



ST. JULIAN'S  
SCHOOL  
FOUNDED IN 1932

# Wider Life Programme

2023/24

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# 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 year we will start all our sports team trials and clubs (basketball, football and volleyball) from Monday, 11 September, on training days, with all other WLP Clubs starting on Monday, 18 September 2023.

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](mailto: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.

Parents will receive an email from the school on Friday, 1 September, with an activation link giving instructions on how to access the platform and to enrol into the clubs and activities. New parents should click on the link and will be redirected to the SchoolsBuddy page, where they will have to select the school name "St. Julian's – Carcavelos".

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.

St. Julian's will host a WLP Fair for all activities in the primary playground grass area next to the West gate, which will take place on Friday, 1 September, from 9.00am to 12.30pm for new parents.



### Key Timeline Moments

Primary Fair	Secondary Fair
Primary grass next to the West Gate	Patio of the Palácio
Monday, 4 September from 3pm to 5pm Tuesday, 5 September from 3pm to 5pm Friday, 8 September from 2pm to 3pm	Wednesday, 6 September from 3pm to 5pm for parents and 4pm to 5pm for students  Thursday, 7 September from 3pm to 5pm for parents and 4pm to 5pm for students

Options selected by parents can also be changed within the selection period, until Thursday, 14 September.

- Parents will receive confirmation of WLP Clubs & Activities by Saturday, 16 September
- WLP activities must be selected between 1 and 13 September
- Activities start on Monday, 18 September

	Spring Term	Summer Term
Registration deadline	Monday, 11 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](mailto: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.



# 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

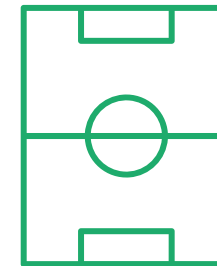




# St. Julian's School In-House Led Clubs 2023/24

(Starting on Monday, 11 September 2023)

## 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
<b>Varsity</b>	Year 10/ 9 <sup>o</sup> ano – Year 13	2008-2006
<b>Div 3</b>	Year 10/ 9 <sup>o</sup> ano, Year 9/ 8 <sup>o</sup> ano	2009-2010
<b>Div 4</b>	Year 8/ 7 <sup>o</sup> ano, Year 7/ 6 <sup>o</sup> ano	2011-2012
<b>Div 5</b>	Year 6/ 5 <sup>o</sup> ano, Year 5/ 4 <sup>o</sup> ano	2013-2014
<b>Div 6</b>	All students in Year 3/ 2 <sup>o</sup> ano, Year 4/ 3 <sup>o</sup> 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
- Div 5, Div 4, Div 3 & Varsity running & fitness club

#### 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 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<sup>o</sup> ano – Year 4/ 3<sup>o</sup> 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<sup>o</sup> ano – Year 6/ 5<sup>o</sup> 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



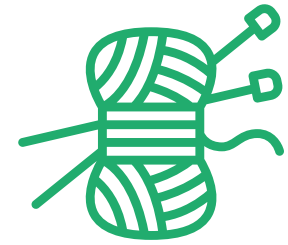
The Portuguese as a Second Language Club for Year 3 and Year 4 students offers a comprehensive and engaging learning experience.

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.





## 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.



## Mini Sports Club



Mini Sports is an after-school club that provides a safe, fun, and educational environment for the children to learn and play sports.

It is designed for the younger students to develop their physical abilities, sportsmanship, teamwork, and leadership skills.

Our curriculum focuses on different sports activities including "capture the flag", "stuck in the mud", "red light green light", "dodgeball" and more.

Mini Sports is run by a group of three Year 11 students looking to build life skills through sports focusing on teamwork and friendship.

We are doing this as a social enterprise for our IGCSE Business enterprise, which will count as part of our Year 11 students' coursework. The School is very enthusiastic about this 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.

