

St. Julian's School

WIDER LIFE ENRICHMENT PROGRAMME

2022-23



ST. JULIAN'S SCHOOL
ANNIVERSARY 1932 - 2022



ST. JULIAN'S
SCHOOL

Dear St. Julian's Community,

On behalf of the Wider Learning Enrichment department, we wish to welcome you to the St. Julian's School 2022-23 activities, clubs and sports programme.

Our Wider Life enrichment programme, in school and outdoor settings, is a great way of supporting students' learning and development, and is a fun and engaging way to learn new skills.

In an competitive world, it is not just about academics, but also about the other experiences and skills we develop. We would encourage our students to persue their passion and develop new ones.

Through the performing arts, sports, skills and personal development activities, SJS students will be more enriched and more experienced in dealing with issues of personal and social development, team building and leadership.

In our extended Wider Life activities, we are committed to giving our students the chance to learn more about the world around them, expand their thinking and share their ideas, find a passion, stay healthy and active, build their confidence, develop resilience, teamwork skills and leverage their personal development, but always learning to work with others, showing respect, integrity and tolerance to all, and following the School's 6Cs.

OUR 6Cs: The Shaper Profile



Compassionate

The shaper is compassionate, empathetic and respectful: seeks to understand themselves, others, be kind and have a positive impact on the world.



Curious

The shaper is a curious and creative thinker: thirsty to learn, interested in other perspectives, open to view the world in different ways and propose innovative solutions.



Collaborative

The shaper is a collaborator: able to work as part of a team to achieve a greater outcome and strive for a brighter future.



Communicator

The shaper is a communicator: an active listener to other perspectives, with a unique voice who has the confidence to express and challenge ideas.



Courage

The shaper has courage: willing to take the lead, be independent and have balance and resilience to overcome challenges and to be an agent of positive change.



Citizenship

The shaper is a citizen of the world: has a commitment to service, a strong sense of purpose and responsibility to shape a more just and inclusive society.

A shaper is a **compassionate, curious, collaborative communicator** who above all has the **courage** to be an **active citizen** to make a difference in the world.

We hope to reflect upon our offer and expand over the year, including more categories and interests.

Please read all the information fully.

This year we will start all our WLP clubs on Tuesday, 3rd January 2023.

Best Wishes,



Maxine Small

Director of Sport & WLP Coordinator



Alex Brice

Wider Life Programme Assistant



widerlifeprogramme@stjulians.com



+351 910 027 536
(available daily from 15h15 to 18h00)

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Schoolsbuddy

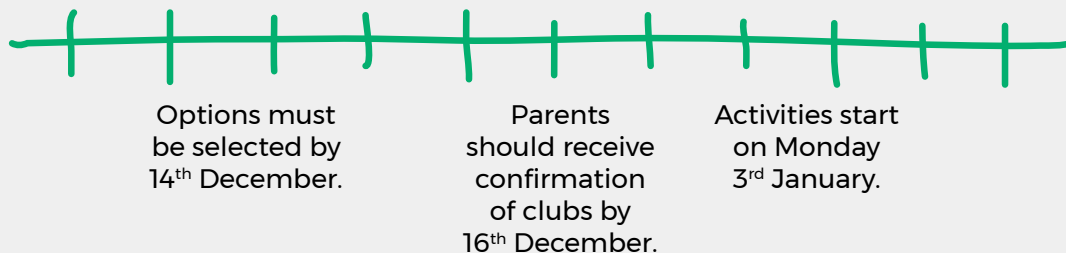
the “Wider Life Programme support platform”

St Julian’s School is adopting a new online platform where parents can register and access all activities and keep a daily diary for their children - Schoolsbuddy.

Parents will receive an email from the school so they can download the app and log in using their ISAMS accounts. In the Schoolsbuddy platform, parents can find all the necessary information to choose and enrol their children in their preferred in-house led clubs and externally led activities. We offer an open preference option so parents and students can choose activities at their own pace.



Timeline



Useful Links and information for parents:

Parents guide to using SchoolsBuddy

[CLICK HERE](#)

Making Clubs Selections

[CLICK HERE](#)

Editing your child's details in ClubsBuddy

[CLICK HERE](#)

Faculties & Departments contributing to the activities

PE & Sport

Maxine Small

msmall@stjulians.com

Music

Jackie Correia

jcorreia@stjulians.com

Music Tuition

Catherine Stockwell

cstockwell@stjulians.com

Music Performances

Ruth Forbes

rforbes@stjulians.com

Creative Arts

Zoe Weiner

zweiner@stjulians.com

Drama

Caroline Latter

clatter@stjulians.com

Visual Art

Roo Burridge

jburridge@stjulians.com

Design & Technology

Naomi James

njames@stjulians.com

Business and Economics

Damien Blanchard

dblanchard@stjulians.com

Science

Ellena Netcher

enetcher@stjulians.com

Portuguese

Ana Lúcia Guerreiro

alguerreiro@stjulians.com



A group of children in school uniforms are holding a large, vibrant rainbow flag on a grassy field. The flag is the central focus, with its colors (red, orange, yellow, green, blue, purple) clearly visible. The children are wearing green jackets and grey skirts. The background shows a blurred outdoor setting with trees and a building.

SJS IN-HOUSE LED CLUBS

2022-23

starting on 12th September 2022

Physical Education & Sport Faculty

At SJS, we aim to give every pupil a positive physical activity experience so that they look forward to participating and understanding its importance in a balanced and healthy lifestyle. Our sports teams and training sessions are inclusive, diverse and central to our community.

Key Programme attributes:

Power of participation

SJS values and commends regular attendance, commitment and respect towards the sport, coaches and fellow players.

Wide range of activities and amazing facilities

Our facilities and resources are aimed at giving all our students the greatest possible choice so they can find a healthy and active pursuit to suit them. SJS offers a wide range of team games, competitive matches and individual activities on offer.

Experienced coaching staff

Our coaches are positive role models who display in-depth knowledge of their activity, an ability to teach, strong leadership, ethical behaviour, and interest in the holistic development of students.

Part of a competitive and valuable sports network

SJS is a well-established member of CHESS which is a group of International schools within Portugal that compete in male and female sports alike in basketball, football, volleyball, athletics and cross country in Division 6, 5, 4, 3 & Varsity tournaments.

SJS also competes in the European Sports Conference (ESC) for Varsity tournaments. ESC is an organisation of competitive varsity sports for International schools in Europe, providing high-quality end-of-season tournaments for male and female Basketball, Football and Volleyball teams.

