



ST. JULIAN'S
SCHOOL
FOUNDED IN 1932

Wider Life Programme

Spring Term 2023/24

St. Julian's School In-House Led Clubs

**St. Julian's School
Wider Life
Programme** **3**

**SchoolsBuddy
The Wider Life
Programme
support platform** **5**

**Important
information
for Parents** **6**

**Faculties
& Departments
contributing
to the activities** **8**

**Physical Education
& Sport Faculty** **10**

**Secondary
Competitions
Programme** **11**

**Primary
Activities** **13**

Division 6 **14**
Basketball, Football
& Volleyball
Division 5 **15**
Basketball, Football
& Volleyball
Movement Club **16**
Gymnastics Club **17**
Performance Club **18**
Primary Nature Club **19**
for Nursery & Reception
Portuguese as a Second **20**
Language Club
Knitting Club **21**

**Secondary
Activities** **22**

Cricket Club **23**
Performing Arts Clubs **24**
Visual Arts Clubs **25**
Young Art Masters **28**
Model United Nations
(MUN) **29**
Portuguese Club **30**

**Sport &
Wellbeing** **32**

Estoril Praia & St. Julian's
School womens Football
Academy **33**

St. Julian's School
Rugby Academy **34**

Rugby Tots **35**

SoccerPro **36**

Tennis & Padel **37**

Basketball Academy
Quinta dos Lombos **38**

Ballet **39**

Jazz Dance **40**

Dance Kids **41**

Hip Hop – Secondary **42**

Pilates & Yoga for Kids **43**

Karate **44**

Jiu-jitsu **45**

Capoeira **46**

Swimming Lessons **47**

Ocean Explorers **48**

Surf **49**

Skating **50**

Bodysurfing **51**

Escala 25 **52**

St. Julian's School
Track and Field Club **53**

St. Julian's School Externally Led Activities

**Knowledge,
Language & Skill** **54**

International Award
programme
(aka The Duke of
Edinburgh Award/Prémio
Infante D. Henrique Award) **55**

Fun Cooking
with Thomas Franks **56**

ALOHA Mental Arithmetic **57**

Game Development –
Code and Mad Rockets/
Inventions **58**

Robotics – STEM **59**

Mandarin & Culture **60**

The Inventors **61**

English by Magic **62**

Chess Club **63**

Happy Coding **64**

**Art, Creativity
& Music** **65**

Fine Arts **66**
Art in Motion

LAMDA **67**
(London Academy of
Music and Dramatic Art)

Band & Percussion Club **68**

Melody Choirs **69**

Art Club with
Laura Vicente **70**

Arts & Crafts +
Creative Sewing
Margarida Schools **71**

Creative Expression **72**

Dear Parents and Students



On behalf of the Wider Life Team, we wish to welcome you to the 2023/24 activities, clubs and sports programme.

We see the Wider Life Programme (WLP) as a great way of supporting student learning and development and as a fun and engaging way to learn new skills.

In a competitive world, it is not just about academics but also about other experiences and skills. We would encourage our students to pursue their passion and develop new ones.

In our extended Wider Life activities, we are committed to giving our students the chance to learn more about the world around them, expand their thinking and share their ideas, find a passion, stay healthy and active, build their confidence, develop resilience, teamwork skills and leverage their personal development, but always learning to work with others, showing respect, integrity and tolerance to all, and following the School's 6Cs.



The Shaper Profile

A shaper is a **compassionate, curious, collaborative communicator** who above all has the **courage** to be an **active citizen** to make a difference in the world.



Compassionate

The shaper is compassionate, empathetic and respectful: seeks to understand themselves, others, be kind and have a positive impact on the world.



Communicator

The shaper is a communicator: an active listener to other perspectives, with a unique voice who has the confidence to express and challenge ideas.



Curious

The shaper is a curious and creative thinker: thirsty to learn, interested in other perspectives, open to view the world in different ways and propose innovative solutions.



Courage

The shaper has courage: willing to take the lead, be independent and have balance and resilience to overcome challenges and to be an agent of positive change.



Collaborative

The shaper is a collaborator: able to work as part of a team to achieve a greater outcome and strive for a brighter future.



Citizenship

The shaper is a citizen of the world: has a commitment to service, a strong sense of purpose and responsibility to shape a more just and inclusive society.

St. Julian's School Wider Life Programme 2023/24

This term we will start all our clubs and activities from Wednesday, 3 January 2024.

We will be adding new activities and clubs throughout the year; please access our SchoolsBuddy app for more information.

If you have any questions, please do not hesitate to contact us.

Best Wishes,



Ms Maxine Small
Director of Sport
& Wider Life Programme



Mr Alex Brice
Wider Life Programme
& Sport Administrator



Contact us:



Email:
widerlifeprogramme@stjulians.com



Telephone:
+351 910 027 536
(available Monday to Friday from 3.15pm–6.00pm)

SchoolsBuddy

The Wider Life Programme support platform



SchoolsBuddy is an online platform where parents can register and access all the clubs and activities as part of the Wider Life Programme (WLP) as well as sports fixtures and tournaments. In addition, they can keep a daily diary for their children. In the SchoolsBuddy platform, parents can find all the necessary information to choose and enrol their children in their preferred school club and externally led activities.

We offer an open preference option so parents and students can choose activities at their own pace and are not at a disadvantage if they are not available when the email is sent – it is not a first-come-first-served system.



Key Timeline Moments

	Spring Term	Summer Term
Registration deadline	Wednesday, 13 December	Monday, 18 March
WLP preference based confirmations sent to parents	Thursday, 14 December	Thursday, 21 March
Activities start	Wednesday, 3 January	Monday, 8 April



Useful Links and information for parents:

[Parents guide to using SchoolsBuddy](#)

[Making Clubs Selections](#)

Need more help?

If Parents have any issues or questions related to SchoolsBuddy or the Wider Life Programme please contact:

widerlifeprogramme@stjulians.com.

Important information for parents



Start and end times of clubs and activities

All children in the Primary Section not enrolled in the Wider Life Programme (WLP) must be picked up by 4.00pm at the latest as there is no child care service after this time. Any students still at school after 4.00pm must be enrolled in the Wider Life Programme. The same rule applies on Fridays after 2.00pm.

Students and their younger siblings should not be left unsupervised on the school premises between activities and whilst waiting for older siblings. Arrangements for supervision of children moving from the school day to the Wider Life activities must be clearly coordinated between the parent and the Director of the Wider Life Programme or club provider/club teacher on enrolment. If a course provider/club teacher is unexpectedly delayed for a class, he/she should contact the parents directly.

Your child will be collected by the course provider/club teacher at the end of their school day for the start of the club and be handed over to parents or guardians in the Primary Playground or West Gate (Nursery to Year 6) and Main Gate (Year 7 to Year 13) at the end. Please be prompt with the pick-up times, as teachers have other commitments and cannot remain with students. Students whose parents do not pick up in time will remain with School Security.

Club enrolment, attendance and equipment

There are limited numbers in some activities, so classes will be organised on a preference basis, allowing parents to select with time and consideration. If your child does not enter into the club in the Autumn Term, they can select the club for the Spring or Summer Terms if available. Preference 1 is your first choice, but also please select preference choices 2 and 3 for your second and third choices so as to not miss out.

