



STAHS

PREP

PREP

CO-CURRICULAR
HANDBOOK
2023 - 2024

INTRODUCTION

St Albans High School Prep is dedicated to ensuring that we provide an environment in which our girls are enthused, motivated and gaining the skills that are essential in life. We are keen to offer the girls as many opportunities as possible to develop these skills in a variety of ways and therefore, in addition to our enriched curriculum and active school day, we provide an extensive range of lunchtime and after school clubs. The variety of clubs ensures that there is truly something for everyone and enables every pupil to trial new experiences and adventures in a nurturing and supportive setting.





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ARCHERY

TRINITY TERM ONLY

Archery is a fun and inclusive sport which encourages personal fulfilment and friendly competition and can be enjoyed by all abilities. The Archery club at Prep aims to give girls an introduction to the sport with weekly 'have a go' sessions. These sessions focus on learning how to use the equipment correctly and improving basic shooting and aiming techniques.

When:
Tuesday 15.30–16.30

Who:
Year 6

Where:
Field

Contact:
Mr Vanderwalle

Cost:
Not applicable

Maximum group size:
12

ART (YEAR 3 AND YEAR 4)

The girls have the opportunity to work with a range of media, and explore the work of various artists through stories and music. Time is given to sketching, then painting or using pastels. The sessions develop according to the interests of the group. Previous activities have included recreating abstract pieces using Picasso and Mondrian as a stimulus.

When:
Wednesday 15.30–16.30

Who:
Year 3 to Year 4

Where:
Classroom

Contact:
Miss Northern

Cost:
Not applicable

Maximum group size:
10

Termly

AURAL SUPPORT CLUB

This club is aimed at our musicians interested in improving their music aural skills. We will focus on learning to identify pitches, chords, melodies, rhythms, etc, providing excellent preparation for those working towards ABRSM or Trinity practical music exams.

When:

Friday 10.00–10.30 (Year 3 to Year 4)

12.30–13.00 (Year 5 to Year 6)

Who:

Year 3 to Year 4

Year 5 to Year 6

Where:

Lodge

Contact:

Mrs Hunt

Cost:

Not applicable

Maximum group size:

Drop in - No booking required

BALLET

Ballet is well known as the foundation of dance. It is great for perpetuating confidence, style, grace, co-ordination, good posture and strength. It is also good for teaching self-discipline and pride in appearance. Classes start with the introduction and development of basic feet and arm positions and the core steps that develop later through the grades. We also use free expressive movement to develop imaginative as well as physical skills. We aim to promote strength, placing and turnout and prepare students for more technically advanced steps later on. Ballet will help with concentration and posture and encourage a healthy routine of exercise. As children mature, ballet helps to develop strength in their muscles and bones. We will be teaching the prestigious RAD Classical Ballet syllabus and aim to work towards a ballet exam at the end of the summer term.

When:

Monday 15.15–16.00

Tuesday 15.25–16.10 and 16.15–17.00

Who:

Year 1 to Year 2 – Monday

Year 3 to Year 4 – Tuesday

Year 5 to Year 6 – Tuesday

Where:

Monday – Hall

Tuesday – Lodge

Contact:

Natalie Marshall School of Dance
(external provider)

nataliemarshalldance@yahoo.com

Cost:

£9 per session

Maximum group size:

16

Top-up charge applicable for the

Tuesday Year 5 - Year 6 class

BEGINNERS' BRASS SCHEME

This scheme for Years 3 to 6 offers a one year introductory course on brass instruments, including trumpet, cornet, trombone and French horn. Weekly group lessons will be offered alongside this weekly ensemble lesson with Mr Morgan.

When:
Tuesday 13.00–13.30

Who:
Invitation only

Where:
Lodge

Contact:
Mr Morgan

Cost:
£450

BEGINNERS' STRING SCHEME

This is a one-year introductory course to string instruments for girls in Year 2. The scheme includes the viola, violin, cello and double bass. Girls will take part in this one hour ensemble lesson alongside weekly group lessons. These classes will cover many aspects of musical training as well as ensemble playing and string technique. There will be a mixture of activities, some using the instrument, some not, as well as musical games to teach particular skills, including musical awareness and creativity. The introductory programme provides an excellent foundation to continue to a higher level.

