



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Extracurricular Programme
Autumn 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.northampton-high.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

Activity	Department	Time	Year(s)	Notes
Senior Strings	Creative Arts	08.30-08.55	7 - 13	
Senior Flute Choir	Creative Arts	11.45-12.15	7 - 13	
String Quartet	Creative Arts	15.45-16.15	7 - 13	Invite Only
Art Exploration and Catch up	Creative Arts	11.45-12.15	7 - 11	
Rock Band Sessions	Creative Arts	12.15-12.55	7 - 13	
Year 11 Spanish Clinic	Learn Activities	15.45-16.30	11	Invite Only
Year 11 German Clinic	Learn Activities	11.45-12.15	11	Invite Only
Year 11 French Clinic	Learn Activities	15.45-16.30	11	Invite Only
Y11 Drama Component 2 Rehearsal	Learn Activities	11.15-11.50	11	
Y9 Astronomy (GCSE Y9)	Reach and Coach	16.00-17.30	9	Sessions delivered online over two years. entry fee is payable during the second year of the course
Greek Beginners Club - Level 1	Reach and Coach	11.45-12.20	7 - 13	
GCSE History Revision Club	Reach and Coach	11.45-12.10	10 - 11	
Running Club	Sports Enrichment	11.45-12.15	7 - 13	
Y7&8 Hockey	Sports Enrichment	15.45-17.00	7 - 8	
Pony Club	Cross-Phase	11.45-12.30	3 - 13	This is an external club run in school. This must be signed up for and attended all year.
Fitness Swim Club	Cross-Phase	11.45-12.20	4 - 13	
Squad Swimming	Cross-Phase	15.45-17.00	5 - 13	Minimum skill level required
Junior Wind Ensemble	Junior Clubs	12.15-12.45	2 - 6	
Junior Strings	Junior Clubs	12.15-12.45	1 - 6	
Times Table Blocket	Junior Clubs	12.15-12.50	3 - 4	
Chess Club	Junior Clubs	12.15-12.55	4 - 6	
Y4-Y6 Modern/Tap	Paid Clubs	11.45-12.20	4 - 6	Contact Miss Sinead sineadacademy@gmail.com
Rec-Y3 Modern/Tap	Paid Clubs	12.35-13.00	R - 3	Contact Miss Sinead sineadacademy@gmail.com
Chess Coaching	Paid Clubs	15.30-16.30	7 - 13	£30 per half term. Please contact a.baileychess@gmail.com
Atomic Tom	Paid Clubs	15.30-16.30	1 - 6	Book here: https://www.atom-icscience.org/product-page/northampton-high-school-for-girls-2

Tuesday

Activity	Department	Time	Year(s)	Notes
Senior Choir	Creative Arts	08.25-08.55	7 - 13	
Knit and Knatter	Creative Arts	11.45-12.15	7 - 13	
Textiles Support GCSE and A Level	Creative Arts	12.15-12.55	10 - 13	Invite only
Year 10 Spanish Clinic	Learn Activities	15.45-16.30	10	
Chemistry Clinic	Learn Activities	15:45-16:30	11 & 13	
Year 11 Drama NEA Coursework Support Session	Learn Activities	11.15-11.55	11	Invite sent via email for specific dates
Year 11 ComSciGCSE Clinic	Learn Activities	11.45-12.10	11	
Intermediate Greek	Reach and Coach	11.50-12.20	7 - 13	For students who have already gained Level 1E award
Volleyball	Sports Enrichment	12.15-12.45	7 - 9	
U14 & U15 Hockey	Sports Enrichment	15.45-17.00	9 & 10	
Fitness	Sports Enrichment	15.45-17.00	7 - 13	
Netball Y6&8	Cross-Phase	12.15-12.45	6 & 8	Must attend to be considered for Condover Hall trip
EcoTeam	Cross-Phase	12.15-12.45	6 - 13	
Keyboard Club	Junior Clubs	12.15-12.45	3 & 4	
Netball Year 5	Junior Clubs	12.15-12.45	5	
Y4-6 Cricket	Junior Clubs	15.45-17.00	4- 6	
Quiet Indoor Play	Junior Clubs	12.15-12.50	1 - 3	
Current Affairs	Junior Clubs	15.30-16.15	5 - 6	
Exploring the World	Junior Clubs	15.30-16.15	3 & 4	Starts 24/09
Y1-3 Grade 1 Ballet	Paid Clubs	12.25-13.00	1 - 3	Contact Miss Sinead sineadacademy@gmail.com
LAMDA	Paid Clubs	07.55-08.25	1 - 3	£66 per full term. Please contact Mrs Seaford gem-malc25@hotmail.co.uk
LAMDA	Paid Clubs	08.25-08.55	4 - 6	£66 per full term. Please contact Mrs Seaford gem-malc25@hotmail.co.uk

