

# Being Active

Being active through regular physical activity is one of the most important things you can do for your health. It can help control your weight, reduce your risk of illness and disease, strengthen your bones and muscles, improve your mental health and mood, and improve your ability to do daily activities.

## GIRLS ACTIVE



A great opportunity for girls to get active whilst having fun. The activities will be non-competitive sports and games focusing on everyone taking part.

COST: free MAX NO: 15

VENUE: Activity Studio

OPEN TO: all years

## FITNESS TRAINING



Learn and try a variety of training techniques to develop your own fitness regime. Learn kinesiology: anatomy and biomechanics, exercise physiology, basic nutrition, fitness and goal setting, safe and efficient exercise, programme design: cardiorespiratory, strength and flexibility.

COST: free MAX NO: 18

VENUE: Fitness Suite

OPEN TO: all years

## NETBALL ACADEMY



Perfect for any member of the netball squad. Additional coaching to take you to the next level. This course covers all areas of umpire and technical official's development.

COST: free MAX NO: 40

VENUE: Sports Hall

PRE-SELECTED STUDENTS

## FOOTBALL ACADEMY



Designed for members of the football squads to develop their skills including teamwork and communication.

COST: free MAX NO: 50

VENUE: 3G Pitch

PRE-SELECTED STUDENTS

## POWER YOGA



A yoga class to relax, de-stress, build flexibility and strength.

COST: free MAX NO: 30

VENUE: Drama Studio

OPEN TO: all years

## DANCE



If you are a keen dancer or just enjoy performing as part of a group. Come along to a fun dance programme culminating in two exciting Christmas performances!

COST: £6 MAX NO: 25

VENUE: TBC

OPEN TO: all years

# Being Creative

Your creativity is what makes your life fun and is what gets you excited each and every day you wake up in the morning. Being creative is when you allow yourself to be your true self. If you have fun doing it and it keeps you constantly trying to figure out a new and better way, then that is what you need to focus on in life because creativity is what pushes passion.

## CREATIVE TEXTILES



Use fabrics to create an art or craft project incorporating a range of techniques. COST: free MAX NO: 20 VENUE: C7

OPEN TO: all years

## READING AND WRITING RETREAT



This activity will give students the opportunity to get involved in voting for a winning author in the Kernow Youth Book Award, as well as helping us to design and create an inspiring reading and writing space in our Express Breakout area. COST: free MAX NO: 18 VENUE: E10

OPEN TO: Year 7, 8 & 9

## SCHOOL PRODUCTION: BEAUTY AND THE BEAST



Students working in all aspects of producing a musical production of Beauty and the Beast. Performances will take place in November. COST: free MAX NO: VENUE: Theatre

PRE-SELECTED STUDENTS

## STOP MOTION ANIMATION



Working in a small group you will plan and create a short stop motion animation similar to the way Wallace and Gromit was produced. The techniques used are simple to understand but very difficult to master. COST: free MAX NO: 21 VENUE: E12

OPEN TO: all years

## PALLET FURNITURE



Combine your creativity with practical ADT skills to make furniture from recycling wooden pallets. PLEASE BE AWARE THAT YOU MUST CHOOSE THIS ACTIVITY FOR TWO ROTATIONS (until February) COST: free MAX NO: 10 VENUE: C3

OPEN TO: all years

## COMPUTER ART



Learn the digital skills required to create your own works of computer art using software such as Photoshop. COST: free MAX NO: 25 VENUE: E11

OPEN TO: all years

## ORIGAMI



Learn the art of paper folding. By the end of the course you will have produced a origami mobile which you can take home. The theme will be around the origami Crane, which is seen as a symbol of good luck in Japan. COST: free MAX NO: 30 VENUE: D8

OPEN TO: all years

# Academic Achievement

Expectations are high at Brannel. Students are expected to engage in all lessons, to aim high and to achieve. The definition of academic achievement refers to the level of schooling you have successfully completed and the ability to attain success in your studies. This is measured by the extent to which you have achieved your Personal Academic targets.

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## Independent Study Skills



Independent and self-directed learning is an important skill that will help you with managing your time and homework. Learn how to develop these skills and make school work more manageable.

COST: free    MAX NO: 25    VENUE: E2

OPEN TO: Year 7

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## DISCOVER YEAR 11 INTERVENTION



Intervention sessions for Year 11 students studying Geography, History or Spanish.

