

Parkside Community School

**Personal Social Health and Economic education
(PSHE)**

Parkside **Xtra**

Parkside Xtra

Empowering Every Student Beyond the Classroom

At Parkside Community School, our commitment to personal development extends far beyond the taught curriculum. As part of our responsibility to promote students' wellbeing, confidence, resilience and independence, we are proud to introduce Parkside Xtra—our enhanced extra-curricular and enrichment programme designed to broaden horizons, develop character, and ensure every student has the opportunity to thrive.

Parkside Xtra offers a rich, diverse and inclusive range of clubs, activities and targeted interventions that support students in developing essential life skills, strengthening their sense of identity, and making positive, informed choices. In line with the PSHE education framework, the programme is built to nurture students' emotional literacy, social skills, healthy lifestyle habits, creativity, problem-solving, leadership and teamwork.

Our board and exciting offer aims to ensure *all* students benefit from meaningful opportunities that:

- Develop character, including resilience, confidence and perseverance
- Promote active, healthy lifestyles and engagement in physical activity
- Enhance cultural capital and inspire a love of the arts
- Support wellbeing and mental health through structured support and positive relationships
- Enable pupils to make informed decisions, take responsibility and contribute positively to the school and wider community
- Encourage aspiration and preparation for life in modern Britain

Parkside Xtra reflects our belief that every student should have access to opportunities that shape them into confident, healthy, responsible young people ready for success in school and life.

We encourage all students to get involved, try something new, challenge themselves, and discover their passions.

This is Parkside Xtra—where learning continues, talents grow and every student can go further.

Club	Week	Mtor Time	Lunch	After school	Location	Staff
Band Practice	A/B		X		A13	Mrs Allsop
Warhammer Club	A/B		X		A1	Mr Siviter
Y11 Quiet Study	A/B		X		A6	Miss Carpenter
Quiet reading	A/B		X		Library	Miss Calladine
iMedia Intervention	A/B			X	C4	Mrs Flowers
Choir	A/B			X	A13	Mrs Allsop

Tuesday Timetable

Club	Week	Mentor Time	Lunch	After school	Location	Staff
Choir	A/B	X			A13	Mrs Allsop
Warhammer Club	A/B		X		M2	Mr Siviter
Guitar Lessons	A/B		X		A13	Mrs Allsop
Y11 Quiet Study	A/B		X		A6	Miss Carpenter
Chess Club	A/B			X	Library	Miss Calladine
Duke of Edinburgh Drop-in	B			X	Library	Mr Bentley
Geography Homework Club	A/B			X	A6/A19	Miss Carpenter/ Miss Smith
Year 7 Dance	A/B			X	Hall	Mrs Hunt
Photography Intervention	A/B			X	B4	Mr Nicholls

Wednesday Timetable

Club	Week	Mtor Time	Lunch	After school	Location	Staff
Y11 Quiet Study	A/B		X		A6	Miss Carpenter
Quiet reading	A/B		X		Library	Miss Calladine
Gardening	A/B			X	B4	Mr Nicholls
Y10/11 Football	A/B			X	M1	Mr Barnston

Thursday Timetable

Club	Week	Mentor Time	Lunch	After school	Location	Staff
Band Practice	A/B	Brunch			A13	PETER
Y11 Applications and Homework	B		X		C1	Miss Carpenter
Y11 Quiet Study	A/B		X		A6	Miss Carpenter
Chess Club	A/B			X	Library	Miss Calladine
Drama Club	A/B			X	Hall	Mr Bentley
Art Club	A/B			X	B1	Mr Cook
Basketball	A/B			X	Sports Hall	Mr Brady
Netball	A/B			X	Tennis courts	Miss Rose
Photography Intervention	A/B			X	B4	Mr Nicholls