When:
Wednesday 15.15–16.15

Who:
Year 2

Where:
Lodge

Contact:
Miss Nisbett

Cost:
£450

BOOK CLUB

Book Club is a shared reading group to discuss books you have read and express opinions. Activities are based on books and can change every two to three weeks. We have written our own stories, designed book covers and made wish lists of books we would like to read. All our activities are related to our passion for reading.

When:

Tuesday 13.00–13.30 Year 4 – September to February half term; Year 3 – February half term to July
Thursday 12.30–13.00 Year 6 – September to February half term; Year 5 – February half term to July

Who:

Year 3 and Year 4 – Tuesday
Year 5 and Year 6 – Thursday

Where:

Library

Contact:

Mrs Munday

Cost:

Not applicable

Maximum group size:

12

BRASS ENSEMBLE

The ensemble meet once a week and enjoy playing a range of jazzy and classical melodies. The Brass Ensemble will be invited to perform in the Christmas and Summer concerts.

When:

Tuesday 12.30–13.00

Who:

Invitation only

Where:

Lodge

Contact:

Mr Morgan

Cost:

Not applicable

BRITISH SIGN LANGUAGE

BSL club is a chance to learn some basic signs that you can use to communicate with deaf, hard of hearing people and anyone else who uses British Sign Language! This is a great tool to contribute towards a society that includes deaf people. It will increase deaf awareness and understanding of how rich the deaf community is.

When:
Wednesday 12.30–13.00

Who:
Year 5 to Year 6

Where:
ACE Room

Contact:
Mrs Hunt

Cost:
Not applicable

Maximum group size:
15

CHEERLEADING

Cheerleading is a high-energy and exciting sport. Cheerleading club will primarily focus on Pom, which is an exciting style of cheer dance. Pom relies on clean, sharp arm movements whilst using poms as well as spins, jumps and leaps. The dance is performed to exciting, fast-paced music. We will learn important technique, new skills, and a routine – and most importantly have fun!

When:
Friday 15.30–16.30

Who:
Year 4 to Year 5

Where:
Lodge

Contact:
Miss McQueenie

Cost:
Not applicable

Maximum group size:
12

Termly

CHESS CLUB

Playing chess and engaging in chess tactics and strategies will build confidence and develop competitive spirit. Girls will be given exercises and chess puzzles for all abilities from new to experienced players in Year 1 to Year 6. These brain-building benefits stay and support children long after the chess boards are put away.

When:
Monday 15.30–16.30

Who:
Year 1 to Year 6

Where:
Dining Room

Contact:
United Knights (external provider)
admin@unitedknights.co.uk

Cost:
£8.50 per session payable
termly

Maximum group size:
30

CHOIR (JUNIOR & LOWER PREP)

Year 3 - Year 6 will continue to develop the choral skills they have learnt, in particular how to project well without 'pushing' their voice. The choir sings a range of songs, often performing in the Christmas Service, Christmas and Summer concerts. Favourite songs we have performed over the years include: A Thousand Years, Lady Dressed in White, I Am the Earth and songs from The Greatest Showman. We also enter competitions, which are great experiences for the girls.

When:
Monday 12.30–13.00
Friday 13.00 - 13.30

Who:
Year 5 to Year 6 (Monday)
Year 3 to Year 4 (Friday)

Where:
Lodge

Contact:
Mrs Hunt

Cost:
Not applicable

Available spaces:
Unlimited

CHOIR (PRE-PREP)

Pre-Prep Choir is aimed at girls in Year 1 and Year 2 who enjoy singing. The Pre-Prep Choir often sings for the School in assembly as well as performing at special events. Some of our favourite songs include Yellow Submarine, Michael Finnegan and She'll Be Coming Round the Mountain.

When:
Monday 15.15–16.00

Who:
Year 1 to Year 2

Where:
Lodge

Contact:
Mrs Hunt

Cost:
Not applicable

Available spaces:
Unlimited

CONCERTANTE STRING GROUP

An invitation-only string group.

When:
Thursday 12.30–13.00

Who:
Invitation only

Where:
Music Chamber Room

Contact:
Ms Mills

Cost:
Not applicable

COOKERY CLUB

Cookery Club is a fantastic opportunity for pupils to learn new skills and make new friends. They will make a variety of things from creating fruit kebabs and baking cakes to kneading their own bread. The pupils learn new kitchen skills and of course kitchen safety, whilst making some yummy treats.

