



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Extracurricular Programme

Spring 2022

Extracurricular activities and individual development at Northampton High School



Northampton High School prides itself on developing the whole person, through 360 degrees.

This means we get to know our pupils for who they are as individuals and we aim to help them to achieve their dreams and ambitions.

Our cocurricular programme is one of the keys to enabling students to find their passions and to develop personally, weaving its thread through the school from the youngest pupils in Junior School to the Sixth Form. As a whole, it is made up of extracurricular clubs and activities, academic enhancement and support, the Year 10 to 13 timetabled Enrichment programme and pastoral and wellbeing schemes. In addition, we are able to take advantage of the wider Girls' Day School Trust shared and networked activities, such as GDST Limitless Learning and Masterclasses.

A key part of our overall cocurriculum is the extracurricular programme. This booklet outlines the clubs, activities and clinics available for the spring term.

The range of activities is hugely varied, encompassing sport, both competitive and recreational, music and the arts, and a great range of activities for wider interests, from debating to coding to board games clubs and more! There are also academic enrichment, extension and support clinics, and we run subject specific programmes for individuals and small groups across the full subject range.

Clubs and activities take place over the shared lunch break, where Junior School and Senior School pupils are able to work together in some cases. There are also clubs and training scheduled after school. Note that there is a late bus available which leaves at 5:15pm. More information is available here: <https://www.northamptonhigh.co.uk/admissions-open-days/transport/>

If you have any questions about any of the extracurricular activities please do not hesitate to get in touch using the school email address: admin@nhs.gdst.net.

Mr Henry Rickman
Deputy Head Academic

Monday

Club/Society/Activity	Day/Time Planning	Year Groups
Senior Flute Choir	Mon: 08:25-08:55	7,8,9,10,11,12,13
Maths Year 11 Drop In	Mon: 11:45-12:20	11
Further Maths Introduction	Mon: 11:45-12:30	11
Year 11 Biology Exam Clinic	Mon: 11:45-12:30	11
Year 11 French Drop In	Mon: 11:45-12:30	11
Watercolours Society	Mon: 11:45-12:30	7,8,9,10,11,12,13
Year 9 Mini EPQ	Mon: 11:45-12:30	9
Backchat Magazine	Mon: 11:50-12:20	6,7,8,9,10,11,12,13
Current Affairs Club	Mon: 11:50-12:20	6,7,8,9,10,11,12,13
Mindful Meditation	Mon: 12:00-12:15	7,8,9,10,11,12,13
Swim Club	Mon: 12:15-12:45	5,6,7,8
Seussical Dance Rehearsal	Mon: 12:15-12:50	7,8,9,10,11,12,13

Monday

Club/Society/Activity	Day/Time Planning	Year Groups
Enterprise Club	Mon: 12:15-12:55	5,6,7,8,9
British Sign Language	Mon: 12:20-13:00	7,8,9,10,11,12,13
Spanish Club	Mon: 12:20-13:00	5,6,7
Digacy Club	Mon: 12:20-13:00	5,6,7
Junior Poetry Club	Mon: 12:20-13:00	5,6
Hockey	Mon: 15:30-16:45	5,6
Gymnastics	Mon: 15:30-17:00	0,1,2
GCSE Art Coursework Support	Mon: 15:45-16:45	10,11
Fitness Suite	Mon: 15:45-16:45	12,13
Rackets	Mon: 15:45-17:00	7,8,9,10,11,12,13
Swimming	Mon: 15:45-17:00	7,8,9,10,11,12,13
Tennis (indoor)	Mon: 15:45-17:00	7,8,9,10,11,12,13

Tuesday

Club/Society/Activity	Day/Time Planning	Year Groups
Junior Wind Ensemble	Tue: 08:25-08:55	2,3,4,5,6
Equestrian Squad	Tue: 11:45-12:15	7,8,9,10,11,12
Digacy Support	Tue: 11:45-12:20	7,8,9
GCSE T&P Club	Tue: 11:45-12:20	All
Anime and Manga Club	Tue: 11:45-12:20	8,9,10,11,12,13
eTwinning Club	Tue: 11:45-12:20	7,8
Greek for Beginners	Tue: 11:45-12:20	7,8,9,10,11,12,13
Senior Rock Band	Tue: 11:45-12:20	7,8,9,10,11,12,13
Ocarina Group	Tue: 12:15-12:50	2,3,4

Tuesday

Club/Society/Activity	Day/Time Planning	Year Groups
Gymnastics	Tue: 12:15-12:50	5,6,7,8,9,10,11,12,13
Exams - Self Help Techniques	Tue: 12:40-12:55	11,13
Tennis	Tue: 15:30-16:45	5,6
GCSE Consolidation Rehearsals	Tue: 15:35-16:15	11
Maths Fun	Tue: 15:45-16:30	1,2
Debating Club (Years 6-8)	Tue: 15:45-16:45	9,10,11,12,13
Fitness Suite	Tue: 15:45-16:45	7,8,9,10,11,12,13
Cricket	Tue: 15:45-17:00	7,8
Netball	Tue: 15:45-17:00	9,10

