



Conyers School

October 2024

Dear Parents, Students and Friends,

It has been an absolutely fantastic start to the school year, and it has been a real privilege working alongside our brilliant students and staff during my first half-term as Head of Conyers. One of our main focuses has been developing and reinforcing our #WeAreConyers culture, with an emphasis on high expectations and our ethos of 'through perseverance'. This culture has been embraced wholeheartedly, with students showing us their best every day. We have celebrated their hard work, dedication, and, of course, their perseverance—evident in the 80,000 positive points awarded so far. This is a testament to how amazing our students are, and I could not be prouder.

Across the school, Conyers students have demonstrated their confidence and determination to succeed, which we have seen in all year groups. Year 7 have settled in remarkably well, starting their journey with great enthusiasm, whilst Year 12 have made a fantastic start to their Level 3 studies.



Our introduction evenings for Year 7, Year 10, and Year 12 provided a great opportunity to share essential information with parents, helping them understand the unique challenges and opportunities each key stage presents. These were followed by our open evenings for Year 6 and Year 12, which were simply outstanding. Students took centre stage, speaking eloquently about what it means to be a Conyers student; showcasing the special qualities that make our school such a fantastic place to learn.

#WeAreConyers

Our wider curricular programmes have also been off to an exciting start, with some remarkable sporting successes. Our U15 girls' football team achieved an incredible 12-0 win in the National Schools Football Cup, and our Year 9 rugby team dominated their Cleveland 10s round, winning all three of their games. Our Year 10 football team also made a strong start in the County Cup 1st round. These achievements are just a snapshot of the hard work and dedication we see across our school community every day.



Focus Day 1 was another major highlight, immersing students in themes such as cultural identity, further education, and martial arts. It was an exciting day that extended learning beyond the usual curriculum and brought wider perspectives to life for our students.

We have also taken the time to celebrate individual achievements through initiatives like Hot Chocolate Friday and our #WeAreConyers showcases. It has been wonderful to see so many students recognised for their hard work, and our social media channels have been filled with moments worth celebrating.

This term has also been rich with academic trips, including Geography field trips and Art visits, which have broadened our students' horizons and brought learning to life. Of course, a key highlight of the term was our Celebration of Achievement Evening, held at Stockton Baptist Church, where we honoured the successes of so many of our students. Their hard work, efforts, and determination were recognised in a spectacular event hosted by our brilliant Head Students, Sofia Chohan and Tara Mohamed. Huge congratulations to all of our award winners—do check our social media for a glimpse of the evening's many achievements.



As we look ahead to the next half term, I am incredibly excited about what is to come. We have got a host of fantastic events lined up, including Focus Day 2, our School Show Nativity the Musical, and our glorious Christmas carol concert. We will continue to drive our focus on high expectations, uniform standards, and punctuality as we build on the strong foundation we have set this term.

A massive thank you to all of our parents for their ongoing support. Together, we are making Conyers the truly exceptional school that it is. Wishing you all a relaxing and enjoyable half-term break. We look forward to welcoming students back on Monday 4 November, 8:50am.

Conyers Culture Update Half Term 1

#WeAreConyers

The first half term of the 2024-25 academic year has seen significant positive cultural change at Conyers. For example, a new school day has been introduced, incorporating a daily morning readiness tutor session with daily routines. This has allowed a more structured approach to daily routines such as uniform, equipment and punctuality. It has also allowed us to have a major focus on celebrating success across all aspects of school life and identify what it means to be a Conyers student.

Across the school, our students have demonstrated an outstanding approach to the We are Conyers culture. Over 80,000 positive points have been awarded across half-term 1, highlighting that our students are showing a positive approach day in day out. This led to over 600 Aspiration pin badges being awarded across the school to celebrate pupils surpassing positive points milestones. Alongside this, our students have been awarded weekly tutor #WeAreConyers awards for high standards of readiness on a daily basis, with over 200 pupils already winning this weekly award.

During the second half term of the year, we are further increasing our rewards culture, with the introduction of the Conyers Golden Ticket award and regular Spotlight prizes in learning walks. This should further enhance our We are Conyers culture.

Head of School's Commendation

Awarded to the following students:

For giving up the last morning of your summer break to come into school to help with our new Year 7s. You were a wonderful role model! Adam Ahmad 11Y, Janna Al-Kaysy 11N, Ella Dezilva-Instrall 11S, Ellis Fishburn 11C, Lois Fox 11T, William Horlock 11T, Scarlett Maprangala 11R, James Pearson 11Y, Megan Pickering 11S, Kian Stevens 11Y, Grace Stout 11Y and Lily Rose Walton 11Y.

