



St Edmund's Girls' School

ENRICHMENT













Sept to Dec 2017

Enrichment Overview: 2017/2018 Term 1 & 2

	3.00-3.1	.15-3.3	3.30-3.45	.45-4.0	.00-4.1	.15-4.3	.30-4.4	.45-5.0	.00-5.1
Monday	Jazz Fusion Dining Hall								
	Yoga Fitness Suite								
	Cross Country Field								
	Fun with Materials TBC								
	Homework/Games Club Rm TBC								
	Music Technology Music								
	String Orchestra Music								
	Football Field								
	Year 11 Dance Hall								
	Squad Basketball Wyvern Sports Hall								
	Cookery Club Cookery Suite								
Tuesday	Choir Music				Chamber Choir Music				
	Fitness Bootcamp Fitness Suite								
	Homework/Games Club Rm TBC								
	Kick Boxing Yr 10 & 11 Dining Rm								
	Rugby Yr 8, 9 & 10 Field								
	Trampoline KS4 Gym								
	Basketball Wyvern Sports Hall								
	Netball Yr 7 Courts								
	Sew What Rm TBC								
	Cookery Club Cookery Suite								
	Felt Making Rm TBC								
Wednesday	Badminton Wyvern Sports		Badminton Wyvern Sports Hall						
	Homework/Games Club Rm TBC								
	Netball Yr 9, 10 & 11 Courts								
	Rock Band Yr 8, 9, 10 & 11 Music								
	STEM Challenge Yr 8 & 9 Rm TBC								
	Sock Creatures Rm TBC								
	Cookery Club Cookery Suite								
	Fencing (Rec) Dining Rm		Fencing (Squad) Dining Rm						
	Trampoline (Rec) Gym		Trampoline (Squad) Gym						
Thursday	Yr 7 Science Rm TBC								
	Homework/Games Club Rm TBC								
	Kick Boxing Yr 7, 8 & 9 Dining Rm								
	Language Club Rm TBC								
	Netball Yr 8 & 9 Courts								
	Alice Course Yr 7, 8 & 9 Rm TBC								
	Sew What Rm TBC								
	Parkour Gym								
	Street Dance Dance Studio								
	Team DT Rm TBC								
Year 10 Dance Hall									
Friday	Basketball Yr 7/8 Gym								
	Contemporary Dance Hall								
	Fencing Dining Rm								
	Homework/Games Club Rm TBC								
	Music Theory Music								

Monday 3.00 – 4.00

<p><u>CROSS COUNTRY</u> Miss B Webb Room: Field Number of Pupils: 40</p> <p>One of the main focus sports in St Edmund's, why not be part of the team?</p>	
<p><u>FOOTBALL</u> Mr C Hart & Mr D Byrne Room: Field Number of Pupils: 30</p> <p>This club is available to all students who would like to play football, whether as a team player or just for fun.</p>	
<p><u>MODERN JAZZ FUSION</u> Mrs Jordaan Room: Dining Hall Number of Pupils: 20</p> <p>Modern dance for all levels, including floor work and group work. You will be working on fun, expressive and creative Modern and Jazz techniques building them up into routines.</p>	
<p><u>YOGA</u> Miss Lewis Room: Fitness Suite Number of Pupils: 30</p> <p>Focus on breathing, balance, stretching and releasing tension. Improve the health, performance, and mental sharpness of individuals interested in improving their level of fitness.</p>	
<p><u>FUN WITH MATERIALS</u> Mrs S Ramsay Room: TBC Number of Pupils: 16</p> <p>Have fun sewing a variety of items, from cupcakes, chocolates and ice creams to animals, brooches, pincushions and phone cases.</p> <p>This is a sociable and relaxed club, where we make a variety of fun things that make ideal gifts and will make you smile!</p> <p>Cost: £10.00 per enrichment period.</p>	

<p><u>SQUAD BASKETBALL</u> Mr M Dronyk Room: Wyvern Sports Hall Number of Pupils: 30</p> <p>If you are in the basketball squad, you should attend this activity.</p>	
<p><u>HOMEWORK/GAMES CLUB</u></p> <p>If you are on the school site after the end of the school day, but are not taking part in an enrichment activity, you have the following options</p> <ul style="list-style-type: none"> • Homework/Games – room TBC • Homework requiring the use of a computer – room TBC <p>Please note that <u>you must</u> attend one of the above</p>	
<p><u>MUSIC TECHNOLOGY</u> Mr M Ferguson Room: Music Number of Pupils: 16</p> <p>Ever considered producing your own music? Ever wondered how DJs and musicians create beats? Ever wanted to record your songs for the world to hear? Then why not learn about Music Technology? Music Technology focuses on the equipment that is used by musicians to help them make music. If you would like to have a go creating music in this way, why not give Music Technology a go?</p>	
<p><u>STRING ORCHESTRA</u> Miss S Trenchard Room: Music Number of Pupils: 25</p> <p>This is open to string players of all abilities. We play a wide variety of music such as film and show themes, folk music and jazz. Please see Miss Trenchard for details</p>	
<p><u>YEAR 11 DANCE</u> Mrs S Hayakawa Room: Hall</p> <p>These are KS4 Dance Companies linked to GCSE Dance, invited pupils only.</p> <p>Students will be working on projects which will build up to both school and community performances.</p>	