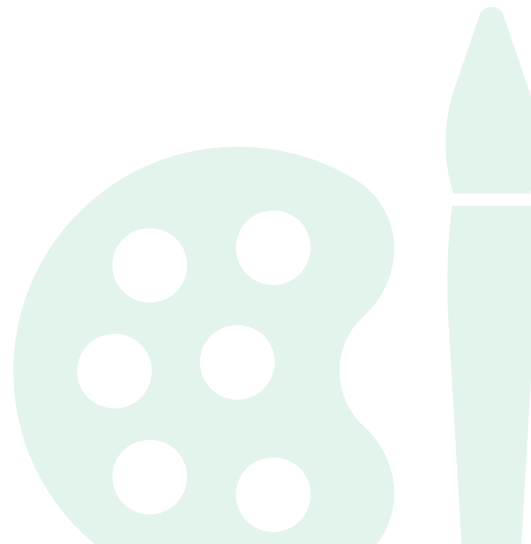




## KS3 Art Club



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

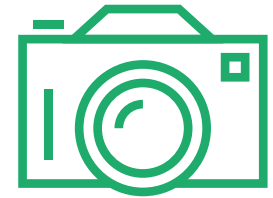


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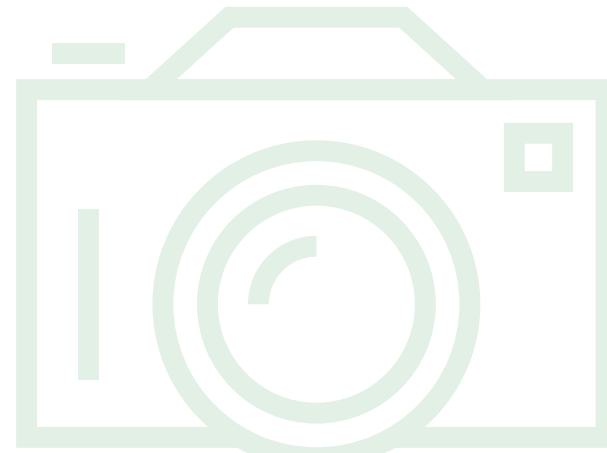
The Portuguese Club seeks to create a better understanding and allow students to practise conversational Portuguese. This club is aimed at non-Portuguese speakers.

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# Photography Club



The Photography Club is a community of photography enthusiasts who are passionate about capturing the beauty of the world through the lens. Whether you're a beginner looking to improve your skills or an experienced photographer, you'll find a supportive and inspiring environment to develop your skills.





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

(Starting on Monday, 18 September 2023)

Sport & Wellbeing:

Knowledge, Language & Skill:

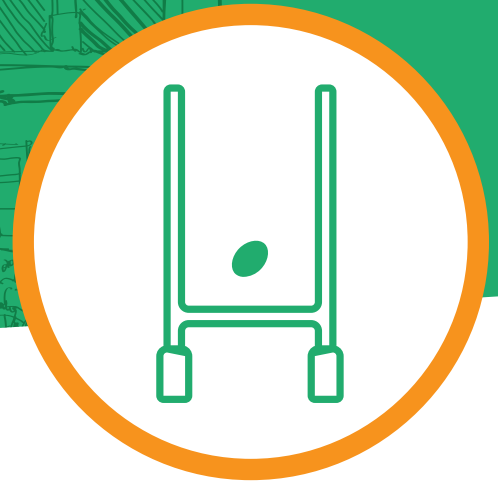
Art, Creativity & Music:



# Sport & Wellbeing Activities



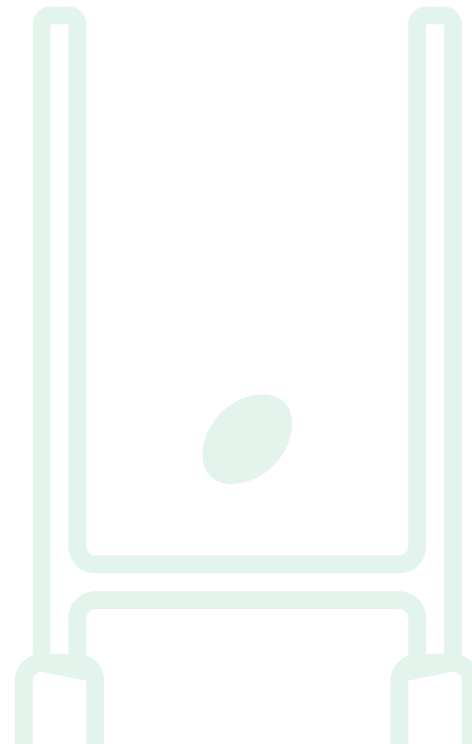
# St. Julian's School Rugby Academy



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.

