIVENESS

Y11 Football Team

This enrichment is for selected students who are chosen to represent the school in competitive games against other schools in the area. If you would like to be considered for the team, but have not currently been selected, please attend Football for Fun enrichment (which is for all Year 11 students) and you may be suggested for the school team!

Mr Mason

Wednesday - Field



SPECIAL INTEREST

Harmony Heights

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Mrs Beck

Tuesday - G3



Dance Troop

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Mrs Ratcliffe

Tuesday - Hall



SPECIAL INTEREST

Musical Theatre

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Rockjam

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Graham

Thursday - G3



Irish Dancing

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Mrs Ratcliffe

Wednesday - G2 - Lunchtime



Holy Aerobics

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Mrs Davies & Tammy

Monday - Activity Studio



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Mr Holmes

Wednesday - 1.6



Tabletop Club

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Sarah Calydon

Monday - ICT



The Country Club

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Mrs Roebuck

Tuesday - E2



The Fictionists

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Miss Wan

Wednesday - E1



Enterprise Projects

Think you could run your own business? Got ideas but want the experience?

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Ms Leckey

Tuesday - S6



SPECIAL INTEREST

MFL Movie Club

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Mrs Ridgway

Wednesday - L2



Anime Club

Interested in Japanese anime and manga? Want to meet like-minded people whilst being introduced to new shows? Then this is the group for you! We will be watching an episode (or two) each week from a variety of different shows and genres so we can chat, and analyse the shows afterwards! There will also be the opportunity to learn more about Japanese life and culture and maybe learn a bit of the language too.

Victoria

Thursday - 1.5



Art & Design Studio Time

Studio time available to all Y9-11 GCSE Art and Design students. Use this time to work on your coursework or as an opportunity to catch up if you've missed a lesson.

Mrs Hamer

Tuesday, Wednesday & Thursday - Art Studio



MINDFULNESS

Mindful Crafting

Mindful Crafting involves opportunities for you to be creative and to relax after a busy day at school. In these sessions you will: create seasonal decorations, paint bird houses, make gratitude jars, create positive affirmations in the form of posters or laminated cards, create a worry box, colour in, deco-patch, create a courage jar, enjoy simple forms of meditation and guided relaxation, explore the power of lavender, discuss positive role models and even participate in putting a jigsaw together! All of these activities will enable you to deal with the daily stresses of life, whether that be friendship issues, exam stress or simply feeling anxious about the day ahead. Mindfulness can help you enjoy life more and provides you with the tools for life such as: empathy; self-compassion; emotional resilience and tolerance. Overall, it simply helps you to understand yourself better! Together, we can take steps to develop mindfulness in our own lives and improve our mental well-being!

Mrs McArdle-Dobson

Tuesday - E4





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Catholic High School

