NORTHAMPTON
HIGH SCHOOL
GDST

Extracurricular Programme Senior School Autumn Term 2026

Extracurricular activities and individual development

Northampton High School prides itself on developing the wholeperson, 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: 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

Mrs Lucy Stawt
Head of Junior School

Monday

Activity	Department	Time	Year(s)	Notes
Senior Strings	Creative Arts	08.30 - 09.00	7 - 13	
Art Exploration	Creative Arts	12.25 - 13.00	7 - 11	
Senior Flutes	Creative Arts	13.00 - 13.30	7 - 13	
Year 7 French Club	Learn Activities	12.25 - 12.55	7	For students having little or no French experience.
Year 13 REvision Club (RS A Level)	Learn Activities	12.25 - 13.00	13	
Year 11 Computing Clinic	Learn Activities	12.50 - 13.20	11	Drop-in.
GCSE German Clinic	Learn Activities	12.55 - 13.25	11 (Year 10 welcome)	Drop-in sessions - topics will be posted in advance. Year 10 welcome to join.
Year 9 Astronomy (Certificate in Space Science/GCSE Year 1)	Reach and Coach	16.00 - 17.30	9	Sessions delivered online over two years. Charge for this course. GCSE exam entry fee is payable during the second year of the course
U12 and U13 Hockey	Sports Enrichment	15.45 - 17.00	7 - 8	
Fitness Suite	Sports Enrichment	15.45 - 17.00	7 - 13	
Badminton	Sports Enrichment	15.45 - 17.00	7 - 13	
Book Club	Cross-Phase	12.30 - 13.00	6 - 13	
Pony Club	Cross-Phase	12.25 - 12.55	5 - 13	
Fitness Swim Club	Cross-Phase	12.50 - 13.20	5 - 13	
Year 6 and 8 Netball	Cross-Phase	12.50 - 13.20	6 and 8 only	
Squad Swimming	Cross-Phase	15.45 - 17.00	5 - 13	
Mighty Tootie Fluteys	Junior School	11.05 - 11.25	3 - 6	
Hockey Club	Junior School	12.30 - 13.00	3 - 4	
Junior Orchestra	Junior School	12.30 - 13.00	2 - 6	
Creative Computing Club	Junior School	12.40 - 13.10	1 - 4	
Let's be active	Junior School	15.35 - 16.20	1 - 2	
Cookery Club	Junior School	15.40 - 17.00	4 - 6	Paid Club. Capped at 12 pupils.

Tuesday

Activity	Department	Time	Year(s)	Notes
Senior Choir	Creative Arts	08.35 - 09.00	7 - 13	
Inky Drawing Club	Creative Arts	12.55 - 13.25	7 - 13	
GCSE Spainish Clinic	Learn Activities	12.30 - 13.00	11	
Maths set 3 revision	Learn Activities	12.25 - 13.30	11	
Knit and Knatter	Reach and Coach	12.30 - 13.00	7 - 13	
Tech Trailblazers	Reach and Coach	12.25 - 13.00	9 - 11	
Eco Team	Reach and Coach	12.55 - 13.30	7 - 13	
U14 and U15 Hockey	Sports Enrichment	15.45 - 17.00	9 - 10	
Fitness Suite	Sports Enrichment	15.45 - 17.00	7 - 13	
High Notes	Cross-Phase	12.45 - 13.15	3 - 13	
Chess Club	Cross-Phase	12.50 - 13.20	5 - 13	All levels welcome.
Current Affairs	Junior School	12.50 - 13.20	5 - 6	
Yoga	Junior School	12.50 - 13.20	1 - 2	
Cricket Club	Junior School	15.45 - 17.00	4 - 6	
LAMDA	Paid Clubs	07.55 - 08.25	2 - 4	
LAMDA	Paid Clubs	08.25 - 08.55	Rec - 1	
Dance Club	Paid Clubs	12.40 - 13.20	1 - 4	