#WeAreConyers Weekly Tutor Awards

We are Conyers weekly awards have gone to students that have consistently demonstrated across school life:

- ❖ Consistent high standards of uniform and equipment.
- ❖ Excellent attendance and punctuality over the week.
- ❖ Consistent high standards within the morning readiness session, demonstrating positive school culture.

In the pictures below, there are a range of winners from the penultimate week of term. Congratulations to over 200 pupils who have been awarded the WAC weekly award in Half Term 1.

10C WAC Champions



9R WAC Champions



9N WAC Champions



#WeAreConyers Tutor League in Year 7 and 8

Students in Year 7 and 8 have been involved in an ongoing weekly tutor competition to be crowned half-term 1 leading tutor group. Mr Morris (Head of Year for Year 7 and 8) has overseen the competition with league position dependent on a variety of variables such as accumulated points and punctuality across the school week. The winner in Year 7 was 7E (Mrs Gray's tutor group) and 8S in Year 8 (Miss Martinez's tutor group). Congratulations to all students associated with these tutor groups.

Year 7: 7E



Year 8: 8S



Hot Chocolate Fridays:

A long-standing rewards tradition at Conyers is Hot Chocolate Fridays, where students are nominated for this event for outstanding achievements across all aspects of school life. Throughout half term 1, we have celebrated the achievements of Years 7-11, congratulations to all involved:

Year 7: Sam O'Connell, Anthonia Aghedo, Archie Meakin, Ariana Palechi-Baker, Ruby Chipcase-Jackson, Nancy Moore and Daley Murray.

Year 8: Faye Lampaugh, Oliver McPherson, Hattie Graham, Isla Longford, Alfie Oseland and Neve O'Hare.

Year 9: Archie Cook, David Aghedo, Reggie Smyth, Bella Dalkin, Amelia Smith and Sam Nicklin.

Year 10: Erin Cordey, Benny Wilson, Sophie Krenzler, Keavey Williams, Jaden Moyo and Joe Allred.

Year 11: Lola Young, Heidi Atkinson, Tom Greer, Meg Cuthbert, James Cowan and Anesu Tiyenga.



Celebration of Achievement Evening

Wednesday 2 October, we celebrated the significant achievements of our students during the 2023-24 academic year. Awards were presented in an array of areas across school life, such as curriculum, pastoral, attendance, We Are Readers and finally, whole school awards.

The winners of the whole school awards are as follows:

D H Hird Curriculum Award

Art	Lily Jones	Health and Social Care	Daisy Clarke
Business Studies	Erin Spokes	History	Charlotte Wyatt
Computer Science	Josh Edwards	IT	Seth Nguemkam
Construction	Noah Ryder	Mathematics	Luke Nesbit
Design Technology	Dylan Thompson	Music	Amelia Potter
Drama	Lucca Wray	Photography	Cerys Carter
Engineering	Ben Wills	Physical Education	Seb Waller
English Language	Kaydee Booth	Religious Education	Georgia Davies
English Literature	Libbie Wilson	Science - Combined	Georgia Reid
Food and Nutrition	Mae Fletcher	Science - Triple	Hanna Dabbous
French	Izzy Phipps	Textiles	Gregor Young
Functional Skills English	Rayyan Abid	The Princes Trust	Niamh Pattison
Geography	Jessica Hutchinson	Travel and Tourism	Jasmine Hastie
German	Hector Armstrong		



D H Hird Year Award for Achievement and Excellence

Year 7

Isabelle Coupland
Taylor Harris
Elizabeth Horlock
Lewis Kimmitt
Sofia Roberts-Cano

Year 10

Jane Brackenbury
Arthur Dobson
Mia Evans
Natalie Finnie
Cheng Jin He

Year 8

Lauren Ellerby
Matthew Gee
Sofia Small
Will Swindells
Hettie Young

Year 9 Special Award for Key Stage 3

Anjali Ajith
Maddie Akel
Toby Flight
Sophie Krenzler
Josh Walker

Year 9

Seren Boyer
Nathaniel Jervis
Ash Kirk
Joseph Vernon
Zakk Windebank

Year 11 Special Award for Key Stage 4

Hanna Dabbous
Thomas Edmundson
Lois Hudson-Foster
Ned Parker
Lucca Wray



School Achievement Awards

John Morgan Special Award

Ned Parker



#WeAreConyers

Head Student Sofia Chohan
Head Student Tara Mohamed
100% Attendance Award Ned Parker
Service to Band Logan Cummings
Service to Choir Emily Beals