Inclusion and Support

At SJS, we are inclusive, and we try and offer all students who regularly train to attend local friendly fixtures during the season to compete at an end-of-season tournament within Portugal. SJS regularly hosts weekly fixtures and tournaments every season. We support students wanting to develop further their interests by joining outside school clubs.

SJS Secondary Competitions Programme

In Portugal and within our International European Sports Conference (ESC), our students compete in different divisions based on the year they were born, alternating each year. Varsity teams are usually the best students from the school to represent the competitive team (usually those in year 9 upwards). Varsity teams typically include the older students in the school but can also include younger students who are invited to play up due to their special abilities.

Divisions	Year Groups	Birthyear
Varsity	Y10/ 9 ^o ano - Y13	2005 - 2007
D3	Y10/ 9 ^o ano, Y9/ 8 ^o ano	2008 - 2009
D4	Y8/ 7 ^o ano, Y7/ Y6 ^o ano	2010 - 2011
D5	Y6/ 5 ^o ano, Y5/ 4 ^o ano	2012 - 2013
D6	All students in Y3/ 2 ^o ano, Y4/ 3 ^o ano	2014 - 2015

For Division 5 to Varsity (Year 10 - 13) students compete and train in seasons

Term 1

- Girls Football season runs from September to when their last tournament is in November/ December
- Boys Basketball season from September to when their last tournament is in Term 1 November/ December
- Boys and Girls Volleyball all divisions play and compete September to February

Term 2

- Girls Basketball season runs from January to when their last tournament is in March/ April
- Boys Football season from January to when their last tournament is in March/ April
- Boys and Girls Basketball all divisions play and compete September to February
- Girls & Boys Cross Country season January until February

Term 3

- Girls and Boys Athletics season runs from end of April to beginning of June

Important Notices:

Please see our weekly schedule for when sports and students will be training. A fixture schedule will be shared in September when Sports coordinators can schedule.

Please see the schedule [HERE](#)

Please see the calendar [HERE](#).

Please be aware that the calendar dates can change due to weather and facility constraints.

Nursery until Year 4 will have weekly practices from September to the End of May and mini 'get-togethers' throughout their seasons.

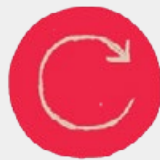
Movement club

This activity is offered to Nursery to Reception students; we look at building students' confidence through movement, gymnastics and dance.



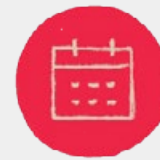
Teacher

Rita Marques



Ages

Nursery & Reception



When

September to May 2023

Mondays

Nursery
15h15 - 16h00

Wednesdays

Reception
15h15 - 16h00



Enrolments

Through the Schools buddy
platform

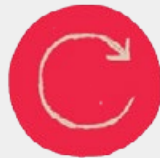
Gymnastics

Gymnastics is a recreational gymnastic discipline. Students can develop different types of techniques and routines; such as a 'balance' routine where the focus is on strength, poise and flexibility; a 'dynamic' routine which includes throws, somersaults and catches; and a 'combined' routine which includes elements from both balance and dynamic. The movement and gymnastic clubs are for all abilities and students.



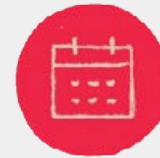
Teacher

Alexandre



Ages

Y1 to Y6/ 5^o ano



When

September to May 2023

Mondays

Y1 to Y2/ 1^o ano
16h00 - 17h00

Wednesdays

Y3/ 2^o ano to Y4/ 3^o ano
16h00 - 17h00

Fridays

Y5/ 4^o ano - Y6/ 5^o ano
14h15 - 15h45



Enrolments

Through the Schools buddy platform

Running & Fitness Club

Our running and Fitness club is for those students and staff who would like to improve their running form, pacing, endurance, running drills, functional fitness, and making fitness fun! We hope to prepare students and staff for middle and long distance events such as improving their Personal bests, Cross country schools events, 5 KM and 10 Km runs. It is for all levels and hopes to support students and staff to create their own goals.



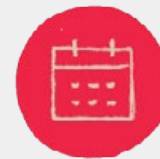
Teacher

Sara Silva



Ages

Year 6/5^o to Year 13
and Staff



When

Tuesdays
16h10 - 17h30

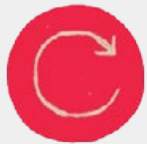


Contacts

sara.flora.silva@gmail.com

Performing Arts Clubs

Primary



Ages

Y5/4^o ano



Programme

Term 1 = Drama games and ensemble building

Term 2 = Using scripts and creating short scenes

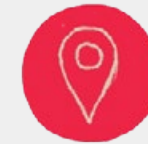
Term 3 = Rehearsing and performing a short play - Script to be confirmed



When

Monday Lunchtimes

11h40 - 12h20



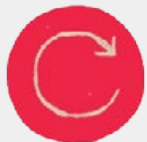
Location

Primary Hall



Contacts

zweiner@stjulians.com



Ages

Year 6/ 5^o ano



Programme

Term 1 = Rehearsing and performing student devised play 'The World's Worst Teachers'

Term 2 = Hip Hop

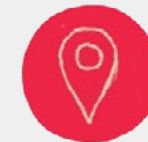
Term 3 = Creating short, Book Week related performances for primary school audiences



When

Monday Lunchtimes

13h00 - 13h40



Location

Main Hall

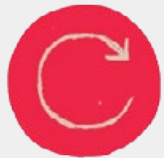


Contacts

zweiner@stjulians.com

Primary Nature Club for Nursery & Reception

The Nature Club is an activity open to Nursery & Reception students interested in the natural world and who enjoy discovering more about living things through investigation within the outdoors at SJS. The School campus has a significant number of areas home to a lot of wildlife which we are very fortunate to have.



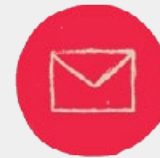
Ages

**Nursery and Reception
students**



Programme

Students will be invited to explore and investigate the natural landscape and area around them, instilling a passion and appreciation for nature and sustainability.

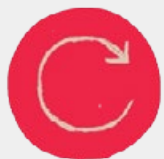


Contacts

Margaret McCall
mmccall@stjulians.com
Joanna Soares Franco
jsoaresfranco@stjulians.com

Cricket Club

St. Julian's cricketers train at lunchtime throughout the school year in our state-of-the-art cricket nets. No previous experience is required, and boys and girls are welcome to come and learn this quintessentially English sport. The club organises occasional games against other schools.



