Extra-Curricular Activities

Session: 2026-27

Dumfries & Galloway COUNCIL

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The Benefits of Extra-Curricular Activities

Why Take Part?

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.

5. 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 lunchtime 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.

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.

🗣️ Debate Club

Interested in discussing big issues, current events, or just having your say? Debate Club is a fun and welcoming space where pupils can explore a range of interesting, topical and light-hearted topics.

Develop your confidence, communication and critical-thinking skills while learning how to build arguments, consider different viewpoints and take part in friendly debates. We'll also watch clips from *BBC Debate Night* and other real-life debates to see debating skills in action and discuss current issues.

- **Target year group(s):** Open to all year groups
- **When it takes place:** Thursday lunchtime
- **Member of staff responsible for activity:** Miss Lannigan (Modern Studies)
- **Where it takes place:** M5

💬 Share your views

🤔 Explore different perspectives

🎤 Build confidence

📰 Discuss current issues

Everyone is welcome, whether you're an experienced speaker or trying debating for the first time!

🔬 Science Club (S3-S6)

Interested in science beyond the classroom? Come along to Science Club for experiments, discussions, challenges, and more! Miss Desai will organise activities, but you're encouraged to bring your own ideas and see what's possible. Feel free to bring your lunch too.

- **Target year group(s):** S3-S6
- **When it takes place:** Friday lunchtime from 1:15pm
- **Member of staff responsible for activity:** Miss Desai
- **Where it takes place:** T32

🧪 Experiment • 💡 Explore • 🏆 Challenge yourself • 🤝 Share ideas

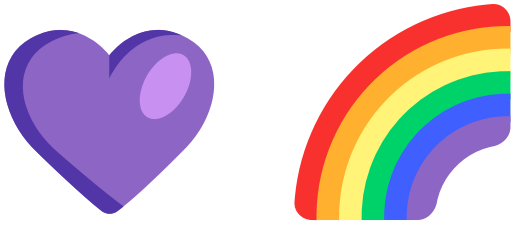
Everyone in S3-S6 with an interest in science is welcome!

🌈 Show Your Colours

A group for anyone who identifies as LGBTQ+, is an ally, or simply has questions. Everyone is welcome!

- **Target year group(s):** S1-S6
- **When it takes place:** Thursday lunchtime
- **Member of staff responsible for activity:** Mx Barthram and Mrs Wilson
- **Where it takes place:** Art 2

Come along to meet new people, find support, and be part of an inclusive community.



🎨 Model Making Club

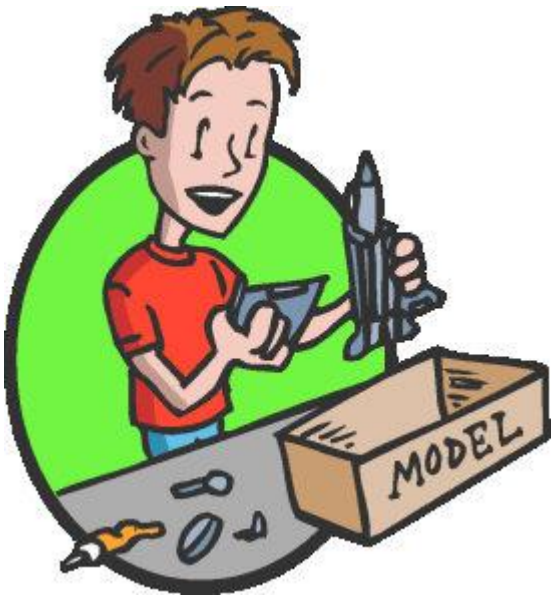
Do you enjoy creating, building, and designing? Model Making Club is an after-school club for anyone interested in model making, whether that's Warhammer, Airfix kits, architecture, miniatures, dolls' houses, or any other creative project!

Some materials and tools can be provided, but feel free to bring along anything you're currently working on, as well as ideas for future projects you'd like to create.