Reverend Smith Award for Outstanding Contribution to Creative Arts
 Georgia Reid
Yarm Lions Award for Work in the Community
 Josh Martin
Sir Maurice Sutherland Award for Endeavour
 Lily Jones

Special Commendation 8+ 8/9 Grades at GCSE

Hanna Dabbous	Lucy Ollier	Libbie Wilson
Lois Hudson-Foster	Annie Ronafalvi	
Dylan Morgan	Imogen Williams	

We Are Readers

Year 7	Leo Hall	Year 8	Sofia Robinson
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Linguist Award

Year 10	Alice Cherett	Year 12	Erin Biscomb
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Maths Challenge Best in School

Junior Thomas Davis	Intermediate Lucy Ollier	Senior Edward Gowland
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Michael Woollett Award

For Achievement in Mathematics Dylan Morgan	For Achievement in ICT Dylan Morgan
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KS4 Student Leadership Programme Outstanding Student Leader

Hanna Dabbous

Ned Parker

Lucca Wray

Sports Awards

Ruth Grainge Award for a Girl's Outstanding Contribution to Sport

Evelyn Woodward

Rod Neilson Trophy for a Boy's Outstanding Contribution to Sport

Lincoln Pawlak

Eddie Hamblett Footballer of the Year Award

Grace Forster

Victor Ludorum for Athletics

Preliminary

Riley Sanders

Junior

Nathaniel Jervis

Intermediate

William Kreczak

Victrix Ludorum for Athletics

Preliminary

Lacey Bell

Junior

Sophie Krenzler

Intermediate

Freya Kiddell

National Level

Athletics

Emilia Johnson

Sophie Krenzler

Equestrian

Henry Leggott

Ice skating

Annabelle Ingram-Dove

Team Awards

Y8 Boys Winners Stockton District School
Football League

Y8 Boys Winners Stockton District School
Football Cup

Y11 Boys Winners Stockton District School
Football League

U13 Girls Winners Stockton District School
Football League

U13 Girls Winners Stockton District School
Football Cup

U15 Girls Winners Stockton District School
Football League

U15 Girls Winners Stockton District School
Football Cup

Y9 Boys Winners Cleveland County Rugby 7s

U12 Girls Winners Durham County Rugby 7s

U14 Girls Winners Durham County Rugby 7s



Department Rewards Showcase: Maths

During this half term, we celebrated all things Maths by hosting our first departmental Hot Chocolate event. This group of Key Stage 3 and Key Stage 4 students managed to cumulatively answer over 16,000 additional maths questions in the summer holidays. This showcases perseverance and positivity which is at the heart of what we do at Conyers.



Aspiration Pins

Every half term across the school, Aspiration Pins are awarded to individual pupils who reach significant milestones in the number of positive points awarded during their Conyers lifetime. Over 600 Aspiration Pins were awarded in the penultimate week of half term one.



Congratulations to Inaya Bhatti in Year 9 for the most significant milestone, gaining her Gold Award for over 1,500 positive points.

9C Aspiration winners including Inaya celebrating her Gold Award:



8N: A significant amount of Pins awarded in this tutor group



Conyers Cultural Expectations

As we prepare for half term 2, a few reminders regarding our expectations in the following key cultural areas: Uniform, behaviour, punctuality, personal digital technology.

Uniform *reminder*:



SCAN HERE



FOR MORE INFORMATION ON OUR
UNIFORM POLICY AND EXPECTATIONS

Plain/all black shoes OR plain/all black trainers ('no white soles', no distinctive branding)

Make up - no obvious make-up, artificial nails/nail varnish and artificial lashes are not permitted in school.

Jewellery - only one pair of stud earrings permitted.

Only **outdoor coats** can be worn over jackets.

