



Milbourne Lodge School  
*ad optima petenda*

## Extra Curricular Clubs | Before & After School Care 2022 - 2023



A full range of Extra-Curricular activities and Before & After School Care Groups are available for all children.

This booklet details the groups and activities currently available. Please contact the School office if you have any questions regarding Extra Curricular activities.

Music and Sport activities are available in addition to the ones detailed.

# Pre-Prep

## Before and After School Care

### Early Bird Group for Pre-Prep children 8am to 8.30am each morning

This is available to children in Reception, Year 1 and Year 2. The children are supervised in a Pre-Prep classroom by a member of the Pre-Prep staff until 8.30am when they are taken to their classroom. It is expected that the children will have had breakfast before they arrive, food will not be allowed in the classroom.

Parents of children attending the Early Bird Group are able to park in the Church Car Park between 7.55am and 8.15am and should take their child/children into the Pre-Prep via the MAIN SCHOOL entrance. Parents are asked to drop their child in Pre-Prep by 8.10am at the latest and MUST exit the Church Car Park by 8.15am to avoid traffic bottlenecks in Arbrook Lane.

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### Breakfast Club for Prep pupils & Pre-Prep siblings

7.45am to 8.15am each morning  
in the main school hall

The children are supervised and given a healthy, wholesome breakfast. At 8.15am the Prep children will go to their classrooms and any Pre-Prep children will be taken to join the Early Bird Group. Breakfast will be served from 7.45am – 7.55am; pupils need to be dropped off between these times in order to enjoy breakfast.

Pre-Prep who require the facility due to exceptional family circumstances may also apply.

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### Pre-Prep After School Groups

Group 1 - 3.30pm to 4pm each afternoon  
Group 2 - 3.30pm to 5.05pm each afternoon

These are supervised after school groups available to children in Reception, Year 1 and Year 2. One session runs from 3.30pm to 4pm each afternoon, and the other from 3.30pm to 5.05pm. The children will be given a healthy snack at each session.

# Pre-Prep

## Extra Curricular Clubs

**PAID FOR CLUBS** - Requiring sign up and payment via Cognita Connect each term

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### Creative Club

**RECEPTION,  
PP1 and PP2**

Wednesday 3.45pm - 4.30pm

Monday 3.45pm – 4.30pm

We are delighted to introduce a new club this term, Creative Club, which will offer the children an opportunity to express their creative sides through a range of different activities. This is a chance for children to have fun, as well as explore their creativity, through activities such as arts and crafts, modelling, music and IT. We are excited to discover what the children can create!

### Judo

**RECEPTION  
PP1 and PP2**

Tuesday 3.15pm–3.45pm

Tuesday 3.45pm–4.15pm

An introduction to contact sports with opportunities for grading. This is a great Olympic sport that teaches discipline, balance and coordination. Classes are taken by Lloyd Nicholls – an experienced black belt. Initially children can wear their games kit, but should they wish to pursue the activity, a Judo kit can be acquired from Mr Nicholls.

### Chess

**PP2**

Wednesday 3.45pm – 4.30pm

Chess skills will be developed allowing pupils to play moves confidently and to introduce them to the various strategies upon which the game depends. As skills and confidence grow, so the class can interact and work on their match play capabilities.

### Football

**PP1 and PP2**

Thursday 3.45pm – 4.30pm

An excellent opportunity to learn more about the skills required to be a better footballer, with teaching provided by professional coaches. Team games, individual skills and fun are the three key elements that form the basis of this activity. Classes are taken by 1<sup>st</sup> Touch Football Coaching.

# Pre-Prep

## Extra - Curricular Clubs

### Playball

**RECEPTION**

Monday 3.45pm – 4.30pm

Playball helps children to build a foundation from which they can develop confidence in multiple sports skills. Playball develops a child's gross motor skills as well as broadening their personal and spatial awareness through a range of age-specific exercises. Lessons are designed to encourage physical and social development. Children's progress is monitored and reported upon.