Ages

**Under 12 to Under 18
boys & girls**



When

**Lunchtimes throughout
the school year**
(Tuesdays and Fridays, flexible
timing to avoid wet weather)

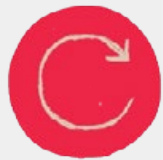


Contacts

Simon Mount
smount@stjulians.com

Theatre festival

organised by Teatro Dona Maria II
(National Theatre)



Ages

Y7/ 6º ano to Y12



When

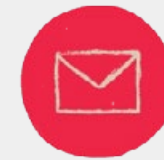
Tuesdays

13h20 - 14h00

16h10 - 17h30

Term 2 = Casting and rehearsals + extra technical/
dress rehearsals leading up to performance

Performance Dates = April (days to be confirmed)
at the Main Hall



Contacts

zweiner@stjulians.com

Theatre related events to look out for during the year:



ISTA festivals



House plays

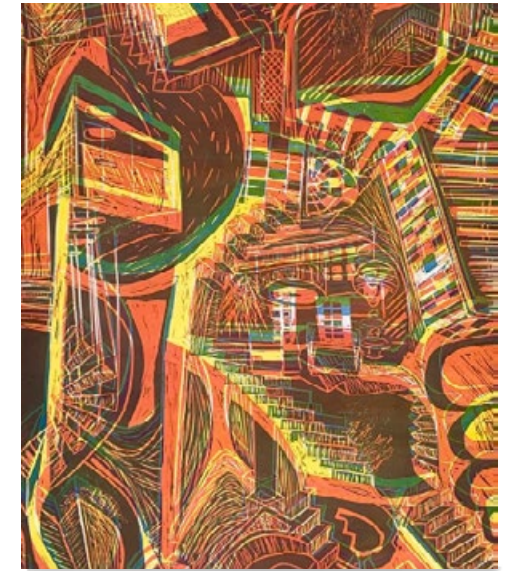


Visiting performances

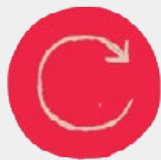
Details will be shared with parents and students at relevant times via portals and school communication channels

Visual Arts Department

Run by the Visual Arts Department teachers, the art clubs allow students to be creative and develop various projects from drawing, painting, sculpture, and collage, using multiple materials and techniques.



KS3 Art Club



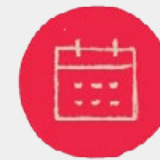
Ages

Y7 to Y9/ 6^o ano to 8^o ano



Programme

Giving an opportunity for KS3 students to develop their artistic skills and techniques.



When

Friday lunchtime
11h45 - 12h30



Contacts

Roo Burridge
jburridge@stjulains.com

KS4 & KS5 Art Clinic



Ages

Y10 to Y13/9th and



Programme

Giving the opportunity for KS4 & 5 Art students studio time and materials to work on practical independent tasks. Although students can use the studios thereafter, a teacher will be available during this time to help problem solve, discuss ideas and how to move forward in a self-sufficient manner.



When

Fridays
Lunchtime



Contacts

Vicki Ozkurt
vozkurt@stjulians.com

KS4 & KS5 Life Drawing (limited numbers)



Ages

Y11 to Y13



Programme

Integral to the Visual Art curriculum this is open primarily to Y12 & Y13 IB students.



When

Mondays
16h15 - 18h30



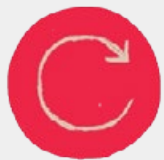
Contacts

Roo Burrige
jburrige@stjulains.com

Business and Economics Department

Model United Nations

Model United Nations is an academic simulation of the United Nations where students play the role of delegates from different countries and attempt to solve real-world issues with the policies and perspectives of their assigned country. For example, a student may be assigned to the United Kingdom and will have to solve global topics such as nuclear non-proliferation or climate change from the policies and perspectives of the United Kingdom. KS3 students will follow the Montessori approach to MUN, which is based on collaboration and negotiation. KS4 and KS5 will follow the more competitive approach to MUN embraced by Harvard. All students will have the opportunity to participate in MUN conferences as long as they show commitment and a desire to improve throughout the MUN activity.



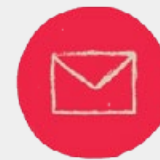
Ages

Y7 to Y13
6° ano to 9° ano



When

Wednesday
16h00 - 17h00

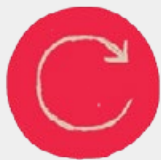


Contacts

Damien Blanchard
dblanchard@stjulians.com

Portuguese Club

The Portuguese club seeks to create a space to practice conversational Portuguese. This club is aimed at non-Portuguese speakers.



Ages

Y7 to Y9
6º ano to 8º ano



When

Wednesday
13h10 - 13h40



Contacts

Ana Lúcia Guerreiro
alguerreiro@stjulians.com



SJS EXTERNALLY LED ACTIVITIES*

2022-23

starting on 12th September 2022

*paid activities

St. Julian's School Rugby Academy

St. Julian's Rugby Club is an affiliated member of the Portuguese Rugby Federation and enters teams from U8 to U18 in tournaments and festivals, as well as organising overseas tours. The Club's main aim is to enable players of all abilities and levels of experience to play rugby for the fun and enjoyment of the game itself. However, as players progress through the age-groups increasing emphasis is placed on team performance and competitiveness. The Club also seeks to promote the traditional rugby values of teamwork, discipline and respect in all its activities.



Teacher

João Marvão
Simon Mount



Ages

6 to 18-year olds



When

U8/10/12 Boys & Girls
Mondays and Wednesdays
16h15 - 17h45

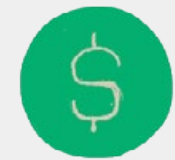
U14/16 - Wednesdays and Fridays
16h30 - 18h00

U18 - Tuesdays and Thursdays
19h00 - 20h30



Contacts

rugby@stjulians.com



Fee (annual)

€325 + insurance

Rugby Tots

Rugbytots - Make your child's development more fun!

Our fun, structured play sessions for boys and girls, will take your child on a journey of sporting imagination with engaging and energetic coaches supporting them every step of the way whilst teaching them how to catch, pass, kick, run with the ball and play as part of a team.

Our motto is simple; “make it more fun”. We do this by delivering our specifically designed programme with energy, enthusiasm and excitement.



Teacher

Callum Mclean



Ages

Nursery to Year 1



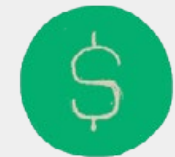
When

Mondays & Fridays
Mondays Nursery to Year 1
15h30 - 16h30
Friday Nursery to year 1
14h15 - 15h15



Contacts

cal@rugbytots.pt



Fee

€200 per term
for 2 sessions a week

Academia Sporting Carcavelos



SoccerPro is a project that involves over 6000 young footballers nationally and internationally. Great coaches provide the best guidance for fledgeling football players. Rigour and fun mix in a pedagogical concept that enhances how children spend their free time. It develops students' passion for football, respect and determination.



