

Fowey River Academy

Autumn 2017

MINDOX

Programme



What is the MixX Project at Fowey River Academy?



The MixX Project is the alternative sessions that students can access outside of the curriculum. These happen before school, at lunchtime and after school.

This booklet highlights all of The MixX Project sessions available to students this Autumn Semester. The majority of The MixX Project sessions operate on a 'just turn up' basis, however some clubs require prior booking so please see the teacher in charge, or email them to check. There really is something for everyone and the expectation is that all students will participate in some of these opportunities. Students will obtain points for attending clubs. These activities will also contribute to the Half Colours and

Full Colours awards and can be carried forward through the year.

The activities in this booklet have been colour coded so you know where you can gain hours towards your full or half colours, which sessions are there to support your learning and which allow you to develop your social and cultural skills.

To gain your Half or Full Colours Awards, you will be asked to give a short account of the activities you attended, so it would be useful to keep a log of the things you do and learn this Semester to help with your portfolio of evidence.

The following highlights are used –

Action

Creativity

Service

Social

Study Support

MONDAY

Staff	Contact	Club		Yr Group	Location	Lunchtime/ After School	Information
Miss Attwood	kattwood@fracademy.org.uk	Samba Band	Creativity	All Years	A6	LT	Discover Samba music! A fast and exciting carnival tradition from South America. Anyone is welcome, come along and try it!
Mrs Smith	ssmith@fracademy.org.uk	Parkour and Sports Acro/Gymnastics	Action	All Years	Gymnasium	LT	Develop gymnastics and free running skills across a range of equipment and variety of challenges.
Mr Randall	Grandall@fracademy.org.uk	Fitness	Action	Years 10-11	Fitness Suite	LT	A chance to let off some steam, use the equipment and get your physical activity log for the week.
Mrs Baillie	lbaillie@fracademy.org.uk	Social sport club	Action	Year 7	Sports Hall	LT	An opportunity to be active, choose a sport, join in have fun and make new friends.
Miss Lucas	slucas@fracademy.org.uk	Spanish	Creativity	All Years	L1	LT	¡Bienvenido al club de español! Learn some lingo, taste some tapas and experience some Spanish culture!
Miss Renfree	srenfree@fracademy.org.uk	ICT Club	Creativity	All Years	H4	LT	Come along to H4 and spend time gaming, researching, or creating content.
Miss Williams	ewilliams@fracademy.org.uk	Maths Support	Study Support	All Years	M2	LT	Lunch time support for all students.
Miss Gifford	kgifford@fracademy.org.uk	German Speaking Support	Study Support	Year 10 (Year 7 German on request!)	L3	AS	Angst von der Prüfung? Get started now on getting ready for the GCSE speaking by having some lighthearted conversation practice, as well as exam skills (e.g. picture description, roleplay, presentation skills).
Mrs Moorcroft and Miss Stanton	cmoorcroft@fracademy.org.uk	Arts Award - Art Club	Creativity	All Years	A1	AS	Work towards your Arts Award and express your inner talents!!
Mrs Guest	lguest@fracademy.org.uk	Camps International Club	Service	Years 10-11	E6	AS	Need some inspiration or motivation to fundraise the money required for your trip of a lifetime? Come to the fundraising club for practical ideas and inspiration to reach your financial target.
Mr Bayes	sbayes@fracademy.org.uk	History Support	Study Support	Year 11	H6	AS	Booster session for Year 11 History students.
Mrs Baillie	lbaillie@fracademy.org.uk	Year 7 - 8 Netball	Action	Years 7-8	Sports Hall	AS	Year 7-8 netball training is an opportunity to improve your skills and be part of a team which participates in fixtures against other schools.
Mr Horton & Mr Randall	shorton@fracademy.org.uk	Rugby	Action	All Years	Front Field	AS	Develop the skills you have learnt in lessons, earn the chance to represent the Academy in friendlies, cup matches and tournaments.
Mrs Smith	ssmith@fracademy.org.uk	Year 9-11 Netball	Action	All Years	Sports Hall	AS	Rounders training, come and improve your skills, knowldge and rules of Rounders. Prepare for matches arranged against other schools. Whether you want to play in the team or just have fun.

