Y9-11 Enrichment Activities Spring Term 2020

Foreword

Our school motto, Serviam *'I Will Serve'*, permeates all aspects of school life and our students are encouraged to participate in activities which are designed to develop the whole person and allow them to extend themselves to others.
Participation in the life of the school promotes a sense of belonging and pride in the school and is imperative to the success of every student.
Our expectation is that all students will take part in an activity outside of the classroom. These experiences will enrich their lives, improve their skills and help them to enjoy school life to the full.
This brochure outlines our **Enrichment Programme** for the *Spring Term 2020.*

Please encourage your daughter to choose some life-enriching activities. Please contact the staff member under each enrichment to book a place.

Julia Waters BSc (Hons) MA
Headteacher

MONDAY

Chaplaincy

Lunchtime, M10
Meetings twice per half-term
Year Group: Y10 -11
Staff Contact: Ms Murphy
alana.murphy@ursulinehigh.merton.sch.uk
Description:
Planning, coordinating, organising Masses, services and Charity appeals.
Skills required:
Team work, thinking skills, listening, creativity, dedication, commitment, communication, action planning, Leadership, SERVIAM.
Willingness to perform and commit to regular rehearsals.

Book Club

3.15 - 4.00pm LRC
Year Group: All Year Groups
Staff Contact: Ms Toop
gemma.toop@ursulinehigh.merton.sch.uk
Description:
Fun environment where students can read an discuss books!

Science Club

3.10 - 4.00pm, S9
Year Group: Y7-9
Staff Contact: Ms Owusu-Frimpong
nancy.owusu-frimpong@ursulinehigh.merton.sch.uk
Description:
It provides students with an opportunity to experience science above and beyond the classroom
Skills required:
Investigative, analytical, curiosity, creative, evaluative and reflective.

Diversity Dance Practice

3.30-4.30pm, Sports Hall
Year Group: All Years Welcome
Staff Contact: Ms Jefferies
victoria.jefferies@ursulinehigh.merton.sch.uk

TUESDAY

Chaplaincy

Lunchtime, M10 - Meetings twice per half-term
Year Group: Y9
Staff Contact: Ms Murphy
alana.murphy@ursulinehigh.merton.sch.uk
Description:
Planning, coordinating, organising Masses, services and Charity appeals.
Skills required:
Team work, thinking skills, listening, creativity, dedication, commitment, communication, action planning, Leadership, SERVIAM.

GCSE Design & Technology NEA

Tuesday 3.15-4pm, DT Block
Year Group: Y11
Staff Contact: Ms Thomas
paulalee.thomas@ursulinehigh.merton.sch.uk

Football Club with AFC Wimbledon

3.20 - 4.45pm, Venue TBC
Year Group: All Years Welcome
Staff Contact: Ms Corrigan
rachel.corrigan@ursulinehigh.merton.sch.uk
Description:
Football practice: General game play and rules/ tactics of football. Students will be put into teams for Borough & Regional and national competitions. Sign-up & compulsory for any students thinking of continuing with GCSE PE in Y10/11 or any club players.

Ski Fitness

3.20-4.30pm, Sports Hall
Year Group: All Years Welcome
Staff Contact: Ms Doyle
caitriona.doyle@ursulinehigh.merton.sch.uk

Year 10 Homework Club

3.30-4.30pm, Tues, V11
Year Group: Y10
Staff Contact: Ms Torode*(Or Form Tutor)*
anne-lise.torode@ursulinehigh.merton.sch.uk
Description:
Quiet space to complete h/w, managed and supported by HoY. Students to bring laptops if required.

Wednesday

Junior Orchestra

Lunchtime, A4
Year Group: Y7-10
Staff Contact: Mr Williams
paul.williams@ursulinehigh.merton.sch.uk
Description:
Learn a mixed challenging repertoire suitable for students on grades on grades I - III
Skills required:
Enthusiasm and a willingness to develop their instrumental technique, sight reading and ensemble skills. Students will be expected to practise between rehearsals and take their parts to their instrumental tutors to help them learn them.

