



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Extracurricular Programme
Spring 2025

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	
Art Exploration	Creative Arts	11.45-12.20	7-11	
Little Mermaid Rehearsal - Dance Choreography	Creative Arts	12.15-12.55	7,8,9,10,12	Auditions will be in January for the school show for main parts - all students are welcome for the chorus elements.
GCSE History	Learn Activities	11.45-12.15	10,11	
GCSE German	Learn Activities	11.45-12.15	11	
Beginners' Greek	Reach and Coach	11.45-12.20	7-13	Open to all.
Running Club	Sports Enrichment	11.45-12.15	7,8	
Dodgeball	Sports Enrichment	12.15-12.45	10	
Pony Club	Cross-Phase	12:20-12:50	3-13	Students have signed up in September.
Fitness Swim Club	Cross-Phase	11.45-12.15	5-13	
Gymnastics Club	Cross-Phase	12.15-12.45	5-13	Invite only.
Latin Club	Junior Clubs	12:20-12:55	5,6	
Junior Wind Ensemble	Junior Clubs	12.15-12.45	1-6	
Junior Strings	Junior Clubs	12.15-12.45	1-6	
Grade 1 Tap	Paid Clubs	11.45-12.20	3-6	Please contact sineadacademy@gmail.com.
Primary Tap	Paid Clubs	12.20-12.55	R-2	Please contact sineadacademy@gmail.com.
Chess Coaching	Paid Clubs	15.30-16.30	7-13	£30 per half term. Please contact a.baileychess@gmail.com Paid chess club by invitation only - Mr Bailey. Junior School invitation only.
Year 11 French Clinic	Learn Activities	15.45-16.30	11	
Little Mermaid Rehearsal - Acting	Creative Arts	15.45-16.45	7,8,9,10,12	There will be a schedule of scenes; students must turn up to the scene that they are part of. Please note this schedule may change and should be checked regularly on Google Classroom.
Y9 Astronomy	Reach and Coach	16.00-17.30	9	Sessions delivered online over two years. GCSE exam entry fee is payable during the second year of the course.
Netball	Sports Enrichment	15.45-17.00	7,8	
Squad Swimming	Cross-Phase	15.45-17.00	5-13	
String Quartet	Creative Arts	15.45-16.15	7-13	

Tuesday

Activity	Department	Time	Year(s)	Notes
Senior Choir	Creative Arts	08.25-08.55	7-13	
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.
Knit and Knatter	Creative Arts	11.45-12.15	7-13	
Textiles Support	Learn Activities	12.00-12.45	10-13	
The Economics Society	Reach and Coach	12.30-12.55	10,11	
Intermediate Greek	Reach and Coach	11.50-12.20	7-13	For students who have already completed the Beginners' Greek certificate.
Scrabble	Reach and Coach	12:15-12:50	12	
Eco Team	Cross-Phase	12:20-12:50	6-13	
Keyboard club	Junior Clubs	12.15-12.45	3-4	
Puzzles and Games	Junior Clubs	12.15-12.45	1-3	
Primary Ballet	Paid Clubs	12.20-12.55	2,3	Please contact sinead-academy@gmail.com.
Grade 1 Ballet	Paid Clubs	11.45-12.20	3-5	Please contact sinead-academy@gmail.com.
Current Affairs	Junior Clubs	15.30-16.15	5-6	
Board Games Club	Junior Clubs	15.30-16.15	1,2	
Netball	Sports Enrichment	15.45-17.00	9,10	
Fitness Suite	Sports Enrichment	15.45-17.00	7-13	
Cricket	Junior Clubs	15.45-17.00	4-6	
Chemistry Clinic	Learn Activities	15.45-16.45	11,13	
Little Mermaid Rehearsal - Acting	Creative Arts	15.45-16.45	7,8,9,10,12	There will be a schedule of scenes; students must turn up to the scene that they are part of. Please note this schedule may change and should be checked regularly on Google Classroom.