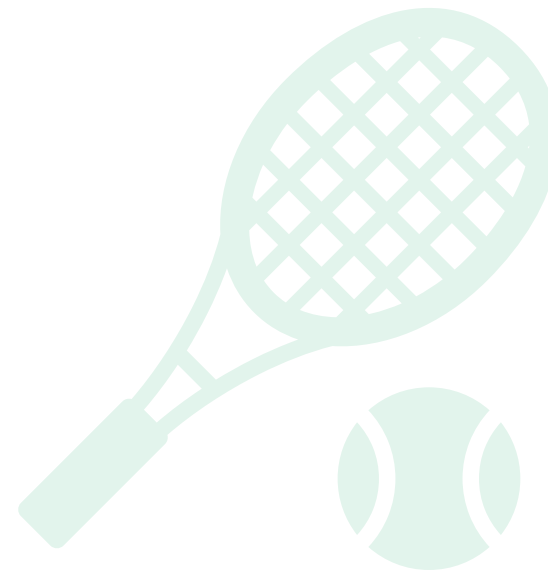


## Tennis & Padel



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

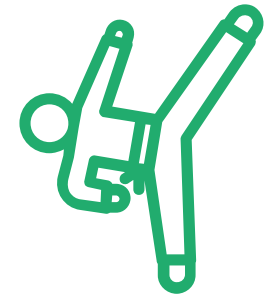
## for Kids



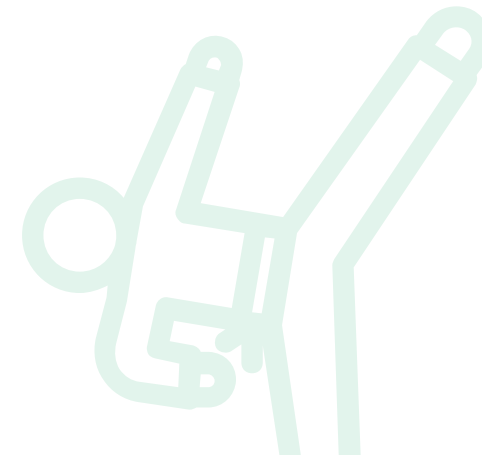
Pilates & Yoga is a unique practice that approaches wellness by looking at both body and mind. Young people engaging with Pilates & Yoga learn physical skills while incorporating body awareness through focus discipline, concentration, coordination, breathing techniques, and mindful and controlled movement.



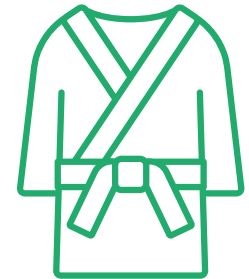
# Karate



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.

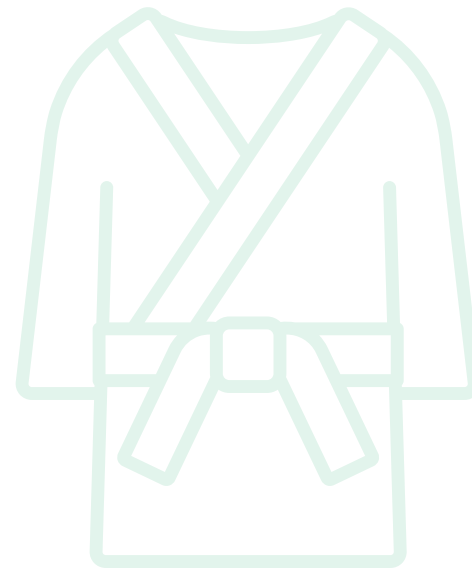


## Jiu-jitsu



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.



## St. Julian's Ocean & Dive Club



The St. Julian's Ocean & Dive Club's main goal is to develop a team of Ocean enthusiasts and underwater explorers that want to develop their knowledge and skills to enjoy the ocean at its best, simultaneously promoting environmental awareness focused on the ocean ecosystems preservation, care and sustainability.

Besides SCUBA diving and Freediving initial and continuous education courses, the St. Julian's Ocean & Dive Club also aims to organise activities and trips that provide new experiences and develop

individual and group connections with the ocean. Also, having the opportunity to be actively engaged in volunteering activities like beach and underwater clean-ups with citizen science projects.



# 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

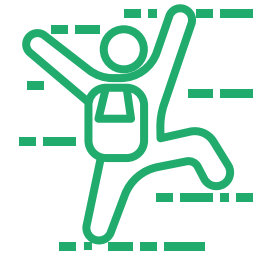


At The Bodysurf School, our lessons focus on fostering a deep connection with the ocean. By mastering the art of riding waves with your body, your child will develop a profound understanding and awareness of the ocean's dynamics, including its waves and currents.

