



NORTHAMPTON  
HIGH SCHOOL

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GDST  
GIRLS' DAY SCHOOL TRUST

*Extracurricular Programme*

*Summer 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](mailto:admin@nhs.gdst.net).

*Mr Henry Rickman | Deputy Head Academic*

## Creative Arts Enrichment

Club/Society/Activity	Day/Time	Year Groups	Notes
Sewing Bee	Monday 12.15-12.55	7 - 9	Starts week beginning 20 May (after GCSE and A Level students depart)
Senior Strings	Monday 8.30- 8.55	7 - 13	
Senior Flute Choir	Monday 11.45-12.15	7 - 13	
Textiles Exam Support	Monday, Tuesday 12.00-12.55	10 - 13	Club ends when exam leave starts
Annie Rehearsal	Monday, Tuesday (12:15 -12:50), Monday, Tuesday (15:40-16:50)	7 - 10	Invite only - club end date is 24 June
Annie Props Club	Wednesdays 11.45-12.15	7 - 13	Club ends after the Annie show
GCSE Art Club	Wednesdays 11.45-12.15	11-10	
Senior Choir	Thursday 8.25-8.55	7 - 13	
Senior String Quartet	Thursday 15.35-16.05	7 - 13	Invite only
Composition Club	Thursday 12.15-12.45	7 - 13	
Friday Sessions	Friday 12.00-12.55	7 - 13	

## Learn Coocurricular Activities

Club/Society/Activity	Day/Time	Year Groups	Notes
A Level German Speaking Practice	Monday 11:45-12:20	12 - 13	Invite only
GCSE French Drop-In Clinic	Monday 11:45- 12:20	11	Club ends when exam leave starts
GCSE Food Support	Monday 11.45-12.20	10 - 11	Club ends when exam leave starts
A Level Biology Clinic	Monday 12.20-12.50	13	Invite only. Club ends when exam leave start
GCSE French Drop-In Clinic	Tuesday 3.45-4.30	11	
Y11 Spanish Drop In	Tuesday 11:45-12:15	11	Club ends when exam leave starts
GCSE German Drop-In Clinic	Wednesday 11:45-12:20	11	Club ends when exam leave starts
GCSE Chemistry	Wednesday 11:45-12:20	11	

## Learn Coocurricular Activities

Club/Society/Activity	Day/Time	Year Groups	Notes
GCSE RS Revision Club	Wednesday 11:45-12:20	11	
A Level RS Revision Club	Thursday 11:45-12:20	13	
GCSE Maths	Thursday 11.45-12.20	11	Club ends when exam leave starts
GCSE History Booster	Thursday 11.45-12.15	11	Club ends when exam leave starts
GCSE Biology Support	Friday 11.45-12.20	11	Club ends when exam leave starts
Year 11 Drama Support	Friday 12-15-12.55	11	
A Level Spanish Drop In	Friday 12.20-12.50	13	Club ends when exam leave starts

## Reach and Coach Activities

Club/Society/Activity	Day/Time	Year Groups	Notes
Current Affairs Club	Monday 11:50-12:25	7 - 13	
Games and Puzzles	Tuesday 11.45-12.20	7 - 13	
Summer Science	Tuesday 12.15-12.50	7 - 9	
Y12 Reach	Wednesday 12.30-12.55	12	
Creating with Canva	Wednesday 11:45-12:15	7 - 9	
Rocket Club	Thursday 11.45-12.15	8 - 9	Running after May half term only
Debating Club	Thursday 12.15-12.50	7 - 9	
Femsock	Thursday 10:10-10:30	9 - 13	
Language Leaders	Thursday 11.45-12.20	10 - 12	
Level 1 Greek	Friday 11.50-12.20	7 - 13	
Science Spirit Magazine Club	Friday 12.30-12.55	10	

## Sports Enrichment

Club/Society/Activity	Day/Time	Year Groups	Notes
Cricket	Monday 15.45-17.00	7 - 8	
Cricket	Tuesday 12.15-12.45	7 - 12	Net session
Cricket	Tuesday 15.45-17.00	9 - 10	
Fitness Suite	Tuesday, Wednesday, Thursday 15.45-17.00	7 - 13	
Hockey	Wednesday 15.45-17.00	7 - 12	
Racquets	Thursday 15.45-17.00	7 - 13	