In Year 5 and Year 6, pupils further develop their cooking skills to enable them to make a variety of savoury and sweet dishes. The girls enjoy an element of creativity and independence in their cooking, as well as developing an important life skill.

When:

Monday 15.15–16.15

Wednesday 15.30–16.30

Friday 15.30–16.45

Who:

Year 1 to Year 2 – Monday

Year 3 to Year 4 – Wednesday

Year 5 to Year 6 – Friday

Where:

Dining Room

Contact:

TBA

Cost:

Not applicable

Maximum group size:

8

Termly

CREATIVE WRITING AND IMAGINATION CLUB

In Creative Writing and Imagination Club, the girls will take part in a range of interactive activities, allowing them the opportunity to explore new vocabulary and use their imagination to craft pieces of writing in various genres. They will also be working on their presenting skills by sharing ideas and pieces of writing with the group.

When:

Thursday 15.15–16.00

Who:

Year 1 to Year 2

Where:

Classroom

Contact:

TBA

Cost:

Not applicable

Maximum group size:

12

Termly

DISCO DANCE

Our fun and funky dance classes cover three principle dance techniques: Disco Freestyle, Street Style and Rock'n'Roll. These dance techniques give our pupils a good sample of each dance style. Classes are taught to encourage the students to express themselves freely to current pop music. They will be dancing solo, in pairs and in groups covering a range of rhythms, which is a great fun way to keep fit and healthy.

When:
Friday 15.30–16.15

Who:
Year 1 to Year 3

Where:
Dining Room

Contact:
Mrs Davies (external provider)
davieslaura@hotmail.co.uk

Cost:
£6.50 per session payable
termly

Maximum group size:
20

DOTTIE CRAFTER CLUB

This club offers fun, creative sessions where girls will have the opportunity to try out a wide range of techniques and media such as painting, printing, collage, clay, tie-dye, etc. The older girls will also have the opportunity to try graffiti art. We will look at a variety of artists and movements and have lots of fun gaining new skills, being expressive and letting imaginations run wild. All resources used in this club are included in the cost.

When:
Tuesday 15.15–16.15
Wednesday 15.30–16.30

Who:
Year 1 to Year 2 – Tuesday
Year 3 to Year 6 – Wednesday

Where:
Room 110

Contact:
Lynsey Lloyd, The Dottie Crafter
(external provider)
lynseylloyd1@gmail.com

Cost:
£15 per session payable termly
(including all materials)

Maximum group size:
18

ENGINEERING CLUB (PREP RACING)

This exciting project-based club will be made up of 12 selected Year 6 pupils who will build and race an IET Formula Goblin kit car. This is the primary level car within Greenpower Education Trust, a UK-based charity organisation dedicated to inspiring children in all areas of STEM.

When:
Friday 15.30–17.00

Who:
Year 6, by application

Where:
DT Classroom

Contact:
Ms Winters and Mrs Green

Cost:
Not applicable

Maximum group size:
12

FOOTBALL (YEAR 4 - YEAR 6) MICHAELMAS AND LENT ONLY

This club will be coached by Mr Illori and will allow girls to continue to practise ball skills as well as developing their game knowledge to enable them to play matches against each other and teams from other schools.

When:
Wednesday – 15.30–16.30
Thursday – 15.30–16.30

Who:
Year 4 – Wednesday
Year 5 and Year 6 – Thursday

Where:
Field

Contact:
Mr Illori, Ms Tomlinson and Mr
Tovell

Cost:
Not applicable

Maximum group size:
20

FOOTBALL SUPER SOCCER SCHOOL

Taught by a qualified coach, this popular club enables pupils to develop skills and knowledge of the game together with important values of co-operation and sportsmanship.

When:

Friday 15.15–16.15

Who:

Year 1 to Year 3

Where:

Field

Contact: Super Soccer School
(external provider)

Julius.ilori@supersoccerschool.
co.uk

Cost:

£5.50 per session payable
termly

Maximum group size:
26

FRENCH CLUB - LANGUAGE AND CULTURE MICHAELMAS AND LENT ONLY

This club provides the opportunity to learn more about French culture, including holiday celebrations, food and art. Girls will also have the chance to practise French conversation and take part in fun language games.