Wednesday

Activity	Department	Time	Year(s)	Notes
Year 7 and 8 Choir	Creative Arts	08.25-08.55	7 & 8	
Chef's Corner	Creative Arts	11.45-12.20	7 - 9	
GCSE Geography Support	Learn Activities	11.50-12.20	11	
GCSE TP Revision Club	Learn Activities	11.50-12.20	11	
Y12 Reach	Reach and Coach	12.20-12.50	12	Open to all Y12 students - scholars are expected to attend
Y11 Astronomy (GCSE Y2)	Reach and Coach	16.00-17.30	11	For students who have already studied the first year of this course. GCSE exam entry fee will be payable during the year
Netball Matches Y7 and 9	Sports Enrichment	12.15-12.45	7 & 9	
Netball Matches Y10-13	Sports Enrichment	12.15-12.45	10 - 13	
Invitational Cricket Y7-13	Sports Enrichment	15.45-17.00	7 - 13	
Fitness Suite Y7-Y13	Sports Enrichment	15.45-17.00	7 - 13	
Orchestra	Cross-Phase	12.15-12.55	5 - 13	
Creative Card Connections	Cross-Phase	11.45-12.15	6 - 7	
U10/11 Hockey	Junior Clubs	15.45-17.00	5 & 6	
French Reading Stories	Junior Clubs	12.20-12.50	5 & 6	
Social Club	Junior Clubs	12.20-13.00	6	
Art Club	Junior Clubs	15.30-16.15	2 - 4	
Book Club	Junior Clubs	15.30-16.15	3 - 4	
Rec-Y4 Musical theatre	Paid Clubs	12.25-13.00	R - 4	Contact Miss Sinead sineadacademy@gmail.com
Tennis Club	Paid Clubs	15.30-16.30	R - 2	£33 per half term; Beginners and Improvers: https://clubspark.lta.org.uk/Tennis4allCoaching/Coaching/Course/da7ba84e-480a-4271-a312-c900e92f-f24e

Thursday

Activity	Department	Time	Year(s)	Notes
Composition Club	Creative Arts	12.15-12.45	7 - 13	
GCSE Art Club	Creative Arts	11.45-12.15	10 - 11	
Little Mermaid - Choreography Workshop	Creative Arts	12.15-12.50	7 ,8 ,9, 10, 12	Prep for the school musical
GCSE Maths Revision	Learn Activities	11.45-12.20	11	
iGCSE F Maths Exam Prep	Learn Activities	11.45-12.15	11	
A Level Biology Clinic	Learn Activities	12.20-12.50	13	
A Level TP Club	Learn Activities	11.50-12.20	13	
Games Club	Reach and Coach	11.45-12.20	7 - 13	
Model United Nations Club	Reach and Coach	12.30-12.55	8	
Debating	Reach and Coach	11.45-12.20	7 - 9	
Y13 Reach	Reach and Coach	12.20-12.50	13	For students who will have interviews as part of their university admission process
Scrabble	Reach and Coach	11.45-12.20	10 - 13	
FemSoc	Reach and Coach	10.10-10.30	9 - 13	
The Economics Society	Reach and Coach	12.20-12.50	10 - 11	
Chess Club	Reach and Coach	11.45-12.20	7 - 11	
Model United Nations	Reach and Coach	11.45-12.15	7 & 8	
Lego Engineering	Reach and Coach	11.45-12.15	7 & 8	
1st & 2nd Team Hockey	Sports Enrichment	15.45-17.00	11 - 13	
Fitness Suite	Sports Enrichment	15.45-17.00	7 - 13	
Rackets	Sports Enrichment	15.45-17.00	7 - 13	
Brass Ensemble	Cross-Phase	08.30-08.55	3 - 13	
Basketball Y5-8	Cross-Phase	12.15-12.45	5 - 8	
Swimming for Beginners	Cross-Phase	12.15-12.45	5 - 13	Only for beginners
Football	Cross-Phase	15.45-17.00	4 - 13	
Inky Drawings & Inktober	Cross-Phase	11.45-12.15	6 - 13	
Junior Choir	Junior Clubs	12.15-12.45	1 - 6	
Tag Rugby Y3-6	Junior Clubs	11.45-12.20	3 - 6	
Coding Club	Junior Clubs	15.30-16.15	4 - 5	
Y5 & 6 Grade 2 Ballet	Paid Clubs	11.45-12.20	5 - 6	Contact Miss Sinead sinea-dacademy@gmail.com
Y1 & 2 Primary Ballet	Paid Clubs	12.25-13.00	1 - 2	Contact Miss Sinead sinea-dacademy@gmail.com

Friday

Activity	Department	Time	Year(s)	Notes
Further Maths	Learn Activities	11.45-12.15	11	
Physics Clinic	Learn Activities	11.45-12.15	11	
Physics Clinic	Learn Activities	11.45-12.15	12 & 13	
David Attenborough Club	Reach and Coach	11.45-12.15	7 - 13	
Walk and Talk	Reach and Coach	11.45-12.15	8 - 10	
KS4/5 Debating	Reach and Coach	11.45-12.15	10 - 13	
Guitar Ensemble	Cross-Phase	08.25-08.55	3 - 13	
Y3-13 Cross Country & Couch to 5km	Cross-Phase	11.45-12.20	3 - 13	
Y5-Y13 Squad Swimming	Cross-Phase	11.45-12.15	5 - 13	
Book Club	Cross-Phase	11.45-12.15	6 - 13	
Y3 & Y4 Hockey	Junior Clubs	11.45-12.20	3 & 4	
Ocarina Group	Junior Clubs	12.15-12.45	3 - 6	
Sensory Spanish Club	Junior Clubs	12.20-12.50	1 & 2	
Puzzle Club	Junior Clubs	12.15-12.55	4 - 6	
Cooking Club	Paid Clubs	15.30-17.00	1 & 2	Booking via SOCS (charge)