Teacher

Academia Sporting



Ages

4 to 16-year olds



When

Tuesdays

From Reception to Y2/1º ano
15h15 - 16h15

From Year 3/2º ano upwards
16h15 - 17h15

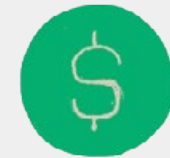
Fridays

All year groups
14h30 - 15h30



Contacts

patriciavilhena.eascarcavelos@gmail.com



Fee

€75 - includes sports kit from SCP (SCP shirt, 2 pairs of socks, shorts and kit bag), sports insurance and athlete card

Tuition

1 x week - €45;

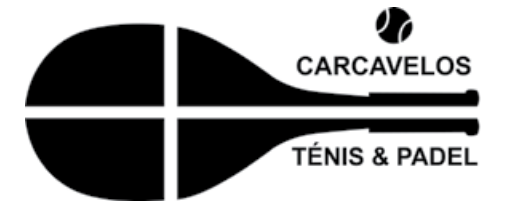
2 x week - €55;

3 x week - €65 (5% Sporting member discount).

Members of Sporting Club Portugal (athlete) will have a discount of 15%.

Tennis & Padel

Tennis and Padel are games that require stamina, strength and develop intelligence. Children learn how to play fairly on and off the court. Students develop coordination, agility, reaction time and the love of tennis in small-sided and conditioned games. Students find it fun and engaging and really develop their tennis performance and skills.



Teachers

Carcavelos
Tennis club



Ages

3 to 16 years old



When

Tennis

Tuesday

Nursery to Year 2 - 15h15 - 16h00
Year 3 and above - 16h00 - 16h45

Friday

All years (from Nursery) 14h15 - 15h15

Padel

Tuesday

Nursery to Year 2 - 15h15 - 16h00
Year 3 and above - 16h00 - 16h45

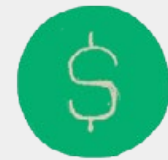
Friday

All years (from Nursery) 14h15 - 15h15



Contacts

info@carcavelos-tenis.com



Fee

All activities Entry Fee - €40

Tennis

Nursery until Year 2

€154 (1 x week)/ €258 (2 x week)

Year 3 to Year 6

€164,8 (1 x week)/ €264 (2 x week)

Padel

From Year 2

€164,8 (1 x week)

or €264 (2 x week)

Basketball Academy

This is a **new activity** in association with Quinta dos Lombos Basketball club. Having won several youth championships, Quinta dos Lombos is a very successful and reputable club with many achievements over the years.

Our partnership with Quinta dos Lombos is aimed at improving students' provision and experience alongside what we currently offer within PE and Sport and seasonal competition within CHESS & ESC. Secondary students enrolled are able to go home or stay in school, complete homework or be involved in other activities before training begins. Primary students will either need to be supervised by parents, go home or be involved in other activities.



Teachers

Quinta dos Lombos
Basketball Club



Ages

8 to 16 years old



When

Under 8 years-old Boys & Girls

Tuesday - 18h00 - 19h00 at St Julian's
Wednesday - 18h30 - 19h30 at Lombos
Saturday - 09h00 - 10h00 at Lombos

Under 10 years-old Boys & Girls

Tuesday - 18h00 - 19h00 at St Julian's
Wednesday - 18h30 - 19h30 at Lombos
Saturday - 10h00 - 11h00 at Lombos

Under 12 years-old Girls

Tuesday - 18h00 - 19h00 at St Julian's
Wednesday - 18h30 - 19h30 at Lombos
Friday - 18h00 - 19h00 at Lombos

Under 14 years-old Girls

Monday - 17h30 - 19h00 at Lombos
Wednesday - 17h45 - 19h15 at St Julian's
Thursday - 18h00 - 19h30 at St Julian's

Under 16 years-old Girls

Monday - 18h00 - 19h45 at St Julian's
Wednesday - 18h00 - 19h45 at St Julian's
Friday - 18h15 - 19h45 at Liceu Oeiras



Contacts

Quinta dos Lombos Basketball Club
basquetebol@crcql.org.pt



Fee

€105 per term

Ballet

Classical ballet emphasises fluid, graceful movements and long lines, focusing on narrative and storytelling. An art form that benefits both mind and body by developing creativity, a sense of self-confidence, posture, balance, coordination, and how to control a body in motion, among others.



Teachers

Alexandra Carneiro



Ages

Nursery to Y6 Students
1º ano to 5º ano



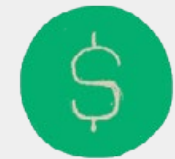
When

Tuesdays
Nursery/ Reception
15h20 - 15h50
Y1 upwards - 16h00 - 17h00



Contacts

alexandracarneiro.y@gmail.com



Fee

€145 per term
enrolment fee:
€45 new members
or €25 if already
a member

Jazz Dance

This is a Modern/Jazz/Hip-Hop class. The class starts with a warm-up where we train the basic techniques of Jazz dance, strength and stretch. Then children start dancing to all the modern music. Students always prepare for a dance show at the end of the year or whenever possible. This is an excellent opportunity for the children to perform.



Teachers

Emma Nilson



Ages

Reception students
upwards
From 3 - 6 years old
From 7 - 12 years old



When

Mondays

Nursery to Year 2/1^o ano
16h00 - 17h00

Thursdays

Year 2/1^o ano - Year 6/5^o ano
16h00 - 16h45

Fridays

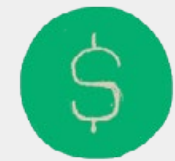
Nursery/ Reception/ Y1/ 2/1^o ano
14h00 - 14h45

Y3 - Y6/ 5^o ano
14h50 - 15h35



Contacts

info@cascaisdanceacademy.org



Fee

€145/ term

Karate

Karate helps teach self-discipline and socialisation skills. But these are not the only benefits. The movements of Karate challenge children’s muscles and cardiovascular system, making them grow stronger and fitter.



Teacher

Ana Rita Durão



Ages

4 to 8 and above



When

Mondays

Nursery/ Reception - Y1
15h10 - 15h50

Y2 upwards
16h00

Wednesdays

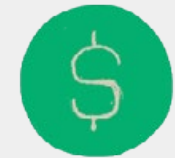
Nursery/ Reception - Y1
15h10 - 15h50

Y2 upwards
16h00



Contacts

anarbfd@gmail.com



Fee

€125/ Term

Jiu-Jitsu

While there are many great sports for kids, none compare to the martial arts. Jiu-Jitsu is a life skill which is just as much about instilling positive habits as it is about advancing in belt rank. Our Youth Martial Arts classes are all about teaching young students the value of respecting others, persevering through challenges, and building self-discipline. Not only will this atmosphere increase their athletic ability, but it will translate into better behaviour at home, in the classroom, and with friends!



