



Caldy Road  
West Kirby  
Wirral  
CH48 2HE

Telephone: 0151 625 6993

Fax: 0151 625 0332

E-mail: [Schooloffice@avalon-school.co.uk](mailto:Schooloffice@avalon-school.co.uk)

Headteacher: Mrs J Callaway BA Hons QTS

09 September 2016

Dear parents,

Attached is information regarding the extracurricular clubs that will be beginning **next week**. The list for the staff run clubs is currently being finalised and will be with you early next week.

For up to date details regarding charges, availability or for any questions, please contact the school office or the club leader directly.

**Drama** – Miss Cottier offers drama lessons from Nursery to Year 6 on **Mondays**. The children also have the opportunity to take LAMDA examinations (The London Academy of Music and Dramatic Art (LAMDA) examination board is internationally acclaimed and has been leading education in performing arts for 150 years) If you would like your child to have drama lessons, please contact the school office or Miss Cottier on 07983600467 for more information. Lessons in nursery are £2.50 and from Reception to year 6, the lessons are £5 each. Miss Cottier will invoice parents directly but please complete the attached reply slip for this club. The timings are as follows:

Nursery	11.30 – 11.45am
Reception	12.10 – 12.40pm
Year 1	12.40 – 1.10pm
Year 3	1.15 – 1.45pm
Year 2	3.05 – 3.35pm
Years 4 to 6	3.35 – 4.30pm

**This club will begin on Monday 12 September.**

**Ballet** – Mrs Christie offers ballet to boys and girls from Nursery to Year 6 on **Tuesdays**. If you would like your child to have ballet lessons, please contact the school office or Mrs Christie on 0151 3361058 for more information. Mrs Christie will invoice parents directly but please complete the attached reply slip for this club

The timings are as follows:

Nursery	1.55 – 2.30pm
Reception and Year 1	2.30 – 3.05pm
Year 2	3.05 – 3.40pm
Year 3 to Year 6	3.45 – 4.30pm

**PLEASE NOTE THE REVISED TIME FOR YEARS 3 TO 6**

**This club will begin on Tuesday 13 September.**

#### **Full of Beans**

Full of beans are returning to school with a variety of clubs. For both boys and girls in years 1 and 2 after school, they are bringing **Multi Sports, Skills & Games** on a Wednesday and **cheer / dance and gymnastics** on Thursdays. All the details for these exciting clubs are attached to this email. The reply slip with



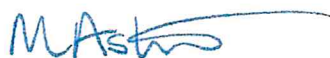
details of your payment(s) or cash should be brought to school by **Tuesday 13 September** in a named envelope marked "Full Of Beans" and which club(s) you would like your children to join.

For the older children (Years 3 – 6) there are bringing a **handball, basketball and dodgeball club** on Wednesdays from 3.45 – 4.45. Cheer / dance and gymnastics is also returning for the older children on a Thursday again from 3.45 – 4.45 with Jess, the same coach from last academic year. As with the infant clubs, all the details for these exciting clubs are attached to this email. The reply slip with details of your payment(s) or cash should be brought to school by **Tuesday 13 September** in a named envelope marked "Full Of Beans" and which club(s) you would like your children to join.

The reply slip for the full of beans clubs is at the bottom of the individual letters.

If you have any questions, please contact the school office.

Kind regards,



Mr M Ashton  
Deputy Headteacher  
[martinashton@avalon-school.co.uk](mailto:martinashton@avalon-school.co.uk)

---

## Clubs reply slip

To be returned to the school office.

I give permission for my child (ren) \_\_\_\_\_

in year(s) \_\_\_\_\_

to take part in (please tick)

☐ Ballet with Mrs Christie

☐ Dr with Mrs Cottier

I understand that I will be invoiced directly for these two clubs.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Dear Parent/Carer,

I am pleased to offer children at Avalon the opportunity to take Speech and Drama lessons. The lessons will be held on a Monday for children from Pre School to Year 6.