When:

Tuesday 15.30–16.30

Who:

Year 1 to Year 2 – Michaelmas term
Year 3 to Year 4 – Lent term

Where:

DT Classroom

Contact:

Ms Smart

Cost:

Not applicable

Maximum group size:
20

GARDENING

This club will cover the science and theory behind plants/nature and experiments. Girls will also learn about the importance of healthy eating. They will decorate pots and plant a variety of seeds whilst learning how to look after different types of plants. Later on in the year, the girls will harvest their plants and learn about bees and their impact on the planet.

When:
Monday 15.30–16.30

Who:
Year 3 to Year 6

Where:
Outside

Contact:
Miss Massey

Cost:
Not applicable

Maximum group size:
14

GUITAR ENSEMBLE

The Guitar Ensemble is open to all girls learning the guitar in Year 3 to Year 6. They will learn a varied set of pieces and will be invited to perform in the Christmas and Summer concerts.

When:
Tuesday 08.30 - 09.00

Who:
Year 3 to Year 6, invitation only

Where:
DT Classroom

Contact:
Mr Alton

Cost:
Not applicable

GYMNASTICS (Recreational)

This is a great opportunity for your daughter to get involved in gymnastics. The focus is on enjoyment and developing basic skills and flexibility. This exciting programme covers floor work including cartwheels, splits and handstands, and apparatus work including low beam, trampettes, springboards and vault. These exercises will help your daughter to gain confidence, body control and determination.

When:

We are currently sourcing coaches for this club and therefore this club is not bookable at the moment - more information will follow.

Who:

Year 1 to Year 3

Where:

Hall

GYMNASTICS (DEVELOPMENT SQUAD)

This is a selective club in which floor and vault gymnasts move to a more advanced level in preparation for competitions and displays. Pupils work on trampettes, springboards, air tracks, vaults and floor areas, improving coordination, strength, flexibility, balance and most importantly ... determination!

When:

Tuesday 15.30–16.30 (Year 1 to Year 3)

Thursday 15.30–17.00 (Year 4 to Year 6)

Who:

Year 1 to Year 6, invitation only

Where:

Hall

Contact:

Mrs Fletcher

Cost:

£8 per session payable termly

INTERMEDIATE ORCHESTRA

Intermediate Orchestra is for string players in Year 5 and Year 6 who have passed Grade 3 on their instrument. The orchestra plays at the Senior School and performs in various Senior School concerts throughout the academic year. Pupils can catch the coach to the Senior School for rehearsals, details of which will be provided to those selected.

When:
Thursday 16.00–17.00

Who:
Year 5 and Year 6, invitation only

Where:
Senior School

Contact:
Mrs Hunt

Cost:
Not applicable

Coach to Senior School can be taken on request

JAZZ ENSEMBLE

Join a small ensemble and learn to play a range of jazzy numbers. This is for a select group of more advanced players in Year 5 and Year 6.

When:
Friday 08.00–08.30

Who:
Year 5 and Year 6, invitation only

Where:
Lodge

Contact:
Mr Onissi

Cost:
Not applicable

JUNIOR CHAMBER CHOIR

This is an auditioned choir for girls in Year 5 to Year 8 that rehearses at the Senior School. The choir performs in various Senior School concerts throughout the year and in the Carol Service and Founders' Day service at St Albans Abbey. Pupils can catch the coach to the Senior School for rehearsals, details of which will be provided to those selected.

When:
Tuesday 16.00–17.00

Who:
Year 4 to Year 6, invitation only

Where:
Senior School

Contact:
Mrs Hunt

Cost:
Not applicable

Coach to Senior School can be taken on request

JUNIOR ORCHESTRA

Junior Orchestra is for girls in Year 3 to Year 6 who play an orchestral instrument. Woodwind and Brass players will need to be Grade 2 standard on their instrument, and String players will need to be Grade 1 standard. The orchestra will perform in the Christmas and Summer concerts as well as School garden parties.

When:
Wednesday 08.10–09.00

Who:
Year 3 to Year 6, invitation only

Where:
Lodge

Contact:
Ms Mills

Cost:
Not applicable

KARATE

Karate for children aids in developing self-confidence and teaches etiquette and discipline, equipping young people physically and mentally for their future. Girls will learn the practice and development of blocking and striking (hand and foot) techniques for the purpose of self-defence, health and personal development.

