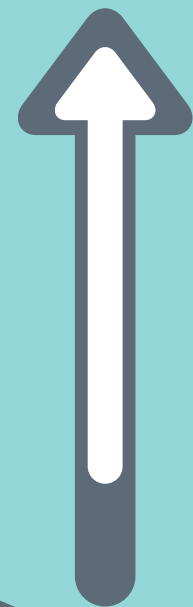
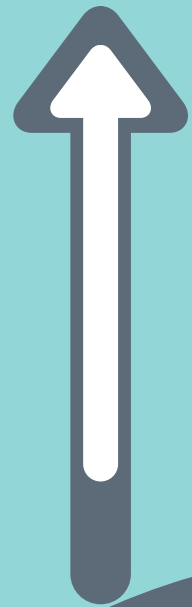
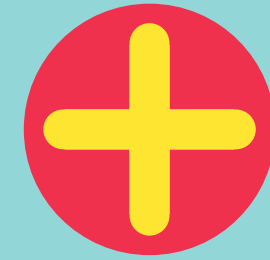


BULWELL

O O S T



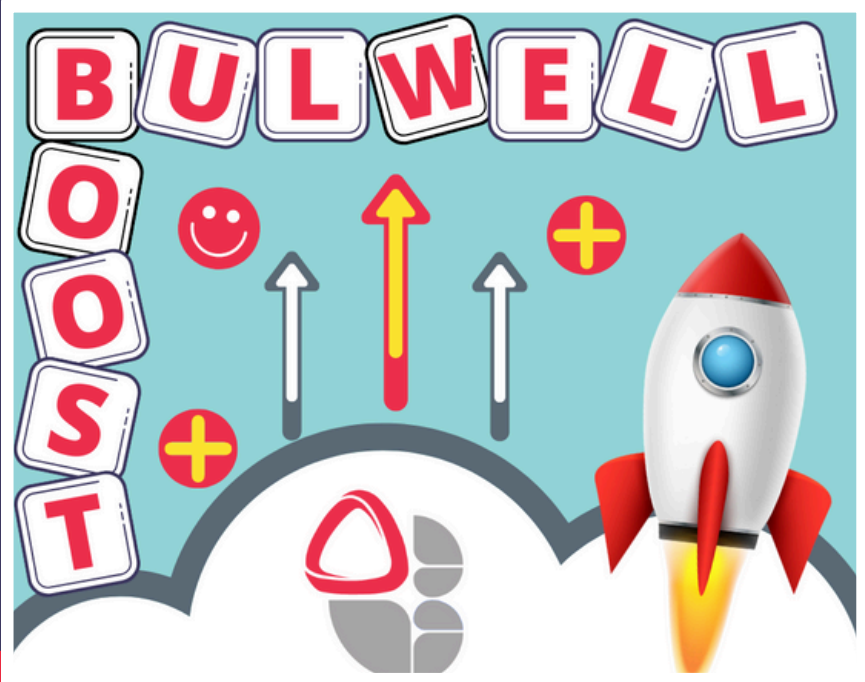
Ask your parent/carer to sign you up to **BULWELL BOOST** by looking for **Activities** in the Arbor Parent App.

SIGN UP!



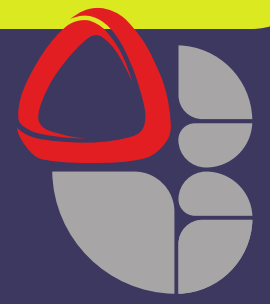
Arbor

**Clubs start
22 September**



2.50 to 3.50pm

Get your after-school **BULWELL BOOST**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

- Basketball Club
- Fitness Club
- Y9-10 Football Club
- Girls' Football Club

- Literacy Club
- Board Games Club
- School Show Rehearsals
- Drama Workshop
- Guitar Club

- Badminton Club
- Y11 Football Club
- Inclusive Social Fitness

- Rock School

TERM 1

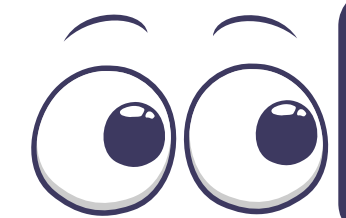
- Fitness Club
- Netball Club

- Sparx Maths Club
- Computer Club
- Languages Club
- Art Club
- School Show Rehearsals
- School Choir

- Dodgeball Club
- Y7-Y8 Football Club
- Y10 Sports Leaders

- First Story (til 4.10pm)
- Hooked on Books
- Keyboard Club
- School Show Rehearsals


SIGN UP!



