



NORTHAMPTON  
HIGH SCHOOL

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GDST  
GIRLS' DAY SCHOOL TRUST

*Extracurricular Programme*  
*Autumn 2025*

# Extracurricular activities and individual development at Northampton High School



**Northampton High School prides itself on developing the whole person, through 360degrees.** 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 Sixth Form 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 Autumn 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://northamptonhigh.vectare.co.uk/>

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

## Monday

Activity	Department	Time	Year(s)	Notes
Senior Strings	Creative Arts	08.30 - 09.00	7 - 13	
Senior Flutes	Creative Arts	11.45 - 12.15	7 - 13	
Year 11 German (year 10 welcome)	Learn Activities	11.45 - 12.20	11 (year 10 welcome)	Drop-in sessions - topics will be posted in advance. Year 10 welcome to join.
Year 11 Spanish (year 10 welcome)	Learn Activities	11.45 - 12.20	11 (year 10 welcome)	
Year 11 Computing Clinic	Learn Activities	12.15 - 12.45	11	Drop-in session.
Year 11 Biology	Learn Activities	12.20 - 12.50	11	
Eco Team	Reach and Coach	12.20 - 12.50	7 - 13	
Y12 Reach	Reach and Coach	12.25 - 12.55	12	
Knit & Knatter	Reach and Coach	12.30 - 13.00	7 - 13	
Y10 Astronomy (GCSE Year 2)	Reach and Coach	16.00 - 17.30	10	For students who have already studied the first year of this course. GCSE exam entry fee will be payable during the year.
Athlete Devt Prog (ADP)	Sports Enrichment	12.15 - 12.45		
U12 & U13 Hockey	Sports Enrichment	15.45 - 17.00	7 - 8	
Fitness Suite	Sports Enrichment	15.45 - 17.00	7 - 13	
Fitness Swim Club	Cross-Phase	11.45 - 12.20	5 - 13	
Pony Club	Cross-Phase	11.45 - 12.15	5 - 13	If there is enough expression of interest, a Pony Club for Junior School will be added to the timetable after Christmas.
Book Club	Cross-Phase	12.30-13.00	6 - 13	
Squad Swimming	Cross-Phase	15.45 - 17.00	5 - 13	
Mighty Tootie Fluteys	Junior School	10.10 - 10.30	3 - 6	
Junior Orchestra	Junior School	12.15 - 12.45	2 - 6	
Story Club	Junior School	12.15 - 13.00	2 - 4	
Number Fun	Junior School	12.15 - 13.00	1 - 2	
Y3 - 4 Hockey	Junior School	12.20 - 12.45	3 - 4	
Lets Be Active	Junior School	15.30 - 16.15	1 - 3	
Y4 - 5 Cookery	Junior School	15.30 - 17.00	4 - 5	
Y3 - 6 Cricket	Junior School	15.45 - 17.00	3 - 6	
Y4 to 6 Modern Tap	Paid Clubs	11.45 - 12.20	4 - 6	
Rec to Y3 Modern Tap	Paid Clubs	12.25 - 13.00	Rec - 3	

## Tuesday

Activity	Department	Time	Year(s)	Notes
Senior Choir	Creative Arts	08.25 - 08.55	7 - 13	
Textiles GCSE and A Level Support	Creative Arts	12.20 - 13.00	10 - 13	Starts after half term.
Year 7 French Club	Learn Activities	11.45 - 12.20	Y7	Club to be attended by students having little or no French experience.
A Level Physics Drop-in Clinic	Learn Activities	11.45 - 12.20	12 - 13	
GCSE Physics Clinic	Learn Activities	11.45 - 12.20	11	
Ancient Greek Beginners' Level 1E	Reach and Coach	11.45 - 12.20	7 - 13	
Tech Trailblazers	Reach and Coach	11.45 - 12.20	9 - 11	
Badminton	Sports Enrichment	15.45 - 17.00	7 - 13	
U14 & U15 Hockey	Sports Enrichment	15.45 - 17.00	7 - 13	
Fitness Suite	Sports Enrichment	15.45 - 17.00	7 - 13	
High Notes	Cross-Phase	12.15 - 12.45	3 - 13	
Chess Club	Cross-Phase	12.15 - 12.45	5 - 13	All levels welcome.
Dance	Cross-Phase	12.15 - 12.45	7 - 13	
Keyboard Club	Junior School	12.15 - 12.45	3 - 4	
Current Affairs	Junior School	12.15 - 13.00	5 - 6	
Y1 to 3 LAMDA	Paid Clubs	07.55 - 08.25	1 - 3	
Y4 to 6 LAMDA	Paid Clubs	08.25 - 08.55	4 - 6	
Y1 to 3 Grade 1 Ballet	Paid Clubs	12.25 - 13.00	1 - 3	
Atomic Science	Paid Clubs	15:30-16:30	1 - 6	£83 for 11 weeks

