



- Contour
- Slope line
- Earth bank
- Small earth wall
- Clitch
- Sand
- Lash
- Marsh

and  
many burning  
with  
not slow running  
light. damage  
Three  
burning



# SMASH CLUB

17 July - 11 August 2023

## Introduction

St Mary's Activities in the School Holidays (SMASH) club includes lots of fun activities, from art and music to sport and Forest School. A full list of activities on offer for this holiday period, along with descriptions, can be found in this guide.

Each day will start at 9am and finish at 3pm. A packed lunch will be needed each day. Please note, SMASH club is only for girls in Prep to Year 6 at St Mary's.

The cost for SMASH club is £35 per day. If you wish, girls can arrive for breakfast at 8.30am for an extra £5 per day. The day can also be extended to 4.30pm, if required, at an additional cost of £15. These extended sessions **must** be booked in advance.

SMASH club t-shirts can be purchased for £12.

You can reserve places for as many days as you wish, but please make sure you book your place in advance by completing the form within the St Mary's app. Places are limited and will be allocated on a first-come, first-served basis. All bookings must be

made by no later than the end of Sunday 25 June. Any changes should be made by Friday 30 June, otherwise sessions will be charged as booked.

We will confirm your place at SMASH club as soon as possible and the cost will be added to your school invoice.

If you have any questions, please call the school office on 01206 211242 or send a message via the St Mary's app.

**MRS EMMA STANHOPE**  
Head of Lower School

## Format of the days

8.30-9.00am	Breakfast club (optional)
9.00-9.30am	Registration and team activities
9.30-11.30am	Morning session with break
11.30-12.00pm	Free play
12.00-12.30pm	Lunch
12.30-2.30pm	Afternoon session with break
2.30-3.00pm	#smashed it - show and tell, certificates, games and free play
3.00-4.30pm	Extended SMASH club (optional)

## Activities

Art	Mrs Mercer will lead the girls in an art session, involving a variety of media, inspiring and building on their creativity and art skills beyond the classroom.
Art and Craft	Led by Ms Gray, the girls will have a variety of art and craft activities that will promote independence and imagination.
Cheerleading	CC All Stars will lead this dynamic session involving teamwork, choreographed moves and pom poms!
Cook Stars	The girls will enjoy cooking a delicious dish from scratch in this session run by Cook Stars.
Dance	From theatrical styles to ballroom, street dance and commercial choreography, Nina from NGU Dance will teach the girls dynamic dance moves to let them shine!
Flower Craft	Led by Nina Gorman, in these sessions the girls will incorporate flora and fauna into impressive craft pieces.
Football	The girls will play in teams and win medals in these sessions by Football Fun.
Glass Painting	Led by Nina Gorman, the girls will create beautiful summer themed craft pieces.

# Activities

Gymnastics	Jayleigh and Jodie from Colchester School of Gymnastics will be leading the girls in a gymnastics session, building strength, balance and coordination.
Mini Olympics	Led by Mrs Byford, the girls will be taking part in a Mini Olympics fun session full of activities to promote independent physical ability.
Multi Sports	The girls will play in teams and win medals during this session run by Football Fun.
Orienteering	Steven Partridge, British Orienteering Level 2+ coach, will set the girls orienteering challenges around the grounds.
Pottery Craft	The girls will create beautiful summer themed craft pieces in this session, led by Nina Gorman.
Tennis	Nick Frost, Level 3 LTA coach from Tennislessons4u, will coach the girls to develop their tennis skills and hand-eye coordination.
Creative Kids Yoga	Yoga instructor Joanne will lead this imaginative and fun session for the girls, helping them to improve their physical and mental wellbeing in a calming environment.

# Timetable

	Morning	Afternoon
Monday 17 July	Creative Kids Yoga	Mini Olympics
Tuesday 18 July	Orienteering	Art and Craft and Tennis
Wednesday 19 July	Cook Stars	Art and Craft
Thursday 20 July	Art and Craft and Tennis	Multi Sports
Friday 21 July	Dance	Flower Craft

	Morning	Afternoon
Monday 24 July	Creative Kids Yoga	Mini Olympics
Tuesday 25 July	Art and Craft and Tennis	Orienteering
Wednesday 26 July	Dance	Pottery Craft
Thursday 27 July	Multi Sports	Gymnastics
Friday 28 July	Cheerleading	Cook Stars

TIMETABLE



# Timetable

	Morning	Afternoon
Monday 31 July	Cook Stars	Mini Olympics
Tuesday 1 August	Art	Orienteering
Wednesday 2 August	Dance	Flower Craft
Thursday 3 August	Football	Art and Craft
Friday 4 August	Art	Gymnastics

	Morning	Afternoon
Monday 7 August	Mini Olympics	Art
Tuesday 8 August	Art	Orienteering
Wednesday 9 August	Dance	Glass Painting
Thursday 10 August	Football	Gymnastics
Friday 11 August	Cheerleading	Cook Stars

TIMETABLE



## Reminders

Please remember:

- to wear your SMASH club t-shirt or other comfortable, practical clothes suitable for the weather and trainers (please bring wellies for girls to play outside as the weather can be unpredictable, as well as a sun hat)
- to apply sun cream before arriving
- to bring your water bottle and packed lunch (please note that we are a nut free school, a reminder no Nutella please)
- that if you're coming for breakfast, please arrive at 8.30am
- to arrive promptly at 9am so the activities can start on time
- to wait at the school gate to be let in
- to be collected promptly at 3pm, unless you have prebooked an extended day session