

## **CO-CURRICULAR PROGRAMME**

The co-curricular programme at Trinity College operates after school Monday to Thursday each week. It provides the opportunities for students to become involved in a variety of activities, both cultural and physical, that complement the daily College curriculum. The benefits of a full involvement are many and form an integral part in the development of the whole person.

Once a commitment has been made to a co-curricular activity, by enrolling, students are expected to attend as they would any normal lesson.

## Involvement in the Co-Curricular Programme: (In addition to the College sports policy)

Year 8 students are required to enrol in one co-curricular activity. These activities may be external, however approval from their Head of House will be required, via the back of the diary. All other students are strongly encouraged and welcomed to participate in the programme.

The co-curricular programme is divided into two blocks. The Summer co-curricular block will run from Monday Week 2 Term I until Thursday Week 8 Term I. The Winter co-curricular block will run from Monday Week 9 Term I until Thursday Week 7 Term 3. Another block of summer co-curricular activities then begins from Monday Week 8 Term 3 and runs until the end of Term 4, which then recommences in Term I.