



**TRURO
SCHOOL**

**BEYOND THE
CLASSROOM**

NURSERY | PREP | SENIOR | SIXTH FORM



Introduction

As part of our commitment to educating and developing the whole child, we recognise the importance of providing a wide range of co-curricular activities throughout the school week. Combined with our academic curriculum, our varied co-curricular programme ensures that students thrive through a holistic and rounded education, giving them the opportunities to excel in whatever talent or gift they would like to pursue.



There are over 70 clubs on offer before school, after school and at lunchtimes from Monday to Friday and every Wednesday afternoon our standard timetable ends and students can pick from over 25 different opportunities. The list of activities changes from term to term but offers something for every individual and represents a key part of our education “beyond the classroom”. The healthy mix of ages contributes towards a warm and sociable school community throughout the year groups. The activities allow 1st Years to feel at ease in their new environment whilst empowering older students to practise leadership skills under the guidance of teachers.

We believe that a rich co-curricular life is the key ingredient to aiding character development in our students. Whilst having fun participating in a wide range of activities, without academic pressures, pupils can learn a new skill or extend existing skills. This in turn develops their confidence, leadership, teamwork and independent-thinking, communication skills, social development across all year groups and broadens horizons.

We at Truro School firmly believe in nurturing the student both inside and outside the classroom, so that they become tolerant, trustworthy, patient and determined young people.

Zoe Jobling
Director of Co-curricular

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Please note: some activities may be seasonal. Activities that only operate as part of Truro School's Wednesday Afternoon Activity programme are indicated by a 

Creative Arts

Throughout the school campus you will find signs of our pupils' creativity. Works include ceramics, glass work, paintings, furniture and hanging sculptures.

The Heseltine Gallery is home to exhibitions throughout the year, showcasing work from students and professional artists alike.



CERAMICS



Pupils will be developing a ceramic project that gives them the chance to expand their knowledge and skills. Pupils will be learning a new technique in Ceramics each week.

They will then be able to develop these to create their own three-dimensional designs. They will also have the opportunity to use glass to make jewellery and functional objects. Come along to explore all areas in the world of clay and lots more!

JEWELLERY MAKING & DESIGN



Using the DT workshop, pupils will have the opportunity to produce different types of copper-based enamel jewellery, such as bespoke pendants, rings, earrings, key rings, necklaces and brooches, using millefiore, crystal thread, stencils and lump/shot. Pupils will learn how to apply techniques such as scrolling, pencil drawings, embedding, cloisonné and scraffito. Pupils can also explore other jewellery techniques, for example, wire-wrapping stones and some metalwork.

ART

Choose from a wide variety of clubs ranging from 'Fine art in perspective', an art class using 1 and 2-point perspective to create drawings that could be photos; 'Print making', learning how to print images, patterns and ideas in our specialist print making area, discovering the creative processes of printmaking techniques including mono printing, collagraph printing, dry point etching and metal etching and 'Art Portfolio Club'.

TEXTILE CLUB

A chance for pupils to learn how to develop textile pieces with a range of different techniques including using the sewing machines. Learn a wide range of textile skills, for example, machining, hand stitching, dyeing, fabric manipulation etc. Some items may be taken home. Previous projects have included cushions, make up bags and other beautiful items. No experience necessary. All work is practical.



SEWING & KNITTING

Varying from term to term you will have the opportunity to learn to knit or develop your skills, learning new stitches, make soft toys, a scarf, bunting or your own idea. Complete beginners through to experts - all welcome. You can learn quilt-making, making patchwork quilts in aid of the Linus Trust, a local charity that provides these quilts for children in hospital at Treliske. Sew a sock monkey, a needle case, a pin cushion and/or a sewing bag. Make Christmas bunting, fabric birds & hearts to decorate the tree or decorations of your own design as well as Christmas cards.



Educational Enrichment

AMNESTY INTERNATIONAL GROUP

The group considers Human Rights issues around the world and brings them to the attention of the school as a whole through Assemblies and World Aims.

