



ENRICHMENT ACTIVITIES



Spring Term 2018

Why join a club?

Clubs are a great way to meet people from other forms and other years. They are also a chance to take part in activities that we don't always have time for in lessons. You can learn new skills and spend time with people who have similar interests to you. Clubs are also a fantastic opportunity to win House Points as you will receive a silver token which counts for one House Point every time you attend.

Above all, clubs are FUN!

Who are they for?

Everyone! We hope and expect that all of our pupils will attend at least one club per week. If there isn't a club that appeals to you, speak to your teachers and we'll see if we can set up one that does!

How do our clubs work?

The first week of term is always a 'try out' week. Girls can go along to any club and see what they think of it. If you want to sign up for a club, then you can tell the teacher who is running it, or there will be lists up in the Canteen for you to sign up on.

Some clubs can get over-subscribed and we can't fit everyone in. When this happens, the staff running the club will draw names out of a hat. If you don't get a chance to join then we try to make sure that you get priority in the next term.

Once you have signed up for a club we ask you to commit yourself to attending every week for the whole term.

When do clubs take place?

Clubs run every day of the week apart from Tuesdays. We will publish a full list of the day on which each club runs at the start of term. The clubs run from 3.00 pm – 3.50 pm, although Sports Clubs usually run on until 4.10 pm as this gives more time for getting changed.

Any questions?

Speak to your Form Tutor, Head of Year or Mrs Jackson if you are not sure about anything.

These clubs are for all year groups unless otherwise stated in the description.

Sports Clubs

Please note that most sports clubs finish after 3.50 pm as this gives more time to complete activities and for girls to get changed. Please check with the relevant member of staff.

Basketball with Mrs Redpath & Mr Lowrie

Basketball is aimed at all ability levels. The sessions will include a variety of skills, drills and tactics. Each of the sessions will finish with a game or mini competition.

Dance with Mrs James

All year groups and abilities welcome. We will be working on two pieces to go into the Gym and Dance Display - one contemporary routine and one commercial routine. In addition, there will be an opportunity to devise solo/duet/trio/quartet dances that you can then put forward to audition for the Gym and Dance Display.

England Badminton with Mrs Newberry & guest coach from England Badminton Ian Robinson

Never played badminton before? Now is your chance! Come and find out more about the game of badminton and see what new tricks or techniques you can learn. These could include net shots, drop shots or even a jump smash! Come along and show them off at badminton club! Remember....bring a friend!

Football with Mr Kench & Miss Shaw

Do you fancy becoming the next Kelly Smith or Steph Houghton? Then come along and try your skills at football club. Practise your passing and tackling techniques as well as learning fancy tricks like cross overs or the helicopter! We compete in friendly and local fixtures so there are opportunities for you to get involved if you're looking for competition. Come along and bring a friend.

Gymnastics with Miss Morgan

Do you enjoy learning new moves, balances and/or routines? Then come along to gymnastics club to meet other students who want to do the same! Gymnastics club offers you the opportunity to develop your own existing skill set as well as learning new skills. There is an annual gym and dance

showcase every year which you can audition to be a part of through regularly attending gym club. Come along and bring a friend!

Hockey with Miss Morgan

Hockey is awesome. There is nothing more satisfying than whacking a small ball with a large hockey stick. Hockey lets you dribble that ball, flick it, glide it, and pass it, and more. Not for the faint-hearted, hockey is a team sport which is becoming very popular. Give it a try, and you will become hooked. Have the confidence, practise the skills, and you will do just fine! Seriously, on a scale of one-to-spectacular, hockey is about an eight. The game is low-scoring, but there's a rhythm and flow to the action. There's no excess of fouls or rules that need to be enforced every ten seconds. It looks like football with sticks.

Indoor Athletics with Mrs Waters

Come and get ready for the Athletics season by running, jumping and throwing indoors on a Wednesday after school. There is a competition in early February for any girls who successfully make the team.