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.



# 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<sup>th</sup> 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



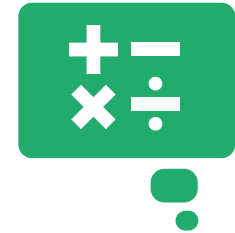
The Fun cooking activity allows students to explore the dynamic spectrum of the food cycle through interactive cooking sessions with qualified Thomas Franks chefs. While cultivating confidence and memories, students engage with food to learn about seasonality, sustainability, international foods, nutrition,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



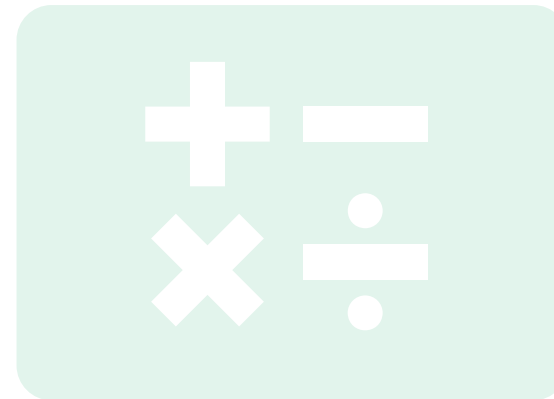
# ALOHA Mental Arithmetic



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.

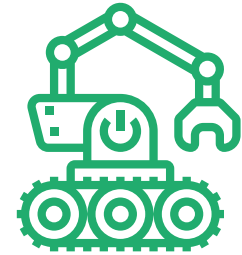
The intrinsic motivation for playing e-games helps us to teach Mathematics and physics concepts intuitively. Students will be introduced to Artificial Intelligence with Machine Learning and Learn to make and simulate rockets

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.

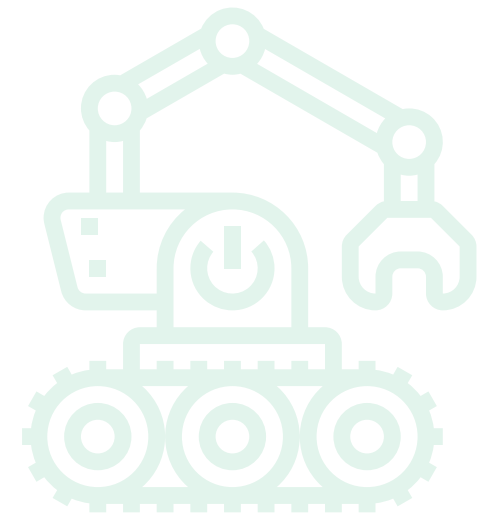


## Robotics – STEM



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.

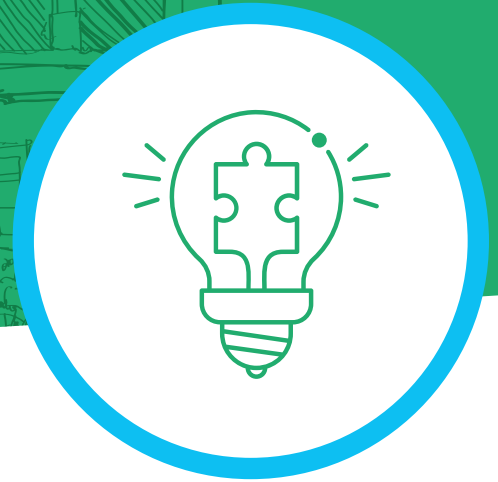
**Objective:** The Mandarin Fun teaching programme is designed to introduce children aged 11 to 15 to the beautiful world of Mandarin in a fun, interactive, and innovative way. This Programme