Speech and Drama lessons will encourage creativity; students will act, direct and devise their own scenes. Lessons will develop communication and presentation skills, focusing on voice and diction, public speaking and reading as well as selecting, preparing and performing monologues for auditions. There will also be an opportunity to enter LAMDA examinations through sessions held at school. The London Academy of Dramatic Art is a prestigious examination board, internationally acclaimed within the world of both theatre and education; it has been awarded status to credit Grade 6 and upwards with UCAS points. Pupils will additionally have the opportunity to enter local Speech and Drama Festivals, where they will represent the school and receive a written adjudication; these are held annually in Chester and Wirral. Students may also choose to prepare for the National Youth Theatre auditions should they wish.

The lessons cost £5.00 per session. The lessons will run during each full week of term, and fees should be paid at the start of term. Lessons will commence week beginning 12th September 2016. **There will be a free taster lesson for all children in Pre School and Reception on Monday 12<sup>th</sup> September 2016.**

Ravanne Hamer B.A. (Hons), ALAM, will coordinate the sessions, Ravanne is an experienced freelance Speech, Communication and Drama teacher, who has been mentoring young people through drama examinations, festivals and auditions as well as running drama workshops for young people for the past fourteen years.

For those children who don't already attend speech and drama and would like to participate in Speech and Drama lessons please complete the enclosed application form and return it to the school by Monday 12<sup>th</sup> September 2016. For pupils who already attend, we presume you will continue to do so unless half a terms notice has been given in writing. Speech and Drama lessons in the past have been very popular; please note that lessons will be allocated on first come first served basis. Unless you receive a telephone call from Miss Hamer please presume you have a place.

If you have any questions please contact Miss Hamer directly:  
**07901822481 or email [ravanne@frsjobs.co.uk](mailto:ravanne@frsjobs.co.uk)**

If you would like your son/daughter to join the Speech and Drama lesson please complete the slip below and return to the school office.

NAME OF CHILD: .....

DATE OF BIRTH: ..... AGE..... SCHOOL YEAR: ..... FORM: .....

PLEASE GIVE DETAILS OF ANY MEDICAL CONDITIONS OR SPECAIL REQUIREMENTS

.....

ADDRESS:  
.....  
.....

TELEPHONE NUMBER: ..... MOBILE.....

Parent's signature .....





# CHEER / DANCE / GYMNASTICS CLUB





THURSDAYS, 3.05 – 3.45

15<sup>TH</sup> SEPTEMBER – 15<sup>TH</sup> DECEMBER

(no club on 17<sup>th</sup> Nov due to parent's eve)

Full of Beans is pleased to announce that we will be running a brand new Cheer, Dance & Gymnastics club for both boys and girls in years 1 and 2 after school, in the school hall as above.

The club incorporates the best of cheer, dance and gymnastics together in one fun club.

-  **We will have lots of FUN and improve your child's confidence**
-  **Street dance style and cool music**
-  **Gym element will include jumps, travelling, rolls and handstands**
-  **Cheer will incorporate motions, jumps & basic tumbling skills**

The children will also put together a short routine which they will perform on the final week (if you can arrive 5 mins earlier) where all will be welcome.

The cost the course is £40 and can be paid by bank transfer, cash or cheque and split into 2 payments if you prefer. If you would like your child to participate, please complete the form below asap and put it in an envelope with "Full of Beans" on. Places will be allocated on a first come first served basis. Please return forms to school asap to avoid disappointment. As always, instructors are fully qualified, DBS checked and fully insured.

For further information, please take a look at our website or call Nicky anytime.

M : 07914 836 797

e : [nicky@fullofbeansfitness.co.uk](mailto:nicky@fullofbeansfitness.co.uk)

[www.fullofbeansfitness.co.uk](http://www.fullofbeansfitness.co.uk)



## INFORMED CONSENT FORM : AVALON DANCE/CHEER/GYM AUTUMN 2016

Child's Name ..... Year Group ..... Class .....