### Dance

**PP1 and PP2**

Wednesday 3.45pm to 4.30pm

This fun filled dance class combines learning, dance, exercise and fun and is a highly effective programme which encourages children to lead a healthy and active lifestyle. The children will learn a new dance every lesson in a huge variety of styles: pop, hip hop, Latin, salsa, reggaeton and more! The routines are complemented by a range of activities and games to improve co-ordination, team work, leadership and musicality skills. We finish each term with a short demonstration for the parents where children get a chance to perform and showcase some of the dances they have learnt.

### Ballet

**RECEPTION, PP1 and PP2**

Thursday from 3.45pm to 4.45pm

This club offers both boys and girls a wonderful opportunity to develop their strength, agility and co-ordination by learning and practising a variety of ballet disciplines in a fun and effective manner. Each week the children will also learn a new routine, learning to move in time with music. The classes will not follow a set syllabus although at the end of each term, the children will perform for their parents so they can showcase all that they have learnt. Children should wear their white sports top and white shorts. However, children may wear ballet shoes and/or appropriate ballet clothing if they wish but there is no obligation to purchase these items.



# Pre-Prep

## Extra - Curricular Clubs

### Mini Crickets

*Summer Term Only*

**PP1 - Fridays 3.30pm to 4.15pm**

**PP2 - Fridays 4.15pm to 5pm**

A great opportunity to develop cricket skills for our older Pre-Prep Children.

### **OTHER CLUBS** - Not paid for via Cognita Connect

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### Pre-Prep Lunchtime Sports Club

Mr Brooks runs a lunchtime sports club for each year group, one day a week. All children are invited to attend.

### Chatterbooks

#### **PP2**

A book club for PP2 children run by Mrs Slocombe. The club meets every 3/4 weeks to discuss a particular book that the children have been reading.

# Pre-Prep Music Lessons

Music is seen as an integral part of the curriculum in the Pre-Prep department. From Reception through to Year 2, class music lessons give pupils the opportunity to listen, create and explore as well as the chance to develop an all-important enjoyment of music. Musicianship is initially nurtured through singing and aural work (to develop musical memory, the inner ear and a true sense of pitch) and use of classroom percussion (to develop a sense of rhythm and pulse).

Individual music lessons in the Pre-Prep are focussed on the piano and violin. Reception children are considered too young for individual instrumental lessons. Starting formal lessons too young, before a child is ready (generally aged 6 onwards) can lead to frustration and early discouragement, and progress is much faster once a child has developed the co-ordination skills required, as well as the ability to concentrate and listen for a full one to one half hour session.

Pupils in the Pre-Prep have the opportunity to take up piano lessons from Year 1 and the violin from Year 2. They can then progress to other instruments in the Prep School. Lessons are mostly during the lunch-hour, games time, or after school. Every effort is made to ensure that boys and girls do not miss events such as trips or workshops for music lessons. Please do note that lunchtime lesson slots are very limited.

We do our best to accommodate all requests where possible, however there is currently very high demand for piano lessons in the Pre-Prep. Requests will therefore be allocated on a first- come first-served basis and priority will be given to older pupils first. It is therefore possible that your child may have to join a waiting list.

If you would like your child to have Piano lessons (Years 1 and 2 ) or Violin lessons (Year 2), please email our Director of Music, Mrs Rachel Bowen-Perkins:

[rachel.bowen-perkins@milbournelodge.co.uk](mailto:rachel.bowen-perkins@milbournelodge.co.uk)

with your child's name and Year group for September, which instrument they would like to learn and current standard (if appropriate).

The personal information you provide will be passed to the relevant peripatetic music teacher. The agreement for music lessons is between the parent and the self-employed peripatetic music teacher, not Milbourne Lodge School. You will be contacted directly by the peripatetic music teacher to arrange music lessons. The rate for music lessons for 2022-2023 is £23 per half hour lesson billed termly at £230 paid in advance for a maximum of 30 lessons per academic year.

Once pupils reach Year 3, they have the opportunity to study a project on the Instruments of the Orchestra in class, and to participate in free instrumental taster sessions offered by the Music Department. This can be a good moment to make an informed decision about instrumental lessons. Instruments on offer at this stage include: flute, saxophone, clarinet, oboe, violin, trumpet, trombone, French horn, piano and guitar. Individual singing lessons are also available.