When:

Wednesday 15.30–16.30 (Red and Blue belts)

16.30–17.30 (Higher belts)

Who:

Year 1 to Year 6

Where:

Hall

Contact:

Mr and Mrs Coles, TISKA St Albans
(external provider)

tiskastalbans@aol.com

Cost:

£80 per term

Maximum group size:

30

Club top-up should be booked for those girls going to the second Karate session

LACROSSE

MICHAELMAS AND LENT ONLY

During this club, the girls will be learning lacrosse skills and techniques, as well as understanding rules and tactics for a game situation. A number of internal matches and tournaments will be organised during this club. The overall aim is to prepare the girls for playing matches in Year 7 at STAHS Senior School. You will need to bring your own gum shield and goggles. We will provide a stick.

When:

Tuesday 12.30–13.00

Who:

Year 6

Where:

Field

Contact:

Ms Mawston

Cost:

Not applicable

Unlimited group size

LATIN CLUB

Learning Latin can help train the brain to think more carefully and analytically – an essential skill for any subject. It helps the understanding of English grammar and structure, and hence the learning of other languages. As 60% of English words come from Latin, Latin can help improve verbal reasoning skills. The girls are introduced to Latin grammar through fun stories (in Latin) of a real Roman family, who lived in a fort in Roman Britain in AD100 with their much-loved mouse, Minimus. The stories spark fascination and add depth to other subjects, not only through grammar and the origin of words, but also roots in the ancient world more generally: from epic poetry to modern media, ancient myths to emperors, birthday parties to the natural world. The lessons are valuable preparation for Latin at secondary school and, importantly, make Classics fun!

When:

Wednesday 12.30–13.00 (Year 5)

13.00–13.30 (Year 6)

Who:

Year 5 and Year 6

Where:

DT Classroom

Contact:

Mrs Bienfait (external provider)

Cost:

£8 per session for a full term

Group size:

14

Latintutor@outlook.com

LEGO ROBOTICS

Lego Robotics give students the opportunity to explore the world of robotics using Lego kits to build and programme. They will initially work on challenges set within the kits to achieve a given sequence of movements and once mastered will be able to explore their own challenges. Year 5 will have the opportunity to start this club in Trinity term with sign up being sent at the end of Lent term.

When:

Thursday 15.30–16.30

Who:

Year 5 (Trinity term)
Year 6 (Michaelmas and
Lent terms)

Where:

DT classroom

Contact:

Mr Clinch

Cost:

Not applicable

Maximum group size:

12

LOWER STRINGS ENSEMBLE

This club is aimed at girls who play the cello or double bass and who are at least Grade 1 standard on their instrument. Lower Strings Ensemble is run by our cello teacher, Miss Nisbett. Lower Strings Ensemble performs in the Christmas and Summer concerts.

When:
Tuesday 08.30–09.00

Who:
Invitation only, minimum Grade 1

Where:
Lodge

Contact:
Miss Nisbett

Cost:
Not applicable

Invitation only

MATHS BUZZ

This invitation-only club is focused on helping girls to strengthen their core maths skills. Using games and group activities the girls will revise previous learning, helping them to consolidate knowledge and apply skills.

When:
Various days and times during the week depending on year group

Who:
Year 3 to Year 6

Where:
Classroom

Contact:
TBA

Cost:
Not applicable

Invitation only

MIX IT UP

If you cannot make up your mind which club to choose because you enjoy so many different activities, this is the one for you! Join your friends and experience a variety of activities inspired by your interests. Whether you like drama, art, photography, gardening, board games, film, yoga, cooking or stories, this club will have something for everyone. Come and develop your skills or try your hand at some new activities.

When:

Tuesday 15.15–16.15

Wednesday 15.15–16.00

Who:

Year 3 and Year 4 – Tuesday

Year 1 and Year 2 – Wednesday

Where:

Classroom

Contact:

Miss Fidgeon and Mrs Brady

Cost:

Not applicable

Maximum group size:

12

Termly

MODERN BOARD GAMES CHALLENGE

MICHAELMAS AND LENT TERM ONLY

Monopoly has had its day. Cluedo is past its prime. New games are exciting, innovative and filled with tactical thinking and cut-throat strategy. Come and see what the world of modern board games has to offer and try something a little different.