Ready, Respectful, Safe



SCAN HERE



FOR MORE INFORMATION ON OUR CODE
OF CONDUCT AND EXPECTATIONS

At Conyers -

- Ready means:
 - *Be on time, everytime, with all equipment.*
- Respectful means:
 - *Focus on learning*
 - *Being kind and consider others*
 - *Care for our school environment*
- Safe means:
 - *Right place, right time.*
 - *Model positive behaviour at all times.*

Punctuality



SCAN HERE



FOR MORE INFORMATION ON
PUNCTUALITY AND ATTENDANCE

We expect students to:

- Be on school site by 8:50am.
- Morning registers are taken at 8:55am, at this point learning starts. Arrival after the register closes will result in a recorded absence.
- Arrive promptly to each lesson.

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Personal Digital Technology

**NOT SEEN,
NOT HEARD**

switched off in bags

English

The English team took a group of Year 11s to see a production of An Inspector Calls in Darlington this half-term. It was an excellent and intriguing performance. Our students behaved impeccably, of course, and thoroughly enjoyed the experience. At KS3, we have been celebrating National Poetry Day, with students producing some excellent verses. Students have also been looking at resources to mark Black History Month this term. Year 11 and Year 13 students have been given support in revising for their exams from

the beginning of the year. The idea of revisiting everything regularly is key to ultimate success. Revision guides were made available to Year 11 students at a reduced price. There are lots of free resources available to support revision at all levels.

Sixth Form

It has been a busy half term as we have started to process and submit UCAS applications. Our Early Entry students have sent off applications to prestigious universities including Oxford and Cambridge. These students have also sat a variety of entrance examinations including MLAT, BMAT and LNAT.

Other students in Year 13 are also considering their lives beyond Conyers with our recent Focus Day exploring both the University and Apprenticeship pathways.

Our relations with local universities continue to develop, notably with Northumbria who have extended an invite to some free webinars for students and parents/guardians.

Year 12 students will soon have the opportunity to formally select their Enrichment options as we finalise our offer. We are kindly asking for a £15 contribution per student (to be paid via Arbor) to support us with our ambitious plans. This contribution will include (as an early-bird offer) a place to a UCAS roadshow event in the early summer of 2025.

Those who do not make the contribution will be able to pay for a place on the UCAS roadshow event at a later date.



Sixth Form Enrichment

Fantastic opportunities for students to develop outside of their Level 3 study **£15**

Paying this voluntary contribution will include admission and travel to a UCAS roadshow event (a carousel of university stalls) in Newcastle on Friday 13th June.



Enrichment is compulsory and students will attend a sign-up event on Wednesday 6th November where they can inform us of the activities and programmes they wish to attend.


Nativity the Musical

Adapted from the much-loved festive film, this spectacular musical is a favourite for all the family! This heart-warming and joyous production features everyone's favourite songs from the films, together with some new tunes to fill you with festive spirit in the run up to Christmas. So, join Mr Maddens, Mr Poppy, their talented pupils and a whole lot of sparkle and shine for this musical extravaganza that is not to be missed!

We aim to provide our students with the unforgettable experience of performing in a professional theatre, which of course comes at a cost. All proceeds from the ticket sales go towards staging the production. If any parents or businesses would like to sponsor us or offer a raffle prize and in return we can place an advert / thank you in the program, we would very much appreciate it. Please contact Mrs Pattison at gpattison@conyers.org.uk

CONYERS SCHOOL COMPANY
presents

This amateur production is presented by arrangement with Music Theatre International
All authorised performance materials are also supplied by MTI www.mtishows.co.uk



**NATIVITY
The Musical!**

Books and Lyrics by Debbie Isitt
Music by Debbie Isitt and Nicky Ager

Middlesbrough Theatre
Wednesday 27 & Thursday 28 November 2024
At 7pm
Tickets £12 from Conyers School

#WeAreConyers

Focus Day

Tuesday 8 October saw our first Focus Day of the academic year, with students engaging in a wide range of exciting activities as they explored themes of identity. Our Year 8s, 11s, 12s and 13s also engaged in meaningful sessions focused on their next steps in education and training.

Year 7 enjoyed an amazing day out at Beamish, exploring local identity and taking part in a fun practical session about life in the mines. The students had a great day and we received so many compliments about their behaviour and attitude – keep it up Year 7!



Years 8 and 9 engaged in exciting sessions in school, including visits from Middlesbrough College and Northumbria University. They also got involved in designing their own art pieces, creating miner's pasties



and playing good old British cricket! A high amount of runs were achieved by the students and we definitely have some cricket stars in our midst.

Year 10 had an interesting day learning about gang culture and self-defence, with a talk from Gram Seed and a workshop with Yarm Martial Arts, whilst Year 11 took part in subject intervention and listened to an inspirational talk from former Olympian Chris Cook. They also had an informative session from a Tees Valley provider regarding T-levels and apprenticeships.