St. Julian's values and expects regular attendance, commitment and respect towards the teachers and fellow players. We expect students to be punctual and respectful and show effort and commitment within the activity or club. Our WLP activities are run with the same high expectation of behaviour and respect as lessons. Students not following providers' instructions and not behaving can be asked to leave a WLP activity.

Students are expected to be in school if they plan to participate in the day's WLP activities. Any student not in attendance for any part of the school day will not be eligible to participate in WLP activities on the day of contests, games, and performances. Students choosing to participate in WLP activities agree to act in a manner that positively represents themselves, their team/group, the school and their families.

Please encourage your child to bring reusable water bottles and their club equipment. For PE and Sports, students need their school sports kit, hats and, when applicable, skin guards and football boots for football and waterproofs.

If there are any medical issues we should be aware of, please email us when it is necessary. St. Julian's School has an in-house physio on site, who is present every day for the duration of clubs to administer first aid and support teachers/coaches with emergency care.

Courses may be withdrawn should participant numbers fail to meet established minimums.



Important information for parents



Payments

For paid clubs (typically externally-led activities), payment arrangements are organised directly with the club provider. Payments for each Term must be paid to the course provider by the third week of the club. Students cannot change between different clubs during the Term but must commit once their decision is made. If parents fail to make payments to the providers, your child can be asked not to attend further. Once parents and students have committed to the club after the payment, providers are not required to reimburse for the rest of the Term. Parents failing to make their payments will not be able to enrol their children the following Term.

Cancellations

As a rule, we will always try to avoid cancelling an activity or club, however, at times, there might be no other choice. As such, we will let parents know in as much advance notice as possible. Course cancellations may occur when the Theatre (Main Hall), New Gym and Primary Hall are used for examinations or academic purposes.

If a club needs to be cancelled last minute, we will endeavour to contact parents and let students know by lunchtime of that day. We will always try and find an alternative solution. However, this might not always be possible. Parents are expected to email the widerlife team if their child is not staying for after school clubs as well as the teacher and section.



Faculties & Departments contributing to the activities

PE & Sports Teams

Ms Maxine Small
msmall@stjulians.com

Music

Mrs Mariana Almeida
malmeida@stjulians.com

Music Tuition

Mrs Catherine Stockwell
cstockwell@stjulians.com

Creative Arts

Ms Rebecca Davey
rdavey@stjulians.com

Drama

Ms Caroline Latter
clatter@stjulians.com

Visual Arts

Mrs Roo Burridge
jburridge@stjulians.com

Business and Economics

Mr Damien Blanchard
dblanchard@stjulians.com

Portuguese

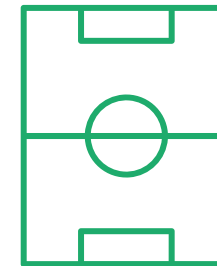
Ms Ana Lúcia Guerreiro
alguerreiro@stjulians.com



St. Julian's School In-House Led Clubs 2023/24

(Starting on Wednesday, 3 January 2024)

Physical Education & Sport Faculty



At St. Julian's, we aim to give every pupil a positive physical activity experience so that they look forward to participating and understanding its importance in a balanced and healthy lifestyle. Our sports teams and training sessions are inclusive, diverse and central to our community.

Key Programme attributes:

Power of participation

St. Julian's values and expects regular attendance, commitment and respect towards the sport, coaches and fellow players.

Wide range of activities and amazing facilities

Our facilities and resources are aimed at giving all our students the greatest possible choice so they can find a healthy and active pursuit to suit them. St. Julian's offers a wide range of team games, competitive matches and individual activities.

Experienced coaching staff

Our coaches are positive role models who display in-depth knowledge of their activity, an ability to teach, strong leadership, ethical behaviour, and interest in the holistic development of students.

Part of a competitive and valuable sports network

St. Julian's is a well-established member of CHES (Council of Heads of English Speaking Schools), which is a group of International schools within Portugal that compete in male and female sports alike in basketball, football, volleyball, athletics and cross country in Division 6, 5, 4, 3 & Varsity tournaments.

St. Julian's School also competes in ESC (European Sports Conference) for Varsity tournaments. ESC is an organisation of competitive varsity sports for International schools in Europe, providing high-quality end-of-season tournaments for male and female Basketball, Football and Volleyball teams.

Inclusion and support

At St. Julian's, we are inclusive, and we try to offer all students who regularly train to attend local friendly fixtures during the season to compete at an end-of-season tournament within Portugal. Our school regularly hosts fixtures and tournaments every season. We support students wanting to develop their interests further by joining outside-school clubs.



St. Julian's Secondary Competitions Programme



Our Varsity teams are usually the best students from the school to represent the competitive team (usually those in Year 9 upwards). Varsity teams typically include the older students in the school but can also include younger students who are invited to play up due to their special abilities. St. Julian's will compete in both female and male Varsity tournaments in 2023/24 for the European Sports Conference Basketball, Football, Volleyball, Swimming, Tennis & Golf. For CHESS Tournaments, we will compete in Basketball, Football and Volleyball.

Divisions	Year Groups	Birthyear
Varsity	Year 10/ 9 ^o ano – Year 13	2008-2006
Div 3	Year 10/ 9 ^o ano, Year 9/ 8 ^o ano	2009-2010
Div 4	Year 8/ 7 ^o ano, Year 7/ 6 ^o ano	2011-2012
Div 5	Year 6/ 5 ^o ano, Year 5/ 4 ^o ano	2013-2014
Div 6	All students in Year 3/ 2 ^o ano, Year 4/ 3 ^o ano	2015-2016

For Division 5 to Varsity (Year 10 to Year 13) students compete and train in seasons

Autumn Term

- Div 5, Div 4, Div 3 & Varsity Girls Football season runs from September to when their last tournament is in November/ December
- Div 5, Div 4, Div 3 & Varsity Boys Basketball season from September to when their last tournament is in November/ December
- Div 5, Div 4, Div 3 & Varsity Boys and Girls Volleyball all divisions play and compete from September to February
- Div 6 Girls & Boys Football, Basketball & Volleyball
- Varsity mixed teams, Tennis, Swimming & Golf training all Term

Spring Term

- Div 5, Div 4, Div 3 & Varsity Girls Basketball season runs from January to when their last tournament is in March/ April
- Div 5, Div 4, Div 3 & Varsity Boys Football season from January to when their last tournament is in March/ April
- Div 5, Div 4, Div 3 & Varsity Boys and Girls Volleyball all divisions play and compete September to February
- Girls & Boys Cross Country season January until February
- Div 6 Girls & Boys Football, Basketball & Volleyball

Summer Term

- Div 6 Girls & Boys Football, Basketball & Volleyball until end of May
- Div 5, Div 4, Div 3 & Varsity Girls and Boys Athletics season runs from end of April to the beginning of June

St. Julian's Secondary Competitions Programme Continued



Important Notices:



Please see our weekly schedule for when sports and students will be training. A fixture schedule will be shared in September.



Please see the schedule [HERE](#)



Please see the calendar [HERE](#).



Please be aware that the calendar dates can change due to weather and facilities constraints.

Sports kit:



All students taking part in St. Julian's teams will need to purchase their Sports kit from our supplier, this can be done in advance by clicking [HERE](#).