Skateboarding Club (*FEE)

3.20 - 4.30pm, Sports Hall
Year Group: *Y7-10*
Staff Contact: Miss Doyle
caitriona.doyle@ursulinehigh.merton.sch.uk
Description:
Learn to skateboard or simply improve upon your skateboarding skills in collaboration with Urban Sport Studios. Urban Sports provides maximum benefits to health and wellbeing, which promotes positive social, emotional, physical and cognitive development in children and young people.
Skills required: Perseverance!

Xswords Fencing Club (*FEE)

3.20 - 4.30pm, Sports Hall
Year Group: Y7-13
Staff Contact: Ms Doyle
caitriona.doyle@ursulinehigh.merton.sch.uk
Description: Have fun while learning basic fencing techniques.
Skills required: Students must know that Fencing is a martial art and understand the rules and show respect for the club and members.

THURSDAY

Joint Ensemble

Lunchtime, A4
Year Group: Y8-13
Staff Contact: Ms Maxwell
alexandra.maxwell@ursulinehigh.merton.sch.uk
Description:
A joint ensemble with Wimbledon College. Learn a mixed challenging repertoire suitable for students on grades VI and above. The will be performing in the St Cecilia Concert in March.
Skills required:
Ability to perform music of grade VI and above. Fluent sight-reading and thorough understanding of music theory. You will develop your knowledge of music from a range of historical periods and different genres.

Basketball Club

3.20 - 4.30pm, Sports Hall
Staff Contact: Miss Doyle
caitriona.doyle@ursulinehigh.merton.sch.uk
Year Group: Y9-11
Description:
Basketball practice: General game play and rules/ tactics of basketball. Students will be put into teams for Borough & Regional competitions.
Skills required: Basic coordination and a willingness to develop physical skill, a good core level of fitness and an interest in team sport. Core skill practice for basketball / teamwork development and component of fitness development.

Zumba Club (*FEE)

3.20 - 4.30pm, Sports Hall
Year Group: All Year Groups
Staff Contact: Miss Doyle
caitriona.doyle@ursulinehigh.merton.sch.uk
Have fun and get fit!
Skills required:
A love of dance! A 'have a go' attitude

FRIDAY

Dancebites – Academy of Dance & Performing Arts (FEE required)

1.35 - 3.00pm, Dance Studio
Year Group: Y7-11
Staff Contact: Miss Doyle
caitriona.doyle@ursulinehigh.merton.sch.uk
Description:
Dancebites was founded in 1999 by Samantha Lindsay and it specialises in Street Dance, Classical Ballet, Tap, Jazz Technique, Drama and singing. Whether you are a budding dancer, want to have fun with friends, keep fit or learn something new, Dancebites is the place for you.
Sign-up fee: £4 per session.
Skills required:
Basic co-ordination and a willingness to develop physical skill, a good core level of fitness and an interest in street dance/general dance.

Drama Club

1:45 - 2:30pm, A7
Year Group: Y7-13
Staff Contact: Mr Wootton
matthew.wootton@ursulinehigh.merton.sch.uk
Description:
Devising a performance that explores issues, identities and influences that are not our own. Weekly improvisation exploring social and political issues. Audition to take part then an invitation for an allocated role in the performance.
Skills required:
Commitment, willingness to work as part of a group; desire to develop a range of performance devising skills. Interest in performing before a live theatre audience.

Archery Club (FEE required)

1.45 - 2.35pm, Sports Hall
Year Group: Y7-11
Staff Contact: Miss Doyle
caitriona.doyle@ursulinehigh.merton.sch.uk
Description:
Archery is a low-impact, very safe sport suitable for all ages and ability. You will learn to shoot arrows at a target and complete some archery awards.
Sign-up fee: £5 per session.
Skills required:
Basic co-ordination and a willingness to develop physical skill, a good core level of fitness and an interest in shooting.

School Council

2.00 - 3.00pm, Sixth Form Study Centre
Year Group: Y7-11
Staff Contact: Ms Connor
kerry.connor@ursulinehigh.merton.sch.uk
Description:
The School Council meets once every half term to develop plans to support student learning, respond to proposals for the Senior Leadership Team and to raise issues and concerns. School Councillors often represent the school.
Skills required:
Leadership, planning, teamwork, creativity, making your ideas happen.