Monday 3.00 – 5.00

COOKERY CLUB

Mrs T McInerney
Room: Cookery Suite
Number of Pupils: 16

Love food? Then come and have fun cooking lots of different sweet and savoury dishes.

Something new every week!

Cost: £15.00 per enrichment period.



Tuesday 3.00 – 4.00

CHOIR

Mrs P Randall
Room: Music
Number of Pupils: 60

Everyone is welcome to join the choir. We sing all types of exciting music and get to perform in concerts. You don't need to have had any singing lessons or to have been in a choir before to join. Just come along and have a go. It is really good fun and everyone enjoys it.



FITNESS BOOTCAMP

Miss K Yiangou
Room: Fitness Suite
Number of Pupils: 30

A fun and different fitness workout, using a mixture of apparatus, equipment and body weight exercises, with loud music and lots of motivation from Miss Yiangou



HOMEWORK/GAMES CLUB

If you are on the school site after the end of the school day, but are not taking part in an enrichment activity, you have the following options

- Homework/Games – room TBC
- Homework requiring the use of a computer – room TBC

Please note that **you must** attend one of the above



KICK BOXING YEARS 10 & 11

Mr L Lashmar
Room: Dining Room
Number of Pupils: 30

Martial Arts Fitness classes combine elements from various Martial Arts backgrounds to bring you practical street wise self-defence, exciting pad work drills and high energy work outs guaranteed to get your pulse racing.

These classes will help improve your fitness, strength, stamina, flexibility, coordination and awareness whilst promoting a healthy lifestyle and essential life skills within a fun and friendly atmosphere.

The physical release combined with the natural endorphins produced by your body during this form of exercise will help alleviate stress and tension and promote a happier, healthier and more confident you.



NETBALL YEAR 7

Miss H Adkins/Miss L Dyer
Room: Netball Courts
Number of Pupils: 35

This club is available to Year 7 pupils who would like to get involved in netball at St Edmund's whether as a team player or playing just for fun.



TRAMPOLINING (PE GCSE)

Miss B Webb
Room: Gym
Number of Pupils: 16

This is for students who are doing Trampolining for their PE GCSE, please speak to Miss Adkins before you sign up.



SEW WHAT!

Ms J Christie
Room: TBC
Number of Pupils: 10

Using simple hand sewing techniques you will produce interesting and unique hand crafted items.

Our focus is on longer projects which will allow you to produce more complex designs such as teddy bears, bunnies, cushions, door organisers and sleepover bags, using a wide range of fabrics, ribbons, embroidery thread, buttons and beads.

This club is suitable for all abilities from beginners to experienced sewers, sign up and join us!

Cost: £10.00 per enrichment period.



RUGBY Yr 8, 9 & 10

Mr D Byrne
Room: Field

Come and be part of the team training for the Schools Games.

It's fast, furious, fun and a little bit muddy.



BASKETBALL YEARS 8 UPWARDS

Miss S Kirkham
Room: Wyvern Sports Hall
Number of Pupils: 35

If you are in Year 8 upwards and enjoy playing basketball, or perhaps have never played before but would like to try, this club is for you.



Tuesday 3.00 – 5.00

COOKERY CLUB

Mrs F McTeare
Room: Cookery Suite
Number of Pupils: 16

Love food? Then come and have fun cooking lots of different sweet and savoury dishes.

Something new every week!

Cost: £15.00 per enrichment period.



FELT MAKING

Mrs S Waters

Room: TBC

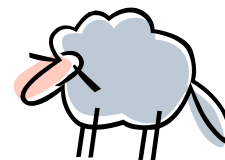
Number of Pupils: 16

Come and learn the ancient art of felt making. It's like painting, but with fibres! Turn dyed fleece into an array of great felted articles. No experience is necessary. Those new to the enrichment will learn the art of wet felting using warm soapy water and friction to bond the fibres together along with dry needle felting, where the fibres are entangled using a needle.

In the first few weeks you will learn to make flat felt pictures and beads, you will then progress to 3D work, such as bowls, phone cases, and pencil cases.

Once the basics have been learnt you are free to design and make whatever your imagination can come up with - hats, bags, scarves, slippers, cushions, felt jewellery and needle felted animals are to name a few.

Cost: £10.00 per enrichment period.