Teacher

Sérgio Vita
(black belt)



Ages

4 to 8 and above



When

Tuesdays

Reception to Yr 2/1^o ano
15h15 - 16h15

Y3/ 2^o ano to 6/ 5^o ano
16h15 - 17h15

Thursdays

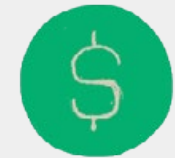
Reception to Yr 2/1^o ano
15h15 - 16h15

Y3/ 2^o ano to 6/ 5^o ano
16h15 - 17h15



Contacts

vitajiujiutsu@gmail.com



Fee

€125/ term
+ €50 per year insurance

Purchase a white kimono
white and flip-flops

Badges for the club are €24

Surf & Bodyboard Club

To be at one with the sea is an unforgettable experience. In this club, children are closely monitored while practising on the beach or in the ocean. Aimed at gaining agility and strength, this club is one of the most sought after when warm weather arrives.



Teacher

Miguel Montalvão
69 Slam Surf School



Ages

6 yrs old upwards

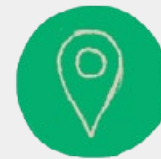


When

Thursdays
16h00

Fridays

14h00



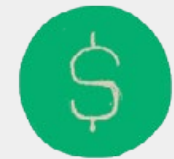
Where

Carcavelos beach
at 69 Slam
Surf School
in front of Restaurante
Grande Onda



Contacts

69slamsurf@gmail.com

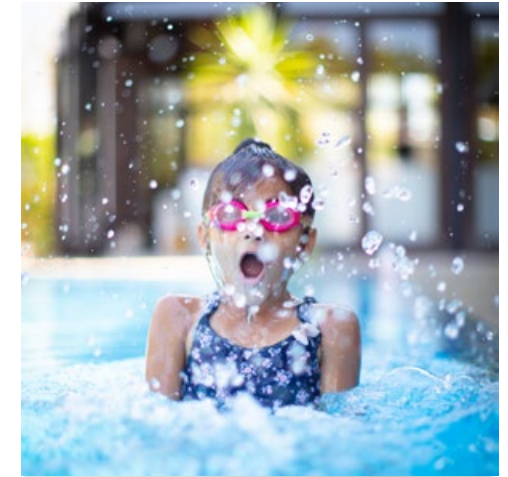


Fee

€250 termly
1 class per week
and
€315 termly
2 classes per week

Swimming Lessons

Following our successful swimming program, of many years, with St. Julian's, the after-school swimming club is aimed to complement the curricular swimming, covering all levels from beginners to pre-competition. The small size of the groups allows for a fast learning process, benefiting from the excellent quality teachers in charge of the groups.



Teacher

Armando Abreu
"Os Belenenses"



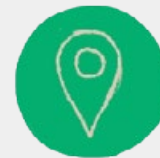
Ages

3 to 18 - year-olds



When

Mondays,
Wednesdays
and Fridays
16h00 - 17h00
or 16h30 - 17h30



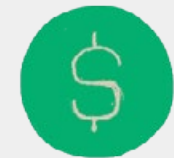
Where

Jamor Sports
Complex



Contacts

pinto.abreu@sapo.pt



Fee

€125/ term once
a week
and
€180/ term for twice
or 3 times a week.

Equipment

Swimming cap, goggles,
flippers, armbands
(for those who need them)

Extra transportation cost €7

Bodysurf

Do you want your children to be more comfortable in the water? Bodysurf lessons are all about connecting with the ocean. By surfing the waves using just your body, you create a better understanding and awareness of how the ocean works, with all its waves and currents. The aim of The Bodysurf School is to build the confidence your children need to fully enjoy the water in a safe way.

The lessons have a duration of 2 hours

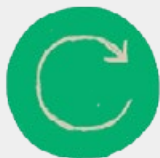
Equipment to bring: flip flops, towel, swimwear

We always have one instructor per 3-6 children (depending on the age group).



Teacher

Henrique Madeira



Ages

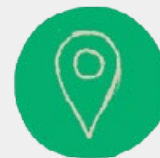
5 years old
and up



When

Wednesdays
16h00 - 18h00

Fridays
14h00 - 16h00



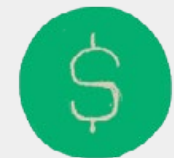
Where

Carcavelos beach
(close to restaurant
Casa da Praia)



Contacts

info@thebodysurfschool.com
+351 918 321 909



Fee

€250 per term
1x a week

Capoeira

Capoeira is a cultural expression that mixes many arts: game, fight, dance and music are some activities that contribute to creating this Intangible Cultural Heritage of Humanity. In addition to working with all physical skills, it is a powerful tool for inclusion and socialisation, helping the student's development.



Teacher

Luiz Augusto Filho



Ages

Nursery to Y13



When

Tuesday

Nursery & Reception
15h15 - 16h00

Year 7/ 6º ano to Y13
16h10 and 17h30

Wednesday

Year 3/ 2º ano - Y6/ 5º ano
16h00 - 17h15

Thursday

Year 1 & 2/ 1º ano
15h15 - 16h15

Friday

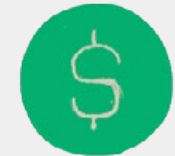
all groups year 1 upwards
14h10 - 15h45



Contacts

Luiz Augusto Filho

luizfilho021282@gmail.com



Fee

€150/ term

Scuba Diving

Want to learn to scuba dive? You're in the right place. The Portuguese coast and Islands are beautiful places to learn how to dive, right on our doorstep. Thousands of underwater explorers and adventurers started right here with Azzurro.



Teacher

Paulo Franco-Azzurro
Azzurro - Dive Academy

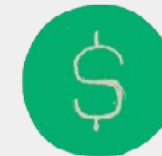


When

Tuesdays
16h10 - 17h30

Fridays
14h10 - 17h30

Please note the programme will change every term.



Fee

€480/Term (cost for open water diver programme)

Fee includes:

SSI Open Water Diver certification (international certification);

SSI Open Water Diver online manual;

7 (seven) Academic sessions;

6 (six) Pool sessions;

4 (four) Open water dives (at Sesimbra);

Equipment for all session;

Transportation to all the water activities is not included.

Equipment:

Generic Pool equipment (swimming suit, towel, flippers, hygiene products as applicable if they want to have a shower after the class). If the students have their own diving gear with the proper requirements, they will be encouraged to use it.