Wednesday

Activity	Department	Time	Year(s)	Notes
Year 7 Choir	Creative Arts	08.25-08.55	7	
Chef's Corner	Creative Arts	11:45-12:20	7-9	
Mini Maserpieces	Creative Arts	11.45-12.20	7-13	
GCSE Art	Creative Arts	11.45-12.20	10-11	
A Level Biology Exam Technique Clinic	Learn Activities	12.20-12.50	13	
RS GCSE Revision Club	Learn Activities	11:45-12:20	11 (possibly some 10)	
Drama Component 2: 1-1 Session	Learn Activities	11:45-12:20	11-12	Students can sign up to 1-1 support for their exam in March.
Y12 Reach	Reach and Coach	12.20-12.50	12	Open to all.
Cross Country	Sports Enrichment	11.45-12.20	7-13	
Creative Cards	Cross-Phase	11.45-12.15	6,7	
Basketball	Cross-Phase	12.15-12.45	5-8	
Orchestra	Cross-Phase	12.15-12.55	5-13	
Times Table Blooket	Junior Clubs	12.15-12.45	3,4	
Y6 Social Club	Junior Clubs	12.15-12.45	6	
Betty Walking Club	Junior Clubs	12.20-12:50	1-6	
Musical Theatre	Paid Clubs	12.25-13.00	R-6	Please contact sineadacademy@gmail.com.
Book Club	Junior Clubs	15.30-16.15	3,4	
Tennis Club	Paid Clubs	15.30-16.30	R-2	£33 per half term; Beginners and Improvers. Sign up here: https://clubspark.lta.org.uk/Tennis4allCoaching/Coaching/Course/e6896288-947b-4c25-87e2-714a58adf6f4.
Cricket Indoor Squad	Sports Enrichment	15.45-17.00	7-13	
Fitness Suite	Sports Enrichment	15.45-17.00	7-13	
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	Junior Clubs	15.45-17.00	5,6	

Thursday

Activity	Department	Time	Year(s)	Notes
Brass Ensemble	Cross-Phase	08.30-08.55	3-13	
FemSoc	Reach and Coach	10:10-10:30	9-13	
Composition Club	Creative Arts	12.15-12.45	7-13	
GCSE Biology Exam Clinic	Learn Activities	12.20-12.50	11	
GCSE Maths Revision	Learn Activities	11:45-12:20	11	
A Level RS Revision Club	Learn Activities	11:45-12:20	13	
German Club	Cross-Phase	12:20-12:55	5-7	
Swim Club Beginners	Cross-Phase	12.15-12.45	5-8	
Junior Choir	Junior Clubs	12.15-12.45	1-6	
Dodgeball	Junior Clubs	11.45-12.10	4-6	
Pre-Primary Ballet	Paid Clubs	12.20-12:55	1	Please contact sinead-academy@gmail.com.
Football	Cross-Phase	15.45-17.00	4-11	
Maths Puzzles	Junior Clubs	15.30-16.15	4,5	Invite only.
Mindfulness Club	Junior Clubs	15.30-16.15	3,4	
Netball (1st & 2nd)	Sports Enrichment	15.45-17.00	10-13	
Fitness Suite	Sports Enrichment	15.45-17.00	7-13	

Friday

Activity	Department	Time	Year(s)	Notes
Guitar Ensemble	Cross-Phase	08.25-08.55	4-13	
Physics Clinic	Learn Activities	11.45-12.15	11	
Physics Clinic	Learn Activities	11.45-12.15	12,13	
Further Maths	Learn Activities	11.45-12.15	11	Invite only.
Year 7 French Club	Learn Activities	11.45-12.15	7	
Debating Club	Reach and Coach	11.45-12.15	7-9	
Running	Sports Enrichment	11.45-12.20	7-13	
Book Club	Cross-Phase	11.45-12.15	6-13	
Squad Swimming	Cross-Phase	11.45-12.15	5-13	
Friday Sessions	Creative Arts	12.00-12.55	7-13	
Little Mermaid Rehearsal - Dance Choreography	Creative Arts	12.15-12.55	7,8,9,10,12	Auditions will be in January for the school show for main parts - all students are welcome for the chorus elements.
Ocarina Club	Cross-Phase	12.15-12.45	3-7	
Indian Languages Tasters	Junior Clubs	12:20 -12:55	5,6	
Puzzle Club	Junior Clubs	12.15-12.45	4-6	
Indoor Athletics	Junior Clubs	11.45-12.15	5,6	
Netball Club	Junior Clubs	12.15-12.45	3,4	
Rackets	Sports Enrichment	15.45-17.00	7-13	
Cooking Club	Paid Clubs	15:30-17:00	3,4	