My child will be collected at the end of the session by .....  
(NB. If you do send someone else to pick up your child who isn't named here, then we cannot release them without your written consent)

### PAYMENT

- ☐ I have enclosed a cheque (payable to "Full of Beans Children's Fitness") If you want to split the payment, please include a second cheque dated 5 November 16
- ☐ I have enclosed cash
- ☐ I have paid by bank transfer to : Full of Beans Fitness Ltd, A/C Number : 03266486 , Sort code : 20-50-36
- \*\*\* It's important that this is your On-Line Reference number : "AVALON/insert the name of your child" \*\*\*

- Any Medical Conditions we should be aware of? Please circle YES or NO If Yes, please put details on reverse of this slip.
- Occasionally, we may take photographs of the children having full of beans fun at our clubs We may use these images in our prospectus or in other printed publications that we produce, as well as on our website. May we use photos of your child as described.  
Please circle YES or No

Parents signature..... Printed Name .....

Emergency Phone No ..... Email Address : .....

I agree that my child can participate in the exercise session described to me by the instructor and I understand that in order for the session to remain effective it will change and progress as time goes on. The structure, purpose, benefits and risks of the session have been explained to me and I understand that my child may withdraw from the session at any time. I understand that whilst the School provides the venue, it is not responsible for the coaching sessions run by "Full of Beans". I am happy for loco parentis to be given to the Full of Beans Coach during the coaching sessions and after this time loco parentis will return to a member of the school staff. I am fully aware that there will NOT be a member of school staff in attendance at the coaching sessions. If my child will not be attending a session, I understand that it is my responsibility to let the school/coach know in writing. I also agree to inform the school and/or Full of Beans if anyone else is going to pick up my child other than the person listed above. Full of Beans operate a no refunds policy from March 2015. We are unable to refund your payment once your place has been confirmed.



## Action Packed Multi Sports, Skills & Games After School Club

**Wednesdays 3.05 ¥ 3.45**  
**14<sup>th</sup> September ¥ 14<sup>th</sup> December 2016**  
 (no club on 16 Nov as it's parents eve)

Full of Beans is pleased to announce that we will be running a Multi Sports, Skills and Games Club as above. This club is open to children in Years 1 and Year 2. Sessions are straight after school in the school hall or on the field and all instructors are suitably qualified and fully insured.

We will be developing your child's FUNDamentals of movement skills including ;

Thinking   
 Agility   
 Balance   
 Co-ordination

These skills provide a base for future all round development in most sports, coupled with the introduction of fundamental sport skills such as ;

throwing   
 catching   
 running   
 jumping   
 striking

If you would like your child to participate, the cost of each course is only £40 and can be paid by bank transfer, cash or cheque and split into 2 payments if you prefer. Please complete the form below asap and put it in an envelope with "Full of Beans" on. Places will be allocated on a first come first served basis, so please assume you have a place unless you hear otherwise. Children can wear their PE kit.

For further information, please take a look at our website or call Nicky anytime.

M : 07914 836 797

e : [nicky@fullofbeansfitness.co.uk](mailto:nicky@fullofbeansfitness.co.uk)

[www.fullofbeansfitness.co.uk](http://www.fullofbeansfitness.co.uk)



### INFORMED CONSENT FORM : AVALON MULTI-SKILLS AUTUMN 16

Child's Name ..... Year Group ..... Class .....

#### PAYMENT

- ☐ I have enclosed a cheque (payable to "Full of Beans Children's Fitness") If you want to split the payment, please include a second cheque dated 7 Nov  
☐ I have enclosed cash  
☐ I have paid by bank transfer to : Full of Beans Fitness Ltd, A/C Number : 03266486 , Sort code : 20-50-36

\*\*\* It's important that this is your On-Line Reference number : "Avalon/insert the name of your child" \*\*\*

- Any Medical Conditions we should be aware of? Please circle YES or NO If Yes, please put details on reverse of this slip.
- Occasionally, we may take photographs of the children having full fun at our clubs We may use these images in our prospectus or in other printed publications that we produce, as well as on our website. May we use photos of your child as described. Please circle YES or No

Parents signature..... Printed Name .....

Emergency Phone No ..... Email Address : .....

