



Extra-Curricular Activities

Session: 2023-24

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The Benefits of Extra-Curricular Activities

Dumfries Academy aims to provide a wide range of extra-curricular activities for pupils. These activities occur at lunchtime and after school. These activities bring many benefits. Allowing your son/daughter to get involved in extra-curricular activities at school is a wise choice, and it can be very important in helping them to develop many life skills. These skills include the following:

1. Time Management

One great benefit of your child being involved in extra-curricular activities is that they will learn about time management.

2. Getting Involved in a Wide Range of Interests

Getting involved in extra-curricular activities also allows students to get involved in diverse interests. The activities allow them to explore various interests that they may have.

3. Learning About Commitment

Pupils learn about commitment when they are involved in extra-curricular activities. When they join one of the activities or clubs, they commit themselves to the activity for a period of time.

4. Making a Contribution

Extra-curricular activities allow your child to make a contribution in some way. It shows that they are getting away from just thinking about themselves and contributing to the wider life of the school.

5. Raising Self Esteem

Being involved in extra-curricular activities helps to raise self-esteem. Everyone wants to find something that they are really good at, and extra-curricular activities provide them with a way that they can get involved in something and really shine, giving their self-esteem a boost.

6. Building Relationships

Your son/daughter will also have the benefit of building relationship skills when they get involved in extra-curricular activities. Pupils need to get involved in social activities and learn how to act appropriately in social situations and these activities give them a chance outside of school to do this, while they are still being supervised by adults.

We offer a full programme of extra-curricular activities which take place at lunch time, weekends and after school.

The extra-curricular programme gives our pupils the opportunity to develop skills and qualities such as initiative, interpersonal skills, independence of thought, problem solving, project management, having a positive attitude and working well in a team, all of which are very important life skills.

Whilst good qualifications are obviously important, facilitating access to the first step of the chosen career ladder, it is these additional skills that will aid further progress.

Benefits of Regular Exercise

If you exercise regularly you will:

- Increase your endurance
- Have healthier muscles, joints and bones
- Increase your metabolism
- Have more energy
- Experience a sense of wellbeing
- Sleep more soundly

Activity tips for a healthy lifestyle

- Ask your son/daughter what activities they enjoy. Encourage them to follow their interests, and make activity fun and enjoyable.
- Encourage your son/daughter to spend more time outdoors and become involved in team or individual sports and activities.
- Encourage them to walk or to do activities with friends.
- Do some regular activity together as a family to help your son/daughter develop a positive attitude towards physical activity.
- Praise and encourage your son/daughter when they are taking part in an activity – particularly if they are learning a new skill. Keep feedback positive – and don't push too hard. If they enjoy the experience they'll keep taking part.
- Be a role model. Young people learn by watching what parents do so show your son/daughter you enjoy and value activity by taking part yourself. Even simple things like walking instead of using the car can have a big influence.

Debating / Public Speaking Club

- **Target year group(s):** All S1-6 pupils welcome
- **When it takes place:** Friday lunch times- 1.15-1.45pm
- **Where it takes place:** G2
- **Member of staff responsible for the activity:** Ms Kell, with the club led by S5-6 pupils
- **What we do:** If you want a chance to improve your public speaking skills and confidence within a friendly environment whilst also having fun, debating is for you! Come along to watch or participate and prepare for competitions.





Football

U13 (S1), U14 (S2), U16 (S3/4) Football

- U13-Both boys and girls welcome
- U14- Both boys and girls welcome
- U16- Boys only
- Matches on games nights as arranged.
- Please speak to Mr Scott for more information

Under 18 Football

- S5/S6 pupils
- Matches on games nights as arranged
- Please speak to Mr Dillon for more information



Girls Football

- Friday lunch times-1.10-1.40pm in the games hall
- Matches on games nights as arranged
- Please speak to Mr Scott for more information



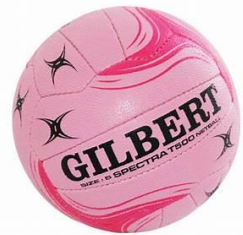
Fitness



- S1-6 pupils-Tuesday lunch time-1.10-1.40pm
- S1-6 pupils-Thursday lunch time-1.10-1.40pm
- Pupils should get changed in the games hall changing rooms and report to Mr Nicholson in the Games Hall PE base once changed
- Mr Nicholson will deliver fitness club in the fitness suite (located in the basement corridor) or in the old gym depending on the session and what aspects of fitness pupils would like to work on



**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**



S1-6 Netball

Target year group(s): S1-6 Girls

When it takes place: Every Wednesday afterschool
(3.15-5.00pm)

Member of staff responsible for activity: Miss Haile

Where it takes place: Games Hall



Junior Netball

Target year group: S1-3 Girls

When it takes place: Every Second
Thursday afterschool (3.15-5.00pm)



Member of staff responsible for: Miss Haile and
Target year group(s): S4-6 Players
Where it takes place: C

**TAKE CARE OF
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Member of staff responsible for activity: Miss Haile and

Senior Netball

Target year group(s): S4-6 Girls

When it takes place: Fridays 3.15-
4.30pm

Member of staff responsible for activity: Miss Haile

Where it takes place: Games Hall





Dresscode

Dresscode is a coding club for girls in S1-3. Members of the club will have the opportunity to make games, program robots, learn about AI and much more.

