



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Extracurricular Programme Spring 2023

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 sessions scheduled after school. There is a late bus available which leaves at 5:15pm, and runs on Monday to Thursday. This service must be booked a week in advance, and 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
Backchat Magazine	Mon: 11:50-12:20	6,7,8,9,10,11,12,13
Brass Ensemble	Mon: 08:30-09:00	3,4,5,6,7,8,9,10,11,12,13
Chess Coaching	Mon 15.30-16.15	3,4
Chess Coaching	Mon: 12:25-12:55	4,5
Current Affairs Club	Mon: 11:50-12:20	6,7,8,9,10,11,12,13
Fitness Suite	Mon: 15:45-17:00	12,13
French Year 11 Drop-In	Mon: 11:45-12:30	11
GCSE Art Coursework Support	Mon: 15:45-16:45	10,11
German	Mon: 11:45-12:15	12
Gymnastics	Mon: 15:30-17:00	0,1,2
Junior Strings	Mon: 12:15-12:45	3,4,5,6
Learning Ambassadors	Mon: 12:20-12:55	6,7,8,9,10,11,12,13
Maths Year 11 Revision	Mon: 15:45-16:45	11

Monday

Club/Society/Activity	Day/Time Planning	Year Groups
Netball	Mon: 15:45-17:00	7,8
Nursery and Learning Buddies	Mon: 12:20-12:55	3,4
Rackets	Mon: 15:45-17:00	7,8,9,10,11,12,13
Senior Flute Choir	Mon 11:45-12:15	7,8,9,10,11,12,13
Senior Strings	Mon: 08:30-09:00	7,8,9,10,11,12,13
Society of Printmakers	Mon: 11:45-12:30	6,7,8,9,10,11,12,13
Swim Club	Mon: 12:15-12:45	5,6,7,8
Swimming	Mon: 15:45-16:45	7,8,9,10,11,12,13
Tennis Seniors	Mon: 15:45-17:00	7,8,9,10,11,12,13
Walking Betty	Mon: 12:20-12:55	R,1,2
Wind Ensemble	Mon 12:15-12:45	2,3,4,5,6
Wizard of Oz Rehearsal	Mon: 12:15-12:55	7,8,9,10,11,12,13
Year 9 Mini EPQ	Mon: 11:45-12:30	9

Tuesday

Club/Society/Activity	Day/Time Planning	Year Groups
Atomic Science Club	Tue: 15.45-16.30	1,2,3,4,5,6
Book Club	Tue: 15:30-16:15	3,4
Chess Club	Tue: 12:15-12:55	7,8,9,10,11,12,13
Cricket	Tue: 15:45-17:00	5,6
Digacy Support	Tue: 11:45-12:20	7,8,9
Eco Team	Tue: 12:20-12:55	4,5,6,7,8,9,10,11,12,13
Enterprise	Tue: 12:20-12:55	5,6
Equestrian Squad	Tue: 11:45-12:15	7,8,9,10,11,12
Fitness Suite	Tue: 15:45-17:00	7,8,9,10,11,12,13
Football	Tue: 11:45-12:30	8,9,10,11,12,13
Football	Tue: 12:15-12:45	5,6,7
French Examination Strategies	Tue: 15.45-16.30	11

Tuesday

Club/Society/Activity	Day/Time Planning	Year Groups
High Drama (NT Rehearsals)	Tue: 12:15-12:50	10,11
Idle Chit Chat	Tue: 15.45-16.15	3,4,5,6
Keyboard Club	Tue: 12:15-12:45	3,4
Languages Games Club	Tue: 15:45-16:30	6,7,8,9
Maths & Computing	Tue 12.20-12.55	1,2
Maths Revision	Tue: 15.45-16.30	11
Netball	Tue: 15:45-17:00	9,10
Psychology Year 13 Drop-in Clinic	Tue: 12:30-13:00	13
Science Club	Tue: 12:15-12:55	6,7
Senior String Quartet	Tue: 12:15 - 12.50	7,8,9,10,11,12,13
Swimming - Beginners	Tue: 12:15-12:45	5,6,7,8,9,10,11,12,13
Wizard of Oz Rehearsal	Tue: 15:45-16:50	7,8,9,10,11,12,13

Wednesday

Club/Society/Activity	Day/Time Planning	Year Groups
Badminton (GCSE)	Wed: 15:45 to 17:00	10,11
Beebots Coding Club	Wed: 15:30-16:15	2,3,4
Cricket	Wed: 15:45 to 17:00	7 8 9 10
Economics Exam Clinic	Wed: 15:45-16:30	13
Fitness Suite	Wed: 15:45-17:00	7,8,9,10,11,12,13
Games and Puzzles	Wed: 11:45-12:30	7,8,9,10,11,12,13
GCSE German Drop-in	Wed: 11:45-12:30	10,11
GCSE T&P Club	Wed: 11:45-12:15	10,11
Greek Level 1	Wed: 11:45-12:20	7,8,9,10,11,12,13