Irish Dancing with Molly Challis

Ever thought of doing some Irish dancing? Molly is an International Champion Irish Dancer who will be teaching the basic skills and techniques for beginners. No experience necessary. Come along, high kick and have some fun!

Key Stage 3 Netball with Miss Morgan, Dr Bune & Miss Shaw for Years 7, 8 & 9

Come along to netball club to try and develop some of the skills learnt in your PE lessons. We compete in the District Netball League and there are plenty of opportunities for you to get involved if you're looking to push for a place in the school A or B teams.

Rugby with Mr Underwood

Interested in rugby? Come along and give it a "try" at our rugby club. This is a brand new club set up last year with all but one of the girls having no previous experience of rugby. Come and learn how to pass and kick this odd shaped ball, learn how to tackle and how to use space effectively to score some tries! We compete in friendly and local fixtures so there are opportunities for you to get involved if you're looking for competition. If you like working hard as part of a team in a positive and fun environment then rugby is the sport for you!

Table Tennis with Miss McLeman & Mr Short

Ping Pong is easy to play, yet difficult to master. So why join the club? Firstly, anyone of any skill level can pick up a bat, and immediately have fun playing and it is a great social sport. Other reasons are that it is good for your health - played at the higher levels, it's one of the fastest sports

around and an hour's play can burn approximately 270 calories. At elite level, it's really fast, the ball travels at speeds of 100mph and is struck more than 180 times in a minute - about three shots a second! However, it is still gentle on your body and it is also good for the brain. There is an awful lot of quick thinking, planning, and strategizing going on out there on the court and some believe it is better than juggling for developing good hand-eye coordination. Oh, and finally, it is one of the few sports you can do with no risk of ending up cold or wet!

Trampolining with Mrs Waters

This club is on offer to those studying GCSE PE who want to improve their skills and performances in preparation for their practical exam. You will receive coaching and guidance on how to enhance your performance on the trampoline, enabling you to achieve a higher grade when being assessed.

Year 10 & Year 11 Netball with Miss Coombs

Come along to netball club to try and develop some of the skills learnt in your PE lessons. We compete in the District Netball League and there are plenty of opportunities for you to get involved if you're looking to push for a place in the school A or B teams.

Musical Clubs

BHGS Choir with Miss Punchard

This choir will only be for current members who took part in the Saffron Waldern concert.

Musical Jam with Mr Krendel

A space for musicians of all instruments and abilities to meet and share ideas. Discover new genres and bands that you never knew existed, learn to play songs, compose your own songs and perform them as part of a group. "We're jamming".

The Quavers and Crochets Band with Miss Punchard

Always wanted to join a band? Well now's your chance. We are a fun-loving band and anyone can join. All you need is to be able to play an instrument and own one. We play a mix of music which can range from pop, rock, TV themes, musicals or whatever is required of us. We have the opportunity to perform at a variety of events. All welcome of any standard!

Teen Choir with Miss Punchard

Love singing? Come along, have fun and meet new people. You will sing well-known pop and rock songs in a fun and relaxed atmosphere using harmonies and movement.

Year 11 GCSE Composition with Miss Punchard

For Year 11 GCSE Music students only.

Other Clubs

Biscuit Club with Mrs Dayton for Year 10 (By Invitation Only)

A chance to chat freely and honestly together whilst eating biscuits.

Bishop's Newspaper with Mr Lister, Mrs Caldwell & Mrs Williamson

Journalists, reporters and production team needed. Investigate the issues of the day. Write opinion pieces.

We should have a publication, possibly in multimedia, that serves our school communities.

Can you be creative? Are you prepared to challenge yourself and your readers? Will you educate, inform and entertain?

Work as a team. Develop skills you only dreamt about. Change the way people think.

All welcome.