Ages

Y6 to Y13
5º ano to 9º ano

Open to St Julians Staff



Contacts

Paulo Franco-Azzurro
sjs.diveclub@azzurro.pt

Triathlon

A triathlon is an endurance multisport race consisting of swimming, cycling, and running over various distances. The club is a friendly, vibrant and inclusive club consisting of both adult and junior members from the age of 12 years old.

SJS Triathlon Club aims to provide a friendly and inspiring environment for people interested in keeping fit and healthy lifestyles and has a weekly training schedule to suit people of all abilities.

Our aim is to provide an environment for people of all abilities to have access to sport and the benefits that a Triathlon training programme offers. Unlike other programmes, Triathlon means you can train for three different sports and get all of the benefits associated with a cross-training.



Teacher

Sara Silva



Ages

Y7 to Y13
6° ano to 9° ano

Open to St Julian's staff



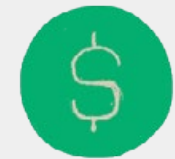
When

Fridays
14h15 - 15h30



Contacts

sara.flora.silva@gmail.com



Fee

€150 a term
plus insurance

Equipment
bike, helmet, trainers,
swimming cap, goggles
and flip flops.

International Award programme (aka The Duke of Edinburgh Award/ Prémio Infante D. Henrique Award)

The International Award is the world's leading youth achievement award and has inspired millions of young people to challenge their boundaries and contribute to their communities since its inception in 1956. At St. Julian's School, we offer pupils the chance to attempt the award at the Bronze, Silver and Gold levels. This is aimed at pupils who wish to deepen their commitments in outdoor adventure and leadership to achieve an internationally recognised standard in the four components of volunteering, physical, skills and expedition.

Please click [here](#) for further information on the award programme.



International Award programme

(aka The Duke of Edinburgh Award/ Prémio Infante D. Henrique Award)



Teacher

Maxine Small



Ages

Y10/9º ano to Y12



When

Monday

Year 10/ 9º ano
Bronze International Award
16h15 - 17h30
Room SP200

Thursday

Year 11
Silver International Award
16h15 - 17h30
Room W107



Contacts

Gold Leader & International
Award coordinator - Maxine Small
msmall@stjulians.com

Silver Leader - Shane Gielty
sgielty@stjulians.com

Bronze Leader - Rebecca Davey
rdavey@stjulians.com



Fee

Bronze

€115 enrolment fee
(paid to HQ International
awards in Portugal plus other
costs TBC for camping and
assessment).

Silver

€115 enrolment fee
(paid to HQ International
awards in Portugal) Plus
additional costs TBC.

Gold

€115 enrolment fee
(paid to HQ International awards
in Portugal) Plus additional costs
TBC for Gold expedition to Sierra
de Gredos and Gold residential
expedition.

Fun Cooking with Thomas Franks

The Fun cooking activity allows students to explore the dynamic spectrum of the food cycle through interactive cooking sessions with qualified Thomas Franks chefs. While cultivating confidence and memories, students engage with food to learn about seasonality, sustainability, international foods, nutrition, culture, health, and wellbeing.

Classes build upon each other to teach students essential kitchen skills, safety, culinary techniques, food experimentation, kitchen science, and formulas while tasting various foods along the way.



Teacher

Thomas Franks
chef Danny



Ages

Year 3/ 2^o ano
to Year 9/ 8^o ano



When

Monday

Y9/ 8^o ano Y10/ 9^o ano 16h15 - 17h15

Tuesday

Y3/ 2^o ano - Y4 3^o ano 15h30 - 16h30

Wednesday

Y5/ 4^o ano - Y6/ 5^o ano 16h15 - 17h15

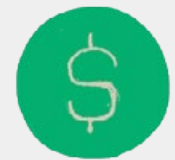
Thursday

Year 7/ 6^o ano - 8/ 7^o ano 16h15 - 17h15



Contacts

stjulianscatering@stjulians.com



Fee

€125/ term

ALOHA Mental Arithmetic

ALOHA Mental Arithmetic is a mental development program for children between 5 and 13 years of age. It develops children's intelligence by being an educational program based on three key tools: calculus with an abacus, mental arithmetic and didactic games. An essential aspect of the ALOHA Mental Arithmetic is its playful and interactive character. Children learn while having fun thanks to a didactic methodology in which the game plays a crucial role.



Teacher

Marta Almeida
Evandro Morgado



Ages

Reception to Y7/6º ano



When

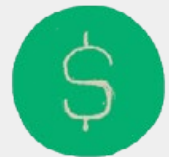
Tuesdays
16h10 - 17h30
Thursdays
16h00 - 17h00

Please note the programme
will change every term.



Contacts

Marta Almeida
info@alohaportugal.com
martasmartinsalmeida@gmail.com



Fee

Enrolment fee - €55
termly fee - €125

Game Developing

The Game Programming activity is for students from 5 to 18 years old. Game development ranges from pure game development to web-based development (multiplayer games) to Artificial Intelligence.



Teacher

Rodrigo Gil



Ages

5 years old upwards



When

Mondays

Year 1 - 6/ 5º ano
16h00 - 17h00

Year 7 - 13
16h10 - 17h15

Wednesdays

Year 1 - 6/ 5º ano
16h00 - 17h00

Thursdays

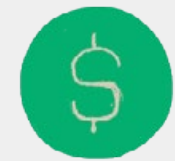
Year 7 - 13 (12 - 18 year olds)
16h10 - 17h15



Contacts

Rodrigo Gil

rgilpt@flawlessvictory.eu



Fee

€165/ term

Mandarin

Learn the language that 16% of the world speaks. Learning Mandarin helps to develop accurate hearing and interpretation of sounds, improves drawing capacities and a better understanding of symbols. Studies show that there is actually a scientific association between learning Mandarin and improved mathematical ability.

Knowing to Speak Chinese Mandarin can increase out-of-the-box thinking. And studies say that teaching Kids Mandarin gives them a better chance of getting admitted to better schools. And once you are an adult, Mandarin speakers stand out from the crowd and certainly will boost career advancement.



Teacher

Ricardo Cunha



Ages

6 up to 14 years old



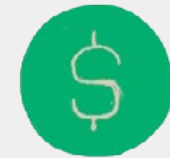
When

This activity will start
in October



Contacts

Ricardo Cunha
mandarimfun@gmail.com



Fee

€165/ term

The Inventors

Children are involved in projects where they are given total freedom to create and explore. Activities encompass programming, electronics, robotics, design, prototyping tools and animation, amongst others. The Inventors believe education should be inspirational to students.



