



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Extracurricular Programme

Summer 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
Fitness suite (Y12-13)	Mon: 15:45-17:00	12,13
Hockey 11-a-side	Mon: 15:45-17:00	7,8,9,10,11,12,13
Rackets	Mon: 15:45-17:00	7,8,9,10,11,12,13
Tennis Seniors	Mon: 15:45-17:00	7,8,9,10,11,12,13
GCSE Art Coursework Support	Mon: 15:45-16:45	10,11
Swimming (after school)	Mon: 15:45-16:45	7,8,9,10,11,12,13
Cricket (Y5-6)	Mon: 15:30-17:00	5,6
Gymnastics (Rec-Y2)	Mon: 15:30-17:00	0,1,2
German Club	Mon: 12:20-13:00	5,6
Junior poetry club	Mon: 12:20-13:00	5,6
Seussical drama rehearsal	Mon: 12:15-12:50	7,8,9,10,11,12,13

Monday

Club/Society/Activity	Day/Time Planning	Year Groups
Swim club (lunchtime)	Mon: 12:15-12:45	5,6,7,8
Wind ensemble	Mon: 12:05-12:35	2,3,4,5,6
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
Printmakers Against War	Mon: 11:45-12:30	7,8,9,10,11,12,13
Biology Year 11 Exam Clinic	Mon: 11:45-12:30	11
French Year 11 Drop-In	Mon: 11:45-12:30	11
Further Maths Introduction	Mon: 11:45-12:30	11
Year 9 Mini EPQ	Mon: 11:45-12:30	9
Maths Year 11 drop-in	Mon: 11:45-12:20	11
Senior Flute Choir	Mon: 08:25-08:55	7,8,9,10,11,12,13

Tuesday

Club/Society/Activity	Day/Time Planning	Year Groups
Printmakers Against War	Tue: 11:45-12:30	7,8,9,10,11,12,13
Fitness suite (Y7+)	Tue: 15:45-17:00	7,8,9,10,11,12,13
Cricket (Y10)	Tue: 15:45-17:00	10
Cricket (Y9)	Tue: 15:45-17:00	9
Tennis (Y7-13)	Tue: 15:45-17:00	7,8,9,10,11,12,13
Tennis (Y5-6)	Tue: 15:30-16:45	5,6
Ball Skills	Tue: 15:30-16:15	1,2
Seussical drama rehearsal	Tue: 15:40-17:00	7,8,9,10,11,12,13
Psychology Year 13 Drop-in Clinic	Tue: 12:30-13:00	13
Problem solving	Tue: 12:20-13:00	5,6

Tuesday

Club/Society/Activity	Day/Time Planning	Year Groups
Gardening Club	Tue: 12:20-12:55	4,5,6,7
Athletics Throwing	Tue: 12:15-12:45	5,6,7,8,9,10,11,12,13
French Year 10 Drop-in	Tue: 11:45-12:25	10
Anime and Manga club	Tue: 11:45-12:20	8,9,10,11,12,13
Senior Rock Band	Tue: 11:45-12:20	7,8,9,10,11,12,13
Digacy support	Tue: 11:45-12:20	7,8,9
GCSE T&P Club	Tue: 11:45-12:20	All
eTwinning club	Tue: 11:45-12:20	7,8
Greek Level 1	Tue: 11:45-12:20	7,8,9,10,11,12,13
Equestrian Squad	Tue: 11:45-12:15	7,8,9,10,11,12

Wednesday

Club/Society/Activity	Day/Time Planning	Year Groups
Cricket (Y7-8)	Wed: 15:45-17:00	7,8
Cricket Matches or Training (Y5-6)	Wed: 15:45-17:00	5,6
Model Making	Wed: 15:45-16:45	3,4,5,6,7,8,9,10,11,12,13
Economics Year 13 exam clinic	Wed: 15:45-16:30	13
Fitness suite (Y7+)	Wed: 15:45-17:00	7,8,9,10,11,12,13
Tennis (Y3-4 indoor)	Wed: 15:30-16:45	3,4
Betty walking group	Wed: 15:30-16:15	1,2
Construction Club	Wed: 15:30-16:15	0
Mindfulness Colouring	Wed: 15:30-16:15	3,4
Junior Strings	Wed: 15:30-16:00	3,4,5,6
A Level Maths Clinic	Wed: 12:20-13:00	12,13
Debating club (Years 9-13)	Wed: 12:20-13:00	9,10,11,12,13
Recorder for beginners	Wed: 12:20-12:55	1
Classics Club	Wed: 12:20-12:55	5