Booksmart with Mrs O'Connell & Mrs Allcock for Year 8

This lunchtime club is suited for keen readers and will focus on discussing books we are reading and recommendations. We will be shadowing the new St Albans Children's Book Award.

Brain Camp with Mr Pandya for Years 10-14

Have you unlocked your full potential? At the Brain Camp we will be looking to challenge ourselves to find answers when things get difficult and also change the way we think. Hopefully by spending some time every week taking part in brain challenges, problem solving and thinking games you will be able to gain new skills, establish how you learn, what works for you and how you can reach your full potential. We will also be reading blogs and articles about realising your full potential and exploring life lessons from different people around the world.

These skills will not just be useful when taking exams but also when dealing with some of the challenges of life. Come along and give it a try!

Card Game Club with Miss Hallauer & Ms Nickson

Do you need to de-stress and have fun or just want to chat while playing? Why not come to the card games club? Games vary from Uno, Skip-Bo, Old Maid, I doubt it (Liar), Rummy. If there are other card games you know, come and share them with us.

Chatterbooks with Mrs O'Connell & Mrs Allcock for Year 7

This lunchtime club is suitable for any Year 7 pupil and will focus on fun activities and chats about reading.

Chess Club with Mr Taylor & Mr Dudley

The earliest predecessor of the game probably originated in India, before the 6th century AD; a minority of historians believe the game originated in China. From India, the game spread to Persia. When the Arabs conquered Persia, **chess** was taken up by the Muslim world and subsequently spread to Southern Europe.

Chess, probably the most widespread and historic game ever, is easy to play, yet a challenge to master. So why join the club? Anyone of any skill level can learn the moves, and immediately have fun playing. At a more advanced level it develops your strategic thinking, and problem solving skills. Why not give it a go and start our BHGS Chess League!

Comic Book & Manga Club with Mr Goodall

Are you a comic book aficionado? A manga buff? Do you entertain yourself with graphic novels and cartoons? It doesn't matter whether you enjoy TinTin or Asterix, Naruto or One Piece, The Beano or The Dandy, Batman or The X Men ... all comic lovers are welcome. Come and immerse yourself in the multiverses of DC and Marvel, discussing plot developments, new additions and film-franchises with like-minded enthusiasts. Or maybe you would like to review the latest Anime episodes with friends or try your hand at some amateur comic book artwork. Bring in your comic books to read or possibly exchange in a fun and friendly environment where anything comic book and manga-related is encouraged!

Crazy Germans with Dr Venz, Frau Hones & Mrs Hurley for Years 7 & 8

Are you interested in the German language, culture or just want to experience how "things" would be in a different country, then come along and join us! We aim to have fun (!!!), sing German songs, learn about culture and towns, have fun with German tongue twisters, solve riddles, watch films and much more.

Debate Club (aka George Orwell Thought Forum) with Mr Wood for Years 10 - 14

This club is for anyone interested in current affairs, politics or who like to have their say about what is going on in the world. The Thought Forum is a chance to meet with similarly interested people and have the opportunity to say what you think about things that matter to you.

As your confidence and skills develop there will be opportunities to debate, meet writers, journalists, documentary and film makers, attend conferences, meet with other groups at other schools and ultimately enter for the National 'Orwell Youth Prize'. Last year our group entered the Rotary Youth Speaks Competition and progressed through to regional finals! The year ended with a trip to Oxford University where one of our group was awarded a prize for her entry in the George Orwell Youth Prize. We are also currently developing an online blog in which we can share articles, opinions and thoughts on matters that interest us.

Remember, you have a voice. Use it.

Design Booster with Ms Fairbairn & Mrs Chapman

Come along and catch up with your classwork or use the facilities to do your homework. Coursework and Homework booster sessions to help you stay on track.

Drama with Mr Kench

This open Drama Club is designed for girls who wish to do more Drama just for fun and for those who wish to develop their skills to a higher level. You will do Drama games, acting exercises and get to perform using the lights and sound. It's good fun, gives you a great opportunity to build your confidence and you'll also learn to be better performers.