When:

Thursday 15.30–16.30

Who:

Year 5 and Year 6

Where:

Classroom

Contact:

Mr Jones

Cost:

Not applicable

Maximum group size:

12

Termly

MUSICAL THEATRE CLUB

This is a fun, high energy club that combines drama, dance and singing. Each half term the girls will warm up, play games, work on their skills and perform musical numbers inspired by popular West End shows.

When:
Wednesday 15.30–16.30

Who:
Year 3 to Year 6

Where:
Dining Room

Contact:
Mrs Best

Cost:
Not applicable

Maximum group size:
20

NETBALL MICHAELMAS AND LENT TERM ONLY

Netball is open to all girls with an interest in developing their skills and game understanding. Fixtures are sought to enable all to play in matches against other schools. By being involved in this club the girls will develop their sportsmanship, integrity and resilience.

When:
Tuesday 15.30–16.30 (Year 5)
Wednesday 15.30–16.30 (Year 6)
Thursday 15.30–16.30 (Year 4)
Friday 15.30–16.30 (Year 3)

Who:
Year 3 to Year 6

Where:
Courts

Contact:
Ms Mawston and Miss Griffiths

Cost:
Not applicable

Available places:
Unlimited

NETBALL (DEVELOPMENT)

This club provides the opportunity for the girls to enhance their development of skills and game play in netball, giving them the necessary knowledge and experience to participate in games. It is also a stepping stone towards high level performance in sport. We will play matches against IAPS schools, as well as participating in the local league. Year 5 will have the opportunity to be selected for this club in Trinity term.

When:

Monday 15.30 to 16.30 (Mich and Lent term)

Who:

Year 6, by invitation

Where:

Courts

Contact:

Mrs McKeating

Cost:

Not applicable

NEW STRING BAND

Girls are invited to join who have completed Grade 1 on their string instrument. Girls learn to follow a conductor and play in time with others and have the opportunity to perform at our Christmas and Summer concerts.

When:

Wednesday 13.00–13.30

Who:

Invitation only, minimum
Grade 1

Where:

Lodge

Contact:

Miss Nisbett

Cost:

Not applicable

PAINTING WITH WATERCOLOURS

The girls will explore watercolour painting techniques in a relaxed environment.

When:
Tuesday 15.30–16.15

Who:
Year 4 to Year 6

Where:
Classroom

Contact:
Miss Clay

Cost:
Not applicable

Maximum group size:
12

Termly

PERFORMING ARTS

Each week we enjoy lots of drama activities and games, and perform our own scenes and plays! We have lots of fun inventing stories and pretending to be different characters. We aim to develop drama and presentation skills, as well as improving our ability to work together as a team. We round off the year with a play for our families.

When:
Tuesday 15.15–16.00

Who:
Year 2

Where:
Dining Room

Contact:
Mrs Courtney-Magee

Cost:
Not applicable

Maximum group size:
12

PHILOSOPHY FOR CHILDREN

Philosophy for Children, or P4C, is an enquiry-based approach to open children's learning. They are encouraged to be part of a community and to explore and share ideas. They engage in the discussion and have opportunities to contribute to or listen to the ideas of others. P4C builds confidence and encourages the children to speak and be heard without worrying as to whether the answer is right or wrong. It offers an opportunity to think outside of the box and develop independent thought patterns. The session begins with a stimulus, then possible questions to discuss are generated by the children and a vote is taken to decide the question. The discussion starts but is not contained; it follows its own path guided by the children's thoughts and ideas, agreeing and disagreeing, but always giving a reason for their point of view.

When:
Thursday 15.15–16.00

Who:
Year 1 and Year 2

Where:
Classroom

Contact:
Mrs Ross

Cost:
Not applicable

Group size:
12 per term

Termly

PHOTOGRAPHY

This club will explore all aspects of photography using DSLR cameras. The club will evolve depending on the particular interests of the group.

When:
Wednesday 15.30–16.30

Who:
Year 4 to Year 6

Where:
ICT Suite

Contact:
Mr O'Brien

Cost:
Not applicable

Group size:
10

Termly

PUZZLE CLUB

Puzzle Club is an exciting new club designed to develop the girls' problem-solving and communication skills. Each week, the children will be given different challenges to solve, from sudoku to anagrams to scavenger hunts. The transferable skills developed will support the girls in many aspects of their education beyond Puzzle Club!

