



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Extracurricular Programme
Spring 2024

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

Creative Arts Enrichment

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
Sewing Bee	Monday 11.45-12.20	D4	7 - 9	
Senior Strings	Monday 8.30-8.55	C4	7 - 13	
Senior Flute Choir	Monday 11.45-12.15	C3	7 - 13	
High Drama	Monday 12:15-12:55	DS	9 - 12	
Annie Rehearsals	Monday 15:40-16:50, Tuesday 12:15-12:50, Tuesday 15:40-16:50	DS / Theatre	7 - 12	From Monday 22 January
Tuesday Sessions	Tuesday 12.15-12.45	C2	7 - 13	
Art Club	Tuesday 11.45-12.15	D1	7 - 10	
KS3 Theatre Club	Tuesday 11:45-12:15	DS	7 - 8	
Polymer Clay Club	Wednesday 12.15-12.45	D1	7	
GCSE Art Club	Wednesday 11.45-12.15	D2	10 - 11	
Senior Choir	Thursday 8.25 -8.55	C3	7 - 13	
Senior String Quartet	Thursday 15.35-16.05	C2	7 - 13	Invite only

Learn Coocurricular Activities

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
Further Maths GCSE	Monday 3.45-4.45 pm	A5	11	
Year 11 Food Support	Monday 11.50-12.20	Creative Hub	11	
A Level Biology Support	Monday 12.15-12.45	S4	13	
Year 11 French GCSE Drop In	Monday 11.45-12.15	F1	11	
Year 11 Food Cooking Support	Monday 3.45-5, Thursday 3.45-5	D6	11	Alternative weeks, starting Monday 29 January
GCSE and A Level Textiles Support	Tuesday 12.00-12.55	D4	10 - 13	
Year 11 French GCSE Drop In	Tuesday 3.45-4.20	F3	11	
Year 11 Spanish Drop In	Tuesday 11.45- 12.20	F4	11	

Learn Coocurricular Activities

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
Year 11 German GCSE Drop In	Wednesday 11.45-12.15	F7	11	
TP GCSE Revision	Wednesday 11.45-12.15	B6	10 - 11	
TP A Level Revision	Thursday 12.30-55	B5	13	
Year 11 Biology Exam Skills	Friday 11.45-12.15	S5	11	
Year 13 Spanish Drop In	Friday 12-15-12.45	F4	13	
Year 11 Drama Support	Friday 12-15-12.45	DS	11	

Reach and Coach Activities

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
Current Affairs Club	Monday 11:50-12:20	E4	7 - 13	
Knit and Knatter	Monday 11.45-12.20	Creative Hub	7 - 13	
Scrabble Club	Tuesday 12:15-12:50	B5	10	
Games and Puzzles Club	Tuesday 11:45-12:15	A	7 - 13	
Mini EPQ	Tuesday 11.45-12.20	ECR	7	
School Magazine	Tuesday 12.20-12.55	Ideas Room	12 - 13	
Language Leaders	Wednesday 10.10-10.25	F5	10 - 12	

Reach and Coach Activities

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
Walk & Talk	Wednesday 11:45-12:15	Meet at Science Entrance	8 - 9	May need to bring wellies or sensible outdoor footwear and a coat during the winter months
Model United Nations	Wednesday 12.20-12.50	E6	10 - 13	
Reach Seminars	Wednesday 12.30-12.55	ECR	12	
Femsock	Thursday 10.10-30	B3	9 - 13	
Reach Lectures	Thursday 11.50-12.20	Senior Hall	9 - 13	
Level 1 Greek	Friday 11.50-12.20	F5	7 - 13	
Science Spirit	Friday 12.30 - 12.55	S8	10	

Sports Enrichment

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
U12 and U13 Netball	Monday 15.45 to 17.00	Courts	7 - 8	
Football	Monday 15.45 to 17.00	Astro	7 - 10	
U14 and U15 Netball	Tuesday 15.45 to 17.00	Courts	9 - 10	
Fitness Suite	Tuesday 15.45 to 17.00 Wednesday 15.45 to 17.00 Thursday 15.45 to 17.00	Fitness Suite	7- 13	
Cricket	Wednesday 15.45 to 17.00	Sports Hall	7- 13	
Cross Country	Wednesday 15.45 to 17.00	Field	7- 13	
1st and 2nd Teams Netball	Thursday 15.45 to 17.00	Courts	10 - 13	
Rackets Club	Thursday 15.45-17.00	Sports Hall	7- 13	