Kit purchased from the supplier will be sent home via courier. We will expect students to wear their personalised kit for training, fixtures and tournaments for the whole season. The students can personalise their kit with their name and number.

Clubs running annually:

To support our seasonal Sports Programme, we have links and partnerships with the following teams*:

Quinta dos Lombos Basketball Academy for Girls

(U8, U10, U12, U14, U16, U18)

Sporting Clube de Portugal Academy for boys football

(U6, U8, U10, U12, U14, U16, U18)

Quinta dos Lombos Boys Basketball Team

(U8, U10, U12)

Clube Nacional de Voleibol for Girls & Boys Volleyball

(U6, U8, U10, U12, U14, U16, U18)

Estoril Praia Girls & Women's Football

(U6, U8, U10, U12, U14, U16, U18 Seniors)



These clubs train regularly after the WLP. More information can be obtained from the PE staff and coaches or through Ms Maxine Small [on msmall@stjulians.com](mailto:msmall@stjulians.com).

*U represents "Under the age group" referenced.



Primary Activities



Basketball, Football & Volleyball

Division 6 (Year 3/ 2^o ano – Year 4/ 3^o ano)



Girls and boys will learn basic grassroots skills, good sportsmanship and a sense of team spirit in this activity.

Students have the opportunity to be part of a team that plays from September to the end of May with mini 'get-togethers' throughout their seasons at St. Julian's and other schools.



Basketball, Football & Volleyball

Division 5 (Year 5/ 4^o ano – Year 6/ 5^o ano)



These clubs will have weekly Sports practices within their season, along with approximately 4 to 6 friendly games against other International school teams to build up to their end of season tournaments. Students develop their fundamental skills, and learn about positions, tactical awareness and strategy.



Movement Club



This activity is offered to Nursery and to Reception students. We look at building their confidence through movement, gymnastics and dance. This club is for all abilities and students.



Gymnastics Club



The Gymnastics Club is a recreational gymnastic discipline where students can develop different types of techniques and routines.

They will focus on a “balance routine” which develops strength, poise and flexibility. Work on a “dynamic routine” with throws, somersaults and catches, and a “combined” routine which includes elements from both balance and dynamic. This club is for all abilities and students.



Performance Club



In this club students will create short performances written or adapted by our group which include drama, beats, movement and chants.



Primary Nature Club

for Nursery & Reception



This club is for our curious little learners who want to explore the world around them through experimental science-based activities and stories.

Students will work in the forest classroom and garden, learn about bugs, rocks, and nature and will explore our natural environment throughout the seasons, building relationships and mindfulness.



Portuguese as a Second Language Club

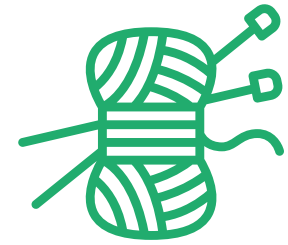
PT

The Portuguese as a Second Language Club for Year 3 and Year 4 students offers a comprehensive and engaging learning experience.

The club adopts a carefully crafted TV Channel format, immersing students in the Portuguese language and culture. Interactive sessions featuring songs, games, puppets, and videos provide students with opportunities to expand their vocabulary, improve pronunciation, and develop their reading, listening, and speaking skills. The programme is tailored to each student's level, ensuring a dynamic and enjoyable language-learning journey that aligns with the class curriculum for Portuguese students as a foreign language.

PT

Knitting Club



In this Knitting Club, your children will have the opportunity to learn a new craft skill and to develop their creativity through experimentation.

Children will be able to explore the wonderful world of knitting through engaging activities and hands-on guidance. They will have fun learning how to make knots with different types of yarn, knitting with their fingers and needles, sewing and basic knitting techniques to help them get started on a knitting project.





Secondary Activities

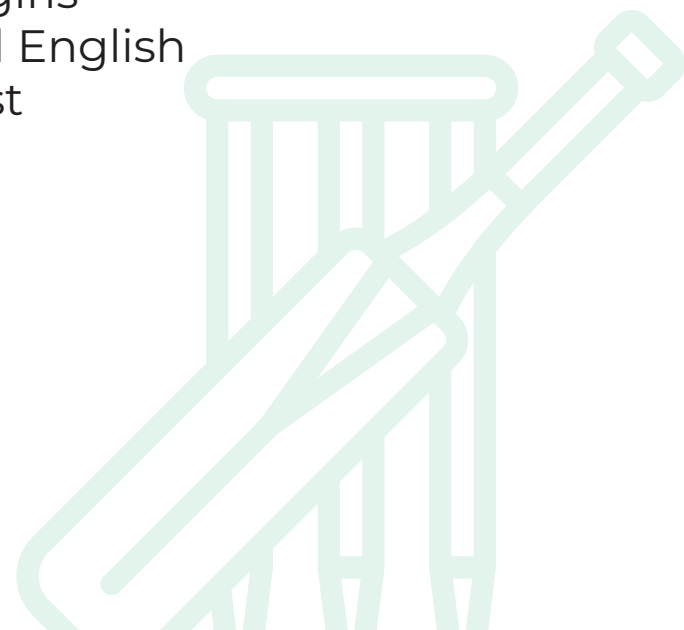


Cricket Club



St. Julian's cricketers train at lunchtime throughout the school year in our state-of-the-art cricket nets.

No previous experience is required, and boys and girls are welcome to come and learn this quintessential English sport. The club organises occasional games against other schools.



Performing Arts Clubs



Run by drama and dance teachers from the Performing Arts and Design Faculty (PAD).

All the theatre-related clubs and opportunities are inclusive; open to all students irrespective of section or experience. Fun and focused, they reinforce all the school's and faculty's values and aims, allowing students to follow their passions, build confidence or explore new interests and skills in a safe and respectful environment.

Other Theatre-related events to look out for during the year:

- ISTA festivals
- House plays
- Visiting performances

Details will be shared with parents and students at relevant times via portals and school communication channels



Visual Arts Clubs



Run by the Visual Arts Department teachers, the art clubs allow students to be creative and develop various projects from drawing, painting, sculpture, and collage, using multiple materials and techniques.



KS3 Art Club



During this time, we will explore themes such as Animals, Nature, Seasons and media such as Printmaking, Clay and Photography. We also provide a space for creating personal pieces with support and feedback to enhance skills.



KS4 & KS5 Art Clinics

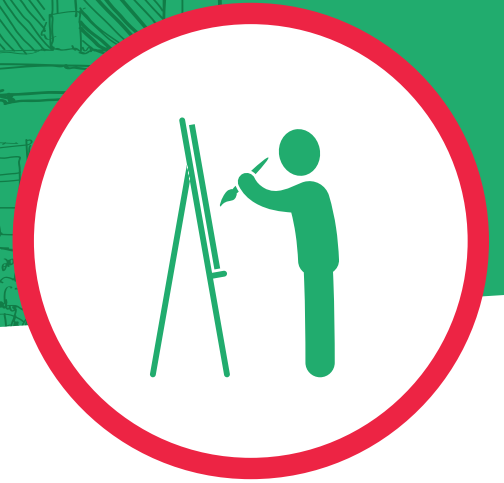


Through these Art Clinic sessions students will be able to have flexible one-to-one and group sessions.