CRITICAL THINKING

Practise critical thinking techniques - setting question parameters, spotting flaws in arguments, presenting an opposing view. Consider new areas of knowledge, develop confidence, analyse new information at speed, prepare for a rigorous interview. Topics we've enjoyed discussing include current affairs, advertising, law, political issues, art appreciation, ergonomics, freedom, being "British", cloning. One student said, *"I've loved coming to critical thinking. My first week I said nothing but now I can hold my own in a group of my peers. I've got tools to use in an argument."*

CAREERS CLINIC

Careers assistance available every week as a drop-in clinic. Students are able to browse the resources and information in the Careers Room or speak to Mrs Kenward, our qualified Careers Advisor, if they wish. Useful for students wanting to find out more about particular industries and careers, work experience opportunities, gap years and university courses. It can also help those students who are struggling to make choices about subject options at GCSE and A level.

DEBATING (JUNIOR)

Are you competitive? Do you love a good argument? Want the chance to question and discuss the big issues of our time? Test your wits; strengthen your ability to argue; be a critical thinker; develop your confidence and presentation skills. Come along and have a go at learning the different styles of debating while working as part of a vibrant team.

DEBATING (SENIOR)

Test your wits; engage with the biggest issues of our times; learn the formal techniques of Parliamentary debating, as well as the more informal Question Time style; develop your confidence and presentation skills, working as part of a vibrant team. Weekly practice debates, with opportunities to form teams and compete nationally. We have reached the finals of the Cambridge and Debating Matters competitions in the last two years and had a wonderful time in doing so!



ETHICAL DILEMMAS

The Ethical Dilemmas Club is designed for students who enjoy questioning the world and taking part in debates. We will be looking at current affairs and discussing topical issues such as taking back into the UK the wives of IS fighters; the role of Social Media in criminal cases; whether parents have the right to stop their children being taught about alternative lifestyles and also whether referendums are an effective way of deciding issues of national importance.

JOURNALISM AND RADIO



Calling all writers and broadcasters! Have you ever wanted to put together your own magazine – or even your own radio programme? Each term we will publish our own newspaper ('The Wednesday Tribune') crammed with the latest news and views from Truro School, including anything from Sport and Fitness, music, art and environmental issues.

The contents are completely up to you. We can link with the Digital Photography group to produce photos for our articles. We will also be recording various interviews, poems and plays to be broadcast live on CHBN – Truro's Community Radio Station (100.8 FM).

You will learn how to edit your writing and how to broadcast your work on radio. If you are interested in all aspects of journalism and media, then this is for you.

Or turn your hand to being part of the team that reports, writes, photographs and edits for the School Magazine 'Terraces'

FRENCH GROUP

An opportunity for 4th and 5th Years to cover some advanced GCSE/Sixth Form grammar to bolster your chances of success at GCSE and give you an idea of what studying French in the Sixth Form might be like via fun activities including (but not limited to) literature, creative writing and song.



MEDICAL PATHWAYS WORKSHOPS AND INTERVIEWS

If you are intending to apply to train to be a doctor, dentist or a vet, we have a specialised programme to advise you on every step of your application.

MODEL UNITED NATIONS

An international academic competition through which pupils learn about diplomacy, international relations and the United Nations. Involving research, public speaking, debating and writing skills, in addition to critical thinking, teamwork and leadership abilities, MUN delegates attend annual conferences as an assigned country with assignments prepared in advance.

They formulate positions which they then debate, while staying true to the actual position of the country they are representing, building alliances and trying to get resolutions passed. Its globally respected and a lot of fun at the same time.

PHILOSOPHY FILM CLUB

Interested in films? Ever find yourself wondering about the nature of the world around us, why humans behave as they do and whether machines can think? If the answer is yes to these questions, then Philosophy Film Club is the place for you! Throughout the term, we will watch and discuss a range of films that raise philosophical and ethical questions, linking the themes back to philosophers and their theories.

PSYCHOLOGY FILM CLUB

Join the Psychology department to watch a film after school (plus drink tea and eat quantities of popcorn). We talk about themes in the film that link to aspects of the A level and also areas of Psychology beyond the syllabus. Open to all students, no Psychology knowledge required; sometimes there's an age limit. Films watched include A Beautiful Mind, As Good as it Gets, I Am Sam, Rainman, Good Will Hunting, Quartet, Grease, Made in Dagenham.