Duke of Edinburgh's Award Scheme with Mrs Langston for Year 10

Are you a determined person, willing to persevere with challenges that will test your skills and abilities to the limit? Are you prepared to push yourself to be the best you can be? You could be part of a national scheme, recognised by universities and employers, working towards your Duke of Edinburgh's Award!

You will need to contribute towards your community through volunteering, stretch your physical skills by participating in a sport or physical activity, undertake a local expedition with a camp-out (which we will train for and plan together), and learn a new recreational hobby or pastime. Some of this may be completed through the enrichment clubs now on offer in school, and some you will need to undertake in your own time at home or in clubs you do outside school. This is open to every energetic and enthusiastic person in Year 10 and we will be on hand to support you throughout your new challenge.

The Duke of Edinburgh's Award can't be an enrichment activity on its own, as we won't meet every week, but remember – all of the activities listed in this guide could be of great help to you in gaining the Award, so think about which grab your attention and start planning how you can join in.

French Ciné Club with Madame Jonchier

Come and enjoy your favourite movies while improving your French listening skills and widening your cultural knowledge. All films will be shown in French with English subtitles therefore enhancing your literacy and translation skills as well. The French Film Club is free and you may bring a snack. A Bientôt!

Funky Fashion with Ms Fairbairn, Mrs Blakey & Mrs Chapman

Fancy making your own set of wings? Love the idea of creating a fascinating fascinator? Do you have a boring box you want to up-cycle? Come along and explore your creative desires. Make your world more beautiful at Funky Fashion. The emphasis is fun! Creating a desirable, wearable, lovable,

beautiful life! You will rise to the challenge of recycling previously loved objects from ugly ducklings into beautiful swans. N.B. You will need to bring your blue aprons with you and the items you wish to upcycle. Depending on the activity, you may need to bring fabric, wire or various materials with you.

The Green Club with Mrs Cardell, Mrs Watt, Mr Underwood & Mrs Fisher

The Green Club is the chance to grow your own, enjoy the sunshine (and rain), make friends and get fit. There will be the opportunity to cultivate vegetable plots, flower beds, herb gardens and fruit. We have lots of land and greenhouses available. We are looking for girls who love different aspects of the outdoors – so in good weather, gardening, but also using green materials for plant arrangements, photographing things that we see in the landscape or the detail of plants we see growing and printing those photographs on bad-weather days. There will be the opportunity to learn horticultural techniques, including crop rotation, pest control and composting, to gain the most from the soil. There will be a chance to set up a market stall and sell the produce. There may be the opportunity to invite speakers or visit garden centres or horticultural centres (e.g. Capel Manor).

History Club with Miss Maisey

Love History? Enjoy a mystery? Fascinated by conspiracy theories? Adore historical films and books? Excited about making models and recreating events? Then this is the club for you! Some of the questions we have researched and debated last term have included: Was the Titanic sinking faked? What is the Bermuda triangle? What is the Mandela effect? We also made our very own suffragettes! What we do each week is really up to you, the students. The topics and activities are guided by your interests. What could be more fun? And you get to learn some great new stuff too! So if you enjoy all things History, come and join us! We look forward to welcoming you in the new term.

Knitting with Mrs Gregory, Mrs Broderick and Mrs Martin

The knitting club is an extension to the Buddy Club that has been running at lunchtimes. This is a chance to learn new skills and socialise. The first project will be to learn to knit and produce a knitted cushion cover. We will also be producing other knitted projects and moving on to sewing projects. The club will be open to all ages and if you have never knitted before or want to improve your skill then this is your chance to learn. Even the pop stars are learning to knit so come along and learn this amazing skill.

Mathematical Artistry with Mrs Robinson

A mixture of paper craft and Art for the non-artistic.