# Prep

## Before and After School Care

### Breakfast Club for Prep pupils & Pre-Prep siblings

7.45am to 8.15am each morning  
in the main school hall

The children are supervised and given a healthy, wholesome breakfast. At 8.15am the Prep children will go to their classrooms and any Pre-Prep children will be taken to join the Early Bird Group. Breakfast will be served from 7.45am – 7.55am; pupils need to be dropped off between these times in order to enjoy breakfast.

Spaces are limited and will be offered on a first come first served basis. Priority will be given to children in the Prep who wish to join this group. However, Pre-Prep children who either have an older sibling signed up for Breakfast Group or who require the facility due to exceptional family circumstances may also apply.

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### Homework Group

End of the school day until 5.05pm

**This is available to children in Years 3, 4 and 5.**

Children are supervised by a member of staff and are given a drink and a snack. They are encouraged to get on with their homework or read until the bell goes at 5.05pm. Children must be signed up for Homework Group in advance and for specific days e.g. every Monday and Wednesday.

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# Prep

## Extra Curricular Clubs

**PAID FOR CLUBS** - Requiring sign up and payment via Cognita Connect each term

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### Chess

**YEAR 3**

Monday lunchtime - 45mins

**YEAR 4**

Thursday lunchtime - 45 mins

**YEARS 5+**

Friday lunchtime - 45 mins

There are 3 chess groups. Pupils are divided into the groups depending on age, previous chess experience and other extra-curricular activities. In the Spring Term, pupils take part in the UK Chess Challenge, the largest chess tournament in the world. Those scoring sufficient points get the opportunity of moving on to the regional Mega finals and even further to the national stages if they show enough talent.

### Judo

**YEARS 3 TO 5**

Tuesday 4.15pm – 5pm

**YEARS 6 TO 8**

Tuesday 5pm - 5.45pm

An introduction to contact sports with opportunities for grading. This is a great Olympic sport that teaches discipline, balance and coordination. Classes are taken by Lloyd Nicholls – an experienced black belt who is also the Surrey Team Manager. Classes take place in the hall. Initially children can wear their games kit, but should they wish to pursue the activity a Judo kit can be acquired from Mr Nicholls.

### Speech and Drama - LAMDA

Monday, Tuesday, Wednesday & Thursday  
from lunchtime onwards.

These lessons are taken by Wayne Hamer, Stagestars Theatre Schools and are in preparation for graded examinations by LAMDA (London Academy of Music and Dramatic Art), [www.lamda.org.uk/exams](http://www.lamda.org.uk/exams). Fees for these examinations are not included in the termly fee, you will be notified accordingly of the additional amount. Lessons are offered in a group (up to 6 children) or as a duo (2 children).

**These lessons are an annual commitment, signed up for in September and paid for in 3 termly instalments. A Terms Notice must be given to cancel a terms lessons.**



# Prep

## Extra - Curricular Clubs

### Early Morning Swim Club

*Summer Term only*

**Development Squad** - Tuesday 7.30am – 8.30am

**Performance Squad** - Thursday 7.30am -8.30am (by invitation)

A wonderful way to start the day with our Early Morning Swimming Club. Children will be advised as to which squad they should attend.

### Tennis Club

*Summer Term and first half of Autumn Term*

**Juniors Years 3, 4 and 5** – Tuesdays 4.10pm - 4.55pm and Fridays 4.10pm - 4.55pm

**Seniors Years 6 and 7** – Tuesdays at 5pm

### M:Tech - 30 minute lessons

Wednesday, Thursday and Friday  
4.10pm – 5.40pm

M:Tech is a creative composition course in which children create exciting music using the latest music technologies. The course is available to all Prep children and is suitable for all levels of musical ability.

Join our digital world by composing with futuristic synths and cyber sound effects. Take control of technology as M:Tech teleports into Project 'FUTURESCAPE'

A digital download is emailed directly to parents and a Certificate will be given out in assembly at the end of each term.

Please note: It is important to understand M:Tech is not a club or an activity. It is a group instrumental lesson teaching creative composition with a clear graded learning curve, therefore we apply the same terms and conditions as for instrumental lessons notice is required by half term in order to stop at the end of term.