See PE notice board for PE fixtures

Get your **LUNCH-TIME** BULWELL BOOST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Basketball Football Gym Table Tennis	Basketball Football Gym Table Tennis	Basketball Football Gym Table Tennis	Basketball Football Gym Table Tennis	Basketball Football Gym Table Tennis
Sparx Science EAL Club Pride Club Wellbeing Drop-in Young Carers	Sparx Maths Sparx Science Newspaper Club	Careers & Unifrog Sparx Science Wellbeing Drop-in	Careers & Unifrog Sparx Science	Sparx Science Pride Club Wellbeing Drop-in Young Carers
Music Ambassadors	Music Ambassadors	Drama Ambassadors Music Ambassadors	 IMPORTANT 1.15pm to 1.45pm No sign up required Trainers needed for PE Clubs	Music Ambassadors



**See PE notice board
for Location of Activities**

INCLUSIVE SOCIAL FITNESS CLUB

Tuesdays

2.50 to 3.50pm

connect with
friends

Speak to
Miss McGrory
if you would like
to sign up!

Boost your wellbeing



**STAY
ACTIVE**

**BE KIND
TO YOUR
MIND**

WELLBEING DROP-IN



with Mrs Selfe
& Mrs Cotterill

DG14

**Plus Monday ,
Wednesday &
Friday break!**

**WELLBEING
DROP-IN**
Monday, Wednesday
& Friday lunch-times





Are you a Young Carer?

Join our 'Young Carers at Bulwell' for support for YOU!

YOUNG CARERS' BULWELL BOOST



Confidential One-to-One Support

Book an appointment with Mrs McConnell

MONDAY & WEDNESDAY

Lunchtime Club, AF12

Bring your lunch & have a chat.



Breaktime Catch-Up, AF12

Tuesday, Wednesday & Thursday



Rewards Activities & Trips

In-school and out-of school fun!



I have to make sure Dad takes his medication each day.

My Mum is sick. I have to stay home from school some days to help her.

I need to make sure my younger brother and sister get ready for school.



 contact-send@bulwellacademy.org.uk

Need to talk about your health?

- Healthy Eating
- Exercise
- Emotional Wellbeing

- Relationships
- Sexual Health

- Vaping
- Smoking
- Drugs
- Alcohol

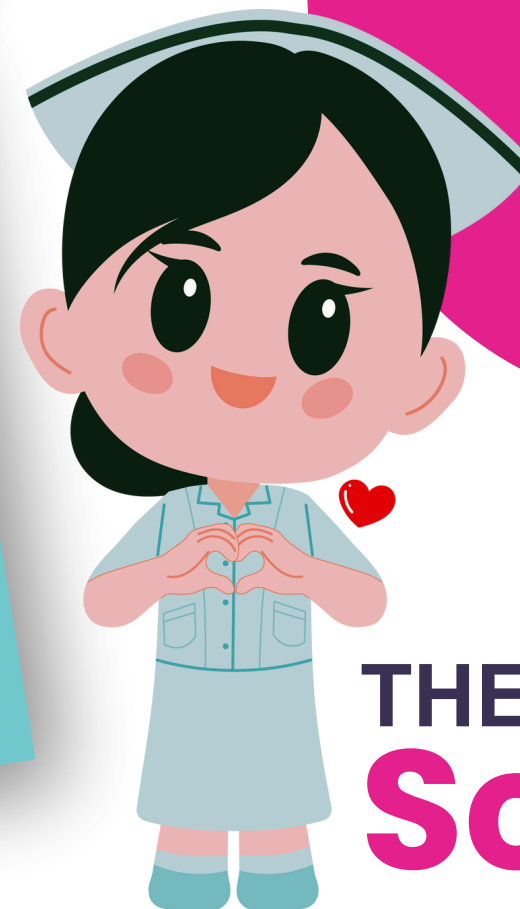
- Mental Health
- Self-harm
- And more...