Target year group(s): S1-3 girls

When it takes place: Tuesday lunch times- 1:15 - 1:45

Member of staff responsible for activity: Mr Wilson and senior pupils

Where it takes place: M11

More information can be found here:
<https://www.dresscode.org.uk/>



Cyber Club

This is a chance to get hands-on with all things tech. Programming, game development, hacking, artificial intelligence and much more.

Target year group(s): S1-3 pupils

When it takes place: Thursday lunch times-1:15 - 1:45

Where it takes place: M11

Member of staff responsible for activity: Mr Wilson



Table top gaming



- All S1-6 pupils are welcome to come along to the club.
- The club is for anyone interested in playing table top games such as dungeons and dragons and pathfinder.
- The club is on Wednesday lunchtimes in T32 (science).

- For more information, please speak to Miss Kernohan in T32.



Basketball



- Senior (S4-S6) Practices - Tuesdays 15:30-17:00pm
- Full Club (S1-S6) Practices - Thursdays 15:30-17:00pm
- Delivered by Mr Powell (classroom is G3). More information can be found on the club notice board outside his room.



School Sports Committee

- The sports committee a group of pupils who are passionate about sport and keen to promote sport and physical activity in the school and local community
- The sports committee organise and deliver sports events throughout the year in various locations.

- All S1-6 pupils welcome
- Pupils must speak to Mr Nicholson before joining the sports committee
- Meetings currently take place on Wednesday lunch times in F14-1.20-1.40



Rugby



- School of rugby is on Friday afternoon during S1/2 elective time
- S1/2 boys and girls welcome
- Matches on games nights as arranged
- Delivered by Mr Douglas





Extra Study Support

All faculties in the school offer certain forms of additional help to pupils via extra sessions run after school or at lunchtime. In many cases, the help can be negotiated between individual pupils and their teachers as needs become clearer and more pressing as exams approach.

Pupils should speak to their class teachers for more information.





The Gender and Sexuality Alliance (GSA) Group 'Show Your Colours'

This group is open for everyone and anyone and they are actively seeking new members.

The group takes place every Thursday Lunch time in ART 1.

Mr Scott is responsible for the group, but the group is mainly run by pupils and is very much pupil orientated.





Chess Club

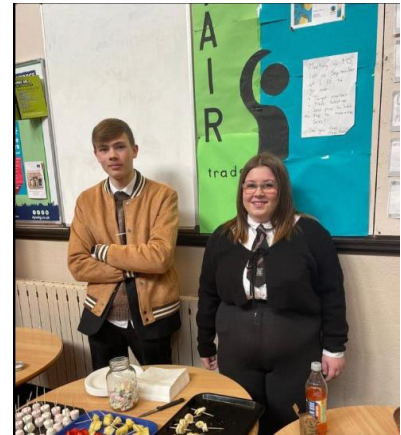
- This club is on Tuesday lunch time (1.15-1.40pm) in the school library.
- Mr Dames delivers the club.
- You do not need any previous experience of the game.
- All S1-6 pupils welcome.



The Fairtrade Committee

What is Fairtrade?

The term **Fairtrade** means that farmers and producers in less economically developed countries receive a fair price for the goods they produce



The **Fairtrade Committee** exists to spread awareness about the importance of **Fairtrade** and promote the use of **Fairtrade** products, where possible, within school. Our committee is currently working towards the **Fair Achiever Award**, organised by the **Fairtrade Foundation**. If we achieve the award we will become a fully accredited **Fairtrade School**.

Fairtrade Committee is open to all pupils in S1-S6!

Fairtrade Committee Members are responsible for the following:

- Creating an Action Plan that details what the Fairtrade Committee hopes to achieve within school and how they plan to achieve it!
- Organise and deliver assemblies on Fairtrade during Fairtrade Fortnight
- Organise a Fairtrade event during Fairtrade Fortnight
- Run a Fairtrade Tuckshop within school once a week
- Measure the impact of the Fairtrade Committee within school

If you would like to join the **Fairtrade Committee**, please meet in Miss Bone's Classroom in M5 on Tuesday at morning interval!

We would love to see you there!

What you Gain!

- Confidence
- Communication skills
- Presentation skills
- Skills for employment such as cash handling
- Responsibility