Teachers

António Moreira
Constança Barroso
Ellen Mesquita
João Castro
David Mendes



Ages

5 to 14 years old



When

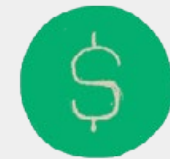
Wednesday
Reception to Y1
15h15 - 16h00

Friday
Y2 to Y7
14h15 - 15h15



Contacts

escolas@theinventors.io
David Mendes
916 726 216



Fee

€125
plus a kit
for the year €50

English by Magic

English by Magic is designed to be engaging, educational, and entertaining. It is a hands-on activity that develops creativity, critical thinking, self-confidence, and communication skills. Every lesson starts with a warm-up exercise, followed by the magic trick that will be learned with the technique and subtleties for audience engagement. Then each student constructs their own trick using everyday materials, creating their own story to go with the trick. After which, we have the Power Practice - Individual and Pair practice. Finally, every student will present their trick to the class.

Throughout the term, they will learn 8 magic routines, where they learn how to make things appear and disappear, read people's minds, and levitate and transform objects. They will end the term with their own unique Magic Routine.



Teacher

Alan Woolf



Ages

Year 7/6^o ano
to 9/8^o ano



When

Tuesdays

Year 3/2^o ano - Year 5/4^o ano
16h00 - 17h30

Fridays

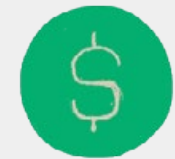
Year 6/5^o ano - Year 8/7^o ano
14h10 - 15h30



Contacts

Alan Woolf

awoolf.milan@gmail.com



Fee

€135 termly

Chess Club

Chess is a valuable activity for students, developing their thinking skills, concentration and discipline, and being a source of much enjoyment! Chess Study has been proven to enhance: Reasoning and Logical Thinking; Lateral Thinking and Imagination; Memory; Concentration; Visualisation and Problem-Solving.



Teacher

Ricardo Dias



Ages

Year 6/ 5° ano
Year 10/ 9° ano



When

Mondays

Year 1 - Year 2/ 1° ano
15h15 - 16h00

Year 8/ 7° ano - 9/ 8° ano
16h10 - 17h15

Tuesdays

Year 10/ 9° ano - Year 13
16h10 - 17h15

Wednesdays

Year 5/ 4° ano - Year 7/ 6° ano
16h10 - 17h15

Fridays

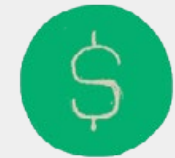
14h15 - 15h30

Open days, competitions & tournaments



Contacts

Ricardo Dias
ricardopedrocruzdias
@hotmail.com

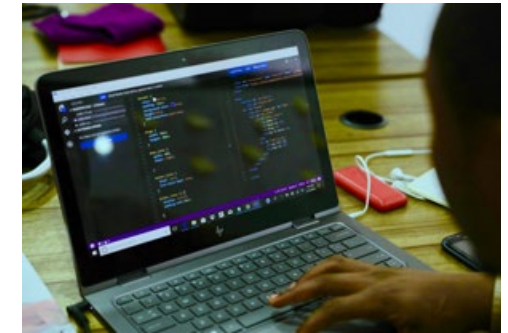


Fee

€125/ term

Happy Coding

This activity seeks to offer a mix of Technology, Citizenship and Entrepreneurship. Students will develop Computational Thinking as a means (not a goal) in these classes. Design Thinking will be used to discuss and solve problems, and Lean Thinking to make things work!



Teacher

Pedro Brito
Ana Kitller



Ages

Nursery to Y10
1º ano to 9º ano



When/ What

Coding Lab for Nursery and Reception
Nursery and Reception

Friday

14h15 - 15h15

Using the robotics and board games to develop the 4 steps of Computational Thinking: Decomposition, Abstraction, Pattern and Algorithm. Without using screentime!

Happy Code STEM PLAY - Y1 to Y3

Friday

14h15 - 15h15

Learn the principles of Computational Thinking through challenges over the SDG (Sustainable Development Goals of UN) using the platform STEM PLAY.

Happy Code Starter - Y4 to Y6

Friday

14h15 - 15h45

As MINECRAFT EDUCATION partner, we will be developing the Computational Thinking and definitions as Cycle, Variable, Events and Conditions.

Happy Code Lean Education
Technology (LET®) - Y7/ 6º ano to Y13

Friday

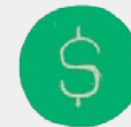
14h15 - 15h45

Using coding as a mean and not an end, an entrepreneur challenge is presented under one of the 17 SDG of the United Nations and performed using the Lean Start-up principals. Computational Thinking + Design Thinking + Lean Thinking (CT+DT+LT) are strongly developed in each term.



Contacts

Ana Kittler
(+351 910827 347)
Cascais@happycode.pt



Fee

Coding Lab for Nursery and Reception

€123.75/ term

Happy Code STEM PLAY

€144/ term

Happy Code Starter

€195/ term

Happy Code Lean Education Technology (LET®)

€200/ term

The Fine Arts Club

For the second term, the Fine Arts club will continue to develop 2D and 3D skills in drawing, illustration, printmaking and mixed media. The club welcomes a new member on our teaching team, João Miguéis, who will be leading sessions and bringing a highly experimental approach to art making. Throughout the term, students will continue to explore new strategies of visual expression, expanding their proficiency on a wide range of materials in a variety of fields with a greater focus on book-arts.



João Miguéis is an artist and teacher based in Lisbon. He has been the Visual Arts Coordinator at St. Julian's Summer School since 2016. João is also a teacher of Drawing and Painting at Ar.Co, Centro de Arte e Comunicação Visual. João has his work represented in national art collections such as Fundação Carmona e Costa, Fundação Benetton and Fundação Fernando Ribeiro.

Madalena Parreira is an artist and teacher based in Lisbon. She is also a former visual arts teacher at St. Julian's School in Portugal and the United Nations International School in New York for middle school, GCSE and IB Visual Arts. Currently directing the printmaking department and co-directing the Illustration and Comics department at Ar.Co (Centro de Arte e Comunicação Visual), Madalena also develops her own practice in the areas of printmaking, ceramics and set-design.

Jorge Nesbitt is an artist and teacher based in Lisbon. He has been the co-founder and director of the illustration and Comics department at Ar.Co (Centro de Arte e Comunicação Visual) and is currently teaching drawing, illustration and ceramics at Ar.Co. Jorge has created a significant body of work in areas such as drawing, painting, book illustration and printmaking and his work is represented in various important national art collections such as EDP, Rothchild and Carmona e Costa Foundation. He is represented by Rui Freire, Fine Art Gallery in Lisbon.