Wednesday

Activity	Department	Time	Year(s)	Notes
Year 7 and 8 Choir	Creative Arts	08.35 - 09.00	7 - 8	
Rock Band	Creative Arts	12.45 - 13.15	7 - 13	
Year 11 (&10 welcome) RS GCSE REvision club	Learn Activities	12.25 - 13.00	11 (10 welcome)	
Year 11 French Clinic (Year 10 Welcome)	Learn Activities	12.25 - 12.55	11 (10 welcome)	Drop-in.
Year 11 Geography Clinic	Learn Activities	12.25 - 12.55	11	
GCSE Physics Clinic	Learn Activities	13.00 - 13.30	11	
Year 13 Chemistry	Learn Activities	Invite Only	11 and 13	Invite Only.
Year 11 French Clinic (Year 10 Welcome)	Learn Activites	15.45 - 16.45	11 (Year 10 welcome)	Drop-in.
FemSoc	Reach and Coach	11.05 - 11.25	9-13	
Year 12 Reach	Reach and Coach	13.00 - 13.30	12	
Cozy Colouring Club	Reach and Coach	13.00 - 13.30	7	
Y9 Geology (GCSE Year 1)	Reach and Coach	16.00 - 17.30	9	Students have already opted for this activity.
Netball Club	Sports Enrichment	12.30 - 13.30	7 - 10	
Cricket Club	Sports Enrichment	15.45 - 17.00	7 - 13	
Fitness and ADP	Sports Enrichment	15.45 - 17.00	7 - 13	
Orchestra	Cross-Phase	12.45 - 13.30	3 - 13	Juniors dismissed at 13.20.
Drama Club	Junior School	12.50 - 13.20	1 - 4	Capped at 12 pupils.
School Council	Junior School	12.50 - 13.20	2 - 6	Invite Only
Cookery Year 2 and 3	Junior School	15.40 - 16.45	2 - 3	Paid Club. Capped at 12 pupils
Hockey Club	Junior School	15.45 - 17.00	5 - 6	Capped at 12 pupils
LAMDA	Paid Clubs	12.15 - 12.45	5 - 6	
Tennis Club	Paid Clubs	15.35 - 16.35	Rec - 2	Up to October half term.

Thursday

Activity	Department	Time	Year(s)	Notes
Y11 Drama Component 2, 1-1 Sesions	Learn Activities	12.25 - 13.00	11	Please note there will be a sign up sheet for this slot on GC to allow students to get dedicated support.
A Level 1:1's	Learn Activities	12.25 - 13.00	12 - 13	
CSLA	Sports Enrichment	12.30 - 13.30	12 - 13	
1st Team Hockey	Sports Enrichment	15.45 - 17.00	11 - 13	
Fitness Suite	Sports Enrichment	15.45 - 17.00	7 - 13	
Swim Beginners	Cross-Phase	12.50 - 13.20	5 - 13	
Futsal Club	Cross-Phase	12.50 - 13.20	5-9	
Football Club	Cross-Phase	15.45 - 17.00	4 - 13	
Junior Choir	Junior School	12.45 - 13.20	1 - 6	
Papercraft, colouring and drawing	Junior School	12.50 - 13.20	1 - 2	
Multi-Sports	Junior School	15.45 - 16.30	Rec -2	
Tennis	Paid Clubs	15.35 - 16.35	3 - 6	Up to October half term

Friday

Activity	Department	Time	Year(s)	Notes
Anime Club	Creative Arts	12.55 - 13.25	8+	
Y11 set 2 Maths (revision)	Learn Activities	12.25 - 13.00	11	
GCSE History Revision	Reach and Coach	12.25 - 12.55	10 - 11	
Debating Club	Reach and Coach	12.25 - 12.55	7 - 13	
Ancient Greek beginners level 1E	Reach and Coach	13.00 - 13.30	7 - 13	
Intermediate Greek	Reach and Coach	13.00 - 13.30	7 - 13	For students who have already achieved Level 1E in Greek.
Guitar Ensemble	Cross-Phase	08.35 - 09.00	3 - 13	
Cross Country	Cross-Phase	12.50 - 13.20	3 - 13	
Water Polo	Cross-Phase	12.50 - 13.20	5 - 13	
Keyboard Club	Junior School	12.50 - 13.20	3 - 4	