#### **Co-Curricular Activities**

## **Colour Key to Clubs and Activities**

# Academic Enrichment Community Service Creative Activities Cultural Activities Physical Activities

## Art Scholars Club

The Art Scholars' club is a bespoke programme of specialist workshops according to interest and demand. The programme will offer access to a range of materials, techniques, and processes across a wide range of disciplines. The Scholars from across all age ranges will work together as one group

#### ARTiculation Club

Roche Court Educational Trust's ARTiculation initiative is designed to stimulate students' interest and understanding of art while developing individual thinking, observation, research, language and presentation skills. Workshops for Form III upwards are held throughout the year and an annual competition for Sixth Formers takes place in the Lent Term

# Athena Society

The Athena Society is dedicated to creating a forum for interaction and collaboration between students and staff, other schools and guest speakers. The committee organise events on themes that they select which stimulate curiosity and learning, making links between subjects as well as political and social issues such as 'consent'. The society organises visits to the theatre, to films, talks and exhibitions which enhances topics and inspires learning in the Liberal Arts

## **Athletics**

U<sub>15</sub> – U<sub>12</sub> Team Practices and open to anyone who wishes to improve their track and field for competitions or in preparation for Sports Day

#### Band

The Band is open to instrumentalists from Form I – UVI. Entry by audition. Rehearsals are on a Monday 12.55-1.30pm in the Music Room. The band performs at the Christmas End-of-Term assembly, the Friday Evening concerts and Parents' Day

## **Business Lunch Club**

For all Business students who need help with topics to improve with their understanding

## Business 'Fun Bus'

Revision sessions and help with business topics for GCSE and A level girls: UVI Tuesday; LVI Thursday and Form V Wednesday. All sessions at 16:15 - 17:00

## Choir

The Senior Choir is open to girls from Form III – UVI. Entry by audition. Rehearsals are on a Tuesday from 17:15 – 18:15 in the Chapel. The Choir sing at Friday Compline Services and Sunday services, the Carol Service, the Friday Evening concerts, Fellowship Day and Parent's' Day. There is a biennial Choir tour to which all choir members are invited.

## Cookery

Open to all age groups on a Friday after School. Refine your culinary skills and learn some 1 hour 'quick bake' winners that will tempt your taste buds!

# Duke of Edinburgh Award Scheme (D of E)

The Duke of Edinburgh Award develops skills and confidence that will be invaluable to girls in Forms III and above, in life after school. It provides an opportunity to make a difference to other people's lives and to get recognition for under taking activities you enjoy. You will be fitter and healthier, make new friends and have memories to last you a lifetime.

# **Debating Club**

Open to all year groups, Debating Club gives the opportunity for formal discussion on a variety of topics (motions): current issues; science; art; music; ethics and much more. It's a great way to develop public speaking skills, the ability to summarise and build on what has been said and to take on the different roles involved with debating: Speaker; Proposer and Opposer

#### Dutch Club

Open to all ages the aims of the club are twofold; to learn grammar and vocab, and to find about Dutch culture. We learn new grammar and vocab each week, which we apply by listening to or reading news items. We explore Dutch culture in song, games or food. Participants will be encouraged to buy the workbook 'Zeg 't eens!' to support their learning

# **Ensemble Groups**

Specialised Ensemble groups created in the past include the Piano Trio, Junior Sextet, String Quartet, Brass Ensemble, Bolling Piano Quartet, depending on instrumentalist intakes of the year and levels. Entry by invitation only

#### Golf

Open to all year groups and abilities: no previous experience or equipment required. An opportunity for group tuition or time to practise techniques on the driving range

#### Lacrosse

Senior – U12 Team Practices as well as 'wall ball' and 5 a-side indoor lacrosse for all age groups run by the Sports and Lacrosse Captains

# Life Drawing

Life drawing is an excellent way to develop core observational drawing skills, as required for any art discipline. For GCSE and A-Level exam level students wishing to continue to art college - this course is a must

## **Maths Clinics**

The Mathematics department will be offering a Mathematics clinic every day in M1. Everyone is welcome. There will be at least two Mathematics teachers available every day to help with prep, go back over something that was covered in class, answer questions, help with revision, provide practice questions on a specific topic, help with a Mathematics question from a different subject, go through Mathematics Challenge past papers or to help prepare students for university entrance examinations. The sessions are voluntary, and students can attend for as long or as little as they would like

#### Netball

Senior – U12 Team Practices as well as club night open to all, giving younger year groups the chance to play, learn and be coached by the senior players and Netball Captain