CityCare

Community Health Services

**DROP-IN SESSIONS
YEARS 7 TO 11
Wednesdays
1.00 to 1.50pm**



**THE BULWELL ACADEMY
School Nurse**



DRAMA WORKSHOPS

Mondays, 2.50 to 4.30pm

**Be part of creating
a new performance
every term!**



SIGN UP!



Arbor

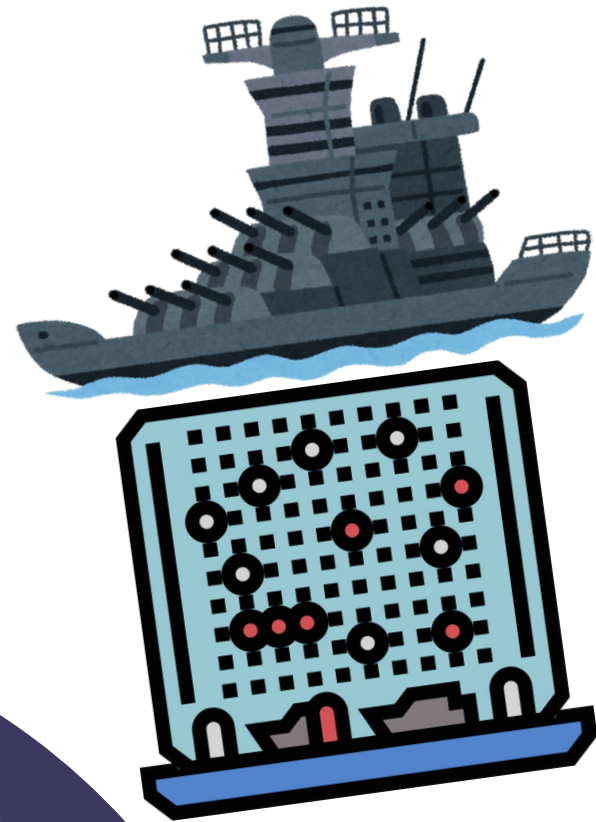
B₃ O₁ A₁ R₁ D₂ G₂ A₁ M₃ E₁ S₁

C₃ L₁ U₁ B₃

Mondays

Apply Now

2.50 to 3.50pm



SIGN UP!



Arbor

School Show Rehearsals



MONDAY, WEDNESDAY, THURSDAY

2.50 to 4.15pm

Be part of something really special!

BESPOKE REHEARSALS PROGRAMME
starting 22 September

SIGN UP!



Arbor

**Speak to
Mrs Townes to
find out more!**

THE BULWELL ACADEMY

PRODUCTION OF

**LEGALLY
BLONDE**

The Musical.