POLYGLOTS LANGUAGE CLUB



Polyglot means someone who speaks several languages from the Greek poly (multiple) and glot (language). Pupils will be able to learn Italian, Mandarin, Maori, Gaelic, Welsh, Spanish, French and German using an online site with games. Once they have acquired 5 basics, pupils will receive a certificate.

PUBLIC SPEAKING



Learn how to communicate your ideas and thoughts in a convincing, powerful and articulate manner. This is a fantastic opportunity to be involved with brilliant events, such as Youth Speaks and the Cornwall Music Festival.

SCIENCE – BRONZE CREST AWARD



SPANISH CLUB



A stretch and challenge session for pupils in the 4th and 5th year, alternating with a Spanish clinic to support pupils studying Spanish at GCSE level.

YOUNG ENTERPRISE



The Young Enterprise Programme enables participants to experience what it is like to set up & run a company. Pupils make all the decisions about their enterprise, from deciding on the name and product to creating a business plan, managing the company finances and selling to the public at trade fairs.

Pupils will have the opportunity to gain a certificated Bronze Crest award in Science where students will have a real-life experience of 'being' a scientist and working on STEM projects, allowing students to experience the project process; improving their enquiry, problem solving and communication skills.

The Great Outdoors

1ST YEAR TEAM BUILDING

First year students have the opportunity to attend a day of team-building activities at Cornwall Outdoors along with other members of their form group. They will work together as a team, discovering that everyone has different strengths and weaknesses and how to harness the best out of those involved. It enables our students to succeed and fail at activities throughout the day, yet come away feeling they know themselves better and have grown in confidence and skills.

DUKE OF EDINBURGH AWARD SCHEME

The school is recognised as a centre of excellence in the South West for the Duke of Edinburgh's Award. This is an optional but very popular program within the school and each year well over a hundred pupils achieve their Bronze, Silver or Gold Award. Without a doubt, the pinnacle of the Award is the Gold expedition to Slovenia, where Lower Sixth students undertake their expedition with our link school, ably supported by the Slovenian Armed Forces. In return, our Slovenian guests join us in the Autumn Term of the Upper Sixth to undertake their Gold expedition in Cornwall.

TEN TORS



The school has an enviable reputation in the Ten Tors event. This annual event which is run by the Army and takes place on Dartmoor is a huge challenge for those that take part and one that stays with its participants for the rest of their lives. Students spend months in training with the outdoor pursuits team as they prepare themselves for either the 35, 45 or 55 mile challenges.

Our proximity to the South West Coastal Path, Bodmin Moor and Dartmoor makes access to training easy and ensures that the candidates have plenty of expedition time and are completely ready when the Ten Tors event takes place in May.

Both of these awards provide great life experiences for our students, allowing them to:

Be taken out of their comfort zone, learn to work together as a team, discover that everyone has different strengths and weaknesses, learn how to get the best out of themselves and each other when times are difficult, learn how to succeed and fail, grow in confidence and skills

TRIPS

In the last six years students have had the chance to travel to Peru, Norway, Ecuador, Croatia, India and Morocco as part of a group. These expeditions are during the summer holidays and allow students to further develop their love of travel and the outdoors. Depending on the aim and destination of the trip they participate in projects to help communities, challenge themselves over prolonged treks, shoot river rapids or just relax during their R&R phase getting to experience another environment or culture. These trips are often run as part of either the middle or senior school so that all pupils have the opportunity to go at some point in their school careers.

SUSTAINABILITY



'The Green Finger Group'

This is a sustainability group focusing on sustainability in the outdoors, such as gardening, growing vegetables, landscaping, up-cycling and building. You will be attempting to transform an unused plot of land and turn it into a productive, valuable and ultimately appealing functional space. The activity will involve growing, building, physical exercise such as slacklining, innovation, cooking and more.

