



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Extracurricular Programme

Autumn 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 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
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
Sewing Bee	Mon: 11:45-12:20	7,8,9
Society of Printmakers	Mon: 11:45-12:30	7,8,9,10,11,12,13
German	Mon: 11:45-12:15	13
French Drop-In	Mon: 11:45-12:30	11
Book Club	Mon: 11:45-12:20	6,7,8,9,10,11
KS3 Maths Challenge Club (student-led)	Mon: 11:45-12:20	7,8,9
Knit and (K)natter	Mon: 11:45-12:30	7,8,9,10,11,12,13
Current Affairs Club	Mon: 11:50-12:20	7,8,9,10,11,12,13
Learning Ambassadors	Mon: 11:50-12:20	8,9,10,11,12,13
Wind Ensemble	Mon: 12:15-12:45	2,3,4,5,6
Junior Strings	Mon: 12:15-12:45	1,2,3,4,5,6

Monday

Club/Society/Activity	Day/Time	Year Groups
Chess Club	Mon: 12:20-12:55	All
Chess Coaching	Mon: 15:30-16:15	4,5,6
Fitness Swim Club	Mon: 11:45-12:15	5,6,7,8,9,10,11,12,13
Netball	Mon: 12:15-12:45	10,11,12,13
Netball	Mon: 12:15-12:45	3,4,5
Pony Club	Mon: 12:30-12:55	3,4,5,6,7,8,9,10,11,12,13
Swimming Squad (NSC coach)	Mon: 15:45-16:45	5,6,7,8,9,10,11,12,13
Hockey	Mon: 15:45-17:00	7,8
Atomic Tom Science Club (paid for club)	Mon: 15:30-16:15	N/A
Modern and Tap Dance (paid for club)	Mon: 11:45-12:20	N/A
Modern and Tap Dance (paid for club)	Mon: 12:20-13:00	N/A
GLK Gymnastics (paid for club)	Mon: 15:30-16:15	N/A
Dance Grade 4 Modern (paid for club)	Mon: 16:00-16:30	9,10

Tuesday

Club/Society/Activity	Day/Time	Year Groups
Art Club	Tue: 11:45-12:20	7,8,9
Keyboard Club	Tue: 12:15-12:45	3,4
Tuesday Sessions	Tue: 12:15-12:45	7,8,9,10,11,12,13
Hama Beads	Tue: 15:30-16:15	1,2
Theatre Group (KS3)	Tue: 11.45-12.15	7,8
French Club	Tue: 11:45-12:20	7
Spanish Drop-In	Tue: 11:45-12:30	11
Textiles Exam Support	Tue: 12:00-12:55	10,11,12,13
French GCSE Support	Tue: 15:45-16:30	11
Games and Puzzles	Tue: 11:45-12:15	7,8,9,10,11,12,13
Year 7 Mini EPQ	Tue: 11:45-12:20	7
Can You Survive an Asteroid Impact?	Tue: 12:15-12:55	7,8
Chess Club	Tue: 12:15-12:55	7,8,9,10,11,12,13

Tuesday

Club/Society/Activity	Day/Time	Year Groups
Backchat Magazine	Tue: 12:20-12:55	10,11,12,13
Debating Club	Tue: 12:20-12:55	6,7,8,9
Eco Team	Tue: 12:20-12:55	4,5,6,7,8,9,10,11,12,13
Letter Writing	Tue: 15:30-16:15	3,4
Book Club	Tue: 15:30-16:15	5,6
Scrabble Club	Tue: 12:15-12:45	7,8,9,10,11,12,13
Netball	Tue: 12:15-12:45	6
Volleyball	Tue: 12:15-12:45	7,8,9
Cricket (external coach - Nick)	Tue: 15:45-17:00	4,5,6
Hockey	Tue: 15:45-17:00	9,10
Fitness Suite	Tue: 15:45-17:00	7,8,9,10,11,12,13
LAMDA (paid for club)	Tues: 08:00-08:30	N/A
LAMDA (paid for club)	Tues: 11:45-12:15	N/A
LAMDA (paid for club)	Tues: 12:25-12:55	N/A
Ballet (paid for club)	Tues: 12:20-12:55	N/A