TUESDAY

Staff	Contact	Club		Yr Group	Location	Lunchtime/ After School	
Miss Hall	lhall@fracademy.org.uk	Drama club	Creativity	All Years	Drama Studio	LT	Available to all year groups in the drama studio; come along, have fun, be loud, meet people and play lots of drama games!!
Mrs Lucas-Cann	elucas-cann@fracademy.org.uk	Book Club	Social	All Years	E2	LT	Calling all book lovers! If you love to read and share ideas, this is the club for you. As a group, we'll focus on reading a particular selection of books, chosen by you in week 1. Each week we'll read a part of that book, both together and in our own time, discussing thoughts, feelings and opinions as we go. A great opportunity to broaden your mind and open your eyes to some amazing texts!
Miss Hatfull	shatfull@fracademy.org.uk	Quiet Club	Creativity	All Years	H7	LT	This will be a quiet club for cross-stitch, embroidery, card making etc. If students have a handicraft hobby like this and would like to bring it in and do it socially H7 is the place to be.
Mrs Baillie	lbailie@fracademy.org.uk	Fitness	Action	All Years	Fitness Suite	LT	A chance to let off some steam, use the equipment and get your physical activity log for the week.
Miss Giles	ngiles@fracademy.org.uk	GCSE Maths (Foundation)	Study Support	Year 11	M3	LT	Lunch time revision session especially for Foundation Tier GCSE Maths.
Mrs Smith	ssmith@fracademy.org.uk	Dance Workout	Action	All Years	Dance Studio	LT	Join in fitness videos and dance routines and have fun whilst being active.
Miss Renfree	srenfree@fracademy.org.uk	ICT Club	Creativity	All Years	H4	LT	Come along to H4 and spend time gaming, researching, or creating content.
Mrs Hales	shales@fracademy.org.uk	German	Creativity	All Years	L2	LT	Willkommen! Sprichst du deutsch? Come along and learn to speak a new language and get a taste of a different culture.
Mr Smith	ssmith@fracademy.org.uk	Footbal Freestyle	Action	All Years	Sports Hub	LT	Learn and perfect new tricks.
Mrs Smith	ssmith@fracademy.org.uk	Indoor Rowing/Ergo Training	Action	All Years	Fitness Suite	AS	Run by Fowey Rowing Club.

WEDNESDAY

Staff	Contact	Club		Yr Group	Location	Lunchtime/ After School	
Mrs Morgan	hmorgan@fracademy.org.uk	English Support	Study Support	All Years	E4	LT	Perplexed by PETER paragraphs? Struggling with semantic field? Drop in for help with classwork, homework or revision. 'The only mistake you can make is not asking for help'
Miss Renfree	srenfree@fracademy.org.uk	ICT Club	Creativity	All Years	H4	LT	Come along to H4 and spend time gaming, researching, or creating content.
Mrs Baillie	lbailie@fracademy.org.uk	Social sport club	Action	All Years	Sports hall	LT	An opportunity to come along , choose equipment, be active, challenge yourself and have fun.
Mrs Smith	ssmith@fracademy.org.uk	Workout Wednesday	Action	All Years	Sports Hub	LT	Get advice, support and guidance on how to be healthy. Workout in the fitness suite with PT support.
Miss Attwood	kattwood@fracademy.org.uk	Stage Band	Creativity	All Years	A6	AS	Come together to develop your performance skills, cover your favourite songs or even write and perform some original material.
Mr Roberts	droberts@fracademy.org.uk	Art eXtra	Creativity	All Years	A1/A2	AS	It is an opportunity to improve your art coursework, add to your own personal art portfolio, learn new creative skills and push your creative ability even further.
Miss Hall	lhall@fracademy.org.uk	GCSE Twilight	Creativity	Year 11	Drama Studio	AS	This is a GCSE lesson aimed at ensuring performance is the best it can be for examination.
Mr Barnett	pbarnett@fracademy.org.uk	Year 10 Maths revision	Study Support	Year 10	M5	AS	Afterschool revision session for Year 10's.
PE Staff	shorton@fracademy.org.uk	Study Support - PE	Study Support	All Years	ITC	AS	Study support and an opportunity to see staff for OCR catch up.
Mr Randall	grandall@fracademy.org.uk	Running Club	Action	All Years	Sports Hub	AS	Run for fun? Or Run to Compete? Either way come and join us, indoor and outdoor sessions, sprints, distance, fartlek, and a chance to compete in Cross Country races and represent the Academy.