Health & Wellbeing

ACHE - FOR LOWER SIXTH



ACHE (Assist, Care, Help and Empathy) is a programme that exposes students to a variety of situations which develop leadership skills useful for later life and help students to cope with the problems and concerns they may face as they continue into adult life.

The course, run over a 16 week period, offers students the opportunity to learn basic counselling skills, with an emphasis on developing their skills in listening to others. Talks and interactive workshops are given on coping with bullying, bereavements, alcohol and drug abuse, self-harming, sex and relationships, stress and child protection issues. The students then have the responsibility of preparing to run the scheme as a service within the school for the following year. They take charge of everything; creating a logo, publicity, speaking to different forms, addressing the school in assemblies, creating an up-to date referral card and organising rosters, so there is always someone on duty in the ACHE room. The course ends with a formal banquet at which the students are given certificates and an ACHE badge.

CHARITY COMMITTEE



Each year, Truro School raises over £15,000 for different organisations. This committee meets regularly to research and vote about which charities the School will support on our charity days. Students can come along to put forward their ideas about charities to support, plan presentations, write speeches, organise activities, design posters and present in chapel. All years welcome.

JUNIOR CHRISTIAN UNION

1st-3rd Year students have the opportunity to learn more about the Christian faith in a fun and friendly atmosphere and to explore their own faith in different ways. Through various tasks, activities and games, we discover the meaning of Jesus' teachings and how this applies to our daily lives. JCU is a safe and enjoyable environment for students to participate, discussing the topics and sharing their ideas and opinions. This is a time which enables student to develop their thoughts about the faith, whether it is to explore the faith further or to grow in their own faith.

SENIOR CHRISTIAN UNION



4th Year-Upper Sixth students have the opportunity to learn more about the Christian faith in a fun and friendly atmosphere and to explore their own faith in different ways.

Through various tasks, activities and games, we discover the meaning of Jesus' teachings and how this applies to our daily lives. SCU is a safe and enjoyable environment for students to participate, discussing the topics and sharing their ideas and opinions.

The aim of every meeting is to discern who God calls us to be and the way in which we are called to live.

Truro School's motto is "To be rather than seem to be" and this is the way that the Bible teaches us to live; being truthful to God, to others and to ourselves. This is a quality that we uphold and aim to develop.

VOLUNTEERING



Pupils may volunteer at local nurseries, charity shops, Truro School Prep and at the Truro Methodist Church. This may count towards the Duke of Edinburgh Award and pupils not participating in the award are welcome.

COOKERY



Our state of the art cookery school runs after school clubs exclusively for Truro School Pupils. A range of different courses are offered all aimed at teaching a wide variety of cookery skills – from basic knife skills to more complex meat and fish preparation, sauces, pastries and bread. Our aim is that every pupil can leave Truro School equipped with the knowledge required to buy and prepare a wide range of seasonal ingredients and recipes – either for life on a budget at University or entertaining guests with style and flair. All ingredients and takeaway containers are provided to make life easier for busy families – with the added benefit of supper made one night a week!

Hobbies

BOOK CLUB



Meet up to talk about what you've been reading and each term there will be a different book to read and discuss.

CHESS



British No.1 Chess player Michael Adams has been the leading English Chess professional for over 20 years after leaving Truro School to further his extraordinary career. He's been British Champion four times starting in 1989; highest World Ranking No.4; Silver medallist in the 2014 World Team Championship in Norway. Current Scottish team No.2, Andrew Greet, another Former Pupil, is also approaching Grandmaster status. If you want to join Chess Club we can't make you a Grandmaster overnight, but you can play at local and regional level with practice. Games for experts and for Beginners, who can learn the moves in two sessions.

FISHING ON THE EDGE



Pupils will have the opportunity to participate in shore fishing at a variety of fishing marks in the local area.

PUZZLE CLUB



Pupils can come along to solve word-based puzzles, including learning how to solve cryptic crosswords. We will also play word games such as Scrabble.

WARGAMING

Groups of pupils try their hands at some of the most popular specialist board games, mostly historical simulations and/or resource management. Offers pupils opportunities for competitive interaction, problem solving and teamwork, not to mention broadening their knowledge and understanding of the past.