- **Target year group(s):** S1-S6
- **When it takes place:** Thursday, 3:30pm - 4:30pm
- **Member of staff responsible for activity:** Mx Barthram and Mrs Gold
- **Where it takes place:** Art 2

🛠️ Build • 🎨 Create • 💡 Design • 🤝 Share ideas

Whether you're an experienced modeller or just looking to try something new, everyone is welcome!



💼 Business Buddies

Do you have a great business idea? Come along to **Business Buddies** and put your entrepreneurial skills to the test!

Last year, pupils organised successful Christmas and Easter Fayres, developing skills in product design, marketing, sales, finance and teamwork. The club also raised money for a local charity. This year, members will be planning new projects, creating business ideas and taking part in exciting enterprise activities.

- **Target year group(s):** S1-S6 pupils
- **When it takes place:** Thursday lunchtime
- **Member of staff responsible for activity:** Mrs Wilson
- **Where it takes place:** M11

💡 Create business ideas • 🎨 Design products • 📢 Learn marketing skills • 🤝 Work as a team

For more information, speak to **Mrs Wilson**. Everyone is welcome! 🚀

Basketball Club

Basketball Club provides an opportunity for pupils and former pupils to come together in a relaxed and welcoming environment to enjoy playing basketball. The club focuses on social games, staying active, meeting new people, and having fun through sport. Players of all abilities are welcome.

- **Target year group(s):** S4 pupils to Alumni
- **When it takes place:** Wednesday evenings, 6:30pm-8:00pm
- **Member of staff responsible for activity:** Mr Powell
- **Where it takes place:** Games Hall

A great opportunity to enjoy basketball, stay active, and socialise with others who share an interest in the sport.

🏀**Please speak to Mr Powell for more information and before attending the club.**

Rights Respecting Schools Club

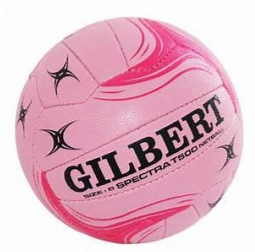
Make a positive difference in our school and wider community by promoting and raising awareness of children's rights. As a member of the Rights Respecting Schools Club, you will help lead initiatives across the school, raise awareness of the UN Convention on the Rights of the Child, and contribute towards achieving and maintaining the Gold Rights Respecting Schools Award. This is a fantastic opportunity to develop leadership skills while helping create a school environment where everyone's rights are respected and valued.

- Target year group(s): S1-S3 pupils
- When it takes place: Friday lunchtime
- Member of staff responsible for activity: Miss McGuire
- Where it takes place: M16

🌍 Help make a real difference in our school community by championing children's rights and ensuring every voice is heard.

For more information, speak to Miss McGuire.

Netball Club



Develop your netball skills, take part in fun training sessions, and represent the school in competitive fixtures throughout the year.

- **Who:** S1-S6 pupils
- **When:** Wednesday after school, 3:20pm-4:30pm
- **Where:** Games Hall
- **Led by:** Mr Nicholson, Mr Douglas, Active Schools Coach Charlotte Conchie, and senior pupil Molly McNeish

For more information, speak to a member of the PE Department.

Football

Enjoy fun five-a-side indoor football games and develop your skills in a friendly, competitive environment.

S1 Football Training
When: Friday after school-3.20-4.30pm
Where: Games Hall
Led by: Mr Forlow

S1/S2 Football
When: Wednesday lunchtime, 1:10pm-1:40pm
Where: Games Hall
Led by: Senior pupils

S3/S4 Football
When: Monday lunchtime, 1:10pm-1:40pm
Where: Games Hall
Led by: Senior pupils

For more information, speak to a member of the PE Department.

Football Teams

Pupils can represent the school in leagues and cup competitions throughout the year.