## Orchestra

Orchestra is for any girl of at least Grade 2 standard, by invitation. Rehearsals on a Thursday lunchtime from 1.05-1.35. The Orchestra play at the Friday evening concerts, the Carol Service and the Parent's Day concert. They also accompany the hymn in Chapel once a term

# Oxbridge Discussion Group

For Sixth formers wanting to apply for Oxbridge, this weekly discussion group will be led by a variety of teaching staff with different subject specialisms: thought provoking and encouraging independent thinking

#### **PHAB**

A new venture with Eton College for Form IV and LVI girls to establish the Heathfield PHAB Club. For many years PHAB has been working with schools with boarding facilities to enable disabled young people to experience time away from home, enjoying all sorts of activities with their peers. For further details contact Father David (dclues@heathfieldschool.net)

## Philosophy Club

A great opportunity for Forms II and III to discuss and explore philosophical and ethical questions and puzzles, in a fun and interactive way. Open to anyone interested in thinking, asking questions and prepared to have their minds stretched. Led by the RS prefect alongside subject leaders

# Photography Club

Open to Forms I – III, this is a great opportunity to learn some of the basic skills of photography as well as some more intricate skills such as: darkroom photograms; sun prints; greenscreen; writing with light and pinhole photography

#### **Politics Club**

For all those with in interest in learning more and discussing the major political issues of the day facing the UK: a must for all A Level Politics Students and anyone interested in a future career in local government

## Pony Club

Open to forms I & II. Equestrian theory lessons leading to Pony Club BHS tests

# Portfolio Preparation for Art Club

All portfolio preparations for art college applications are overseen by Mrs Feilen, Subject Leader for Art and Design. For those who are interested in a creative pathway in the visual arts, specific guidance is tailored to each institution, according to requirements

#### **Productions and Musicals**

Musicals and Dramatic Plays alternate each year. Musical productions are performed in the Lent Term, with a Junior Production in the Michaelmas Term (Forms I - IV) and a Senior Production in the Lent Term (Forms IV / V / Sixth Form) Alongside the 'acting' roles, there are opportunities for girls to be involved in the technical aspect: backstage and sound

# Reading Club

Run by a member of the LVI: reading club is a great opportunity to expand your reading list, exchange recommendations and discuss your favorite books with friends. An opportunity to escape from the hustle and bustle of the busy School day

# **RS Clinics**

General prep help for Forms I-III plus one to one tutorial assistance for A level students for further support with their RS teachers

#### **RS Masterclass**

The RS masterclass is specifically for GCSE students to hone their skills and extend their knowledge. Both Forms IV and V will have an opportunity to further practise examination skills, to master the more difficult and challenging aspects of the course

#### Rounders

Senior – U12 Team Practice as well as Club night open to all ages; a chance for all girls to mix together to improve their skills and tactical play or just 'have some fun'

# Shakespeare for Schools

Every year the English Department prepare girls in Forms I-III to take part in a performance of an adaptation of a Shakespearean play. This is then performed at the Festival in South Hill Park in front of a large audience

# **Spanish Clinics**

Focus on GCSE and A level groups. Learn Spanish by reading novels, magazines, comics and newspapers. Get ready for your exams

## Science 'STEM' Club

An opportunity for all years to explore Science outside of the curriculum: projects such as 'petri' dish art; Crest Awards; Formula 1 racing and dissections to name a few

# **Spinning**

This low impact high intensity cycling workout is a great way to keep in shape and have fun and takes place on a stationary machine with a heavy, weighted flywheel that is linked to the pedals. All abilities are catered for as the intervals and resistance dials can be set for each individual's needs

# **Swimming**

Squad practices and Galas take place on a Monday and a Wednesday from 16:15 - 18:15. For those who are keen to get in some additional training or who just fancy some recreational exercise, the pool may also be used by girls in Forms III and above, at 07:00 every week day.

#### **Tennis**

 $\rm U15-U12$  Team Practice to improve individual skills and match play. There is also an opportunity to join the more relaxed atmosphere of 'tennis night' to enjoy a more social game

# **Textiles Club**

Miss Smith will lead an Embroidery Club throughout the academic year for those in Forms I-III, after a successful bid was won to work on a project with the Royal School of Needlework. As part of the club students will learn a variety of hand stitching techniques and produce their own piece of textile art inspired by a 'selfie.' Not only will students learn and develop practical stitching skills, they will do so with a mindful approach to making art. All participants will produce their own piece of work and benefit from a process that is used to encourage relaxation, concentration and focus. The finished piece will be shared on social media using the hashtag #RSNSelfie