I agree that my child can participate in the exercise session described to me by the instructor and I understand that in order for the session to remain effective it will change and progress as time goes on. The structure, purpose, benefits and risks of the session have been explained to me and I understand that my child may withdraw from the session at any time. I understand that whilst the School provides the venue, it is not responsible for the coaching sessions run by "Full of Beans". I am happy for loco parentis to be given to the Full of Beans Coach during the coaching sessions and after this time loco parentis will return to a member of the school staff. I am fully aware that there will NOT be a member of school staff in attendance at the coaching sessions. If my child will not be attending a session, I understand that it is my responsibility to let the school/coach know in writing. I also agree to inform the school and/or Full of Beans if anyone else is going to pick up my child other than the person listed above. Full of Beans operate a no refunds policy from March 2015. We are unable to refund your payment once your place has been confirmed.

T : 0151 625 4716

M : 07914 836 797

e : [nicky@fullofbeansfitness.co.uk](mailto:nicky@fullofbeansfitness.co.uk)

[www.fullofbeansfitness.co.uk](http://www.fullofbeansfitness.co.uk)





## DODGEBALL, BASKETBALL & HANDBALL CLUB

"Dip, duck, dive, and dodge with friends on the court in these fast-paced, exciting sports"

**WEDNESDAYS, 3.45 – 4.45**

**14<sup>TH</sup> SEPTEMBER – 14<sup>TH</sup> DECEMBER**

**(NO CLUB ON 16 NOV AS IT'S PARENT'S EVE)**

Full of Beans is pleased to announce that we will be running a brand new after school club, as above for girls and boys in years 3 – 6. Sessions are straight after school and children will meet instructors in the school hall and sessions will be outside, weather permitting, or in the school hall. PE kit can be worn.

Children will spend 4 weeks on each sport, learning and developing their skills for each and taking part in fun competitions for each. No experience is necessary.



**Enhances fitness & ability**



**Develops team play**



**Builds Confidence**



**Improves throwing and catching ability**

The cost the course is £50 and can be paid by bank transfer, cash or cheque and split into 2 payments if you prefer. If you would like your child to participate, please complete the form below asap and put it in an envelope with "Full of Beans" on. Places will be allocated on a first come first served basis. Please return forms to school asap to avoid disappointment. As always, instructors are fully qualified, DBS checked and fully insured.

For further information, please take a look at our website or call Nicky anytime.

M : 07914 836 797

e : [nicky@fullofbeansfitness.co.uk](mailto:nicky@fullofbeansfitness.co.uk)

[www.fullofbeansfitness.co.uk](http://www.fullofbeansfitness.co.uk)



✂

### INFORMED CONSENT FORM : AVALON DODGEBALL/BASKETBALL/HANDBALL AUTUMN 2016

Child's Name ..... Year Group ..... Class .....

My child will be collected at the end of the session by .....  
(NB. If you do send someone else to pick up your child who isn't named here, then we cannot release them without your written consent)

#### PAYMENT

☐ I have enclosed a cheque (payable to "Full of Beans Children's Fitness") If you want to split the payment, please include a second cheque dated 5 November 16

☐ I have enclosed cash

☐ I have paid by bank transfer to : Full of Beans Fitness Ltd, A/C Number : 03266486 , Sort code : 20-50-36

\*\*\* It's important that this is your On-Line Reference number : "AVALON/insert the name of your child" \*\*\*

- Any Medical Conditions we should be aware of? Please circle YES or NO If Yes, please put details on reverse of this slip.
- Occasionally, we may take photographs of the children having full of beans fun at our clubs We may use these images in our prospectus or in other printed publications that we produce, as well as on our website. May we use photos of your child as described.  
Please circle YES or No

Parents signature..... Printed Name .....

Emergency Phone No ..... Email Address : .....