When:
Wednesday 15.15–16.00

Who:
Year 1 and Year 2

Where:
Classroom

Contact:
Miss Elliott

Cost:
Not applicable

Maximum group size:
14

Termly

RECORDERS

The recorder is a fantastic introduction to learning an instrument, in particular orchestral instruments. Here, girls develop their ability to recognise and perform different rhythms and pitches and to read music on a stage. As with other instruments, learning the recorder also helps to improve coordination, concentration and links between the left and right side of the brain. The girls will work towards a Copper Music Medal on the recorder.

When:
Monday 12.30–13.00

Who:
Year 2, selective

Where:
Chamber Music Room

Contact:
Ms Aboud

Cost:
Not applicable

Maximum group size:
10

SCHOOL NEWSPAPER

A great opportunity for the girls to learn the skills required to put together a regular publication, including journalism, photography, drawing, publication, and collaboration. Different types of journalism will also be explored, including photojournalism.

When:
Tuesday 15.30–16.30

Who:
Year 6

Where:
Classroom

Contact:
Ms Dunne

Cost:
Not applicable

Maximum group size:
20

SKETCHBOOKING AND DRAWING CLUB

Drawing is a skill essential to many different art forms, and also exists as a distinctive art form in its own right. In Sketchbooking and Drawing Club, we use different drawing media, including crayon, pastel, pencil, gouache and ink, to express the objects we see and to develop our own drawing styles. We may even tap into other art forms, such as model making and animation, to find out their interrelationships with drawing.

When:
Thursday 15.15–16.15

Who:
Year 3 and Year 4

Where:
The Practical Space

Contact:
Mrs Ma

Cost:
Not applicable

Maximum group size:
12

Termly

SPEECH AND DRAMA

A range of drama techniques and theatrical forms are explored, including improvisation, voice, movement, devising and working with text. The aims of the classes are to develop cultural literacy, establish an interest in the performing arts, develop confidence, teamwork and cooperation. Students are also given the opportunity to sit LAMDA examinations.

When:

Monday to Friday at various times between 12.30 and 13.30

Who:

Year 1 to Year 6

Where:

Classroom

Contact:

Mrs Ashton

Cost:

£7.50 per session payable termly

Maximum group size:
10

admin@academyspeechdrama.co.uk

SQUAD SWIMMING/ADDITIONAL SWIMMING MICHAELMAS/LENT AND TRINITY

Squad Swimming is an invitation-only club based on swimming trials taking place in June. Squad Swimming will be replaced by Additional Swimming in Lent and Trinity. Additional Swimming is an invitation-only club for those girls who have been identified as benefiting from extra swimming coaching to help with both confidence in the water and stroke technique.

When:

Friday 16.00–17.00

Who:

Invitation only

Where:

Senior School

Contact:

Mrs Kerry

Cost:

Not applicable

Coach to Senior School can be taken

STAHS SINGERS

This is an auditioned choir for girls in Year 5 and Year 6. Girls who successfully audition for the choir will need to be able to commit to all rehearsals. The choir will also perform in the Christmas and Summer concerts.

When:
Thursday 08.00–08.30

Who:
Year 5 and Year 6, invitation only

Where:
Lodge

Contact:
Ms Price

Cost:
Not applicable

STREET DANCE

The Street Dance club is run by Natalie Marshall School of Dance and provides the opportunity to learn a wide range of dance skills and routines to music from well-known artists. The fun, lively and energetic classes are taught by a qualified dance teacher.

When:
Monday 16.05–16.50

Who:
Year 3 to Year 6

Where:
Hall

Contact:
Natalie Marshall School of
Dance (external provider)
nataliemarshalldance@yahoo.com

Cost:
£9 per session

Club top-up should be booked prior to this club

STRING TRIO

An invitation-only club for selected string players.

When:
Monday 08.00–08.30

Who:
Invitation only

Where:
Lodge

Contact:
Mrs Bradley

Cost:
Not Applicable

STRING QUARTET

An invitation-only club for selected string players.