Students will receive individual support for their GCSE and IB Visual Art coursework, plus extra 'specialised workshops', i.e. Life Drawing, may be provided upon demand.



Young Art Masters



In this club, each week, participants will be introduced to various art media and techniques whilst developing their sketchbook skills.

Through imaginative and experimental approaches to art inspired by a range of stimuli, we will cover basic principles such as line, tone, mark-making and colour theory. All in weekly bite-size learning experiences that will help develop the hidden art master inside!



Model United Nations (MUN)



MUN is an academic simulation of the United Nations where students play the role of delegates from different countries and attempt to solve real-world issues with the policies and perspectives of their assigned country.

For example, a student may be assigned to the United Kingdom and will have to solve global topics such as nuclear non-proliferation or climate change from the policies and perspectives of the United Kingdom.

KS3 students will follow the Montessori approach to MUN, which is based on collaboration and negotiation and will work towards participating in an international Model United Nations conference in New York in February.

KS4 and KS5 will follow the more competitive approach to MUN embraced by Harvard University and will be able to apply their skills at an international conference in Washington in February.

MUN develops many life-long skills such as public speaking, research, conflict resolution, and teamwork and represents an excellent addition to a student's school profile.



Portuguese Club



olá

The Portuguese Club seeks to create a better understanding and allow students to practise conversational Portuguese. This club is aimed at non-Portuguese speakers.

olá



St. Julian's School Externally Led Activities 2023/24

(Starting on Wednesday, 3 January 2023)

Sport & Wellbeing:

Knowledge, Language & Skill:

Art, Creativity & Music:



Sport & Wellbeing Activities



Estoril Praia St. Julian's School Women's Football Academy



Over the last year, Estoril Praia and St. Julian's School have worked together to develop a partnership to support girls in Football.

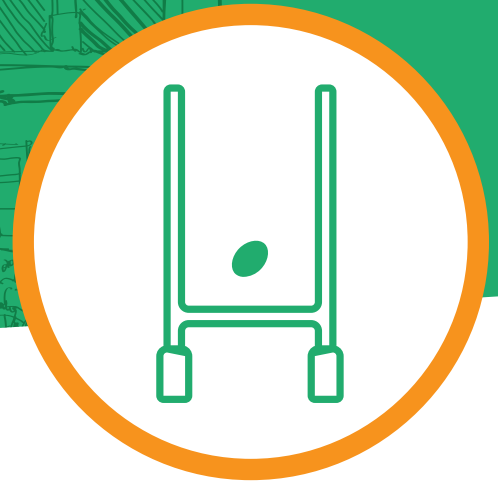
In term 2 Estoril Praia will offer weekly professional coaching to girls between Division 5 to Varsity. The coaching aims to improve the girls' football skills, no matter their ability, and give them a fun environment to make friends. Training will be run and organised by professional coaches from

Estoril Praia, and our students will be expected to commit and work hard.

The academy offers girls a professional football development programme within the school facilities and timetable after school. Throughout the year there will be convivios and games organised against other clubs and schools.



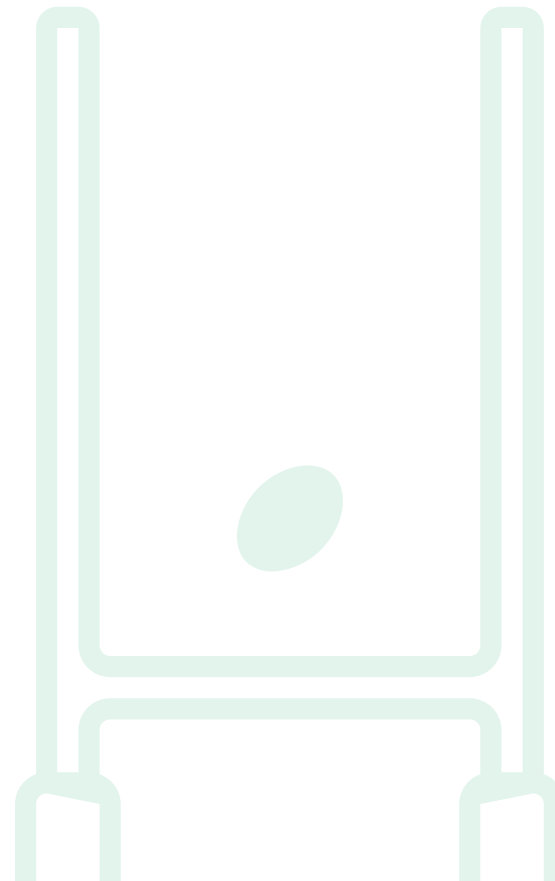
St. Julian's School Rugby Academy



St. Julian's Rugby Club is an affiliated member of the Portuguese Rugby Federation and enters teams from Under 8 to Under 18 in tournaments and festivals, as well as organising overseas tours.

The Club's main aim is to enable players of all abilities and levels of experience to play rugby for the fun and enjoyment of the game itself. However, as players progress through the age

groups, increasing emphasis is placed on team performance and competitiveness. The Club also promotes the traditional rugby values of teamwork, discipline and respect in all activities.



Rugby Tots



These are fun, structured play sessions for boys and girls, which will take your children on a journey of sporting imagination with engaging and energetic coaches supporting them every step of the way whilst teaching them how to catch, pass, kick, run with the ball and play as part of a team.

Our motto is simple; “make it more fun”. We deliver our specifically designed programme with energy, enthusiasm and excitement.



SoccerPro



SoccerPro is a project that involves over 6000 young footballers nationally and internationally.

Great coaches provide the best guidance for fledgeling football players. Rigour and fun mix in a pedagogical concept that enhances how children spend their free time. It develops students' passion for football, respect and determination.

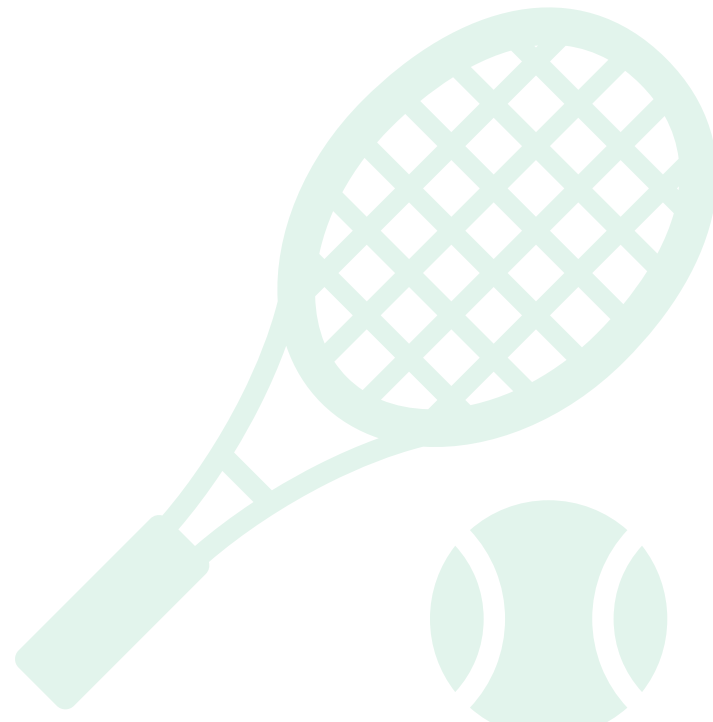


Tennis & Padel



Tennis and Padel are games that require stamina, strength and develop intelligence. Children learn how to play fairly on and off the court.