Wednesday

Club/Society/Activity	Day/Time Planning	Year Groups
Knit and (K)natter	Wed: 11:45-12:30	7,8,9,10,11,12,13
Maths Year 13 Clinic	Wed: 12:20-1.00	13
Muse	Wed: 11:45-12:30	7,8,9,10,11,12,13
Netball	Wed: 11:45-12:30	5,6
Orchestra	Wed: 12:15-13:00	5,6,7,8,9,10,11,12,13
Spanish Drop-in	Wed: 11:45-12:30	10,11
Tennis	Wed: 15:30-16:45	3,4
Wizard of Oz Rehearsal	Wed: 12:15-12:55	7,8,9,10,11,12,13
Year 11 Food Support	Wed: 15:45 to 17:00	11

Thursday

Club/Society/Activity	Day/Time Planning	Year Groups
Basketball	Thu: 11:45-12:30	5,6,7,8,9
Basketball	Thu: 11:45-12:30	5 6 7 8
Biology Year 13 Clinic	Thu: 11:45-12:20	13
Debating Club	Thu: 12:20-13:00	5,6,7,8 & 9
Economics Exam Clinic	Thu: 12:15-13:00	13
English Surgery	Thu: 11:45-12:20	11
Femsock	Thu: 10:10-10:30	9,10,11,12,13
Fitness Suite	Thu: 15:45-17:00	7,8,9,10,11,12,13
Further Maths GCSE	Thu: 11.45-12.20	11
GCSE Drama Exam Support	Thu: 11:45 -12:20	10,11
Gymnastics	Thu: 15:30-17:00	3,4,5,6
High Drama (NT Rehearsals)	Thu: 15:45-16:45	10,11
Junior Choir	Thu: 12:15-12:45	3,4,5,6
Just Dance Club	Thu: 15:45-16:30	11

Thursday

Club/Society/Activity	Day/Time Planning	Year Groups
Language Leaders	Thu: 11:45-12:30	10,11,12
Lego	Thu: 15:30-16:15	3,4,5,6
Lego Engineering Club	Thu: 11:45-12:15	8
Netball	Thu: 15:45-17:00	11,12,13
Netball	Thu: 11:45-12:30	3 4
Puzzle Club	Thu: 11:45-12:15	7,8,9,10,11,12,13
Science Journal Club	Thu: 11:45-12:20	12
Science Spirit Magazine	Thu: 11:45-12:30	10
Senior Choir	Thu: 08:25-08:55	7,8,9,10,11,12,13
Sewing Bee	Thu: 11:45-12:20	7,8,9
Tennis	Thu: 15:30-16:45	0,1,2
Textiles Exam Support	Thu: 15:35-16:30	10,11,12,13
Year 11 Food Support	Thu: 15:45-17:00	11

Friday

Club/Society/Activity	Day/Time Planning	Year Groups
Art Club	Fri: 11:45-12:20	7,8,9
Book Club	Fri: 11:45-12:30	7,8,9,10,11
Ceramics Creature Workshop	Fri: 11:45-12:30	10,11
Chess Club	Fri: 12:15-12:55	7,8,9,10,11,12,13
Cricket	Fri: 15:45-16:30	3,4
Enterprise	Fri: 12:20-12:55	5,6
Fitness Suite	Fri: 15:45-17:00	All
Forest School	Fri: 15:15-16:15	6
Friday Sessions	Fri 12:15-12:45	7,8,9,10,11,12,13
GCSE Drama Exam Support	Fri: 11:45-12:20	10,11
GCSE History Booster	Fri: 11:45-12:15	10,11
German Y11 Speaking	Fri: 11:45-12:15	11

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
Gymnastics	Fri: 15:45-17:00	5,6,7,8,9,10,11,12,13
House Dance	Fri: 11:45-12:15	Artemis & Demeter
House Dance	Fri: 12:15-12:45	Hestia/Selene
Junior Cooking	Fri: 15:30-17:00	3,4
Mini EPQ	Fri 12.20-12.55	6
Model UN Club	Fri 12.20-12.55	10,11,12,13
Nature, Wildlife and Gardening Club	Fri: 12:20-12:55	4,5,6,7
Running Club	Fri: 11:45-12:30	5,6,7,8,9,10,11,12,13
Science Clinic	Fri: 11:45-12:30	11
Spanish Club	Fri: 12.20-12.55	5,6
Timestables Blooket	Fri: 12:20-13:00	3,4