Years 12 and 13 were thinking about their future, researching destinations and apprenticeships and preparing their UCAS applications! It was an excellent day all round and we hope that our students have taken a lot from it.

Maths

We were once again very impressed with the excellent effort of those students who engaged in the Summer Top-up Tasks on Mathswatch. Below you can see a selection of these students who completed the work to a high standard:

As well as being awarded Certificates of Merit and a Silver Salamander of Success for their hard work and commitment, students were also invited to a hot chocolate and cookie PD session.

In particular, a huge well done to Martha who demonstrated the best performance in regards to questions completed.

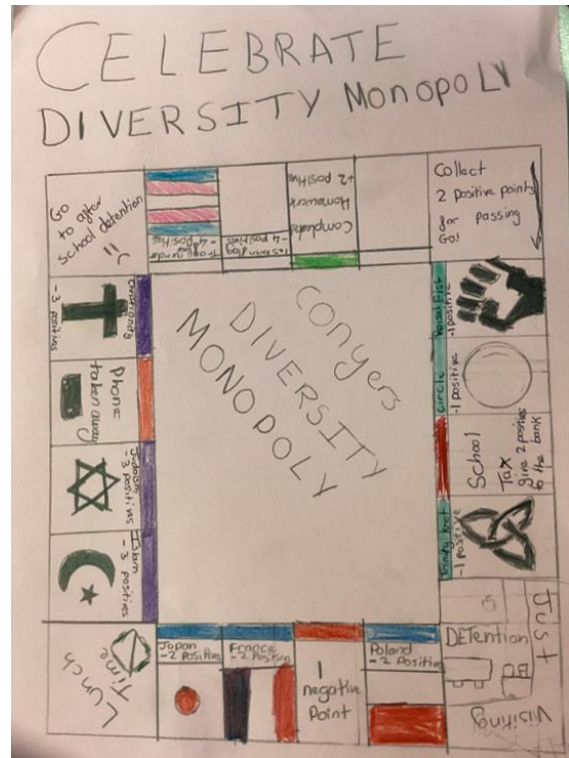
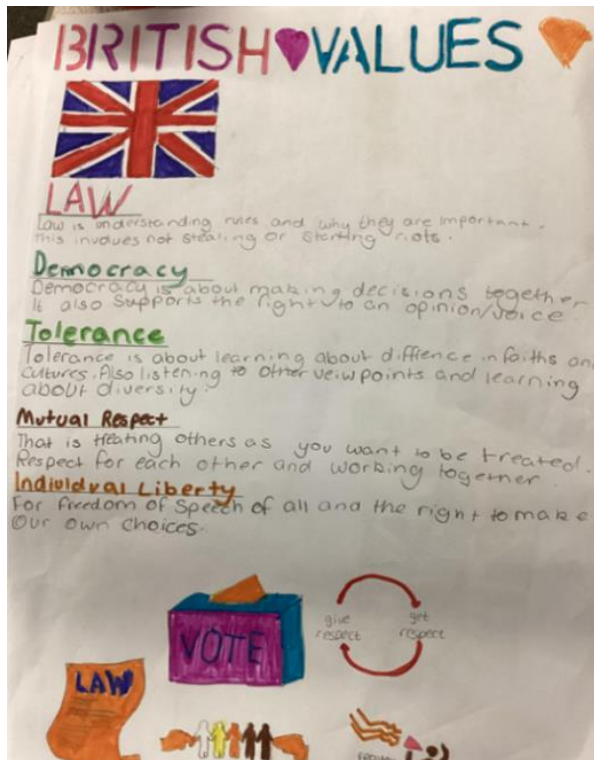


Keep up the great work everyone!

Humanities

Humanities club, The Planet Club, has been studying the USA this term. They have enjoyed looking at the history, geography and culture of America and have been making burgers and cookies in the food rooms! Yummy!

In RE lessons all year groups have been learning about British Values and how they link in to our values at Conyers. Students have produced some excellent work to demonstrate that they understand what democracy is; the rule of law, individual freedom; tolerance and mutual respect.





In Geography the Year 11's visited Littlebeck to investigate how a river changes downstream.