THURSDAY

Staff	Contact	Club		Yr Group	Location	Lunchtime/ After School	
Mr Barnett	pbarnett@fracademy.org.uk	Code Breakers	Social	All Years	M5	LT	Can you crack a code? Do you want a chance to win a national competition? Do you enjoy puzzles and brain teasers? Then code breaking is the club for you!
Miss Renfree	srenfree@fracademy.org.uk	ICT Club	Creativity	All Years	H4	LT	Come along to H4 and spend time gaming, researching, or creating content.
Mr Randall	grandall@fracademy.org.uk	Indoor Triathlon	Action	All Years	Sports Hub	LT	Challenge yourself on the rowing machine, treadmill and exercise bike. See if you can improve your time or distance each week and have fun whilst keeping fit.
Miss Davies/Miss Bryan	ldavies@fracademy.org.uk / mbryan@fracademy.org.uk	Science is Geek	Study Support	Years 7-8	S2	LT	Experience the world of Science outside of the classroom; learn how to make glow in the dark bacteria, develop an answer to food sustainability, or build a model rocket designed to deliver food to the international space station. However you want to discover, invent, and experiment, if you have an idea we can help you build on it in Science is Geek!
Miss Hall	lhall@fracademy.org.uk	LAMDA Bronze medal	Creativity	Anyone who is ambitious	Drama Studio	AS	If you want to have fun, be inspired and start getting qualifications that will help with your college career, come along to LAMDA Bronze and start building those UCAS points!!
Mrs Bateman	dbateman@fracademy.org.uk	Homework Club	Study Support	Years 7-9	ITC	AS	Study support and an opportunity to complete homework tasks.
Miss Attwood	kattwood@fracademy.org.uk	Choir	Creativity	All Years	A6	AS	Love to sing? Come to choir and perform music from a variety of styles including pop, rock, musicals and more! All are welcome.
Mrs Moorcroft and Miss Stanton	cmoorcroft@fracademy.org.uk	Art eXtra	Creativity	All Years	A1/A2	AS	It is an opportunity to improve your art coursework, add to your own personal art portfolio, learn new creative skills and push your creative ability even further.
Miss Davies/Miss Bryan	ldavies@fracademy.org.uk / mbryan@fracademy.org.uk	Science is Geek	Study Support	Years 9-11	S2	AS	Experience the world of Science outside of the classroom; learn how to make glow in the dark bacteria, develop an answer to food sustainability, or build a model rocket designed to deliver food to the international space station. However you want to discover, invent, and experiment, if you have an idea we can help you build on it in Science is Geek!
Active Students' Thursday: Come along to the sports hub and take part in any of the below activities (may vary depending on fixtures):							
Mr Bayes	sbayes@fracademy.org.uk	Badminton	Action	All Years	Sports Hub	AS	Come and join the fun at badminton club. It will challenge your skills and fitness level in a highly competitive sport.
Mr Walmisley	mwalmisley@fracademy.org.uk	Basketball	Action	Year 8-11	Sports Hub	AS	Come and join the fun at basketball club. It will challenge your skills and fitness level in a highly competitive sport.
Mrs Smith	ssmith@fracademy.org.uk	Trampolining (Every other week)	Action	All Years	Sports Hub	AS	Bounce your way to a healthy lifestyle, learn new skills and develop routines.
Mr Horton	shorton@fracademy.org.uk	Girls Rugby	Action	All Years	Sports Hall	AS	Develop the skills you have learnt in lessons, earn the chance to represent the Academy in friendlies, cup matches and tournaments.
Mr Smith	asmith@fracademy.org.uk	Mens Health and fitness	Action	Year 9-10 Boys	Fitness Suite	AS	A chance to get advice and support to develop, improve and achieve your personal fitness goals.
Mrs Baillie	lbailie@fracademy.org.uk	DofE training/ meetings	Action	Bronze and Silver groups	ITC	AS	Students who have registered for DofE Bronze and silver will use this time to plan expeditions their activities and their volunteering. Or be trained ready to take part in DofE expeditions.

FRIDAY

Staff	Contact	Club		Yr Group	Location	Lunchtime/ After School	
Mrs Hall	lhall@fracademy.org.uk	Drama club	Creativity	All Years	Drama Studio	LT	Come along, play some fun games, build your confidence and learn how to play characters from some great scripts!
Miss Renfree	srenfree@fracademy.org.uk	ICT Club	Creativity	All Years	H4	LT	Come along to H4 and spend time gaming, researching, or creating content.
Mrs Guest	jguest@fracademy.org.uk	Creative Writing	Creativity	All Years	E2	LT	Come along and express your creativity of writing in any genre and any format.
Mrs Smith	ssmith@fracademy.org.uk	Social sport club	Action	Years 10-11	Dance Studio	LT	An opportunity to be active, choose a sport, join in have fun and make new friends.
Mrs Baillie	lbaille@fracademy.org.uk	Cheerleading/Gymnastics	Action	All Years	Gym	LT	Come along, tumble, spring, roll, cheer, fly! Develop your gymnastic skills and be part of the successful acro displays, or just have fun.
Mr Bidder	tbidder@fracademy.org.uk	Fitness suite	Action	All Years	Fitness Suite	LT	A chance to let off some steam, use the equipment and get your physical activity log for the week.
Mrs Smith, Mrs Baillie & Mrs Hales	ssmith@fracademy.org.uk	Fun Fit For Fab Girls	Action	All Years	Sports Hub	AS	A fun, welcoming environemt for all girls to be active in a full range of sporting activities from roller skating to fitness, rounders to trampolining.
Mr Horton	shorton@fracademy.org.uk	The Gentlemen's Club	Action	All Years	Sports Hub/ Gym	AS	Gents, come along and destress after a long week - five-a-side football, dodgeball, fitness, vigor-boarding. Activities will change each week - decided by you!!!

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