- **U13 (S1)** - Mr Forlow *(boys and girls welcome)*
- **U14 (S2)** - Mr Nicholson *(boys and girls welcome)*
- **U16 (S3–S4)** - Mr Scott *(boys only)*
- **U18 (S4–S6)** - Mr Dillon (boys only)

- Matches take place on arranged games nights.
- See the member of staff in charge of your age group for further information.

Girls' Football Club

Girls' Football Club is a fun and inclusive opportunity for girls of all abilities to enjoy football, develop their skills, and take part in friendly 5-a-side games. Whether you're new to the sport or already play regularly, everyone is welcome. There are also opportunities to represent the school in fixtures and festivals throughout the year.

• **Target year group(s):** S1-S6 girls
• **When it takes place:** Friday lunchtime (1:10pm-1:40pm)
• **Member of staff responsible for activity:** Ashley McKinnon (S6) and the PE Department
• **Where it takes place:** Games Hall

⚽ **Opportunities to represent the school in fixtures and festivals throughout the year.**

For more information, speak to **Ashley McKinnon** or a member of the **PE Department**.

Dance Club

Dance Club is a fun and welcoming activity for pupils who enjoy dancing, learning new routines, and staying active. Whether you are an experienced dancer or simply want to try something new, this is a great opportunity to build confidence, improve your skills, and perform as part of a team. Sessions are supported by Active Schools staff alongside our pupil leaders, helping participants develop their confidence, teamwork and leadership skills.

- **Target year group(s):** S1-S6 pupils
- **When it takes place:** Thursday lunchtime (1:10pm-1:40pm)
- **Member of staff responsible for activity:** A group of S2 pupils, supported by Active Schools
- **Where it takes place:** Games Hall

💃 *Come along, get moving, and enjoy dancing with friends in a fun and supportive environment!* 🕺

School Sports Committee

Are you passionate about sport and physical activity? The School Sports Committee gives pupils the opportunity to help shape and promote sport within the school and local community. Members work together to organise, lead and support a range of sporting events and activities throughout the year, developing valuable leadership, teamwork and organisational skills along the way.

All pupils from S1-S6 are welcome to get involved.

- **Target year group(s):** S1-S6 pupils
- **When it takes place:** Wednesday lunchtime (1:20pm-1:40pm)
- **Member of staff responsible for activity:** Mr Nicholson
- **Where it takes place:** F14

🏆 *Help make a positive impact on sport in our school and community while developing your leadership skills and meeting like-minded pupils.*

LEARNING CAFE

AT DUMFRIES ACADEMY

A relaxed, safe and social environment to complete homework, additional learning or prepare for upcoming assessments with friends

EVERY TUESDAY, WEDNESDAY AND THURSDAY

3:20PM - 4:20PM IN MINERVA

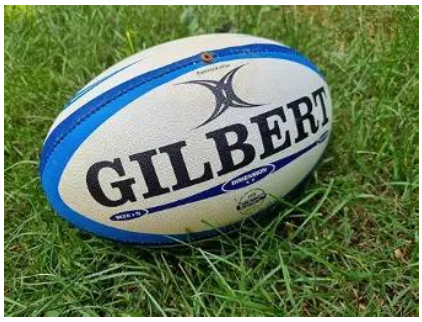
FREE DRINKS AND SNACKS

REVISION RESOURCES AND LAPTOPS AVAILABLE TO USE

OPEN TO ALL PUPILS

the DUMFRIES ACADEMY way

Girls Rugby



Girls Rugby is a fantastic opportunity to develop your rugby skills, take part in enjoyable training sessions, and represent the school in matches and festivals throughout the year. Whether you're new to rugby or already have experience, you'll be welcomed into a supportive and fun team environment.