I agree that my child can participate in the exercise session described to me by the instructor and I understand that in order for the session to remain effective it will change and progress as time goes on. The structure, purpose, benefits and risks of the session have been explained to me and I understand that my child may withdraw from the session at any time. I understand that whilst the School provides the venue, it is not responsible for the coaching sessions run by "Full of Beans". I am happy for loco parentis to be given to the Full of Beans Coach during the coaching sessions and after this time loco parentis will return to a member of the school staff. I am fully aware that there will NOT be a member of school staff in attendance at the coaching sessions. If my child will not be attending a session, I understand that it is my responsibility to let the school/coach know in writing. I also agree to inform the school and/or Full of Beans if anyone else is going to pick up my child other than the person listed above. Full of Beans operate a no refunds policy from March 2015. We are unable to refund your payment once your place has been confirmed.



# CHEER / DANCE / GYMNASTICS CLUB

**THURSDAYS, 3.45 – 4.45**

**15<sup>TH</sup> SEPTEMBER – 15<sup>TH</sup> DECEMBER**

(no club on 17<sup>th</sup> Nov due to parent's eve)

Full of Beans is pleased to announce that we will be running a brand new Cheer, Dance & Gymnastics club for both boys and girls in years 3 - 6 after school, in the school hall as above.

The club incorporates the best of cheer, dance and gymnastics together in one fun club.

- We will have lots of FUN and improve your child's confidence
- Street dance style and cool music
- Gym element will include jumps, travelling, rolls, handstands, cartwheels, splits, roundoffs
- Cheer will incorporate motions, jumps & tumbling skills

The children will also put together a short routine which they will perform on the final week (if you can arrive 5 mins earlier) where all will be welcome.

The cost the course is £50 and can be paid by bank transfer, cash or cheque and split into 2 payments if you prefer. If you would like your child to participate, please complete the form below asap and put it in an envelope with "Full of Beans" on. Places will be allocated on a first come first served basis. Please return forms to school asap to avoid disappointment. As always, instructors are fully qualified, DBS checked and fully insured.

For further information, please take a look at our website or call Nicky anytime.

M : 07914 836 797

e : [nicky@fullofbeansfitness.co.uk](mailto:nicky@fullofbeansfitness.co.uk)

[www.fullofbeansfitness.co.uk](http://www.fullofbeansfitness.co.uk)



## INFORMED CONSENT FORM : AVALON DANCE/CHEER/GYM AUTUMN 2016

Child's Name ..... Year Group ..... Class .....

My child will be collected at the end of the session by .....  
(NB. If you do send someone else to pick up your child who isn't named here, then we cannot release them without your written consent)

### PAYMENT

- ☐ I have enclosed a cheque (payable to "Full of Beans Children's Fitness") If you want to split the payment, please include a second cheque dated 5 November 16
- ☐ I have enclosed cash
- ☐ I have paid by bank transfer to : Full of Beans Fitness Ltd, A/C Number : 03266486 , Sort code : 20-50-36
- \*\*\* It's important that this is your On-Line Reference number : "AVALON/insert the name of your child" \*\*\*

- Any Medical Conditions we should be aware of? Please circle YES or NO If Yes, please put details on reverse of this slip.
- Occasionally, we may take photographs of the children having full of beans fun at our clubs We may use these images in our prospectus or in other printed publications that we produce, as well as on our website. May we use photos of your child as described.  
Please circle YES or No

Parents signature..... Printed Name .....

Emergency Phone No ..... Email Address : .....

I agree that my child can participate in the exercise session described to me by the instructor and I understand that in order for the session to remain effective it will change and progress as time goes on. The structure, purpose, benefits and risks of the session have been explained to me and I understand that my child may withdraw from the session at any time. I understand that whilst the School provides the venue, it is not responsible for the coaching sessions run by "Full of Beans". I am happy for loco parentis to be given to the Full of Beans Coach during the coaching sessions and after this time loco parentis will return to a member of the school staff. I am fully aware that there will NOT be a member of school staff in attendance at the coaching sessions. If my child will not be attending a session, I understand that it is my responsibility to let the school/coach know in writing. I also agree to inform the school and/or Full of Beans if anyone else is going to pick up my child other than the person listed above. Full of Beans operate a no refunds policy from March 2015. We are unable to refund your payment once your place has been confirmed.