## Cross Phase Clubs

Club/Society/Activity	Day/Time	Year Groups	Notes
Book Club	Monday 11.45-12.15	6 - 13	
Swim Fitness	Monday 11.45-12.15	5 - 13	
Pony Club	Monday 12:20-12:55	3 - 13	Invite only. This is an external club so not a drop in option
Eco Team	Tuesday 12:20-12:50	5 - 13	
Tennis	Tuesday 12.15-12.45	2 - 12	
Orchestra	Wednesday 12.15-12.55	5 - 13	
Brass Ensemble	Thursday 8.30-8.55	3 - 13	
Basketball	Thursday 11.45-12.30	5 - 8	
Beginners Swimming	Thursday 12.15-12.45	5 - 13	
Wildlife and Gardening Club	Thursday 12.20-12.55	4 - 8	
Guitar Ensemble	Friday 8.25-8.55	3 - 13	
Swimming Squad	Friday 11.45-12.15	5 - 13	

## Junior School

Club/Society/Activity	Day/Time	Year Groups	Notes
Betty Walking Club	Monday 08:00-08:30	R - 2	
Junior Wind Ensemble	Monday 12.15-12.45	2 - 6	
Junior Strings	Monday 12.15-12.45	1 - 6	
Keyboard Club	Tuesday 12.15-12.45	3 - 4	
Social Club	Tuesday 12:20-12:55	6	
Book Club	Tuesday 15:30-16:15	5 - 6	
Nature Club	Tuesday 15:30-16:15	1 - 3	
Sketchbook Club	Tuesday 15:30-16:15	2 - 4	
Maths Problem Solving	Wednesday 12:20-12:55	4	Invite only
Sing and Sign Club	Wednesday 15:30-16:15	3 - 6	
Running Club	Thursday 07:45-08:30	3 - 6	

## Junior School

Club/Society/Activity	Day/Time	Year Groups	Notes
Athletics	Tuesday 15.45-17.00	5 - 6	
Cricket	Wednesday 15.45-17.00	5 - 6	
Hockey	Thursday 12.15-12.45	3 - 6	
Cricket	Thursday 15.45-17.00	3 - 4	
Junior Choir	Thursday 12.15-12.45	3 - 6	
Junior School German	Thursday 12:25-12.55	5 - 6	
Construction Club	Thursday 15:30-16:15	R - 1	
Out and About Club	Thursday 15:30-16:15	4 - 6	
Touch Typing	Friday 08:00-08:30	2 - 6	
Ocarina Group	Friday 12.15-12.45	3 - 6	
Blooket Club	Friday 12.20-12.55	3 - 6	

## Paid Clubs

Club/Society/Activity	Day/Time	Year	Notes
Modern & Tap (Y4-6)	Monday 11.45-12.20	Y -6	Please contact s.jones@nhs.gdst.net
Modern Tap (R-Y3)	Monday 12.25-12.55	R-3	Please contact s.jones@nhs.gdst.net
Grade 1 Ballet	Tuesday 12.25-12.55	3-4	Please contact s.jones@nhs.gdst.net
LAMDA (Y2-4)	Tuesday 7.55-8.25	2-4	Please contact gemmalc25@hotmail.co.uk
LAMDA (Y5-6)	Tuesday 11.45-12.15	5-6	Please contact gemmalc25@hotmail.co.uk
LAMDA (Senior)	Tuesday 12.15-12.45	7-13	Please contact gemmalc25@hotmail.co.uk
LAMDA (Reception)	Tuesday 12.45-13.15	R	Please contact gemmalc25@hotmail.co.uk
Musical Theatre	Wednesday 12.25-12.55	R-6	Please contact s.jones@nhs.gdst.net
Tennis	Wednesday 3.45-4.45	3 - 6	
Tennis	Thursday 3.45-4.45	R - 2	
Primary Ballet	Thursday 12.25-12.55	1-3	Please contact s.jones@nhs.gdst.net
Grade 2 Ballet	Thursday 11.45-12.20	5-6	Please contact s.jones@nhs.gdst.net
Cooking	Friday 15:30-17:00	1 - 2	