



Year 8 Castle Character Time Electives



CASTLE MEAD
ACADEMY

Mastery, Courage and Fulfilment

- Read through all the different electives and pick your top four choices for both Monday and Thursday

Monday Elective Options

1. Polish for Beginners: Miss Kluzik- Year 7 and 8



Scholars have an opportunity to learn basic Polish words and phrases. Scholars will practice basic pronunciation, spelling and reading. This course aims to encourage students to learn different languages but also to find out more about Polish culture and traditions.

2. Boy's Rugby: Miss Simpkin and Mr Gardner Year 7 and 8 (This will run until 4pm)

Boy's rugby is a great way to improve team-work skills, communication and develop leadership qualities whilst taking part in an active sport. You will be introduced into the world of rugby and learn how to play the game through practical sessions whilst keeping fit at the same time. There's no need to worry if you have never experienced playing rugby before, we are all here to learn! You will learn how to pass a rugby ball, tackle and use your team-work and communication skills in small games against other scholars. If we succeed then there will even be fixtures against other school teams! Come on girls of CMA!



3. Who do you think you are?: Mr Bartlett- Year 7 and 8

Ever wondered who you are and where your family came from? What was your aunt like at school? Did Grandma ever get into trouble?



In this Castle Character Time Project, we will take on the role of oral history interviewers and archivists. These are the people who capture the oral (spoken) evidence of the past from people to build up an interpretation of recent history, that within living memory. Their job is especially important to capture this evidence before it is lost as people pass away. The oral history interviewer has the exciting job of seeking out real-life adventures of our ancestors plotting their travels and experiences and cross-referencing their stories with other evidence, such as written.

By asking the right questions the oral history interviewer goes beyond names and dates and, instead, pulls out the stories that will never be found in written records.

4. Castle Mead Quizzers: Miss Meisuria – Year 7 and 8



Castle Mead Quizzers club will develop your logical thinking and problem-solving skills. Working on your own and with others, you will find solutions to word and numeracy - based problems. If you enjoy crosswords, sudoku and using clues to find solutions, then why not join the Castle Mead Quizzers club? You'll have the opportunity to create your own puzzles for your peers as well as take part in the Castle Mead Quiz!

5. German Continued: Mrs Murphy- Year 7 and 8 (*only if you have already done Beginner's German*)

If you have completed Beginners' German and would like to continue to improve, in this unit we will be learning how to describe artwork in German including shapes and colours and studying the work of a German-speaking artist – Friedensreich Hundertwasser. We will work towards producing a Hundertwasser-inspired picture with an accompanying description in German.



6. Handball Society: Mr Weston- Year 7 & 8 (this will run until 4pm)



Handball is a team sport where two teams of seven pass a ball using their hands with the aim of throwing it into the goal of the other team. Handball Society is a great way to develop your hand-eye coordination and to improve as an overall athlete. Not only will you keep active but get an opportunity to master communication and develop your resilience.

7. Badminton Society: Miss Pritchard: Year 7 and 8 (this will run until 4pm)

Badminton club will help you develop the skills needed to play the game either competitively or recreationally in doubles and singles. Not only will it keep you active, but badminton club will give you opportunity to socialise, develop your hand-eye coordination and improve as an athlete. If you are keen to master communication, hand-eye coordination and develop your resilience, the badminton club is the right place for you.



8. Mindfulness Society: Miss Nangreave and Miss Osman- Year 7 and 8



Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. Come and join CCT mindfulness to help with stress and aid calmness.

9. The Art of Embroidery: Mrs Brewer – Year 7 and 8

In embroidery and embellishment, you will master the art of embroidery and needlework that has been prized by many cultures across thousands of years. You will be introduced to the history of embroidery before learning a number of different stitches and techniques so that you can design and create your own embroidery masterpiece. You'll also learn how to use embroidery and needlecraft to mend or embellish items of clothing and accessories.



10. Cooking Society: – Year 7 and 8



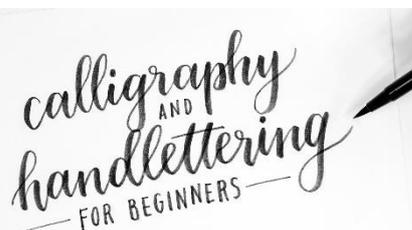
Want to expand on your cooking skills and learn about different types of dishes around the world? In Cooking Society, you will be building and developing your cooking skills already developed in your Food lessons and will also learn about different food from around the world!