#WeAreConyers

PE

Year 8 Boys Football

Year 8 have had a very good start in the league. At their third attempt of playing All Saints, Conyers were finally the victors, putting the two defeats of last season behind them. A terrific performance from Emerson Hornby in goal kept a clean sheet in a 3-0 win with 2 fantastic goals from Jackson Place and a debut goal from Lucas Teasdale. Unfortunately, we crashed out of the cup with a home fixture against High Tunstall School. Set pieces proved vital for High Tunstall scoring from a number of different opportunities in their 9-3 win. The highlight of the game for Conyers was a terrific free kick goal from Boro's own Matty Clifford.

Netball

Year 11 have had their final games representing Conyers. All members of both teams have worked hard and enjoyed their final tournaments. Lunchtime practice will still be on as the GCSE cohort look towards their netball for their practical exam. Girls, I could not be prouder of you for the last 5 years - you have been a delight for every fixture/practice.

Year 10 entered two teams in their first tournament for the season. The girls worked very hard, with the blue team only having 5 players and red only 6 players, due to illness. The Blue team persevered with 2 players down and came 4/6 in their tournament. Red team only had Teesside High to conquer to win the tournament and after a very tough game they succeeded. Congratulations to all the players on the night - a great start to the Season

Calendar Dates

Wednesday 23 October, 3.40pm	Students finish for the half term holiday
Monday 4 November, 8.50am	Students return after the holiday
Tuesday 19 November	Year 8, 9 & 10 Tutor evening
Wednesday 27 & Thursday 28 November	Nativity the Musical, Middlesbrough Theatre
Monday 2 to Friday 6 December	Year 11 trial exams
Tuesday 17 December, 7.00pm	Carol Service, Yarm Parish Church
Friday 20 December, 2.30pm	Students finish for the Christmas holiday
Monday 6 January, 8.50am	Students return after the holiday
Friday 21 February, 3.40pm	Students finish for the half term holiday
Monday 3 March, 8.50am	Students return after the holiday
Friday 11 April, 3.40pm	Students finish for the Easter holiday
Monday 28 April, 8.50am	Students return after the holiday
Friday 23 May, 3.40pm	Students finish for the half term holiday
Monday 2 June, 8.50am	Students return after the holiday
Thursday 17 July, 2.30pm	Students finish for the summer holiday

Learning to sing or play an instrument is one of the most rewarding and enjoyable activities a young person can do. It is widely recognised that studying Music helps develop a wide range of skills and abilities that benefit the student both academically and emotionally. This is especially true for students who participate in ensembles such as bands and choirs.

New Starter Offer

In addition to only being £20 for the first half term, we are offering a free loan of brass, woodwind or string instruments for anyone having lessons. Please email gomusic@conyers.org.uk for an enrolment pack to take advantage of this fantastic opportunity.



Assisted purchase

We recommend that any student who has passed their Grade 3 invests in their own intermediate instrument. The best way to do this is through our assisted purchase scheme where the cost of the instrument can be spread to the end of the academic year and the instrument can be bought without having to pay VAT.

For more information please email gomusic@conyers.org.uk

Go Music Service to Band winner Logan Cummings

Go Music Service to Choir winner Emily Beals



Parent/ Visitor Site Access at the End of the School Day

Parents/ visitors should not park in the bus bay after 3.15pm. If the reason for you attending school will mean you will still be on site at or after 3.15pm you should either park in the school car park or off the site. This is to ensure our school transport can park safely.

The main gates close at 3.30pm in order to create a safer environment for students leaving school and school bus collections at 3.40pm.

The main gates will open around 4.00pm, or when safe to do so, taking into account bus delays as an example.

Thank you for your support in helping us keep the school site as safe as possible when our young people are leaving.

Help for Our Families

Preloved Uniform

Our Preloved Uniform scheme continues to be a huge success across Conyers this year, helping so many of our families. Many parents and students have donated items of uniform and PE kit, which no longer fit or are no longer needed. This in turn, has helped families who are struggling financially, particularly in the current financial climate. It is also an extremely environmentally friendly scheme - helping with landfill issues and promoting sustainability.

Due to the levels of families taking up the scheme, the number of items we have available have decreased significantly. For this reason, we ask that if you request a size up for your child, could you please hand in their smaller items so that we can use them for other students in the school. If you have any donations or are in need of any items of uniform, please contact Mrs McLean at kmclean@conyers.org.uk. We will provide items where possible and always appreciate and welcome donations to help keep the scheme going.