Cross Phase Clubs

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
Brass Ensemble	Monday 8.30-8.55	C3	3 - 13	
Book Club	Monday 11.45-12.15	ECR	6 - 13	
Fitness Swim Club	Monday 11.45-12.15	Pool	5 - 13	
Squad Swimming	Monday 15.45-17.00	Pool	5 - 13	
Mini Masterpiece Club Fundraiser	Monday 11.45-12.15	D2	6 - 13	
Chess Club	Monday 12:15-12:45	Year 6	3 - 13	
Pony Club	Monday 12:25-12.55	S7	3 - 12	
Eco Team	Tuesday 12:20-12:50	E2	6 - 13	
Volleyball	Tuesday 12.15-12.45	Sports Hall	5 - 9	

Cross Phase Clubs

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
Orchestra	Wednesday 12.15-12.55	C3	5 - 13	
Basketball	Wednesday 12.20-12.55	Sports Hall	5 - 8	
Beginners Swim Club	Thursday 12.15-12.45	Pool	5 - 8	
Debating Club	Thursday 12.20-12.55	B2	6 - 8	
Wildlife Gardening Club	Thursday 12:20-12:55	JS Wake Wing	5 - 8	
Squad Swimming	Friday 11.45-12.15	Pool	5 - 13	
Gymnastics	Friday 15.45-17.00	Sports Hall	5 - 13	1 December to 1 March only. Invite only
Guitar Ensemble	Friday 8.25-8.55	C2	3 - 13	

Junior School

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
Junior Wind Ensemble	Monday 12.15-12.45	C4	2 - 6	
Junior Strings	Monday 12.15-12.45	C3	1 - 6	
Chess Coaching	Monday 15.30-16.15	Junior School	3 - 6	Invite only
Football	Monday 15.45-17.00	Astro	3 - 6	
Years 3 and 4 Netball	Monday 12.15-12.45 Friday 12.15-12.45	Courts	3 - 4	
Keyboard Club	Tuesday 12.15-12.45	C1	3 - 4	
Social Club	Tuesday 12.15-12.45	6N	6	
Book Club	Tuesday 15.30-16.15	6H	5 - 6	
Busy Fingers	Tuesday 15.30-16.15	Reception	R - 1	
Cricket	Tuesday 15.45 to 17.00	Sports Hall	3 - 6	
Running Club	Tuesday 07.45 to 08.30	Junior School	2 - 6	
Crafting	Tuesday 15.30-16.15	KS1 Art Room	1 - 4	

Junior School

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
Y5&6 Spanish Club	Wednesday 12.15-12.45	F2	5 - 6	
Nature Club	Wednesday 15.30-16.15	Forest School Classroom	R - 2	
Mindfulness	Wednesday 15.30-16.15	Year 3	3 - 4	
Netball	Wednesday 15.45-17.00	Courts	5 - 6	
Junior Choir	Thursday 12.15-12.45	C3	3 - 6	
Philosophy and Mindfulness	Thursday 15.30-16.15	KS1 Art Room	R - 2	
Computing	Thursday 15.30-16.15	Year 5	5 - 6	
Indoor Hockey Club	Thursday 12.15-12.45	Sports Hall	4 - 6	
Coding Club	Friday 12.15-12.45	Year 4	3 - 4	
Ocarina Group	Friday 12.15-12.45	C1	3 - 6	
Indoor Athletics	Friday 11.45-12.15	Sports Hall	5 - 6	

Paid Clubs

Club/Society/Activity	Day/Time	Venue	Year Groups	Notes
LAMDA (Y2-4)	Tuesday 7.55-8.25	JS Hall	2 - 4	Please email gemmalc25@hotmail.co.uk
LAMDA (Y5&6)	Tuesday 11.45-12.15	JS Hall	5 - 6	Please email gemmalc25@hotmail.co.uk
LAMDA (Senior)	Tuesday 12.15-12.45	DS	7 - 3	Please email gemmalc25@hotmail.co.uk
LAMDA (Reception)	Tuesday 12.45-13.15	JS Hall	R	Please email gemmalc25@hotmail.co.uk
Y4-Y6 Modern Tap	Monday 11.45-12.20	JS Hall	R	Please email s.jones@nhs.gdst.net
Rec-Y3 Modern Tap	Monday 12.25-13.00	JS Hall	R - 3	Please email s.jones@nhs.gdst.net
Grade 1 Ballet	Tuesday 12.25-13.00	JS Hall	1 - 3	Please email s.jones@nhs.gdst.net
Musical Theatre	Wednesday 12.25-13.00	JS Hall	R - 3	Please email s.jones@nhs.gdst.net
Primary Ballet	Thursday 12.25-13.00	JS Hall	1 - 2	Please email s.jones@nhs.gdst.net
Grade 2 Ballet	Thursday 11.45-12.20	JS Hall	5 - 6	Please email s.jones@nhs.gdst.net