- **Target year group(s):** Girls in S1-S6
- **When it takes place:** Tuesday after school, 3:20pm - 4:30pm
- **Member of staff responsible for activity:** Miss McMeechan and the Dumfries Saints Development Officer
- **Where it takes place:** School grass pitches

🏉 Develop your skills

🤝 Make new friends

🏆 Represent the school

💪 Build confidence and fitness

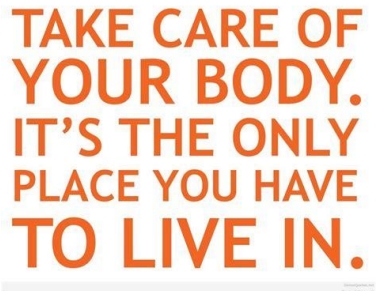
For more information, speak to **Miss McMeechan** or a member of the **PE Department**. If you're a girl interested in giving rugby a try, we'd love to see you there!

Fitness Club

Fitness Club is a great opportunity for pupils to stay active, improve their fitness, and have fun in a supportive and welcoming environment. Sessions will include a variety of fitness-based activities designed to develop strength, stamina, speed, flexibility and overall wellbeing. Whether you are looking to improve your fitness for sport or simply enjoy being active, everyone is welcome.

- **Target year group(s):** S1-S6 pupils
- **When it takes place:** Monday lunchtime (1:10pm-1:40pm)
- **Member of staff responsible for activity:** Mr Nicholson and Sports Committee pupils
- **Where it takes place:** Gym Hall

🏃 *Build your fitness, challenge yourself, and enjoy being active with friends while developing healthy habits for life.* 💪