Performing Arts



DRAMA

Drama is an integral part of the fabric of Truro School life. Students learn core drama skills: vocal projection and articulation, spatial and body awareness, through to studying plays and the characters, stories and themes contained within the plays. Students learn not only about themselves and what makes them 'tick', but about the world around them and how the arts explore and comment on the world. The process involved in putting on a play teaches a student the invaluable life skills of creativity, adaptability, compromise, collaboration and self-confidence.

The school runs a number of major productions throughout the year including the annual whole school play or musical, an annual sixth form drama project (including performing at the Edinburgh Fringe Festival every two years) and the junior play in the summer term.

DRAMA TECHNICAL TEAM

Pupils will have a chance to work with Mr Kearey, Technical Resources Manager, to learn technical skills relating to theatre sound, lighting and stage management, leading to involvement in the technical delivery of school events and productions.

Pupils will also have the opportunity to use our Outside Broadcast Truck and learn technical skills related to live television production. Truro School Live, launched in 2016, is a project run by the Tech Team, using the truck to live stream school events to friends and family all over the world.



LAMDA

During LAMDA Speech & Drama classes, students are prepared for examinations in one of the following disciplines: Speaking Verse & Prose, Public Speaking, Acting, Musical Theatre and Mime.

LAMDA exams run from Grade 1 to 8, like music grades. Students also perform a selection of their exam pieces each year in the Burrell Theatre.

Truro School offers pupils numerous opportunities, to rehearse, perform and develop



MUSIC



Truro School music is one of the most busy and vibrant music departments in the country. With 60 varied concerts each year, Truro School offers pupils numerous opportunities, to rehearse, perform and develop. A third of the school takes individual instrumental or vocal lessons each week from 30 of the county's top specialist teachers. Major events each term include the annual Hall for Cornwall Concert, the Junior and Senior Charity Concerts and many band, orchestral and choir ensembles.

The many and varied groups run to a very long list (something for everyone): Barley Frogs Early Music Group, Boys' Barbershop, Boys' Choir, Brass Group, Chamber Choir, Chamber Orchestra, Clarinet Choir, Flute Choir, French Horn Ensemble, Girls' Acappella, Girls' Choir, Girls' Pop Choir, Girls' Vocal Ensemble, Guitar group and Classical Guitar ensemble, Jazz Orchestra (Junior & Senior groups), Junior Band, Music Theory Club, Oboe Ensemble, Percussion Ensemble, Presto! (a new Instrumental group for students at Grade 0-4), Recorder Group, Rock Band, Samba Band, Saxophone Quartet, String Orchestra (Junior & Senior groups), String Quartet (Junior & Senior groups), Symphony Orchestra and Wind Band (Junior and Senior groups).

SONG-WRITING



The music industry is built upon song writing. Perspectives, ideas and observations, layered with melody and harmony make up the backbone of an industry that contributed 4.1 billion pounds to the UK economy between 2015/16. Spend a Wednesday afternoon working with professional songwriter and producer Ryan Jones as you develop a portfolio of songs to be performed and recorded, either by yourself or by another singer/ensemble. This will include Co writing:

- Work in pairs to practise your skills as a co-writer. Building the identity of your writing partner, constructing themes for new songs, developing musical structures to suit these new pieces. Writing for Radio 1
- Listen and deconstruct some of the songs played on Radio 1, understanding what the artists intended and creating your own versions. You will create new tracks inspired by contemporary artists and manufacture recordings of a high enough standard that they might be played on one of the BBC radio stations. Melody within language
- Poetry has a music all of its own. Deconstruct the melodic intonation of our poetic work and fit it to music to be performed and recorded

Science & Technology

ASTRONOMY

Astronomy is one of the oldest natural sciences and it continues to play a key role in furthering our understanding of the universe and its contents – What is out there? Learn about the tools and methods of astronomical observation whilst embarking on practical projects covering observation of the sky and even construction of observational instruments. There is an opportunity for motivated students to work towards a full GCSE in Astronomy.