Wednesday

Club/Society/Activity	Day/Time Planning	Year Groups
A Level T&P Club	Wed: 11:45-11:45	13
Latin in the Real World	Wed: 11:45-12:20	7,8,9,10,11,12,13
Maths Year 12 Clinic	Wed: 11:45-12:20	12
Senior Jazz/Pop band	Wed: 11:45-12:20	7,8,9,10,11,12,13
High Drama (GCSE Rehearsals)	Wed: 11:45-12:30	10,11
IGCSE German Drop In	Wed: 11:45-12:30	10,11
Spanish Drop In	Wed: 11:45-12:30	10,11
T&P Club	Wed: 11:45-12:30	11
Games and Puzzles	Wed: 11:45-12:30	7,8,9,10,11,12,13
Knit and (K)natter	Wed: 11:45-12:30	5,6,7,8,9,10,11,12,13
Muse	Wed: 11:45-12:30	7,8,9,10,11,12,13
Running	Wed: 12:15-12:50	5,6,7,8,9,10,11,12,13

Wednesday

Club/Society/Activity	Day/Time Planning	Year Groups
Orchestra	Wed: 12:15-13:00	5,6,7,8,9,10,11,12,13
Classics Club	Wed: 12:20-12:55	5,6,7,8,9,10,11,12,13
A Level Maths Clinic	Wed: 12:20-13:00	12,13
Junior Strings	Wed: 15:30-16:00	3,4,5,6
Netball	Wed: 15:30-16:45	5,6
Tennis (indoor)	Wed: 15:30-16:45	3,4
Games Galore	Wed: 15:45-16:30	1,2
Puzzles and Problems	Wed: 15:45-16:30	3,4
Problem Solving	Wed: 15:45-16:30	5,6
Model Making	Wed: 15:45-16:45	3,4,5,6,7,8,9,10,11,12,13
Cricket	Wed: 15:45-17:00	9,10,11,12,13
Netball	Wed: 15:45-17:00	7,8
Fitness Suite	Wed: 15:45-16:45	7,8,9,10,11,12,13

Thursday

Club/Society/Activity	Day/Time Planning	Year Groups
Senior Choir	Thu: 08:25-08:55	7,8,9,10,11,12,13
Femsock	Thu: 10:10-10:30	9,10,11,12,13
Lego Engineering Club	Thu: 11:45-12:15	8,9
Sewing Bee	Thu: 11:45-12:20	7,8,9
Science Journal Club	Thu: 11:45-12:20	12
Physics Drop In	Thu: 11:45-12:30	10,11
OverReacting: Science Magazine Club	Thu: 11:45-12:30	10
Language Leaders	Thu: 11:45-12:30	10,11,12
Football	Thu: 11:45-12:30	9,10,11,12,13
GCSE Consolidation Rehearsals	Thu: 11:45-12:15	11
Junior Choir	Thu: 12:15-12:45	3,4,5,6
Seussical Drama Rehearsal	Thu: 12:15-12:50	7,8,9,10,11,12,13
Eco Team	Thu: 12:20-12:50	6,7,8,9,10,11,12,13

Thursday

Club/Society/Activity	Day/Time Planning	Year Groups
Football	Thu: 12:20-12:50	5,6,7,8
Debating Club	Thu: 12:20-13:00	6,7,8
Philosophy for Children (P4C)	Thu: 12:25-13:00	4,5
Tennis	Thu: 15:30-16:45	0,1,2
Gymnastics	Thu: 15:30-17:00	3,4,5,6
Textiles Exam Support	Thu: 15:35-16:30	10,11,12,13
High Drama (NT Rehearsals)	Thu: 15:45-16:35	10,11,12,13
High Drama (GCSE+ Group)	Thu: 15:45-16:45	10,11,12,13
Maths Year 13 Revision	Thu: 15:45-16:45	13
Fitness Suite	Thu: 15:45-16:45	7,8,9,10,11,12,13
Netball	Thu: 15:45-17:00	11,12,13
Community Chamber Choir	Thu: 19:00-21:00	All

Friday

Club/Society/Activity	Day/Time Planning	Year Groups
Guitar Ensemble	Fri: 08:25-08:55	3,4,5,6,7,8,9,10,11,12,13
Art Club	Fri: 11:45-12:20	7,8,9
Languages Culture Club	Fri: 11:45-12:20	10,11,12,13
Senior String Quartet	Fri: 11:45-12:20	All
Multi Fitness	Fri: 11:45-12:20	7,8,9,10,11,12,13
Year 11 Latin Support	Fri: 11:45-12:30	11
GCSE Consolidation Rehearsals	Fri: 11:45-12:15	11
Book Club	Fri: 11:45-12:30	8,9,10,11
Engineering Society	Fri: 11:45-12:30	11,12,13
History Film Club	Fri: 11:45-12:30	5,6,7,8,9,10,11,12,13
National Theatre New Views Playwriting	Fri: 11:45-12:30	9,10,11,12,13
Book Club	Fri: 12:20-12:55	6,7
Science Club	Fri: 12:20-12:55	7,8
Times Tables	Fri: 12:20-13:00	3,4
Netball	Fri: 15:30-16:30	3,4