**This course is administered directly by M:Tech and so to register your child's interest and make payment please sign up online at [www.mtechonline.co.uk](http://www.mtechonline.co.uk) or contact Pia, Rebecca or Ann on 01483 578114.**

### Dance Club

**YEARS 3, 4 & 5**

Wednesday 4.30pm - 5.15pm

This fun filled dance class combines learning, dance, exercise and fun and is a highly effective programme which encourages children to lead a healthy and active lifestyle. The children will learn a new dance every lesson in a huge variety of styles: pop, hip hop, Latin, salsa, reggaeton and more! The routines are complemented by a range of activities and games to improve co-ordination, team work, leadership and musicality skills.

# Prep

## Extra- Curricular Clubs

### Ski Club

**YEARS 5 TO 8**

*Spring Term Only*  
Tuesdays 5.20pm - 6.30pm

Ski Club takes place at Sandown Ski Centre and is led by qualified ski instructors catering for Beginners AND also Intermediate/Advanced skiers with 12 places in the two groups. The Club runs for 10 sessions in the Spring Term only.

School transportation is not provided. Pupils should be dropped at Sandown Ski Centre and arrive ready to ski wearing suitable clothing.

### OTHER CLUBS - Not paid for by Cognita Connect

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### Cross Country Club

*Autumn Term only*  
Friday lunchtime – Meet at 1.25pm

All Prep children can take part in Cross Country Club which takes place every Friday lunchtime at 1.25pm. Suitable training shoes and match tops should be worn.

### Senior Drama Club

Thursday - 1.30pm

**YEARS 6, 7 & 8**

A Drama Club for Years 6, 7 and 8. The sessions will include Drama games, improvisation and script work. Developing presentation skills and confidence in front of an audience.

### Chatterbooks

A book club run by Mrs Ashford for Prep children. Dates and times are advised on a termly basis for each year group.

### Ukele Club

Tuesday 4pm - 4.30pm

**YEAR 3**

A fun music club for Year 3 pupils. They do not need to read music.

Email [Adrian.davies@milbournelodge.co.uk](mailto:Adrian.davies@milbournelodge.co.uk) for details.

# Prep Music Lessons

Music is seen as an integral part of school life at Milbourne Lodge. Learning to play and appreciate music can encourage participation, teamwork, and a sense of group identity, as well as increasing creativity. It promotes self-confidence and social skills and supports learning in other areas.

Many pupils are encouraged to play a musical instrument. Lessons are mostly during the lunch-hour, games time or after school. Every effort is made to ensure that boys and girls do not miss matches for music lessons. *Please note that lunchtime lesson slots are very limited.*

During the Spring Term in Year 3, pupils study a project on the Instruments of the Orchestra in class. In the Summer Term, this is followed by a series of free instrumental taster sessions offered by the peripatetic staff, where pupils can try out two instruments of their choice. This gives them a “hands on” opportunity to experience what it might be like to play an instrument, and can be a good moment to make an informed decision about instrumental lessons.

The school also has a number of instrumental ensembles, as well as a Junior Choir (Years 3 and 4) which rehearses on Wednesday lunchtime and a Senior Choir (Years 5 to 8), which rehearses on Tuesday lunchtime.

We have a team of peripatetic teachers who offer piano, singing, violin, viola, guitar, flute, oboe, saxophone, clarinet, trumpet, trombone, French horn and music theory.

If you would like your child to have music lessons at school and/or join one of the school choirs, please email our Director of Music, Mrs Rachel Bowen-Perkins:

[rachel.bowen-perkins@milbournelodge.co.uk](mailto:rachel.bowen-perkins@milbournelodge.co.uk)

with your child's name and Year group for September, which instrument they would like to learn and current standard (if appropriate) and / or if they would like to join the school choir.

The personal information you provide will be passed to the relevant peripatetic music teacher. The agreement for music lessons is between the parent and the self-employed peripatetic music teacher, not Milbourne Lodge School. You will be contacted directly by the peripatetic music teacher to arrange music lessons. The rate for music lessons for 2022-2023 is £23 per half hour lesson billed termly at £230 per term paid in advance for a maximum of 30 lessons per academic year.



**Milbourne Lodge School, Arbrook Lane, Esher, SURREY KT10 9EG**  
**[www.milbournelodge.co.uk](http://www.milbournelodge.co.uk)**

**COGNITA**

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