Students develop coordination, agility, reaction time and the love of tennis in small-sided and conditioned games. Students find it fun and engaging and really develop their tennis performance and skills.



Basketball Academy

Quinta dos Lombos



St. Julian's has created a partnership with Quinta dos Lombos Basketball Club (Carcavelos). Having won several youth championships, Quinta dos Lombos is a very successful and reputable club with many achievements.

Our partnership with Quinta dos Lombos aims to improve students' provision annually and experience alongside what we currently offer within PE and Sport and seasonal competition within CHESS & ESC.

This year the Academy will offer a Boys St. Julian's/ Quinta dos Lombos federated team. The activities will take place at our school except for the ones indicating the Lombos camp.



Ballet



Classical Ballet and Free Movement classes are designed to enhance children's posture, balance, spatial and body awareness, creativity, self-confidence, and self-esteem.

Movement is the core of Classical Ballet classes with specific gestures, mime, and technique.



Jazz Dance



This is a Modern/Jazz/Hip-Hop class. We focus on the dance movement and technique, music, freedom and fun, tailored specifically to stimulate learning dance steps at this crucial stage of a child's development.

We explore directions, as well as coordination. This approach not only builds self-confidence but also expands the child's understanding of their movement potential beyond their usual

boundaries. Our Jazz classes are packed with a variety of exercises such as dance technique, jumping and stretching designed to foster trust in their own abilities and to develop balance and coordination.



Dance Kids



Dance Kids classes are dynamic, high-energy dance classes, packed with specially choreographed, child-friendly routines, with the music kids love. All the music is child friendly.

This class boosts metabolism, improves coordination, memory, and self-confidence, and enhances team building and leadership skills. The group will be focusing on all things Hip Hop. They will learn all the basic

moves for hip hop such as the wave, body roll, the robot, the six-beat stander plus many more, and combine these moves to produce fun and fantastic dance routines to be proud of.



Hip Hop

Secondary



Hip Hop is high energy and stylised. These urban-style classes are taught by professional dancers and choreographers.

Routines incorporating movements such as popping, locking, funk, jamming and hip-hop that are performed to commercial and popular music. Students are also encouraged to express themselves through improvisation and freestyling!



Pilates & Yoga

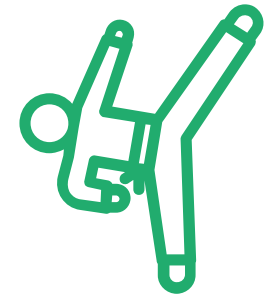
for Kids



Pilates & Yoga is a unique practice that approaches wellness by looking at both body and mind. Young people engaging with Pilates & Yoga learn physical skills while incorporating body awareness through focus discipline, concentration, coordination, breathing techniques, and mindful and controlled movement.



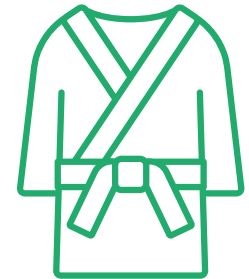
Karate



Karate helps teach self-discipline and socialisation skills. But these are not the only benefits. The movements of Karate challenge children's muscles and cardiovascular system, making them grow stronger and fitter. Students prepare for their different belts and improve their levels.

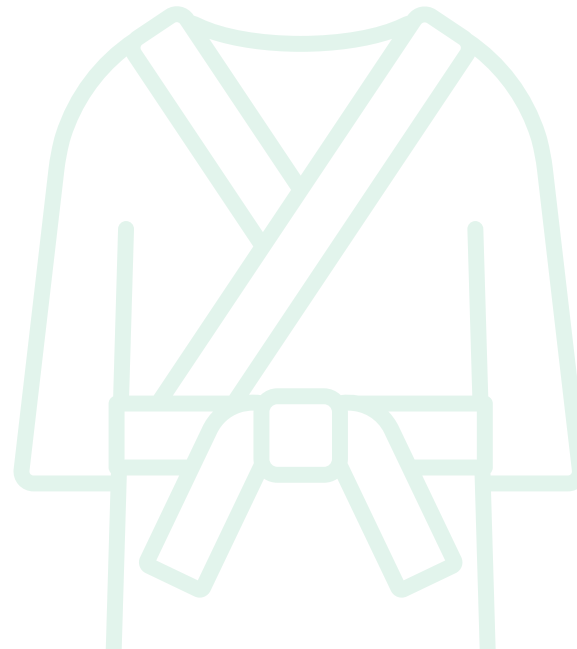


Jiu-jitsu



Jiu-Jitsu is a life skill which is just as much about instilling positive habits as it is about advancing in belt rank.

Our Youth Martial Arts classes are all about teaching young students the value of respecting others, persevering through challenges, and building self-discipline. Not only will this atmosphere increase their athletic ability, but it will translate into better behaviour at home, in the classroom, and with friends!



Capoeira



Capoeira is a cultural expression that mixes many arts: game, fight, dance and music are some activities that contribute to creating this Intangible Cultural Heritage of Humanity.

In addition to working with all physical skills, it is a powerful tool for inclusion and socialisation, helping the student's development.



Swimming Lessons



Following our successful swimming programme which has lasted many years, the St. Julians after-school swimming club is aimed to complement the curricular swimming, covering all levels from beginners to pre-competition.

The small size of the groups allows for a fast learning process, benefiting from the excellent quality of the teachers in charge of the groups.



Ocean Explorers



The Ocean Explorers program allows children starting at age six (eight for scuba diving) to go underwater and sample the different ways they can explore the aquatic world around them. They will gain a solid foundation in ocean conservation and have the opportunity to experience four main aquatic adventures:

Snorkelling, scuba diving, freediving, and swimming like a real mermaid. Ocean Explorers can also expand their diving knowledge as they continue their underwater experience with speciality courses like

marine mammal ecology, underwater photography, and 20 others.

Your children who have not yet achieved the minimum age for scuba diving will learn important

life skills. These underwater adventures will enable young divers to acquire maturity, self-esteem, and a sense of responsibility.



Surf



The Bodysurf School and Mowzes have teamed up to bring you an exclusive program, providing your child with an exhilarating opportunity to ride the waves.

Led by skilled instructors, they will cultivate confidence, enhance surfing skills, and bask in a safe and encouraging atmosphere. Join us in unwinding and embracing the ocean after school – an extraordinary experience your child shouldn't miss!



Skating



Looking for an exciting new activity to challenge and inspire your kids? Our (surf) skate lessons offer a blend of surf skate and skate lessons, giving your kids a unique and unforgettable experience.

We will teach them how to master the skateboard, helping them improve their skills and confidence. Not only is (surf) skating an incredible workout, but it also teaches your kids balance coordination, and determination. Give your kids the gift of adventure and excitement with our (surf) skate lessons!



Body surfing

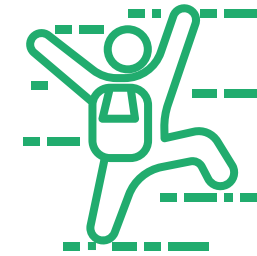


At The Bodysurf School, our lessons focus on fostering a deep connection with the ocean. By mastering the art of riding waves with your body, your child will develop a profound understanding and awareness of the ocean's dynamics, including its waves and currents.