11. Maths Team Challenge: Mrs Adams- Year 8 only

Maths Team Challenge will give you the opportunity to work on questions taken from the UK Maths Challenge and work as a team. You will develop your problem-solving skills by focusing on specific powerful knowledge and apply this knowledge together to find and communicate solutions. In the final week of the Castle Character Time cycle we will have our own competition. This experience will also help you prepare for the national UKMT maths challenges in the spring and summer term.



12. Calligraphy Society: Mrs Mulla- Year 8 only



Calligraphy is the visual art of writing. This creative art form involves the use of a variety of pens, brushes and tools to create beautiful letters and symbols. It has recently become popular for bullet journaling or when you want a mindful moment to write something for yourself. Have a go at trying modern calligraphy using tools which you have already been using: the standard pen or even using a calligraphy pen. Calligraphy is an opportunity to make ordinary things extraordinary. Everything from a to-do list to a post it note reminder can look beautiful. The sessions will involve practicing strokes, basic letters to forming sentences with elaborate patterns using basic stationary as well as calligraphy tools.

13. The Castle Orchestra: Mr Partridge – Year 8 only (compulsory for 8 Monmouth)

The Castle orchestra is an orchestra for the wonderful musicians of Castle Mead. We will be learning orchestral works and pieces for fun. Our first performance will likely be at the TMET Christmas concert in front of parents from all schools in the trust. This elective is open to all scholars and takes place in Monday CCT. If you would like to join but are unsure about your instrument, please talk to Mr Partridge or Mr Rule.



14. Henna Society: Mr Bensley – Year 8 only

Are you a budding Henna artist? A beginner looking to brush up on your skills? Or even just looking for a way to relax after a long day? In that case henna society is the character time for you! Once a week you will get the chance to practice designs and share ideas with your fellow henna artists in a relaxed environment. Meet professional Henna artists and showcase our designs at Belgrave library.



15. Innovative Entrepreneur Society: Mrs Morar – Year 8 only



Discover your entrepreneurial talents! These sessions are designed to inspire entrepreneurial behaviours - a requirement for success in today's business world. You will get an opportunity to be heard and listened to in a safe environment full of innovative ideas that are at the centre of social and environmental issues.

This is your chance to enhance your leadership skills, develop entrepreneurial thinking and build collaborative teams, to make a difference in our community and school. You can also add this to your CV and personal statement in the future too.

Thursday Elective Options

The following Monday electives are also an option for Thursday:

1. Polish for Beginners
2. Calligraphy Society

1. Poetry By Heart: Ms Woods and Miss Rai- Year 8 and 9

Want to develop your performance or public speaking skills? Want the chance to represent Castle Mead Academy in the national Poetry by Heart championship?

This term, Poetry in Voice brings you the exciting opportunity to be immersed into the world of poetry and performance. Ms Woods and Miss Rai will talk the through the history of some of humankind's greatest poetic works, from which you will select the two which speak to your heart. You will then learn them off by heart and develop your performance and recitation skills. We will then host the annual CMA Poetry by Heart Competition – the first one ever in our brand new theatre - to crown the champions of 2021, and will then be our school's representative in the national Poetry by Heart competition.



2. Beginner Mandarin Society: – Year 8 and 9

Mandarin is spoken by over 730 million people in the world. If you also want to learn how to speak Mandarin, then this is the society for you. You will learn the foundations of Mandarin, including different symbols and the history of the language. You will enjoy this elective if you like learning new languages and are up for a challenge!



3. Beginner's German Society: Mrs Murphy – Year 7, 8 and 9

This introduction to German will enable you to introduce and describe yourself and your family in German. You will also learn about German culture and in Cycle 2 there will be the opportunity to continue with German and build on what you have learned. You will enjoy this elective if you enjoy languages – perhaps French or other languages you have learned at primary school or at home. Knowledge begets knowledge – the more languages you know, the easier it becomes to learn new ones!