COST: free

Students pre-selected

VENUE: Discover classrooms

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## CREATE YEAR 11 INTERVENTION



Intervention sessions for Year 11 students studying Photography, Design Technology, Hospitality

COST: free

Students pre-selected

VENUE: Create classrooms

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## HEALTH & SOCIAL CARE YEAR 11 INTERVENTION



Intervention sessions for Year 11 students studying Health and Social Care.

COST: free

Students pre-selected

VENUE: C6

# Volunteering & Work Experience

Prospective employers are going to be looking closely at your CV to see why they should employ you and not someone else. Anything you can include in your CV that can give you an edge is essential. Work Experience is one such factor. Volunteering is another. Volunteers have an enormous impact on the health and well-being of communities.

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## LOVELY LETTER WRITING



Inspired by the 'One Million Lovely Letters Project' this is the chance to write letters to friends and family to brighten up their day.

COST: free    MAX NO: 20

VENUE: I2

OPEN TO: all years

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## CORNWALL CHANNEL TV REPORT



Step into the shoes of a journalist to research and investigate an issue or event relevant to young people living in Cornwall. Work with the Cornwall Channel to turn your work into a TV segment for Sky TV.

COST: free    MAX NO: 8

VENUE: E1

OPEN TO: Year 8, 9 & 10

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## BRANNEL IN BLOOM



Get involved in the restoration of the Allotment area with the completion of the compost bins, cloches and removal of the Poly tunnel. We plan to have two beds up and running with broccoli and winter broad beans by the end of November. You can also get involved in the bulb planting plan.

COST: free    MAX NO: 12

VENUE: School Allotments, meet in I5

OPEN TO: all years

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## SURF LIFESAVING



Brannel does Bondi Rescue! A fantastic chance to learn beach safety, first aid and water skills

COST: £9    MAX NO: 13

VENUE: offsite, meet in Foyer

OPEN TO: all years

# Adventure Skills

Many people believe we are producing a generation of 'cotton wool kids', who are missing out on experiences that help to raise their self-esteem, give them confidence and increase motivation.

Learning to cope with risk and challenge requires you to make informed choices and to understand and take responsibility for the consequences. It leads to a positive 'can-do' attitude.

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## Survival Skills



Learn some essential survival skills that you would need to survive in the wild!

COST: free MAX NO: 15

VENUE: Offsite, meet in Sports Hub

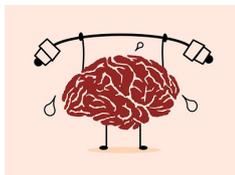
OPEN TO: all years

# Brain Challenge

Your brain is where mind and body come together. Just as you can train your body to build stamina, strength or flexibility, so you can train your brain. BrainTraining can help you strengthen attention, focus, learning, memory, creativity and intuition; it can help you gain greater control of behaviour and emotions and improve your ability to stay in 'the zone' and perform at your peak.

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## BRAIN TRAINING



Complete a series of brain training techniques that will help to strengthen your memory and problem-solving abilities.

COST: free MAX NO: 22

VENUE: I3

OPEN TO: all years

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## RELAXATION



Learn how to relax your body and find inner peace.

COST: free MAX NO: 15

VENUE: I4

OPEN TO: all years

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## .B MINDFULNESS COURSE



Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

COST: free MAX NO: 15

VENUE: I1

OPEN TO: Year 9

# Just for Fun

It's perfectly fine to pursue fun - just don't confuse its pursuit with the nobler pursuit of happiness! Whereas fun and excitement are fleeting things, happiness endures long after the thrill of the game is over. Fun defines the moment, happiness defines the person.

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## DRONE BUILDING

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Help build a drone for the school.

COST: free MAX NO: 8

VENUE: I10

OPEN TO: all years

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## SIGN LANGUAGE FOR BEGINNERS

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Sign language is the key that unlocks life and liberty for millions of deaf people around the world. Learn basic sign language and have a go at communicating with one another using sign language.

COST: free MAX NO: 12

VENUE: D2

OPEN TO: all years

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## CHESS

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Learn how to play chess and develop tactical ideas to beat your opponent.

COST: free MAX NO: 16

VENUE: D1

OPEN TO: all years