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

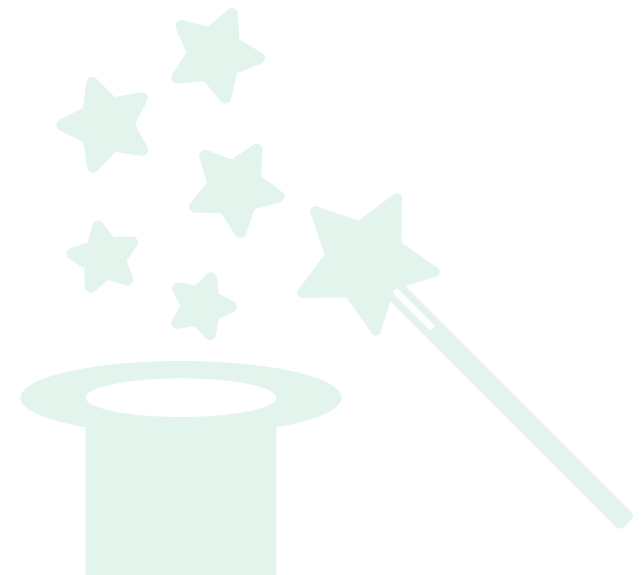


English by Magic is an introduction into the world of Magic, focusing on building social and communication skills in English and striving to build an inclusive culture that encourages, supports, and celebrates diversity.

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.





## Escape Room Club and Board Game Club



Escape Room and Board Game Club teaches students about Maths, Physics, History, Science, Engineering, and Architecture through constructing and creating amazing escape games with puzzles, secret codes, mazes, problems, locked boxes and much more in an immersive and inclusive environment.

Students have unique abilities and skills which are necessary for the construction. This empowers them to collaborate, think outside the box, problem-solve, think critically and work as a team with a common goal.

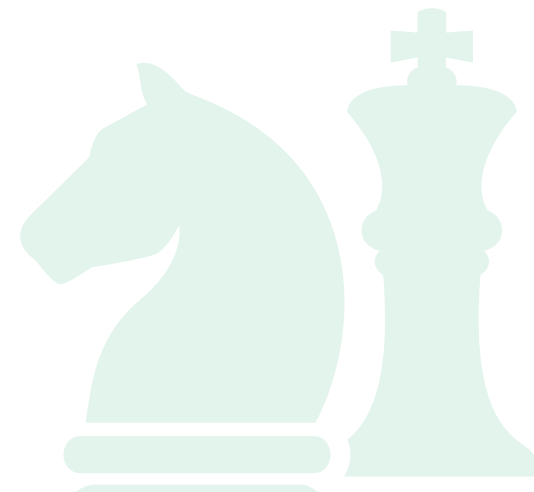


## Chess Club



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



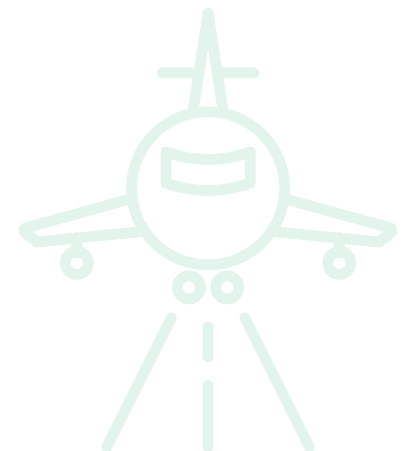
# Flight Concept



Flight simulation club will allow students to experience flying in three types of real-size aircraft cockpit simulators – Airbus A320, Boeing 737-800 NG and F18 Hornet Fly Fighter VR while providing relevant knowledge for each of our students to safely and progressively experience aviating and navigating these three real size aircraft simulators.

This is an innovative, amusing and rewarding way of engaging our students throughout a lasting path of practice and progress which enforces high discipline and communication standards along with providing an individual knowledge platform for appropriate further development if desired. During the 12-week programme, the students will rotate through each cockpit for 20 minutes – each performing recommended sets of procedures. All students are constantly attended to by a Pilot Instructor while progressively watching, learning, and practising flying abilities.

Framework	
Week	Focus Activity
1	Aircraft setup
2	Taxi to runway
3	Takeoff
4	Cruising mode / Navigation
5	Runway approach to land
6	Landing
7	Parking and shutdown
8	Dealing with engine failure during take off
9	Dealing with total electric failure
10	Dealing with a landing gear failure
11	Dealing with a random failure
12	Performing a safe flight.





# 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



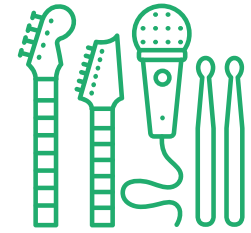
LAMDA is one of the UK's oldest and most respected drama schools and awarding bodies. They have offered practical examinations in communication and performance subjects for over 130 years. In studying for LAMDA we concentrate on the power of words and how to put them across in the most natural and effective 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.



