



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Extracurricular Programme Summer 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	Year Groups	Notes
Brass Ensemble	Mon: 08:30-08:55	3,4,5,6,7,8,9,10,11,12,13	
Senior Strings	Mon: 08:30-08:55	7,8,9,10,11,12,13	
Senior Flute Choir	Mon: 11:45-12:15	7,8,9,10,11,12,13	
German	Mon: 11:45-12:15	12	
French Year 11 Drop-In	Mon: 11:45-12:30	11	Until Exam Leave
French Year 10 Drop-In	Mon: 11:45-12:30	10	Starting after Year 11 Exam Leave
Mini EPQ	Mon: 11:45-12:30	9	
Current Affairs Club	Mon: 11:50-12:20	6,7,8,9,10,11,12,13	
Junior Strings	Mon: 12:15-12:45	3,4,5,6	
Wind ensemble	Mon: 12:15-12:45	2,3,4,5,6	
Wizard of Oz Rehearsals	Mon: 12:15-12:55	7,8,9,10,12	Audition only
Betty Walking Group	Mon: 12:20-12:55	0,1,2	Limit of 10 pupils
Chess Coaching	Mon: 12:20-12:55	5,6	
Learning Ambassadors	Mon: 12:20-12:55	6,7,8,9,10,11,12,13	Please note this is a fortnightly club

Monday

Club/Society/Activity	Day/Time	Year Groups	Notes
German Club	Mon: 12:30-12:50	5,6	
Chess Coaching	Mon: 15:30-16:15	3,4	
GCSE Art Coursework Support	Mon: 15:40-16:50	10,11	Until Study Leave
Cricket	Mon: 15:45-17:00	7,8,	External Coach (Nick)
Just Dance Juniors	Mon: 08:00-08:25	2,3,4	
Fun and Games	Mon: 12:20-12:55	1,2	
Fitness Suite	Mon: 15:45-17:00	12,13	With a Sports Assistant. Students must be over 16 years of age
Rackets	Mon: 15:45-17:00	7,8,9,10,11,12,13	
Swim Club	Mon: 12:15-12:45	5,6,7,8	
Tennis Seniors	Mon: 15:45-17:00	7,8,9,10,11,12,13	External coach
Swimming	Mon: 15:45-16:45	7,8,9,10,11,12,13	NSC coach
Hockey	Mon: 15:45-17:00	5,6	
Gymnastics	Mon: 15:30-17:00	0,1,2	External coach

Tuesday

Club/Society/Activity	Day/Time	Year Groups	Notes
Wizard of Oz Rehearsals	Tue: 12:15-12:55	7,8,9,10,12	Audition only
TimesTable Rockstar	Tue: 08:00-08:25	2,3,4,5,6	
Junior School Coding	Tue: 15:30-16:15	4,5	
Equestrian Squad	Tue: 11:45-12:15	7,8,9,10,11,12	Members must be able to compete
Keyboard Club	Tue: 12:15-12:45	3,4	
Chess Club	Tue: 12:15-12:55	7,8,9,10,11,12,13	
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	Children need to be able to attend both days
Book Club	Tue: 15:30-16:15	3,4	
Atomic Science	Tue: 15:30-16:30	1,2,3,4,5,6	External Company (charged club)
French Examination Strategies	Tue: 15:45-16:30	11	Until Study Leave
Languages Games Club	Tue: 15:45-16:30	6,7,8,9	

Tuesday

Club/Society/Activity	Day/Time	Year Groups	Notes
Wizard of Oz Rehearsals	Tue: 15:45-16:50	7,8,9,10,12	Audition only
Quilling	Tue: 08:00-08:25	4,5,6	
String Quartet	Tue: 12:15-12:55	7,8,9,10,11,12,13	Audition/invitation only
Economics Exam Clinic	Tue: 12:15-12:55	13	Until Study Leave
Swimming - Beginners	Tue: 12:15-12:45	5,6,7,8,9,10,11,12,13	
Fitness Suite	Tue: 15:45-17:00	7,8,9,10,11,12,13	
Athletics	Tue: 15:45-17:00	5.6	
Cricket	Tue: 11:45-12:30	7, 8, 9, 10, 11, 12	
Cricket	Tue: 15:45-17:00	9	External coach (Nick)
Cricket	Tue: 15:45-17:00	1	External coach (Nick)
Athletics	Tue: 15:45-17:00	5.6	
Skipping	Tue: 12:20-12:55	2,3,4	

Wednesday

Club/Society/Activity	Day/Time	Year Groups	Notes
GCSE Art Club	Wed: 11.50-12.30	10 and 11	
Wizard of Oz Rehearsals	Wed: 12:15-12:55	7,8,9,10,12	Audition only
Junior School Puzzle Club	Wed: 08:00-08:25	0,1,2,3	
Singing	Wed: 12:20-12:55	0,1,2	
Let's Move	Wed: 15:30-16:15	0,1	
Mindfulness Colouring	Wed: 15:30-16:15	3,4,5,6	
GCSE TP Revision	Wed: 11:45-12:15	11	Until Study Leave
GCSE German Drop In	Wed: 11:45-12:30	10,11	
Spanish Drop In	Wed: 11:45-12:30	10,11	Until Study Leave
Games and Puzzles	Wed: 11:45-12:30	7,8,9,10,11,12,13	
Reach Seminars	Wed: 11:50-12:20	12	