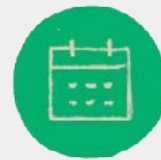
Teachers

Jorge Nesbitt
Madalena Parreira



Ages

Y7 to Y13
6º ano to 9º ano



When

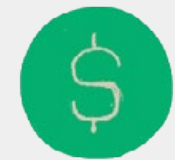
Wednesdays
16h10 - 17h30

Fridays
14h10 - 15h45



Contacts

migueis02@yahoo.com



Fee

€180
once a week
or
€235
twice a week

LAMDA (London Academy of Music and Dramatic Art) Poetry and Prose classes



LAMDA is one of the UK's oldest and most respected drama schools and awarding bodies. They have offered practical examinations in communication and performance subjects for over 130 years. In studying for LAMDA we concentrate on the power of words and how to put them across in the most natural and effective way possible. It encourages focus and concentration that can hugely complement academic studies while developing a love of literature, poetry and drama. SJS focus will be on Speaking Verse and Prose, where learners develop a whole host of skills, from speaking clearly and using voice projection, to improving memorisation and building an understanding of poetry and prose which supports studies in English literature.



Teacher

Andrea Cardoso



Ages

**Year 1 to year 6
1º ano to 5º ano**



When

Once a week sessions
within small groups

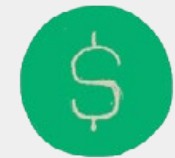
Tuesdays & Wednesday

Y1 & Y2 - 15h30 - 16h00
Y3 & Y4 - 16h00 - 16h30
Y5 & Y6 - 16h30 - 17h00



Contacts

Andrea Cardoso
andreasapsford@gmail.com



Fee

€135/ term

Band & Percussion Club

Do you want to be in a band, learn in a fun way and perform on a Professional Stage? Students choose the instrument they would like to play in a band, drums, guitar, Keyboard/piano, bass guitar or singing. Band members learn together, rhythm, chords and melodies.

We teach each band individually to create their own music in a creative and dynamic environment. Each musician learns how each instrument plays an important role in music making. The bands will perform various times throughout the school year.



Teacher

Nuno Peixoto e Silva



Ages

All year groups



When/ What

Percussion Club

Nursery to Year 1 The first step in music learning-through teaching rhythm

Mondays to Fridays

15h00 - 15h30

Band Lessons

Year 2 to IB

Mondays to Fridays

15h30h - 19h00



Contacts

Nuno Peixoto e Silva

nunohebandsproject.com

nsilva@stjulians.com



Fee

Band

€165/ term

1 hour per week

Percussion Club

€90 per term

30 minutes per week

Art Club with Laura Vicente

The Art club allows students to do a variety of projects from drawing, painting, sculpture, collage, etc, using all sorts of materials.



Teacher

Laura Vicente



Ages

Y3/2° ano to Y7/6° ano



When

Wednesdays

16h00 - 17h15

Thursdays

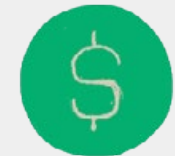
16h00 - 17h15



Contacts

Laura Vicente

lvicente@stjulians.com



Fee

€230/ term

(€130 is for materials)

Margarida School

Arts & Crafts + Creative Sewing

Arts & Crafts is a fun and creative activity for children to learn a wide variety of techniques and develop artistic skills. Each Session focuses on different art projects using a range of techniques and recyclable materials that result in imaginative mixed art projects

Creative Sewing inspires children to imagine and create handmade crafts that aim to develop sewing skill from basic stitching to more complex creative projects using diverse materials such as buttons, unique fabrics, and other textiles.



When

Tuesday

Nursery and Reception
15h15 - 16h00

Y1, Y2/1º ano
16h05 - 17h05

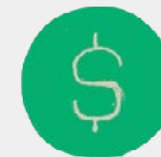
Friday

Y3/2º ano to Y6/5º ano
14h15 - 15h45



Contacts

geral@margaridaschool.com



Fee

Nursery & Reception

€110 termly

Year 1 & 2/1º ano

€120 termly

Year 3/2º ano - Year 6/5º ano

€135 termly

Important information for parents

Start and end times of the clubs

All Primary School children not enrolled in Wider Life enrichment program (WLP) must be picked up by 16h00 at the latest, as there is no Child Care service after this time. Any students still at school after this time must be enrolled in the Wider Life enrichment program. The same rule applies on Fridays after 14h00 - students should go home or enrol in a club activity.

Students & younger siblings should not be left unsupervised on the School premises between activities and whilst waiting for older siblings. Arrangements for supervision of children moving from the school day to the Wider Life activities must be clearly coordinated between the parent and the Head of Wider Life Program or club provider/club teacher on enrolment. If a course provider/club teacher is unexpectedly delayed for a class, he/she should contact the parents directly.

Your child will be collected by the course provider/club teacher at the end of their school day, for the start of the club, and be handed over to parents or guardians in the primary playground or West gate (Nursery to Y6) and Main gate (Y7 to Y13) at the end. Please be prompt with the pick-up times, as teachers have other commitments and cannot remain with students. Students whose parents do not pick up in time will remain with school security.

Club enrolment, attendance and equipment

There are limited numbers in some activities, so classes will be organised on a preference basis, allowing parents to select with time and consideration. If your child does not enter into the club in term 1, they can select the club for Term 2 or 3 if available.

St Julian's values and commends regular attendance, commitment and respect towards the teachers and fellow players. We expect students to be punctual and respectful and show effort and commitment within the activity or club, otherwise, they can be asked to leave.

Students are expected to be in school if they plan to participate in the day's WLP activities. Any student not in attendance for any part of the school day will not be eligible to participate in WLP activities on the day of contests, games, and performances.

Students choosing to participate in WLP activities agree to act in a manner that positively represents themselves, their team/group, the school and their families.

Please encourage your child to bring reusable water bottles and their club equipment. For PE and Sports, students need their school sports kit, hats and, when applicable, shin guards and football boots for football and waterproofs.

If there are any medical issues that we should be aware of, please email us when it is necessary. St Julian's school has an in-house physio on site who is present every day for the duration of clubs to administer first aid and support teachers/coaches with emergency care.

Courses may be withdrawn should participant numbers fail to meet established minimums.

Payments

For paid clubs (typically the externally - led activities), payment arrangements are organised directly with the club provider. Each club provider might have a different payment and cancellation policy to share with the parents.

Payments for term 1 must be paid to the course provider by 30th September.

Cancellations

As a rule, we will always try to avoid cancelling an activity or club; however, at times there might be no other choice. As such, we will let parents know in as much advanced notice as possible. Course cancellations may occur when the Main Hall and New Gym are used for examinations or academic purposes.

If a club needs to be cancelled last minute, we will endeavour to contact parents and let students know by lunchtime of that day. We will always try and find an alternative solution. However, this might not be possible.