Our mission is to instil the confidence necessary for your children to revel in the water safely. Additionally, we offer bodyboard lessons for those seeking a similar yet distinct experience.



Escala 25



Escala 25 activities include a variety of climbing-focused exercises that aim at improving the physical and mental understanding of this exciting sport!

The boulder and climbing take place under the dramatic landscape under Bridge 25 Abril. We cater to students from 7 to 18 years of age, teaching newcomers and those with prior climbing experience. As we gain a better understanding of each student's interests, abilities and objectives, we introduce tailored training that will improve their interest and abilities in the sport.



St. Julian's School Track and Field Club



Welcome to the dynamic world of athleticism at St. Julian's School Track and Field Club!

Our club is a vibrant hub designed to introduce children to diverse athletic disciplines, fostering a love for physical activity and promoting a lifelong commitment to a healthy, active lifestyle.

Key Objectives: Explore Athletic Disciplines: We believe in providing a well-rounded experience for our young athletes. Our program exposes participants to various track and field disciplines, including running, jumping, and throwing. This not only helps them discover their strengths but also ensures a comprehensive development of fundamental athletic skills.

Develop Fundamental Skills: Through engaging and skill-focused activities, we aim to instill essential athletic abilities such as speed, agility, coordination, and endurance. Our experienced coaches

are dedicated to guiding each child in mastering the basics, laying the foundation for future success in their chosen disciplines.

Foster Teamwork and Sportsmanship: Teamwork is at the heart of our club. Participants will be able to collaborate with their peers, learning the importance of mutual support and shared achievement. Emphasising sportsmanship, we encourage a positive and inclusive environment where every child feels valued and motivated to give their best effort.

Promote Personal Growth: Beyond physical prowess, our club is committed to nurturing personal growth. Children will gain confidence, resilience, and a strong sense of accomplishment as they overcome challenges and set and achieve their individual goals. The skills

learned on the track transcend into everyday life, promoting holistic development.

Who Can Join: The St. Julian's School Track and Field Club welcomes all enthusiastic children, regardless of their current skill level. Our inclusive approach ensures that every participant receives personalised attention and guidance, making this club suitable for beginners and those with prior athletic experience.

Join us on this exhilarating journey of discovery, growth, and fun! Let's run, jump, and throw our way to a healthier, more active future!

Ready to take the first step? Lace-up those sneakers and join the St. Julian's School Track and Field Club today!



Knowledge, Language & Skill



International Award Programme

(aka The Duke of Edinburgh Award/
Prémio Infante D. Henrique Award)



The International Award (Prémio Infante D. Henrique in Portugal) is a highly sought-after and internationally recognised qualification.

It can be used on university applications and when writing a personal statement to show that a student has determination and can overcome challenges. Academic success is important, but it is also vital that students can demonstrate a well-rounded character and the International Award does exactly that!

Students undertake personal development in three key areas (skills, physical and voluntary) in addition to the challenging Adventurous Journey

component. St. Julian's School is proud to offer the award at three levels (Bronze in Year 10/ 9^o and, Silver in Year 11 and Gold in Year 12). Interested students are able to attend a question-and-answer meeting to find out more and will be provided with sign-up details by their tutors at the beginning of the new school year.

The International Award is the world's leading youth achievement award and has inspired millions of young people to challenge their boundaries and

contribute to their communities since its inception in 1956. At St. Julian's School, we offer pupils the chance to attempt the award at the Bronze, Silver and Gold levels. This is aimed at pupils who wish to deepen their commitments to outdoor adventure and leadership to achieve an internationally recognised standard in the four components of volunteering, physical, skills and expedition. Please click [here](#) for further information on the award programme.



Fun Cooking with Thomas Franks



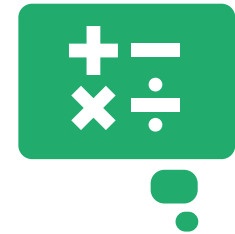
The Fun cooking activity allows students to explore the dynamic spectrum of the food cycle through interactive cooking sessions with qualified Thomas Franks chefs. While cultivating confidence and memories, students engage with food to learn about seasonality, sustainability, international foods, nutrition, culture, health, and well-being.

Classes build upon each other to teach students essential kitchen skills, safety, culinary techniques, food experimentation,

kitchen science, and formulas while tasting various foods along the way.



ALOHA Mental Arithmetic



ALOHA Mental Arithmetic is a mental development programme for children between 5 and 13 years of age.

It develops children's intelligence by being an educational programme based on three key tools: calculus with an abacus, mental arithmetic and didactic games. An essential aspect of the

ALOHA Mental Arithmetic is its playful and interactive character. Children learn while having fun thanks to a didactic methodology in which the game plays a crucial role.



Game Development

Code and Mad Rockets/ Inventions



At Mad Fox Labs, we teach students how to code by teaching them how to develop games.

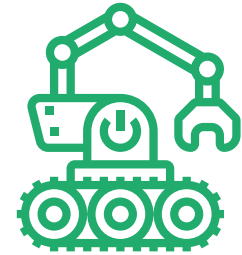
The intrinsic motivation for playing e-games helps us to teach Mathematics and physics concepts intuitively. Students will be introduced to Artificial Intelligence with Machine Learning and Learn to make and simulate rockets

by understanding the Physics and Mathematics involved. The knowledge can be used to code and simulate (Advanced Game Development) Rockets.

This is a STEM development activity.

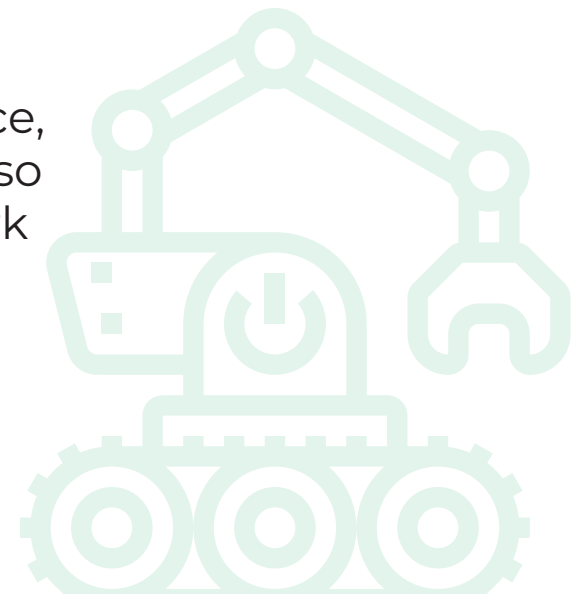


Robotics – STEM



STEM robotics offers weekly workshops that kids of all ages can enjoy. Robotics club and classes give students the opportunity to dive deep into the world of robotics and explore how computer programming and robot design can solve problems big and small!

Not only do our robotics programs help to establish Science, Technology, Engineering, and Maths concepts, but they also work to build on students' team-building skills as they work to complete fun challenges. These collaborative skills are essential for student success, no matter what subject they choose to pursue in the future.



Mandarin & Culture



Innovative 30-Hour Programme for Kids (Ages 6–10). Draw, sing, be an actor in Mandarin.