COMPUTING, PROGRAMMING AND ROBOTICS



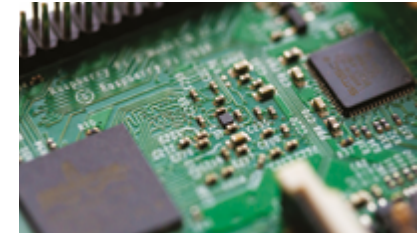
Pupils interested in programming and physical computing will have the opportunity to: develop their programming skills using Scratch, other block-based languages, Python & Arduino Sketches; build robots or other devices using Raspberry Pis, Arduinos or MicroBits; programme physical computing devices, such as robots, buggies and traffic lights. Beginners and experts welcome.

DESIGN TECHNOLOGY



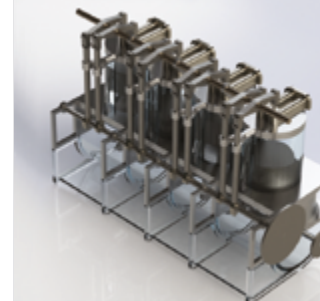
Workshops are open and accessible to older students during lunchtimes and after school, allowing talented product designers to enjoy freedom of expression in creating, experimenting and building prototypes as part of their projects.

ELECTRONICS



Pupils will look at basic ideas in electronics and learn how to identify basic electronic components. Pupils will develop their practical skills, such as soldering, and there will be an opportunity to build electronics kits that they can take home.

INTRODUCTION TO 3D PRINTING AND SOLIDWORKS



SolidWorks is a CAD programme that allows the production of 3D designs for models that can then be printed using the school's 3D printer. This would be an excellent skill for anybody interested in Engineering and Architecture, as well as providing pupils with an additional skill to utilise in their design work.

INVENTING CLUB

Pupils will be encouraged to think of a topic they are passionate about and create an idea related to this. Students will be guided through a research stage and encouraged to discuss their project with other departments; perhaps drawing designs in art, discussing biological applications of a concept in biology, making prototypes in DT, or wiring components in physics. We hope to enter ideas into various STEM competitions and be in with the chance of winning some fantastic prizes.



Sports & Fitness

Truro School offers a wide range of sports, allowing all pupils to handpick a physical activity that excites and interests them. Aside from some of the "invitation only" elite sports training sessions there are a vast array of sports clubs which are open to pupils of all ages and all abilities, either to practise for the school team or for purely recreational purposes.



SPORTS CLUBS



ATHLETICS | BADMINTON | BASKETBALL | BIATHLON TRAINING | CIRCUIT TRAINING
CRICKET | CROSS COUNTRY | CYCLING | FITNESS SUITE | FOOTBALL | FUN & FITNESS
RUNNING CLUB | HIGH INTENSITY INTERVAL TRAINING | HOCKEY (GIRLS & BOYS -
SEPARATE TEAMS) | NETBALL | ROUNDRS | RUGBY (INCLUDING RUGBY '7S')
RUNNING CLUB | SPINNING CLASS | SQUASH | STRENGTH & CONDITIONING
SWIMMING | TENNIS | TRAMPOLINING | YOGOLATES

IN ADDITION, THERE ARE THE FOLLOWING FITNESS ACTIVITIES:



DANCE



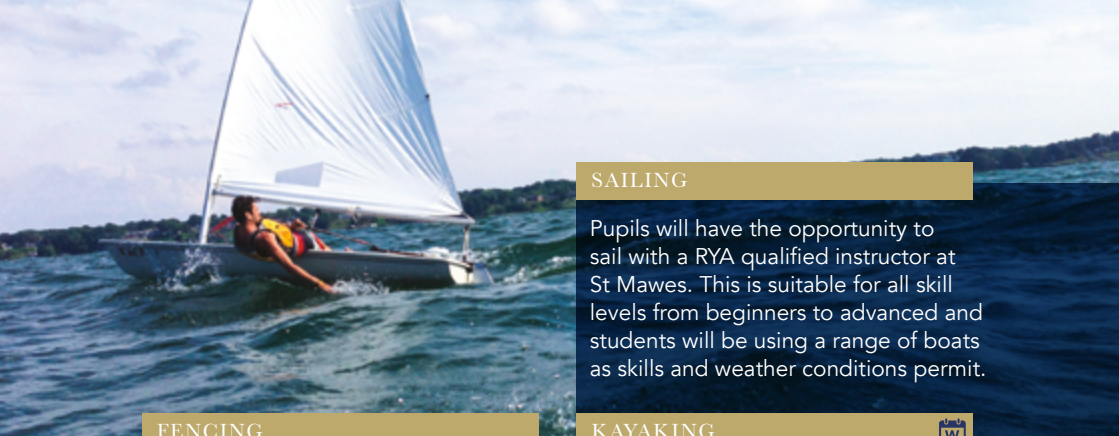
Pupils will work with a professional dance instructor on a variety of dance genres, leading to a performance at the end of term.

Do you want to learn new dance routines inspired by contemporary or lyrical music videos? Would you like to develop your dance technique and performance skills? Or do you fancy learning a routine which you can perform as part of a 'Dance Company'.

Come and join Miss Mote to learn fun, current and high energy dance routines.

You will train like a professional dancer, learning dance exercises to improve your technique, and take part in creative tasks to contribute towards the final performance.

Whether you have danced before or would like to try dance for the first time, these sessions will build your confidence learning set dance repertoire in a supportive Dance environment.



SAILING

Pupils will have the opportunity to sail with a RYA qualified instructor at St Mawes. This is suitable for all skill levels from beginners to advanced and students will be using a range of boats as skills and weather conditions permit.

FENCING

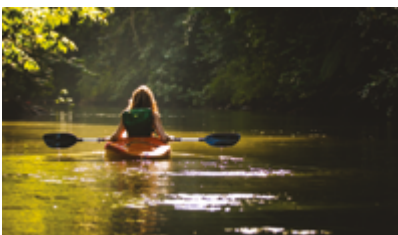


Fencing is a high-octane combat Sport and Fitness that tests mental and physical strength, as well as discipline, tactical and technical ability. This Sport is accessible to all ages and all abilities and it is a great for improving fitness, as well as being a huge amount of fun.

HORSE RIDING

At Wheal Buller, beginners and novices will learn the basics of riding and horsemanship whilst intermediate pupils will be able to improve their flatwork and begin jumping. As well as lessons in the large indoor school, there will be regular opportunities to ride out on the local bridleways including the beautiful and historic Great Flat Lode trail. This group is not suitable for very experienced riders. Each session lasts an hour.

KAYAKING



These sessions will be led by Mr Howard from Wildspace Adventures. Mr Howard is a British Canoeing Level 3 Coach who is also a qualified Outdoor Education teacher with 20 years of experience of leadership, including as a Royal Marines Officer. Pupils will have the opportunity to work towards their 1-star (1 term) or their 2-star (2 terms).