Chamber Choir

2.00 - 3.00pm, A6
Year Group: Y7-11
Staff Contact: Ms Lees
katy.lees@ursulinehigh.merton.sch.uk
Description:
A three part choir singing a wide range of challenging repertoire. We will be working on Wicked for the St Cecilia concert in March.
There will be solo opportunities that members will be able to audition for
Sign up: by audition
Skills required:
Total commitment to weekly rehearsals.
Being able to sing in tune with excellent breath control.
Being able to sing with expression and adapt performance according to the style and genre of music being performed. Being able to read music would be useful.
Loyalty, resilience and aural skills.
Willingness to perform and commit to regular rehearsals.

VARIOUS DAYS

Guided Meditation

Year Group: Y11-13 (Once a month)
Staff Contact: Ms Connor
kerry.connor@ursulinehigh.merton.sch.uk
Description:
Meditation can remove stress and replace it with a dose of inner peace. An opportunity for quiet and stillness to balance emotions and promote peace, with the aid of a guide.
Skills required:
A willingness to try something new and respect the quiet of the meditation space.

Instrumental and Singing Lessons (FEE required)

Times to be arranged. School Hall, St Angela's
Year Group: Y7-13
Staff Contact: Mr Williams
paul.williams@ursulinehigh.merton.sch.uk
Description:
Individual 20 or 30 minute instrumental or singing lessons with a visiting peripatetic teacher.
10 sessions per term. Sign up.
Skills required:
- Organisation; commitment to regular practice and rehearsal schedules.
- Instrumental and/or vocal technique, communication, expression.
- The ability to read music and understand musical notation.

Please see overleaf.

VARIOUS DAYS

KS4 BAME

12.45 - 1.15 (once per month)
Year Group: Y9-11
Staff Contact: Mr Lester
john.lester@ursulinehigh.merton.sch.uk
Description:
Issues surrounding BAME
Skills required:
An open mind.

Debates

Please See Mr Cook for full arrangements
Year Group: Y7-10
Staff Contact: Ms Kent
georgina.kent@ursulinehigh.merton.sch.uk
Description:
Weekly mentoring programme run by Debate Mate. Students who sign up are expected to attend all sessions. University mentors prepare students for pan-London and national debating competitions throughout the year.
Sign-up with Mr Cook
Skills required:
Develops public speaking skills, confidence, teamwork, research and critical thinking.

Student Leadership

Times will be arranged with the staff member allocated to the group.
Year Group: Y7-10
Staff Contact: Paul Williams
paul.williams@ursulinehigh.merton.sch.uk
Description:
Students will work on leadership opportunities in the following areas:

- Digital Learning
- International Links
- LRC
- Public Speaking
- Science
- Sports
- The Arts
- The Community
- The Environment
- The Media
- Teaching and Learning

Skills required:
You will be able to work individually and as part of a team; you will need to show initiative and be willing to share ideas and to listen to others' ideas. Commitment and a desire to develop an area of the school.

Year 9 Homework Club

3.10-4.15pm, Weds, V11
Year Group: Y9
Staff Contact: Ms O'Neill *(Or Form Tutor)*
rachel.oneill@ursulinehigh.merton.sch.uk
Description:
Quiet space to complete h/w, managed and supported by HoY. Students to bring laptops if required.

Year 11 Study Support

3.15-5.pm, Mon-Thurs, M9
Year Group: Y11
Staff Contact: Ms Thomas*(Or Form Tutor)*
clare.thomas@ursulinehigh.merton.sch.uk
Description:
Quiet space to complete h/w, managed and supported by HoY. Students to bring laptops if required. Assistance provided on revision techniques, time management and organisation.

Homework Support KS4

3.10-4.10pm, Tues & Thurs, B4
Year Group: Y9-11
(No more then 8 students per session)
Staff Contact: Ms Delhoum
jennifer.delhoum@ursulinehigh.merton.sch.uk

Spring Clubs start w/b Monday 13th January.

Please see enclosed P.E Enrichment leaflets for further information specifically related to our P.E offer.

Summer Term activities will be available to view prior to the start of Summer Term.