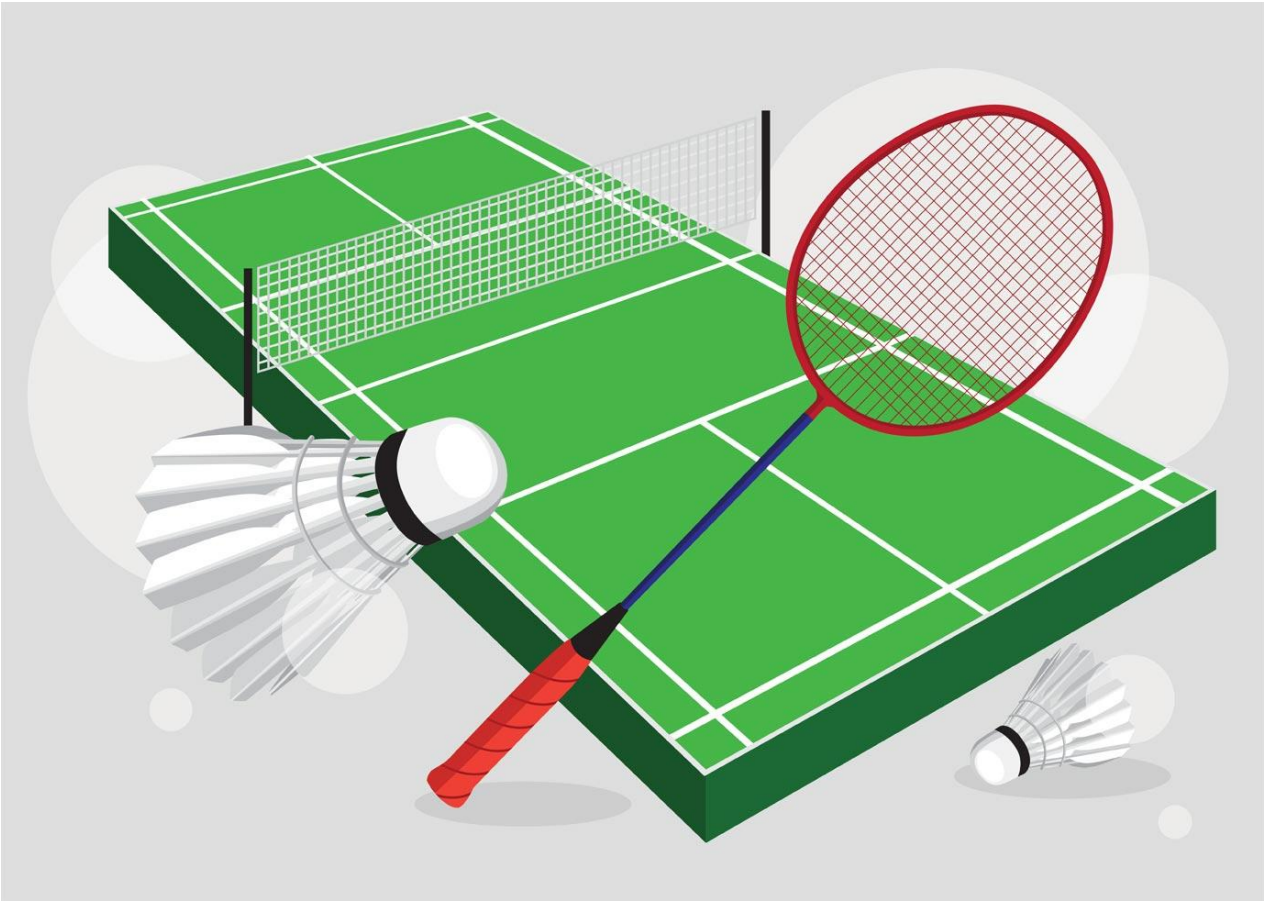


Badminton Club

Develop your badminton skills, take part in friendly games, and enjoy a fun and active lunchtime club with pupils from across the school.

- **Who:** S1-S6 pupils
- **When:** Tuesday lunchtime, 1:10pm-1:40pm
- **Where:** Games Hall
- **Led by:** Young Ambassadors Jorja Smith and Eva Blackley

For more information, speak to Jorja, Eva, or a member of the PE Department.



S1–S6 School Choir

Do you enjoy singing and performing? The School Choir is open to pupils in S1–S6 who would like to develop their singing skills, perform as part of a group, and take part in a range of musical activities throughout the year. No previous choir experience is required, and new members are always welcome.

- **Target year group(s):** S1-S6 pupils
- **When it takes place:** Monday lunchtime
- **Member of staff responsible for activity:** Miss McMeechan
- **Where it takes place:** Music Department

Guitar Club

Whether you're a complete beginner or an experienced player, Guitar Club is a great opportunity to develop your guitar skills, learn new techniques, play with others, and enjoy making music in a relaxed and supportive environment.

- **Target year group(s):** S1-S6 pupils
- **When it takes place:** Tuesday lunchtime
- **Member of staff responsible for activity:** Miss McMeechan
- **Where it takes place:** Music Department

S3–S6 Music Practice

Music Practice provides an opportunity for pupils to develop their musical skills, practise their instruments, and work on personal or school performance pieces in a supportive environment. Whether you are preparing for a performance, working towards exams, or simply enjoying music, all committed musicians are welcome.

- **Target year group(s):** S3-S6 pupils
- **When it takes place:** Monday and Friday lunchtimes
- **Member of staff responsible for activity:** Miss McMeechan
- **Where it takes place:** Music Department

Percussion Group

The Percussion Group offers pupils the opportunity to develop their drumming and percussion skills, learn new rhythms and techniques, and perform as part of an ensemble. It is a fun and engaging way to build confidence, improve musicianship, and make music with others.

- **Target year group(s):** S1-S6 pupils
- **When it takes place:** Thursday lunchtime
- **Member of staff responsible for activity:** Miss McMeechan
- **Where it takes place:** Music Department

New Age Curling

Try a fun, inclusive version of curling played indoors using wheeled stones and targets. New Age Curling is easy to learn and suitable for all abilities, giving pupils the chance to develop accuracy, strategy, teamwork and communication through friendly games and challenges. No previous experience is needed—just come along and give it a go!

- **Target year group(s):** S1-6
- **When it takes place:** Lunch time
- **Member of staff responsible for activity:** Senior Pupil
- **Where it takes place:** Gym Hall