MILITARY FITNESS TRAINING AND CROSS-FIT

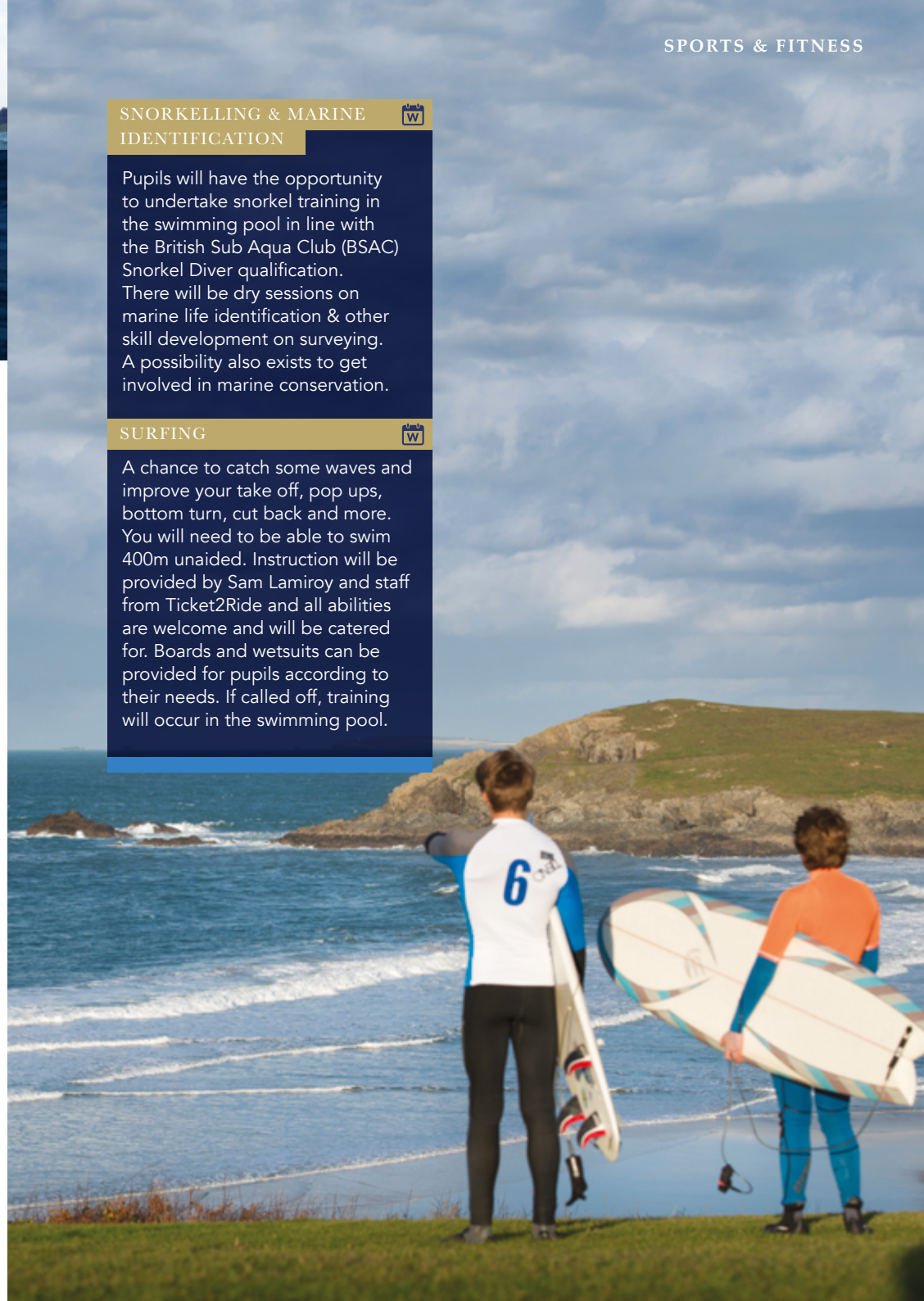
Each session is outdoors and will include a warm up, cardio and strength training, and a cool down with stretches. If the weather is poor, we will use a dry space in the SBA. The sessions will be broken down into 3 ability levels. We welcome anyone from people who have not trained before to fitness machines. Sessions will focus on cardio as well as strength. Military Fitness is all about training together. You will get muddy, out of breath and will ache the next day but you will definitely get fitter and it is a highly social way to build health and fitness. Bootcamp sessions also available before school.

SNORKELLING & MARINE IDENTIFICATION

Pupils will have the opportunity to undertake snorkel training in the swimming pool in line with the British Sub Aqua Club (BSAC) Snorkel Diver qualification. There will be dry sessions on marine life identification & other skill development on surveying. A possibility also exists to get involved in marine conservation.

SURFING

A chance to catch some waves and improve your take off, pop ups, bottom turn, cut back and more. You will need to be able to swim 400m unaided. Instruction will be provided by Sam Lamiroy and staff from Ticket2Ride and all abilities are welcome and will be catered for. Boards and wetsuits can be provided for pupils according to their needs. If called off, training will occur in the swimming pool.



Truro School firmly believe
in nurturing the student
both inside and outside the
classroom, so that they become
tolerant, trustworthy, patient
and determined young people.



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