



Extra-Curricular activities

Years 9, 10 & 11

Unlike other schools, at CAST, all students get the opportunity to be involved in learning beyond the curriculum through Challenge projects. However, this information sheet is about extracurricular clubs offered to CAST students this year.

Last year, over 90% of students in each year attended at least one of our extracurricular clubs during the year, with over 50% of students attending at least one club frequently. Also, many students attended at least one trip last year. I was delighted with the levels of student engagement last year and hope similar or higher levels this year.

Below is a summary table to show engagement in extracurricular opportunities and trips/visits at CAST last year:

Year Group	% attended at least one extra-curricular club	% attended at least one extra-curricular club frequently	% attended at least one trip/visit this year
9	90	51	63
10	95	58	67
11	97	51	83

Please note clubs in green are based at Cambridge Academy for Science and Technology and blue clubs are at other United Learning Cambridge Cluster schools.



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Monday

Club	Students	Time	Location	Teacher/Instructor
Games Club	Year 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Fiona Donnelly
Calm Club	Year 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Catherine Hall
Football	Year 9 & 10	12.40pm - 1.40pm	Astro	CAST Staff
Biology Surgery	Year 11	1.20pm - 2.00pm	Main Challenge	Richard Holmes
Calm Club	Year 12 & 13	1.20pm - 2.00pm	Lecture Theatre	Catherine Hall
Games Club	Year 12 & 13	1.20pm - 2.00pm	Lecture Theatre	Fiona Donnelly
Cluster Funk B&2 (BabyFunk)	By audition Horns welcome	4.15pm - 5.15pm	Coleridge	Miss Lewis

Tuesday

Club	Students	Time	Location	Teacher/Instructor
Games Club	Year 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Fiona Donnelly
Calm Club	Year 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Jessica Gladman
Football	Year 9 & 10	12.40pm - 1.40pm	Astro	CAST Staff
Physics Surgery	Year 11	1.20pm - 2.00pm	Main Challenge	Ade Adeniran Tim Gradon
Biology Surgery	Year 12	1.20pm - 2.00pm	Main Challenge	Margarita Beltran
Religious Studies Short Course	Year 10	2.50pm - 3.40pm	Rm 108	Tracy Brogan
Cluster Carnival Crew 2 Samba Club	New players welcome	3.10pm - 4.10pm	Coleridge	Miss Lewis
Religious Studies Short Course	Year 11	3.40pm - 4.30pm	Rm 108	Tracy Brogan



Wednesday

Club	Students	Time	Location	Teacher/Instructor
Calm Club	Year 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Jessica Gladman
Football	Years 9 & 10	12.40pm - 1.40pm	Astro	CAST Staff
Games Club	Years 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Fiona Donnelly
Biology Surgery	Year 13	1.20pm - 2.00pm	201B	Alex Caley
Cluster PF03 (beginner Orchestra)	All players Grade 3 welcome	3.10pm - 4.10pm	Coleridge	Miss Lewis
English	Year 11	3.40pm - 4.30pm	CAST	Tracy Brogan
Cluster Vox (Chamber Choir)	All	4.00pm - 5.30pm	Coleridge	All those committed to singing welcome
Cluster PF01 (Orchestra)	All players Grade 4 (ish) welcome	6.00pm - 7.30pm	Coleridge	Miss Lewis

Thursday

Club	Students	Time	Location	Teacher/Instructor
Calm Club	Year 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Catherine Hall
Games Club	Year 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Fiona Donnelly
Science in Archaeology	All years	12.40pm	Rm 102	Barry Cooper
Football	Year 9 & 10	12.40pm - 1.40pm	Astro	CAST staff
Cluster Bands Club	All welcome	3.15pm - 4.15pm	Coleridge	Miss Lewis
Cluster Carnival Crew 1	Audition only	4.15pm - 5.15pm	Coleridge	Miss Lewis
Cluster Table Tennis	All	3.00pm - 4.45pm	Coleridge Gym	Mr Dixon
Cluster Girls Football	All	3.15pm - 4.15pm	Coleridge Astro	Ms Lally
Fencing	All years	3.15pm - 4.45pm	Trumpington	Contact Cambridge Sword 1st session free



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Friday

Club	Students	Time	Location	Teacher/Instructor
Calm Club	Year 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Catherine Hall
Games Club	Year 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Fiona Donnelly
Calm Club	Year 9 & 10	12.30pm - 1.10pm	Lecture Theatre	Catherine Hall
Football	Year 9 & 10	12.40pm - 1.40pm	Astro	CAST staff
Chemistry Surgery	Year 11	1.20pm - 2.00pm	Main Challenge	Clare Ashcroft
Christian Union	All	2.50pm - 3.30pm	Rm 211B	Tim Gradon
Warhammer Sign up via link below	All	2.50pm - 4.30pm	Main Challenge	Alex Caley
Astronomy Club	All years	3.00pm - 4.00pm	Rm 201A	Colin Bashford
Cluster PF01 (Little Big Band)	All welcome	3.15pm - 4.15pm	Coleridge	Miss Lewis
Football Sports kit required	Year 9-11	3.30pm - 4.40pm	Trumpington	Ms Logan

Warhammer Club - Please complete this [link](#) if your child if your child will be attending

Miss Lewis: Rebecca.Lewis@ColeridgeCC.org.uk

Mr Dixon: Ian.Dixon@ColeridgeCC.org.uk

Ms Lally: Hannah.Lalley@ColeridgeCC.org.uk

Cambridge Sword: <https://cambridgeswordclub.com/>



Duke of Edinburgh Award Scheme

We are delighted to let you know that we are about to launch the Bronze Award (Year 9-10) and Silver Award (Year 10 - preferably for students that have previously done Bronze).

Doing their DofE is a brilliant way for your young person to discover just how much they are capable of. It gives young people the chance to make new friends, follow their passions, learn new skills, and make a difference in our community. Achieving a DofE Award is a great way to impress employers too. And it helps young people to see themselves differently and gain a new level of confidence. We always say that after taking on your DofE, you know that whatever life throws at you, you're ready to deal with it. The DofE is non-competitive and a powerful way for every young person to build belief in themselves, whatever their background, interests, and abilities.

How it works

There are three levels of DofE Award – Bronze, Silver and Gold. To achieve their Award, your young person will need to complete four sections:

- Volunteering
- Physical
- Skills
- Expedition
- (Residential for Gold only)

Young people can choose what they would like to do for the first three sections, and we will provide all the guidance and support they need. The Expedition involves spending a designated number of days and nights in the countryside depending on the award. See time scales for each award below.

We provide comprehensive training beforehand to ensure everyone is fully prepared and has the best possible experience for the Bronze award.



Time scales for each award

It will usually take at least 6 months to complete the Bronze programme.

- Volunteering section: 3 months
- Physical section: 3 months
- Skills section: 3 months
- Expedition section: 2 days/1 night

It will take at least 6 months for Silver if the participant has already achieved Bronze, or 12 months if they have jumped straight into Silver. If the participant didn't do Bronze, they must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.

- Volunteering section: 6 months
- Physical and Skills sections: One section for 6 months and the other section for 3 months
- Expedition section: 3 days/2 nights

Next steps

We hope lots of our young people will take this opportunity to get involved with DofE.

The cost is £300 per person for Bronze, £50 for Gold and Silver. The cost for bronze covers the participation fees, admin fees and the expedition delivered by Azarias. The cost for Silver covers only the admin and participation fees, as participants arrange their expeditions and residentials with their preferred provider. For more information about the open expeditions see information links below.

- [DofE Bronze](#)
- [DofE Silver](#)

For further information please contact Margarita Beltran.