**PLUS...
Christmas
Showcase!**



FIRST STORY

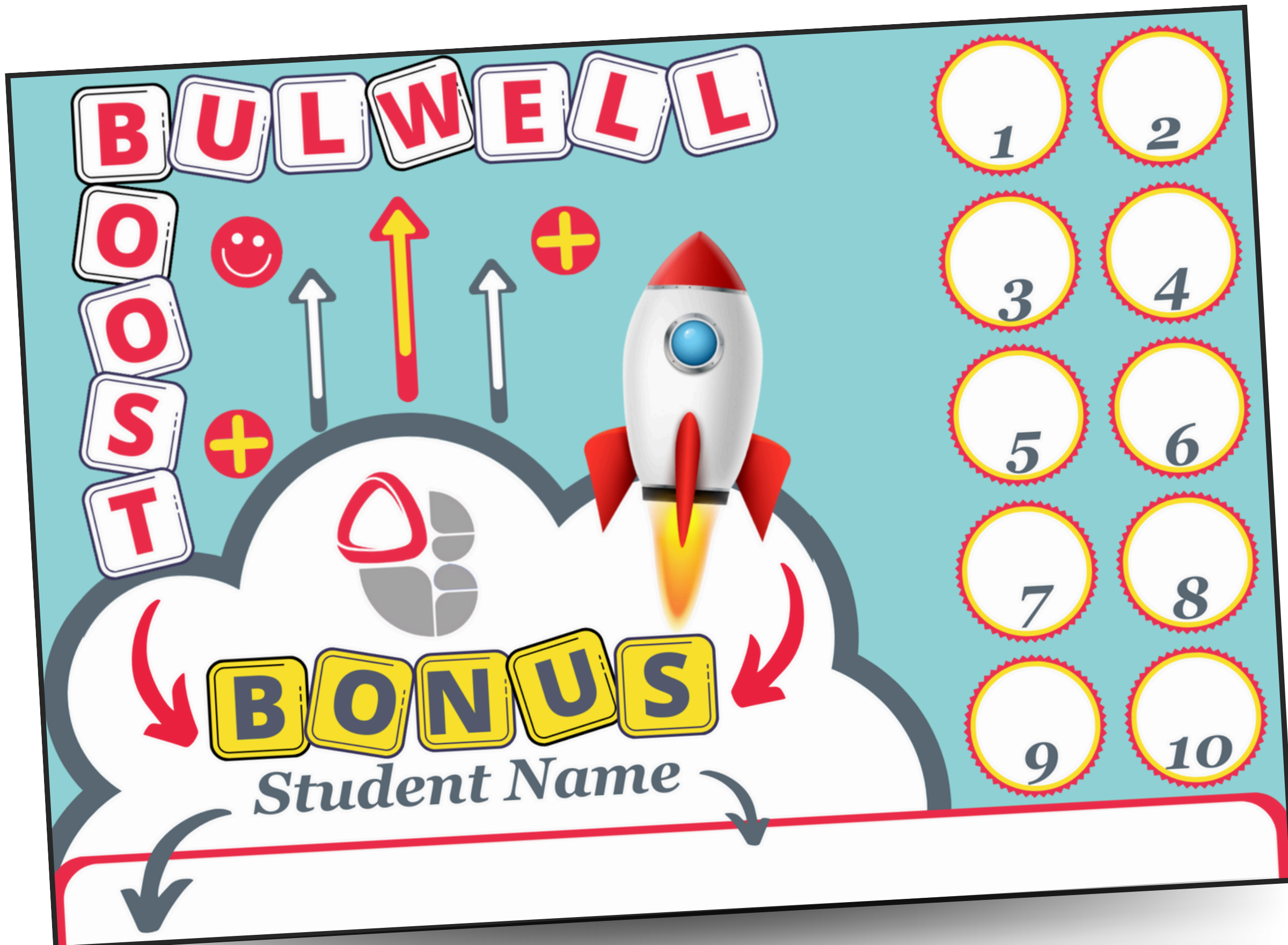
Thursdays

2.50 to 4.10pm

**Apply
Now**

**Speak to
Mr Hunt to find
out how to
apply.**



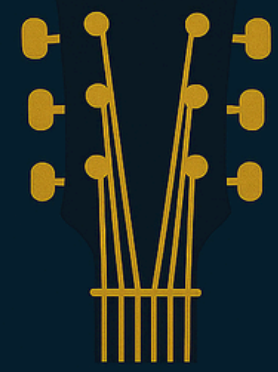


BULWELL BOOST LOYALTY CARD

Attend 10
sessions for
50 Bulwell
Bucks!

\$50

Collect from PE Office



GUITAR CLUB

Monday



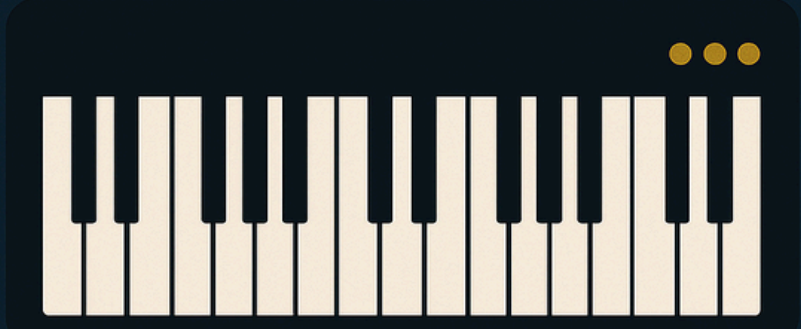
ROCK SCHOOL

Tuesday



CHOIR CLUB

Wednesday



KEYBOARD CLUB

Thursday



MUSIC BOOST!

2.50 to 3.50pm

SIGN UP!



Arbor