Objective: The Mandarin Fun teaching programme is designed to introduce children aged 6 to 10 to the beautiful world of Mandarin in a fun, interactive, and innovative way.

Over the course of 30 hours, our programme aims to cultivate a love for the language, draw the amazing Chinese characters, develop basic language skills, create a Role play

in Mandarin language, cook Chinese delicious food, and foster cultural awareness through engaging activities and creative learning techniques.

Innovative 30-Hour Programme for students (Ages 11–15) and HSK1 preparation.

Objective: The Mandarin Fun teaching programme is designed to introduce children aged 11 to 15 to the beautiful world of Mandarin in a fun, interactive, and innovative way. This Programme

aims to cultivate a love for the language and provide comprehensive language skills development and prepare students for the HSK1 (Hanyu Shuiping Kaoshi Level 1) examination. Through

interactive activities, engaging lessons, and creative learning approaches, we strive to make Mandarin learning exciting, relevant, and effective.



The Inventors



Children are involved in projects where they are given total freedom to create and explore.

Activities encompass programming, electronics, robotics, design, prototyping tools and animation, amongst others. The Inventors believe education should be inspirational to students.

We have a specific programme for our Nursery/ Reception Inventors where they will have access to innovative materials and experiences on a weekly basis and for Year 2 to Year 6 our hands-on methodology will boost their creativity and curiosity!



English by Magic



English by Magic is an introduction into the world of Magic, focusing on building social and communication skills in English and striving to build an inclusive culture that encourages, supports, and celebrates diversity.

All tricks are DIY – do-it-yourself – the students construct their own magic props and learn the magic effects; they are encouraged to personalise everything and create their own storylines to go with the trick.

English by Magic is a perfect introduction to an amazing new skill and art form which encourages collaboration, communication, and creativity, builds self-esteem and confidence, improves hand-eye

coordination and allows them to grow with peer feedback. They take everything home and at the end of the course, they perform a Magic Show for parents and friends.

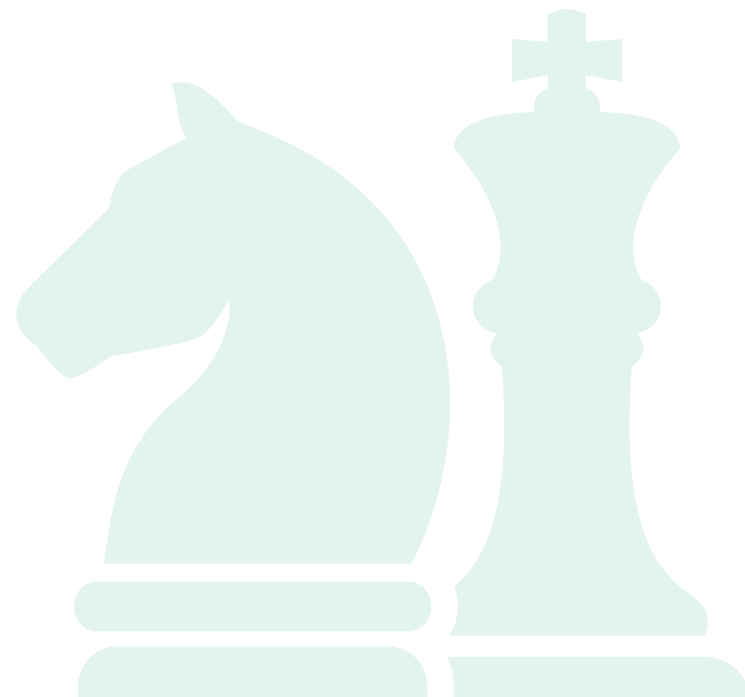


Chess Club



Chess is a valuable activity for students, developing their thinking skills, concentration and discipline, and being a source of much enjoyment!

Chess study has been proven to enhance: Reasoning and Logical Thinking; Lateral Thinking and Imagination; Memory; Concentration; Visualisation, and Problem-Solving. St. Julian's has become a federated chess club where students can compete in weekly/ monthly tournaments.



Happy Coding



This activity seeks to offer a mix of Technology, Citizenship and Entrepreneurship.

Students will develop Computational Thinking as a means (not a goal) in these classes. Design Thinking will be used to discuss and solve problems, and Lean Thinking to make things work!





Art, Creativity & Music



Fine Arts

Art in Motion



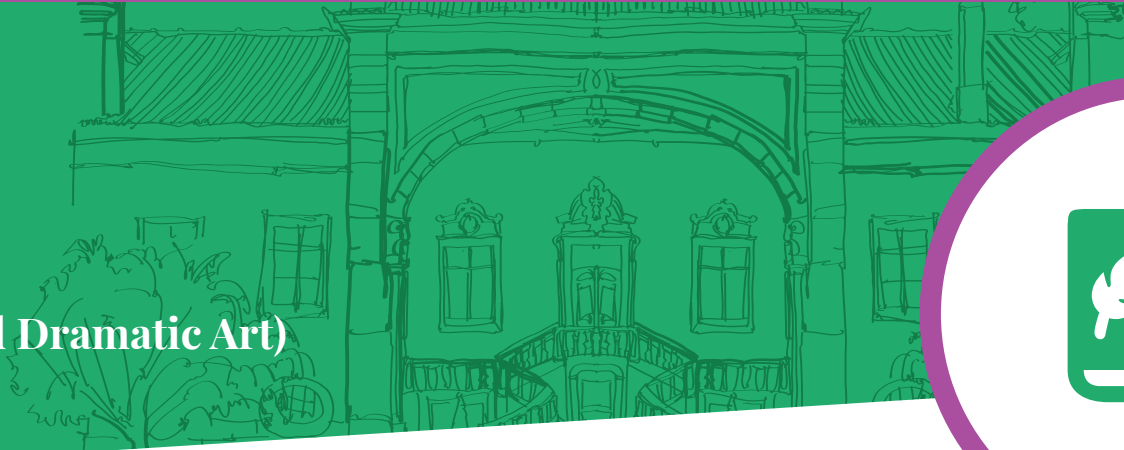
The Fine Arts club develops 2D and 3D skills in drawing, illustration, printmaking and mixed media.

Throughout the year, students will continue to explore new strategies of visual expression, expanding their proficiency on a wide range of materials in a variety of fields with a greater focus on book arts.



LAMDA

(London Academy of Music and Dramatic Art)
Poetry and Prose classes

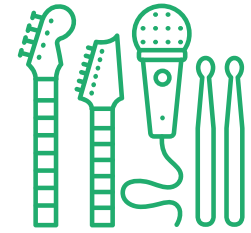


LAMDA is one of the UK's oldest and most respected drama schools and awarding bodies. They have offered practical examinations in communication and performance subjects for over 130 years. In studying for LAMDA we concentrate on the power of words and how to put them across in the most natural and effective way possible. It encourages focus and concentration that can hugely complement academic studies while developing a love of literature, poetry and drama.

St. Julian's focus will be on Speaking Verse and Prose, where learners develop a whole host of skills, from speaking clearly and using voice projection to improving memorisation and building an understanding of poetry and prose, which supports studies in English literature.

