



# ENRICHMENT ACTIVITIES



Summer 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.**

### **Athletics with Miss Morgan, Mrs Waters, Miss Shaw & Mr Lowrie**

Do you fancy becoming the next Jessica Ennis-Hill or the next Christina Ohurugho? Then come and try your skills at the wide range of events within Athletics Club. There is something for everyone whether you are a quick sprinter, a good middle distance runner, a strong thrower or a springy jumper! We compete in friendly, district and county league competitions for all year groups so there are a range of opportunities for you to get involved in if you're looking to compete. Or you can choose to come along to practice to try and improve your own personal performance in your favourite events.

### **Cricket with Mr Short & Mr Kench**

Always wanted to play Cricket? Well now you can! Come down to cricket practice to find out more about the popular English sport. Test your bowling, batting and fielding skills against other students and see how many runs you can score! Come along and bring a friend.

### **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 & Mr Short**

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.

### **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!

### **Multi-Activity Club with Miss Morgan & Miss Shaw**

This is a new and exciting club that is structured around group activities. It is open to all year groups. You are guaranteed maximum amounts of fun, with a wide range of activities such as: Ultimate Frisbee, Dodgeball, Stool Ball, Tug of War, Uni Hoc, Nerf Ball, Mad Golf, Danish Longball and plenty more. The activities will vary each session, tailored to suit you.

### **Rounders with Miss Morgan, Miss Shaw, Miss Coombs, Ms McLeman & Dr Bune**

Come along to rounders club to try and develop some of the skills learnt in your PE lessons. We compete in the District Rounders League so there are opportunities for you to get involved if you're looking for competitions. Being outside in the sunshine and fresh air makes a fun team game like rounders even more enjoyable!

### **Tennis with Mrs Newberry**

Anyone for tennis? As Wimbledon approaches you can develop your skills and enjoy the summer sun out on the tennis courts. All ages and all standards are welcome.

# 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 Revision 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.

## **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.

## **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!

### **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 Faces with Ms Fairbairn, Mrs Blakey & Hana Bel Haj**

Would you like to learn how to face paint? Come along on Wednesday after school to learn some hints, tips and new techniques to get you face painting like a professional. Once you have learnt the basics, you will be able to earn House Points for your House at any charity event because you are the best face painter in Town! Materials provided!

### **Games Club with Mrs Alliott**

Come along and play some games with your friends after school!

### **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).

### **Health Booster with Mrs Redpath**

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.

### **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.

### **Magazine Club 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.

### **Mathematical Artistry with Mrs Robinson**

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

### **Maths Club – Year 7 to 9 Activities with Mrs Starling**

We will be doing Maths Puzzles and Quizzes and looking at different aspects of Maths not covered by lessons.

### **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.

### **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?