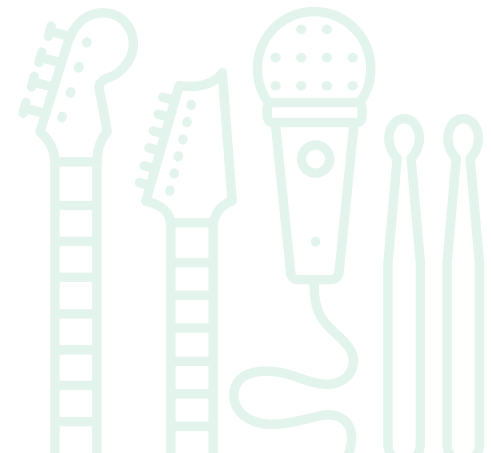


## Band & Percussion Club



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.





## Natural Sounds



Natural Sound is an adventure in learning a different musical language and making new friends. Not only does Natural Sound exercise the mind and body, but it encourages friendships, cultivates creativity, and provides students with a unique opportunity to grow. Its foundations and lessons make it an extremely valuable learning experience for children of all ages.

We hope these practices will lead to playing in Sports tournaments and school performances. Your child will learn during their time: Responsibility, Multi-Tasking, Discipline, Teamwork, Endurance, Time Management, Competition, Personal Growth, Presentation, and Leadership!



## Melody Choirs



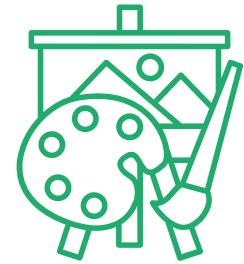
Melody Choir is an introduction to music and provides an excellent opportunity for students to participate and learn in a choral ensemble.

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.



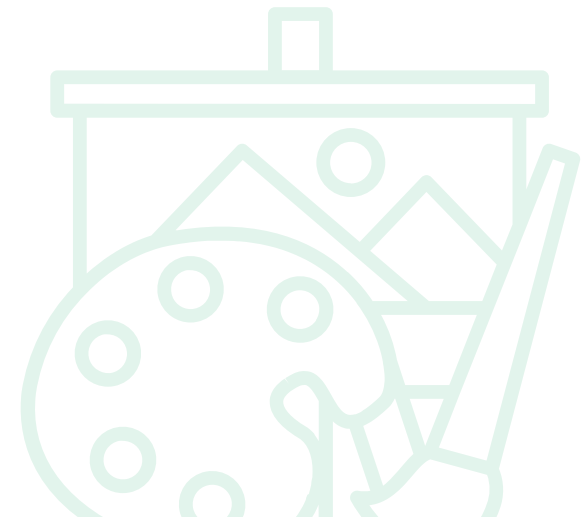
# Art Club

with Laura Vicente



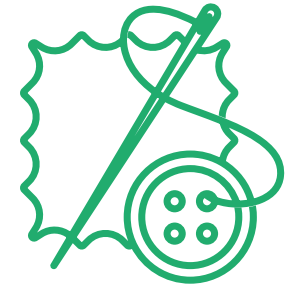
In Art Club we like to provide the opportunity for children to work to a larger scale than they probably do at school. We also like to create pieces of work with a combination of different materials and processes and do so in both 2D and 3D.

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.

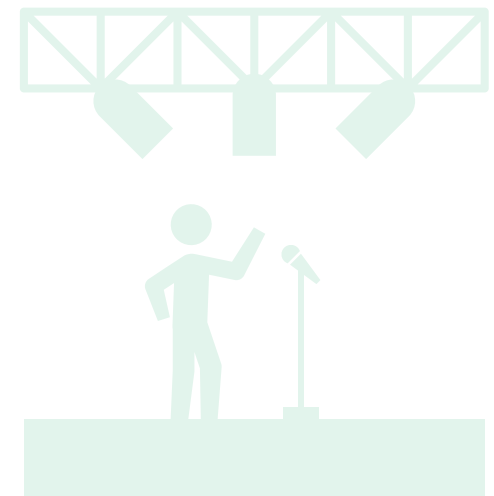


# Creative Expression



Creative Expression combines drama and music to promote confidence and self-expression.

We encourage a child-led environment where the children are the biggest influencers in their creative process. We like to think of it as taking things from our magical “Mary Poppins bag” and we work with the things that either make us happy or those that challenge us. We look inside ourselves and observe the way we view the world and the result is a performative creation of what we want to express. In the Autumn Term, we will be exploring acting for film and musical soundtracks.





ST. JULIAN'S  
SCHOOL

[www.stjulians.com](http://www.stjulians.com)

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