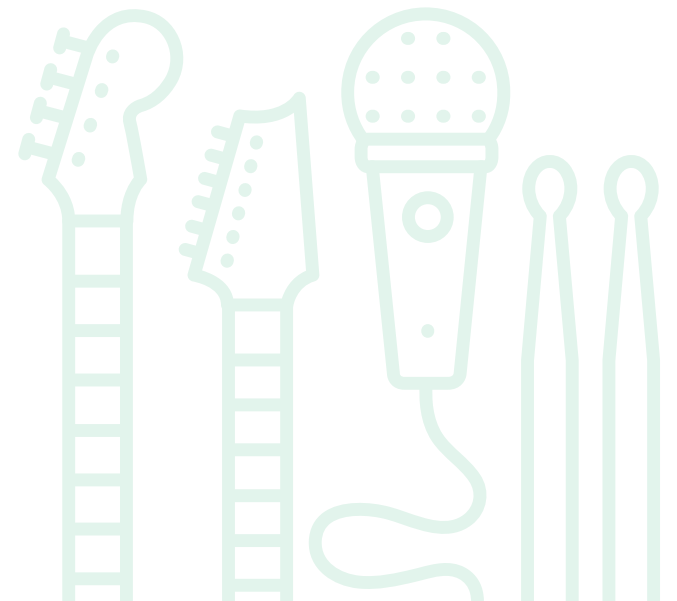


Band & Percussion Club



Do you want to be in a band, learn in a fun way and perform on a Professional Stage?

Students choose the instrument they would like to play in a band, drums, guitar, keyboard/piano, bass guitar or singing. Band members learn together, rhythm, chords and melodies. We teach each band individually to create their own music in a creative and dynamic environment. Each musician learns how each instrument plays an important role in music-making. The bands will perform various times throughout the school year. Sign up with Mr Nuno Peixoto e Silva: nsilva@stjulians.com.

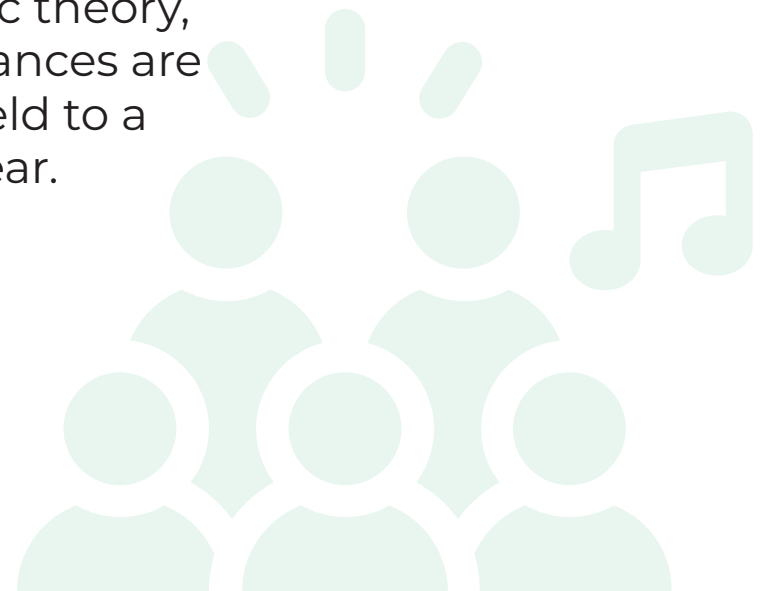


Melody Choirs



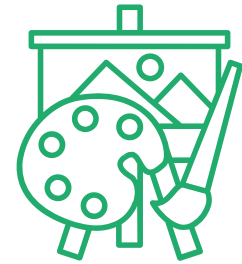
Melody Choir is an introduction to music and provides an excellent opportunity for students to participate and learn in a choral ensemble.

Students will learn the basics of sight-reading, music theory, vocal production, and choral performance. Performances are a requirement of this course and students will be held to a high standard of excellence throughout the term/year.



Art Club

with Laura Vicente



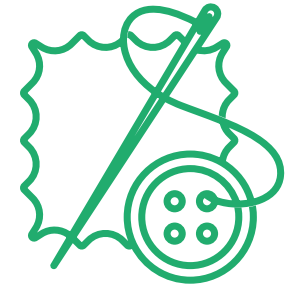
In Art Club we like to provide the opportunity for children to work to a larger scale than they probably do at school. We also like to create pieces of work with a combination of different materials and processes and do so in both 2D and 3D.

We use a range of materials: oil pastels, chalk pastels, water-colours, charcoal, pencil, clay, mod-roc, glass paints, fabric paints... the list goes on.



Arts & Crafts + Creative Sewing

Margarida Schools

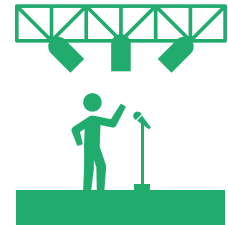


Arts & Crafts is a fun and creative activity for children to learn a wide variety of techniques and develop artistic skills.

Each Session focuses on different art projects using a range of techniques and recyclable materials that result in imaginative mixed art projects. Creative Sewing inspires children to imagine and create handmade crafts that aim to develop sewing skills from basic stitching to more complex creative projects using diverse materials such as buttons, unique fabrics, and other textiles.



Creative Expression



Welcome to "Creative Expressions," a drama club activity that is a dynamic exploration of the theatre arts, offering a unique experience for children to learn about the creative world of self-expression through performing arts. In this activity we focus on developing the following skills.

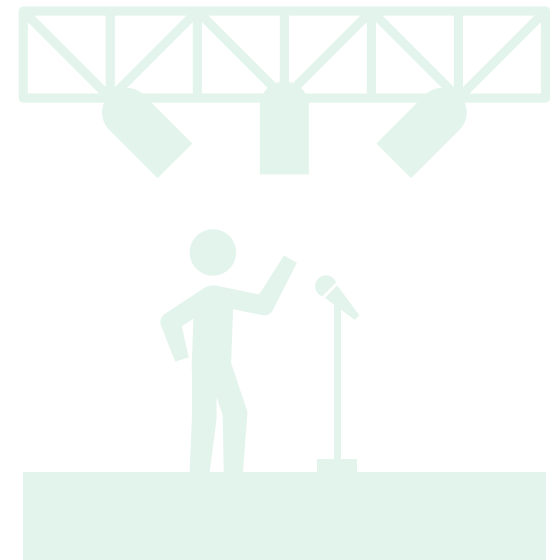
Improvisation: Through improvisational exercises, students learn to think on their feet, enhance their communication skills, and embrace the unexpected. "Creative Expressions" fosters an environment where improvisation becomes a tool for unlocking hidden talents and building confidence.

Acting Techniques: From voice projection to body language, students learn how to create characters and bring them to life.

Character-Building: Through discussion, practice and improvisational exercises students can create different personas and learn the art of storytelling through multiple perspectives.

Creative Writing: Creative writing exercises are encouraged to tap into the imagination and help students craft interesting narratives. Whether it's creating monologues, dialogues, or short scenes, their stories transform into their own original performances.

Join us at "Creative Expressions," where there are no limits to the imagination and creativity. This drama club activity is not just about learning the art of performance; it's a transformative experience that encourages self-discovery, fosters teamwork, and ignites a passion for the dramatic arts.





ST. JULIAN'S
SCHOOL

www.stjulians.com

St. Julian's School,
Quinta Nova
2775-588 Carcavelos,
Portugal