## Wednesday

Activity	Department	Time	Year(s)	Notes
Year 7 & 8 Choir	Creative Arts	08.25 - 08.55	7 - 8	
Chef's Corner	Creative Arts	11.45 - 12.20	7 - 8	
Y11 (& 10 welcome) RS GCSE REvision Club	Learn Activities	11.45 - 12.20	11 (possibly some 10)	
Year 11 GCSE Latin Revision	Learn Activities	11.45 - 12.20	11 (possibly 10)	
Year 11 & 13 Chemistry Clinic	Learn Activities	15.45 - 16.45	11 & 13	After mocks invites will be sent out, before mocks open to all.
FemSoc	Reach and Coach	10.10 - 10.30	9 - 13	
Y9 Astronomy (GCSE Y1)	Reach and Coach	16.00 - 5.30pm	9	Sessions delivered online over two years. GCSE exam entry fee is payable during the second year of the course.
Netball Matches	Sports Enrichment	12.15 - 12.45	10 - 13	
Netball Matches	Sports Enrichment	12.15 - 12.45	7 & 9	
Fitness For ADP	Sports Enrichment	15.45 - 17.00	7 - 13	
Cricket	Sports Enrichment	15.45 - 17.00	7 - 13	
Orchestra	Cross-Phase	12.15 - 13.00	3 - 13	
School Council	Junior School	12.15 - 13.00	2 - 6	
Yoga	Junior School	12.15 - 13.00	1 - 2	
Y2 & 3 Cookery	Junior School	15.30 - 16.30	2 - 3	
U10 - U11 Hockey	Junior School	15.45 - 17.00	5 - 6	
Musical Theatre	Paid Clubs	12.25 - 13.00	Rec - 4	

# Thursday

Activity	Department	Time	Year(s)	Notes
Rock Band	Creative Arts	12.15 - 12.45	7 - 13	
Y13 REvision Club (RS A Level)	Learn Activities	11.45 - 12.20	13	
Y11 French Drop-in	Learn Activities	11.45 - 12.20	11	
Y11 Drama Component 2, 1-1 Sesiions	Learn Activities	11.45 - 12.15	11	
1st & 2nd Team Hockey	Sports Enrichment	15.45 - 17.00		
Netball Y6 and Y8	Cross-Phase	12.15 - 12.45	6 & 8	
Swim - Beginners	Cross-Phase	12.15 - 12.45	Years 5 - 13	
Football	Cross-Phase	15.45 - 17.00	Years 4 - 13	
Fitness Suite	Sports Enrichment	15.45 - 17.00	7 - 13	
Junior Choir	Junior School	12.15 - 12.45	1 - 6	
Gymnastics Rec & Y1	Junior School	15.30 - 16.05	Rec - 1	
Gymnastics Year 2 & 3	Junior School	16.10 - 16.45	2 - 3	
Social Club	Junior School	12.15 - 13.00	5 - 6	
Y5 & 6 Grade 2 Ballet	Paid Clubs	11.45 - 12.20	5 - 6	
Y1 & 2 Primary Ballet	Paid Clubs	12.25 - 13.00	1 - 2	

# Friday

Activity	Department	Time	Year(s)	Notes
KS3 Drama Club	Creative Arts	12.15 - 12.55	7 - 9	Please note this club will stop on 28th November to allow students to rehearse for 'Christmas House Plays'.
Intermediate Greek	Reach and Coach	11.50 - 12.20	7 - 13	For students who attended Beginners Greek Club last year.
GCSE History Revision	Reach and Coach	11.50 - 12.15	10 - 11	
Debating Club	Reach and Coach	11.50 - 12.15	7 - 13	
Guitar Ensemble	Cross-Phase	08.25 - 08.55	3 - 13	
Brass Ensemble	Cross-Phase	08.30 - 09.00	3 - 13	
Cross Country	Cross-Phase	11.45 - 12.20	3 - 13	
Squad Swimming	Cross-Phase	11.45 - 12.15	5 - 13	
Recorders	Junior School	12.15 - 12.45	1 - 6	



## *Northampton High School*

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*We are Made for Girls*