4. Beginner Russian Course: Mrs Frackowiak - Year 7 and 8



Beginner Russian Course will give you an insight into a new exotic language system. You will be challenged to learn Russian alphabet from scratch and practice Russian handwriting. You will learn all 33 letters over 5 sessions, so that in the second part of the course, you will dive into the world of Russia culture. By this point you will start practising reading of basic Russian texts. You will acquire lots of new skills, master the basics of Russian and practice resilience – all in one course! Do not hesitate! Come and embark on a new learning journey!

5. Tai Chi: Mr Sikotra - Year 7, 8 and 9

Originally developed for self-defence, tai chi has evolved into a graceful form of exercise that is often described as meditation in motion. Tai chi promotes serenity through gentle, flowing movements. Tai chi is an ancient martial art that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.



6. The School Show (ONLY IF YOU ARE AUDITIONING- PUT AS 1st CHOICE)



7. Dance Society: Miss Walker and Miss Hammond – Year 7, 8 and 9



Do you want to build your character and get fit all at the same time? Then Just Dance is for you! This will really build your character by showing resilience and working hard to get moving and follow along with the routine. You will also be showing great kindness in a safe space to have a giggle, get moving and have some fun!

8. Castle Coalition: Miss Dunn – Year 7, 8 and 9



Castle Coalition will give you and insight into being an excellent team player. Through different games, activities and tasks you will begin to master a range of different skills, the most important being teamwork. Castle Coalition will give you the courage to become a leader, a trait we want you to leave CMA with.

9. Girls' Football Society: Mr Weston and Miss Hartfield- Year 7, 8 & 9 (this will run until 4pm)

Football club will give scholars the opportunity and chances to potentially compete in tournaments for the school! During football club scholars will train and develop their own footballing ability as well as working as a team to try and bring some glory back to Castle Mead. Whether you want to play for the team or just play recreationally football at Castle Mead is for everyone.



10. Public Speaking Ms Vaughan- Year 7 and 8

Public Speaking will give you a chance to develop and practice your ability to speak in public on a range of topics. We'll start with short 30second speeches about something you know really well and work up to a longer speech delivered to the group about a topic that you've researched. Along the way you'll have the opportunity to work on your research skills and get some practice of debating as well.



11. Crochet Society: Mr Ng-Bell – Year 7 and 8

Crochet is the art of creating works of art using wool or yarn. It is similar to knitting, except instead of using two needles, crochet uses a single hook. It requires concentration and dexterity, however, with practice and mastery, the results are very satisfying. As crochet requires such a high level of concentration, many people find it helps them to remain mindful, and live in the moment. You may have seen in the news that Tom Daley knitted during the Olympic games, to help him remain focussed in such a high pressure atmosphere.



Scholars who undertake crochet society will crochet a square patch that will ultimately be added to a patchwork blanket. This blanket will represent the hard work and resilience of CMA scholars over the past 18 months, and will become a physical symbol working hard and building your character.

12. Newspaper Society: Miss Mullen – Year 7 and 8

The Newspaper Society will allow you to deepen your understanding of key topics that are happening in the world. Scholars will be able to develop your critical thinking and literacy skills through open discussions about current affairs. Working as a team you will be researching and creating newspaper articles that can be shared with your fellow scholars. This CCT calls for Scholars who enjoy writing, researching, design and those who want to share topics they are passionate about.



13. Board Game Society: Miss Kesgin – Year 7 and 8



Board game club will allow you to have fun and discover exciting new games which will work on your patience, resilience, and problem-solving skills. You will take lead in teaching other scholars how to play new games, we will have the opportunity to even design new ones!

14. Introduction to Brass Playing: Mrs Hounscome- Year 8 and 9



This elective will give you the opportunity to learn a new musical instrument. The 'pBuzz' offers a fun first step into brass playing. With access to your own pBuzz for the CCT cycle, you will master the basic skills involved in playing a brass instrument and reading music. This practical focused CCT elective will involve playing the pBuzz in each session, leading towards a performance at the end of the cycle. The skills that you develop on the pBuzz could act as a steppingstone towards taking up a brass instrument in the future, such as the trumpet or trombone.

15. Understanding our Emotions: Mrs Malley- Year 8 only

The Pixar film Inside Out is not just a fun cartoon but was written by psychologists to help young people understand their emotions, how their memories are formed and how their character is built. If you would like to use the film to help you learn how to recognise and name your emotions and maybe some strategies for dealing with emotions like fear, anger and sadness in a safe environment then this is the Castle Character Time for you.