Tuesday 4.00 – 5.00

CHAMBER CHOIR

Mrs P Randall

Room: Music

Number of Pupils: 25

This choir is for invited members only. Mrs Randall will ask you to join. You do have to sing in the main choir as well. So if you are interested, join the main choir and work your way up to the smaller chamber choir.

Please note that if you are in the chamber choir you must also sign up for the main choir.



Wednesday 3.00 – 3.50

BADMINTON

Mr S Woodhouse
Room: Wyvern Sports Hall
Number of Pupils: 15

This is available to all students who would like to get involved in badminton and are not in the squad.



Wednesday 3.00 – 4.00

FENCING

Mr G Evans
Room: Dining Room
Number of Pupils: 12

If you are reluctant to take part in team games you may enjoy the individuality of fencing. The course will be very practical in nature and help to improve skill levels, coordination and general fitness. Equipment and protective clothing will be supplied.

This session is **NOT** for squad members.



HOMEWORK/GAMES CLUB

If you are on the school site after the end of the school day, but are not taking part in an enrichment activity, you have the following options

- Homework/Games – room TBC
- Homework requiring the use of a computer – room TBC

Please note that you must attend one of the **above**



NETBALL YEAR 9,10 & 11 (SQUADS)

Miss L Dyer
Room: Netball Courts
Number of Pupils: 40

If you are part of the Year 9, 10 or 11 squads you should choose this activity.



STEM Challenge Yr 8 & 9

Mrs T Cummings
Room: TBC
Number of Pupils: 20



Do you like problem solving, coming up with new ideas and working together to help others? We are looking for teams of up to 5 to enter a Salisbury wide STEM competition. The challenge is to design a product to help people in the poorest parts of the world, and to present it to a panel of judges in March. This is a great opportunity for year 8&9 girls to show off your science, technology, engineering and maths skills!

ROCK BAND YEAR 8, 9, 10 & 11

Mr M Ferguson
Room: Music
Number of Pupils: 20

Come and join our exciting new music enrichment. Run by a specialist rock guitarist this is aimed at all players of electric/bass guitar, drum kit and rock style singers.

You will work on band skills and put together some pieces of your own choice. Depending on numbers we may split into smaller bands and work around the department putting your own music together. Come and give it a try!



SOCK CREATURES

Mrs S Ramsay
Room: Room 19
Number of Pupils: 16

Enjoy making some amazing creatures from colourful socks. Cute cats, cheeky monkeys, unicorns, dragons, aliens, monsters and more.

You will also learn how to design and make your own unique creatures. Let your imagination run wild. Socks will never be the same again!

Cost: £10.00 per enrichment period.



Wednesday 3.15 – 4.15

TRAMPOLINING

Mrs S Burt
Room: Gym
Number of Pupils: 15

If you are not in the trampolining squad and would like to have a go this is the club for you.

This session is **NOT** for squad members.



Wednesday 3.00 – 5.00

COOKERY CLUB

Mrs F McTeare
Room: Cookery Suite
Number of Pupils: 16

Love food? Then come and have fun cooking lots of different sweet and savoury dishes.

Something new every week!

Cost: £15.00 per enrichment period.



Wednesday 3.50 – 4.40

BADMINTON (SQUAD)

Mr S Woodhouse
Room: Wyvern Sports Hall
Number of Pupils: 15

This is for students who are in the squad.

Trials will be held at the beginning of the autumn term, these will be advertised in daily notices.



Wednesday 4.00 – 5.00

FENCING (SQUAD)

Mr G Evans

Room: Dining Room

Number of Pupils: 12

If you are in the fencing squad, you should choose this activity.



Wednesday 4.15 – 5.15

TRAMPOLINING (SQUAD)

Mrs S Burt

Room: Gym

Number of Pupils: 16

If you are in the trampoline squad you should choose this activity.



Thursday 3.00 – 4.00

HOMEWORK/GAMES CLUB

If you are on the school site after the end of the school day, but are not taking part in an enrichment activity, you have the following options

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PARKOUR

Mr M Young
Room: Gym
Number of Pupils: 16

The class will be accessible for all abilities and will consist of jumping, vaulting, basic acrobatics and obstacle courses. The aim of the sessions will be to improve strength, balance, fitness and confidence when overcoming challenges (no matter how small the challenge is!).



THE ALICE COURSE YEAR 7, 8 & 9

Sophie or Jen in Student Support
Room: TBC
Number of Pupils: 20

The Alice Course is for anyone who desires to become the best version of themselves!

Each week we'll go on a journey exploring the highs and lows of your teenage years. The course is full of fun activities, great conversation and is a relaxed place to be with your friends at the end of your day.

We want to create a space for us all to chat together over hot chocolate and snacks, hear what it's really like to be you and how we can journey together to become all that you want to be.

Who is Alice? You and me. The ordinary, everyday girl trying to journey through the highs and lows of their teenage years!