# Top 12

The Top 12 are all members of the Senior Choir and are invited to join the Top 12 because of their contribution and commitment to the Senior Choir. Rehearsals are on a Friday Lunchtime from 1.05-1.35. The Top 12 sing anthems at some of the Friday Compline services and Sunday Services, the Carol Service, Fellowship Day and Confirmation. There is a biennial Choir tour to which all Top 12 members are invited

# **Trampolining**

Open to all year groups, no previous experience is required to join this aerobic, acrobatic club

## Woodwind Ensemble

The Woodwind Ensemble is open to instrumentalists from Form I – UVI. Entry by audition. Rehearsals are on a Tuesday from 1.05 - 1.35pm in the Music Room. The ensemble performs at the Friday Evening concerts and Parents' Day

#### French Cine Club

For Form V and Sixth Form topical discussion will follow the viewing of a French film

# French Language Enrichment Club

An opportunity for the Sixth Form to practise translations of verbs and language structures into French. For those applying to Oxbridge, it is an invaluable chance to learn the structures requested by both Oxford and Cambridge in order to feel confident when sitting their tests. There is no writing involved, purely oral practice

## Extra - Curricular

Other paid activities that can be signed up for and will be timetabled for the girls. A term's notice must be given to cease attendance

# Dance (paid extra)

Classical Ballet Students follow the RAD syllabus (Royal Academy of Dance) and can take Graded & Vocational examinations. Grades 6-8 are awarded UCAS points. Lessons can also be taken as a recreational activity.

Street Dance Students can learn some of the best dance moves as seen on TV and Film. These classes are a great way to learn dance, keep fit and have fun at the same time. ISTD Modern Dance Students follow the ISTD syllabus and can take Graded And Vocational examinations.

Contemporary Dance Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements.

Tap Dance Tap has its roots in Harlem, USA. It involves the use of the ankles and feet incorporating different beats and rhythms to music. Not only is it a very popular form of dance but it is good fun too!

Contact nshaw@heathfieldschool.net

# Fencing (paid extra)

No previous experience required and open to all year groups, this exciting sport is run by a National Level coach. For further information please contact Miss Wendy Reynolds (Director of Co-Curricular) wreynolds@heathfieldschool.net

# Instrumental Tuition (paid extra)

The Music Department offers tuition in a wide range of instruments and all girls are encouraged to take lessons. For further information please contact Mrs Julie Dance, Director of Music via <a href="mailto:jdance@heathfieldschool.net">jdance@heathfieldschool.net</a>

# LAMDA Musical Theatre (paid extra)

(Acting, Singing & Movement) Students follow the LAMDA Musical Theatre syllabus and can take Solo, Duo or Group examinations. They can develop and enhance their skills in Musical Theatre - not just in acting, but also in singing and movement. Grades 6-8 are awarded UCAS points. For further information, please contact Mrs Natalie Shaw, Envy Performing Arts via <a href="mailto:nshaw@heathfieldschool.net">nshaw@heathfieldschool.net</a>

# Personal Training (paid extra)

For Form III girls upwards: the opportunity to improve core stability; flexibility and all round cardiovascular fitness. Contact Miss Wendy Reynolds (Director of Co-Curricular) wreynolds@heathfieldschool.net for further details

# Polo (paid extra)

All lessons start after 16:00. Polo coaching takes place on Mondays and Tuesdays with Hamid at Ranelagh Farm, and later in the term at Fifield Polo Club Arena. On Thursdays we attend Cool Hooves at The Royal Berkshire Polo Club. All lessons will start after 4pm. Although not needing any previous experience it is an advantage to be a confident rider. Please contact Gill Glimmerveen via <a href="mailto:gglimmerveen@heathfieldschool.net">gglimmerveen@heathfieldschool.net</a> for further details

# Riding (paid extra)

Heathfield encourages riders of all ages and abilities to attend Berkshire Riding Centre in Winkfield on a Wednesday are after 16:00 <a href="www.brc.uk.com">www.brc.uk.com</a> The girls can improve their riding abilities and develop their individual skills. Riders are assessed and placed in a group of similar riding abilities from beginners to advanced jumping. Please contact Gill Glimmerveen via gglimmerveen@heathfieldschool.net for further details

# Tennis Coaching (paid extra)

Girls may have tennis coaching in small groups / pairs or individually. For further information please contact Miss Wendy Reynolds (Director of Co-Curricular) <a href="www.wreynolds@heathfieldschool.net">wreynolds@heathfieldschool.net</a>

# Zumba (paid extra)

Zumba® is a popular aerobics/fitness class which combines Latin and International music with a fun and effective workout system. For further information please contact Mrs Natalie Shaw, Envy Performing Arts via <a href="mailto:nshaw@heathfieldschool.net">nshaw@heathfieldschool.net</a>