Wednesday

Club/Society/Activity	Day/Time	Year Groups	Notes
Orchestra	Wed: 12:15-12:55	5,6,7,8,9,10,11,12,13	
Nursery and Learning Buddies	Wed: 12:20-12:55	1,2	
Beebots Coding	Wed: 15:30-16:15	2,3,4	
Cricket	Wed: 15:45-17:00	5,6	External coach (Nick)
Cooking Club	Wed: 15:50-17:00	3,4	
Year 11 Food Support	Wed: 11:45-12:20	11	Until Study Leave
Summer Science Club	Wed: 12:15-12:45	6,7	
Fitness Suite	Wed: 15:45-17:00	7,8,9,10,11,12,13	
Tennis	Wed: 15:30-16:45	3,4,5,6	External coach
Tennis	Wed: 11:45-12:30	5,6,7,8,9,10,11,12	
Hockey	Wed: 15:45-17:00	7,8,9,10,11,12	

Thursday

Club/Society/Activity	Day/Time	Year Groups	Notes
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	
English Surgery	Thu: 11:45-12:20	11	Until Study Leave
Higher Maths / Further Maths Drop In	Thu: 11:45-12:20	11	Until Study Leave
Science Journal Club	Thu: 11:45-12:20	12	
GCSE Drama Exam Support	Thu: 11:45-12:20	10,11	
Language Leaders	Thu: 11:45-12:30	10,11,12	
Science Spirit Magazine	Thu: 11:45-12:30	10	
Basketball	Thu: 11:45-12:30	5,6,7,8	
Junior Choir	Thu: 12:15-12:45	3,4,5,6	
Biology Clinic	Thu: 12:20-12:55	12, 13	Will continue until Year 13 leave and then Year 12 can be invited
Textiles Exam Support	Thu: 15:35-16:30	10,11,12,13	

Thursday

Club/Society/Activity	Day/Time	Year Groups	Notes
Just Dance	Thu: 15:45-16:30	11	Until Study Leave
Wizard of Oz Rehearsals	Thu: 15:45-16:45	7,8,9,10,12	Students to attend when required/ audition only
TimesTable Rockstar	Thu: 08:00-08:25	2,3,4,5,6	
Sewing Bee	Thu: 11:45-12:20	7,8,9	Club to resume Thursday 25 May
GCSE Art Club	Thu: 11.50-12.30	10, 11	
Tennis	Thu: 15:30-16:45	0,1,2	External coach
Athletics	Thu: 15:45-17:00	7,8,9,10,11,12	
Fitness Suite	Thu: 15:45-17:00	7,8,9,10,11,12,13	
Gymnastics	Thu: 15:30-17:00	3,4,5,6	External coach
Year 11 Food Support	Thu: 15:45-17:00	11	Alternate weeks only, starting Wednesday 26 April
Hockey	Thu: 11:45-12:30	3,4,5,6	

Friday

Club/Society/Activity	Day/Time	Year Groups	Notes
Papercraft	Fri: 08:00-08:15	3,4,5,6	
Rocket Club	Fri: 11.45-12.15	8	For 2nd half term only for a four week block. Starts Friday 9 June
Reach Seminars	Fri: 08.30-08:55	12	
Guitar Ensemble	Fri: 08:25-08:55	3,4,5,6,7,8,9,10,11,12,13	
GCSE History Booster	Fri: 11:45-12:15	10,11	
German Speaking Practice	Fri: 11:45-12:15	11	Until Study Leave
Art Club	Fri: 11:45-12:20	7,8,9	
Science Clinic	Fri: 11:45-12:30	11	Until Study Leave
Book Club	Fri: 11:45-12:30	7,8,9,10,11	
Maths drop-in Revision	Fri: 12.15-13:00	13	Until Study Leave
Friday Sessions	Fri: 12:15-12:45	7,8,9,10,11,12,13	

Friday

Club/Society/Activity	Day/Time	Year Groups	Notes
Blooket Club	Fri: 12:20-12:55	3,4	
EPQ	Fri: 12:20-12:55	6	
Nature, Wildlife & Gardening Club	Fri: 12:20-12:55	4,5,6,7	
Junior Cooking	Fri: 15:30-17:00	5	
Cricket	Fri: 15:45-16:30	3,4	
Forest School	Fri: 15:30-16:30	6	
GCSE Drama Exam Support	Fri: 11:45-12:20	10,11	
Chess Club	Fri: 12:15-12:55	7,8,9,10,11,12,13	
Enterprise	Fri: 12:20-12:55	5,6	Children need to be able to attend both days
Gymnastics	Fri: 15:45-17:00	5,6,7,8,9,10,11,12,13	External coach (Helen)