When:
Monday 08.30–09.00

Who:
Invitation only

Where:
Lodge

Contact:
Ms Jeppeson

Cost:
Not Applicable

TENNIS

The Tennis coaching programme is designed to give a strong foundation for tennis development in fun, motivating sessions. Our goal is to improve fundamental sending and receiving skills, repeatability of swing paths and to introduce competition skills, all of which underpin future tennis development. Our coaching philosophy is centred on growth mindset principles, which focus on hard work and perseverance in a non-judgemental way.

When:

Tuesday, Wednesday, Thursday lunchtimes between 12.30 and 13.30

Who:
Year 1 to Year 6

Where:
Tennis Courts

Contact:
Harpenden Lawn Tennis Club
(external provider)

Cost:
£7.25 per session payable
termly

Maximum year group size:
20

info@davidlawlortennis.com

TEXTILES AND FABRIC CLUB

We will be working with a range of fabric and textiles, including velvet, hessian, wool and cotton. We will explore different properties of these materials, using them to create our own designs and projects. We will have opportunities to enhance our fine motor skills when learning to use textile equipment. Our sessions will also examine the history of various sewing techniques, textiles and fabrics.

When:

Monday 15.30–16.30

Who:
Year 3 and Year 4

Where:
Classroom

Contact:
Ms Tan

Cost:
Not applicable

Maximum group size:
8

Termly

TOWNSEND BAND

This is aimed at wind players in Year 5 and Year 6 who have passed Grade 1 on their instrument. The band performs in various Senior School concerts throughout the academic year. Pupils can catch the coach to the Senior School for rehearsals and details of this will be provided to those selected.

When:
Thursday 16.00–17.00

Who:
Year 5 and Year 6, invitation only

Where:
Senior School

Contact:
Mrs Hunt

Cost:
Not applicable

Coach to Senior School can be taken on request

TRUMPET DUO

An invitation-only club for our trumpet players, which allows girls to play with other musicians.

When:
Monday 10.00–10.30

Who:
Year 3 to Year 6, invitation only

Where:
Lodge

Contact:
Mr Smith

Cost:
Not applicable

ULTIMATE FRISBEE

TRINITY TERM ONLY

An exciting, non-contact team sport played by thousands all over the world in Open, Mixed and Women's teams. Ultimate is a fast-paced game, demanding its players develop razor-sharp throwing skills and immense stamina and agility. We will have a lot of fun learning new techniques and how to pass a frisbee effectively.

When:
Tuesday 15.30–16.30

Who:
Year 5 and Year 6

Where:
Field

Contact:
Mr Jones

Cost:
Not applicable

Maximum group size:
18

VERBAL AND NON-VERBAL REASONING

(MICHAELMAS ONLY)

The Verbal and Non-Verbal Reasoning Club will assist those girls sitting external entrance exams, or those who feel they would like extra help in this area.

When:
Friday 12.20–12.50

Who:
Year 6

Where:
Classroom

Contact:
Mr Tovell

Cost:
Not applicable

WILD WOODLAND ADVENTURE

This is an inspirational club that enables pupils to strengthen their confidence and self-esteem through hands-on experiences in our onsite woodland. Each week the pupils cook over an open fire, have an activity to complete and are given the freedom to explore nature and all that it offers.

When:

Tuesday, Thursday and Friday 15.30–17.00

Who:

Year 1 and Year 2 – Tuesday
Year 3 and Year 4 – Thursday
Year 5 and Year 6 – Friday

Where:

Woodland

Contact:

Miss Dale

Cost:

£12 per session payable termly
and added to School bill

Maximum group size:
30

WOODWIND ENSEMBLE

Woodwind Ensemble is run by Mrs Hunt. It is an invitation-only club for woodwind players in Year 3 to Year 6 who would like to develop their skills playing in an ensemble. The ensemble will perform in a number of concerts during the year, including the Christmas and Summer concerts.

When:

Thursday 15.30–16.30

Who:

Year 3 to Year 6, invitation only

Where:

Lodge

Contact:

Mrs Hunt

Cost:

Not applicable

YOGA

A quiet, relaxing class where pupils practise the basic principles of yoga. Yoga is a gentle way to improve posture, balance, and coordination and this club is aimed at developing harmony in the body, mind, and environment.

When:
Thursday 15.15–16.00

Who:
Year 1 and Year 2

Where:
Dining Room

Contact:
Mrs Caruso

Cost:
Not applicable

Maximum group size:
12

Termly