Wednesday

Club/Society/Activity	Day/Time	Year Groups
GCSE Art Coursework Support	Wed: 11:45-12:30	10,11
Polymer Clay Club	Wed: 12:15-12:45	6,7
High Drama	Wed: 12:15-12:50	9,10,12
Orchestra	Wed: 12:15-12:55	5,6,7,8,9,10,11,12,13
Young Voices Practice	Wed: 12:20-12:55	4,5,6
Patchwork Club	Wed: 15:30-16:15	5,6
German	Wed: 11:45-12:15	12
Latin GCSE Support Workshops	Wed: 11:45-12:15	11
T&P Club	Wed: 11:45-12:15	11

Wednesday

Club/Society/Activity	Day/Time	Year Groups
Reach Seminars	Wed: 11:50-12:20	12
Psychology Drop-in Clinic	Wed: 12:30-12:55	13
Lego	Wed: 15:30-16:15	2,3,4
Basketball	Wed: 12:15-12:45	5,6,7,8
Cricket	Wed: 15:45-17:00	7,8,9,10,11,12,13
Hockey	Wed: 15:45-17:00	5,6
Atomic Tom Science Club (paid for club)	Wed: 15:30-16:15	N/A
Musical Theatre (paid for club)	Wed: 12:20-12:55	N/A
Fitness Suite	Wed: 15:45-17:00	7,8,9,10,11,12,13

Thursday

Club/Society/Activity	Day/Time	Year Groups
Senior Choir	Thu: 08:25-08:55	7,8,9,10,11,12,13
Composition Club	Thu: 12:15-12:45	7,8,9,10,11
Junior Choir	Thu: 12:15-12:45	3,4,5,6
Senior String Quartet (audition only)	Thu: 15:35-16:05	7,8,9,10,11,12,13
GCSE History Booster	Thu: 11:45-12:15	10,11
Biology Clinic	Thu: 11:45-12:20	13
GCSE German Drop-In	Thu: 11:45-12:30	10,11
Reach	Thu: 11:50-12:20	13
A Level T&P Club	Thu: 12:30-12:55	13
Femsock	Thu: 10:10-10:30	9,10,11,12,13
Lego Engineering Club	Thu: 11:45-12:15	8,9
Science Spirit Magazine	Thu: 11:45-12:20	10
Language Leaders	Thu: 11:50-12:20	10,11,12
Debating Club	Thu: 12:20-12:55	10,11,12,13

Thursday

Club/Society/Activity	Day/Time	Year Groups
Gardening, Nature, and Wildlife Club	Thu: 12:20-12:55	4,5,6,7
Current Affairs Club (Juniors)	Thu: 15:30-16:15	5,6
Nature Club	Thu: 15:30-16:15	1,2
Swimming - Beginners	Thu: 12:15-12:45	5,6,7,8,9,10,11,12,13
Tag Rugby (coach Mike)	Thu: 12:15-12:45	3,4,5,6
Football	Thu: 15:45-17:00	4,5,6,7,8,9,10,11,12,13
Hockey 1st & 2nd Teams	Thu: 15:45-17:00	11,12,13
Rackets	Thu: 15:45-17:00	7,8,9,10,11,12,13
Netball	Thu: 12:15-12:45	7,8,9
Tennis (paid for club)	Thu: 15:30-16:15	N/A
Grade 2 Ballet (paid for club)	Thu: 12:20-12:55	N/A
Primary Ballet (paid for club)	Thu: 12:20-12:55	N/A
Fitness Suite	Thu: 15:45-17:00	7,8,9,10,11,12,13

Friday

Club/Society/Activity	Day/Time	Year Groups
Guitar Ensemble	Fri: 08:25-08:55	3,4,5,6,7,8,9,10,11,12,13
Ocarina Group	Fri: 12:15-12:45	3,4,5,6
GCSE Drama Exam Support	Fri: 11:45-12:30	10,11
Higher Maths/Further Maths Drop-In	Fri: 11:45-12:30	11
Science Clinic	Fri: 11:45-12:30	11
Level 1 Greek	Fri: 11:50-12:20	7,8,9,10,11,12,13
Science Journal Club	Fri: 12:25-12:55	12
Swim Squad (Lunchtime)	Fri: 11.45-12.15	5,6,7,8,9,10,11,12,13
Dance Club	Fri: 12:15-12:45	5,6,7
Hockey	Fri: 12:20-12:45	3,4
Gymnastics (invite only with external coach - Helen, from November)	Fri: 15:45-17:00	5,6,7,8,9,10,11,12,13
Chess Club	Fri: 12:15-12:55	7,8,9,10,11,12,13