Wednesday

Club/Society/Activity	Day/Time Planning	Year Groups
Minimus Latin Club	Wed: 12:20-12:55	6
Orchestra	Wed: 12:15-13:00	5,6,7,8,9,10,11,12,13
Athletics Running and Jumping	Wed: 12:15-12:50	5,6
IGCSE German Drop In	Wed: 11:45-12:30	10,11
Spanish drop-in	Wed: 11:45-12:30	10,11
T&P Year 11 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
GCSE Drama Exam Support	Wed: 11:45-12:20	10,11
Senior Jazz/Pop band	Wed: 11:45-12:20	7,8,9,10,11,12,13
Maths Year 12 clinic	Wed: 11:45-12:20	12
A Level T&P Club	Wed: 11:45-11:45	13

Thursday

Club/Society/Activity	Day/Time Planning	Year Groups
Economics Year 13 exam clinic	Thu: 12:15-13:00	13
Athletics (Y5-13)	Thu: 15:45-17:00	5,6,7,8,9,10,11,12,13
Maths Year 13 revision	Thu: 15:45-16:45	13
Fitness suite (Y7+)	Thu: 15:45-17:00	7,8,9,10,11,12,13
Textiles exam support	Thu: 15:35-16:30	10,11,12,13
Gymnastics (Y3-6)	Thu: 15:30-17:00	3,4,5,6
Tennis (Rec-Y2)	Thu: 15:30-16:45	0,1,2
GCSE Drama Exam Support	Thu: 15:35-16:35	10,11
Seussical drama rehearsal	Thu: 12:15-12:50	7,8,9,10,11,12,13
Story Club	Thu: 12:25-13:00	2,3
Debating Club (Years 6-8)	Thu: 12:20-13:00	6,7,8
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 (Y5-7)	Thu: 12:20-12:50	5,6,7
Junior Choir	Thu: 12:15-12:45	3,4,5,6
Physics drop-in	Thu: 11:45-12:30	10,11
Language Leaders	Thu: 11:45-12:30	10,11,12
OverReacting: Year 10 Science Magazine Club	Thu: 11:45-12:30	10
Football (Y8-13)	Thu: 11:45-12:30	8,9,10,11,12,13
Sewing Bee	Thu: 11:45-12:20	7,8,9
Science Journal Club	Thu: 11:45-12:20	12
Lego engineering club	Thu: 11:45-12:15	8,9
Rocket Club	Thu: 11:45-12:15	8,9
Femsock	Thu: 10:10-10:30	9,10,11,12,13
Senior Choir	Thu: 08:25-08:55	7,8,9,10,11,12,13

Friday

Club/Society/Activity	Day/Time Planning	Year Groups
GCSE Drama Exam Support	Fri: 11:45-12:20	10,11
Fitness suite (staff)	Fri: 15:45-17:00	All
Gymnastics (Y5-13)	Fri: 15:45-17:00	5,6,7,8,9,10,11,12,13
Cricket (Y3-4)	Fri: 15:30-16:30	3,4
Times tables booklet (Y3-4)	Fri: 12:20-13:00	3,4
Midsummer Drama	Fri: 12:20-12:55	5
Book club (Y6-7)	Fri: 12:20-12:55	6,7
Science Outside Club (Y5-8)	Fri: 12:20-12:55	5,6,7,8
Latin Year 11 Support	Fri: 11:45-12:30	11

Friday

Club/Society/Activity	Day/Time Planning	Year Groups
Book Club	Fri: 11:45-12:30	8,9,10,11
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
Art club (Y7-9)	Fri: 11:45-12:20	7,8,9
Senior String Quartet	Fri: 11:45-12:20	All
Languages Culture Club	Fri: 11:45-12:20	10,11,12,13
Netball shooting	Fri: 11:45-12:20	7,8,9,10,11,12,13
Guitar Ensemble	Fri: 08:25-08:55	3,4,5,6,7,8,9,10,11,12,13