Holidays are Fun Sessions

All school age children from reception class to Year 11 who live in Stockton-on-Tees and are in receipt of benefits-related free school meals are eligible to take up a place for holiday activities, including a meal over the holidays. For further information and to book a place, go to www.stockton.gov.uk/HAF

Cost of Living Support

www.stockton.gov.uk/cost-of-living-hub has information on the benefits, advice and support available to you to help you through the cost of living crisis.



Leisure Assistant – Go Sport Community Project at Conyers School (Age 18+)

Benefits & Grade

Grade D

Membership of Teesside Pension Fund

Contract Details

Whole Time

Salary £11.98 per hour

Permanent contract

Contract Hours

8 hours per week with regular overtime hours to be covered

Disclosure

The trust is committed to safer recruitment practice and pre-employment checks will be undertaken before any appointment is confirmed. This post is subject to an enhanced DBS check. The post you are applying for is exempt from the rehabilitation of offender's act 1974. We will also carry out an online search on shortlisted candidates to help identify any incidents or issues that are publicly available online.

Job Description

This popular and highly successful project and team is looking for a part time Leisure Assistant.

The successful candidate will be required to work a mixture of evening and weekend shifts – times dependent on bookings.

In addition to normal shift duties, which include cash, handling staff are also responsible for cleaning and maintenance tasks associated with sports facilities.

Experience in the sport and leisure field is desirable but not essential, as full training will be provided

Closing date for post

Monday 4th November 2024 at 12 noon

More Information Obtainable

If you would like to work in a popular and very successful school then please see our [website](#) to download an application pack application forms are to be submitted to snicholson@conyers.org.uk. Further information regarding Go Sport and Go Music can also be found on our website. Please contact Julie McMurdo, Go Sport Manager, (direct line 01642 790296) or email gosport@conyers.org.uk if you wish to discuss this vacancy.

JANIE ELIZABETH DANCE

HALLOWEEN DANCE CAMP

Tuesday 29th October
Conyers School
Ages 4-12

9:30am-12pm 12:30pm-3pm
£14 half day, £22 full day
Sibling discount available

A day of dancing to Halloween songs plus lots of spooky games!!

Optional fancy dress!

Contact: 07795514045
janieelizabethdance@outlook.com
www.janieelizabethdance.com

Exercise while your kids train.

Book a session here



Go Sport Conyers Gymnastics Classes

Introducing our new coach **Ellie Wilkinson**

Beginners
Monday 4.15pm, 5.00pm
Thursday 4.15pm

Intermediate
Thursday 5.00pm

Advanced Thursday 5.45 pm

Cost £5 per session

Contact gosport@conyers.org.uk to book a place



Go Sport **TRAMPOLINING**
Conyers

Ages
5 - 18 yrs

£5 per session

Fridays

4:30-5:30pm | 5:30-6:30pm

To book please contact
GoSport@conyers.org.uk | 01642 790296





BADMINTON COACHING

PRIMARY BADMINTON

Tuesdays (term time only)

6:00-6:45pm

Years 3 & 4

£4.00 per session

BADMINTON

Tuesdays (term time only)

7:00-8:00pm

Years 5-9

£4.00 per session

No equipment needed

Shorts and laced trainers essential

*To book, please contact
GoSport@conyers.org.uk*

01642 790296

CLASSES AT ERG FITNESS

For all levels of fitness. Any ability welcome including complete beginners.
Email: ergfitness@yahoo.co.uk



GET STRONG
BURN FAT
BOOST METABOLISM
GET "TONED"
FEEL AMAZING

SCULPTED

Fun resistance/cardio class with light weights. There are NO SPRINTS OR JUMPS but plenty of hip shaking in this low impact class. You'll certainly feel the buzz after completing this euphoric session that will leave you sweating, but excited for more!! Please bring along 2 x 1kg dumbbells.

KETTLEBELLS

A 30 minute HIIT class for all levels of fitness. Burn fat, build muscle and boost your metabolism. Feel energised and strong. A great class for runners to help build muscular strength for endurance. We swing, we lift, we sweat! Please bring along your own kettlebell - 4kg is an ideal starting weight.

STRONGER

STRONGER is a slow and steady class combining mat work, body weight and light weight lifting, with core stability and gentle stretching too. Don't be fooled by the steady pace though, this class gets serious 'toning' results. A 30 minute session. You'll need a mat and 2 dumbbells of the same weight (1kg for beginners, 2kg intermediates, 3kg+ advanced).