The course is run by The Bridge Project and so led by your Lay Chaplain. If you would like to know more please speak to Sophie or Jen in Student Support.



KICK BOXING YEARS 7, 8 & 9

Mr L Lashmar
Room: Dining Room
Number of Pupils: 30

Martial Arts Fitness classes combine elements from various Martial Arts backgrounds to bring you practical street wise self-defence, exciting pad work drills and high energy work outs guaranteed to get your pulse racing.

These classes will help improve your fitness, strength, stamina, flexibility, coordination and awareness whilst promoting a healthy lifestyle and essential life skills within a fun and friendly atmosphere.

The physical release combined with the natural endorphins produced by your body during this form of exercise will help alleviate stress and tension and promote a happier, healthier and more confident you.



LANGUAGE CLUB (FRENCH & SPANISH)

Miss M Di Mauro
Room: TBC
Number of Pupils: 20

- Do you like travelling abroad?
- Do you like to get to know different cultures?
- Do you like to improve your problem-solving skills and communication skills?

Then come to the language enrichment club! You will be able to learn a second language and to continue studying your favourite language without the stress of preparing for assessments.

The sessions will be open to all KS3 students and will last one hour. Some year 9 will find this particularly beneficial, especially if they are planning to pick their second language for GCSE. If this is your case, please ensure you attend all sessions throughout the year.



NETBALL YEARS 8 & 9

Miss H Adkins/Miss L Dyer
Room: Netball Courts
Number of Pupils: 35

This club is available to Year 8 and 9 pupils who would like to get involved in netball at St Edmund's whether as a team player or playing just for fun.



SEW WHAT!

Ms J Christie
Room: TBC
Number of Pupils: 10

Using simple hand sewing techniques you will produce interesting and unique hand crafted items.

Our focus is on longer projects which will allow you to produce more complex designs such as teddy bears, bunnies, cushions, door organisers and sleepover bags, using a wide range of fabrics, ribbons, embroidery thread, buttons and beads.

This club is suitable for all abilities from beginners to experienced sewers, sign up and join us!

Cost: £10.00 per enrichment period.





STREET DANCE


Mrs J Landon
Room: Dance/Dance Studio
Number of Pupils: 30




If you would like to have a go at breaking, locking and popping this is the dance class for you.



<p><u>TEAM DT</u> Miss Hubbard and Mrs Cummings Room: TBC</p> <p>Invite only Enrichment Club to challenge and enthuse G&T pupils in Design Technology through a range of activities encompassing Food Technology, Textiles, Product Design and STEM.</p> <p>Cost: £10.00 per enrichment period.</p>	<p>#Team DT</p>
<p><u>YEAR 7 SCIENCE CLUB</u> Mr P Cutts Room: TBC Number of Pupils:20</p> <p>Extend and challenge your scientific thinking! This enrichment activity is a fun, interactive, practical club for enthusiastic Year 7 Scientists.</p>	
<p><u>YEAR 10 DANCE</u> Mrs S Hayakawa Room: Hall</p> <p>These are KS4 Dance Companies linked to GCSE Dance, invited pupils only.</p> <p>Students will be working on projects which will build up to both school and community performances.</p>	

Friday 3.00 – 4.00

<p><u>BASKETBALL YEARS 7,8 & 9</u> Mr M Dronyk Room: Gym Number of Pupils: 40</p> <p>If you are in Year 7, 8 or 9 and enjoy playing basketball, or perhaps have never played before but would like to try, this club is for you.</p>	
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<p><u>CONTEMPORARY DANCE</u> Mrs J Landon Room: Hall Number of Pupils: 30</p> <p>Contemporary dance for all levels, including floor work and partner work.</p> <p>You will be working on expressive and creative contemporary techniques building them up into routines.</p>	
<p><u>FENCING</u> Mr G Evans Room: Dining Room Number of Pupils: 12</p> <p>If you are reluctant to take part in team games you may enjoy the individuality of fencing. The course will be very practical in nature and help to improve skill levels, coordination and general fitness. Equipment and protective clothing will be supplied.</p> <p>This club is also suitable for squad members</p>	
<p><u>HOMework/GAMES CLUB</u></p> <p>If you are on the school site after the end of the school day, but are not taking part in an enrichment activity, you have the following options</p> <ul style="list-style-type: none"> • Homework/Games – room TBC • Homework requiring the use of a computer – room TBC <p>Please note that <u>you must</u> attend one of the above</p>	
<p><u>MUSIC THEORY</u> Mrs Ritchie Room: Music</p> <p>This session is open to all pupils who are working towards a music theory exam. Whether you are thinking about taking your grade 1 or preparing to take your grade 5 this will help.</p> <p>Or perhaps you are doing GCSE music and would like extra help with the theory side of the course?</p>	