Maths Team Challenge with Mrs Dudley, Mollie Smith & Jeny Thakar

Love Problem solving? Love working in a team? Love a competition? Love Maths? Then this is the club for you! We will be doing weekly challenges, working in teams with a view to entering teams into challenges across the county and beyond! We will start off simply and build up so don't worry if you've never done anything like this before - it will be a fun learning curve.

Movie Stars with Mrs Herlock & Mrs Medley

Do you have an interest in the media world around you? Do you enjoy keeping up to date with the latest films? Do you know everything that's happening on social media? Then sign up to join 'The Movie Stars'!

Our weekly media and film club will be a meet and do for all film buffs, media experts and anyone interested in analysing and understanding the media world around us. We will watch films and study or examine other media texts, as well as having a go at making our own pieces using specialist equipment and software. All interests are welcome.

Rummiclub with Miss Grossman & Mrs Masud

Do you enjoy being KNIGHTed a champion? Are you a BISHOP'S girl who reckons your problem solving skills are wasted? Feeling BOARD? Look no further! We are proud to announce the opening of the Bishop's Knights! Come and play games that require strategy and determination. We will be teaching you how to not only play popular board games such as chess and backgammon, but will also be running tournaments! Remember there are no losers in the Bishop's Knights, just those of you who may not win.

Russian Club with Miss Shann

Russia is the largest country in the world with so much to offer. From the Winter Olympics in Sochi last year to next year's football World Cup, a diverse history including communism, corruption and the Cold War and let's not forget the Cyrillic alphabet. Why not come to Russian club to find out more about this epic country's culture, history and language? It's definitely an eye opener.

Satellite Club with Emma, Mrs Whitney & Mrs Wilde (By Invitation Only)

Save the World with Mrs Ruffhead

An opportunity to make a difference by fundraising for charities and organisations you are passionate about. If you have creative ideas or a particular talent, you can have fun working with others to organise amazing events and activities. We will choose a different charity every term so that the money raised helps to change our world for the better.

School Newspaper with Mr Lister & Mrs Williamson

Journalists, reporters and production team needed to investigate the issues of the day and write opinion pieces for our own school newspaper. We should

have a publication, possibly in multimedia that serves our school community. Can you be creative? Are you prepared to challenge yourself and your readers? Will you educate, inform and entertain? Take this opportunity to work as a team, develop skills you only dreamt about and change the way people think. All students from all year groups welcome.

Science Club with Ms Asante-Ansong & Mr Lowrie

Have you ever wanted to tackle the biggest concepts in Science or discover great ideas that are changing the world? If so, then this is the club for you. We will explore a variety of topics: the weird and wonderful world of reproduction and inheritance, extinction, space and beyond, DIY Science, music and much, much more. As well as fun experiments there will be opportunities to complete mini projects. So what are you waiting for? Get those lab coats ready and join us for some scientific fun.

The Spinster Club with Miss Maisey, India Palmer & Isabelle Cardy

Do you consider yourself a feminist? Are you passionate about intersectional issues? Would you like the opportunity to rant about inequality? Then come to The Spinster Club at Tuesday lunch time in room 121. Open to all years.

Year 11 VIPs with Miss Ekins (By Invitation Only)

Yoga and Meditation with Miss Tyler and Miss Morgan

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. There are many different types of yoga and I am sure if you explore them, like me, you will find that every type is effective in developing your strength, flexibility and wellbeing. In this class you will be taken through a series of yoga poses with a focus on breathing and relaxation.

Following this sequence, you will then be guided through ten minutes of meditation. Meditation is the art of allowing yourself to be present within the current moment, allowing us to feel peace within ourselves. Effective meditation can help you gain a calmer perspective, acknowledging when our equilibrium becomes off balanced.

The aim of these sessions will be to help you relax and provide a release following all the hard work you put into your lessons that day! Just two twenty minute sessions a week of yoga can really have a profound impact on your mental and physical health, so why not give it a go?