



Y7-8 Enrichment Activities Spring Term 2019





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 2019*.

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

Year 7 Choir

Lunchtime, A4

Year Group: Y7

Staff Contact: Mr Williams

paul.williams@ursulinehigh.merton.sch.uk

Description:

Singing a mixed repertoire in two parts (Soprano and Alto).

Skills required:

Commitment, loyalty, resilience, singing, vocal technique, breath control, reading music, aural skills. Willingness to perform and commit to regular rehearsals.

Book Club

3.15 - 4.00pm, LRC

Year Group: All Year Groups

Staff Contact: Ms Spencer

emily.spencer@ursulinehigh.merton.sch.uk

Description:

Fun environment where students can read and discuss books!

Skills required:

A love of reading- that's it!

Science Club

3.10 - 4.00pm, S9

Year Group: Y7-9

Staff Contact: Mr Rushforth

alexander.rushforth@ursulinehigh.merton.sch.uk

Description:

Science club investigates exciting and thrilling aspects of science. Students get an opportunity to carry out practical investigations.

Skills required:

Analysis, evaluation, investigative, curiosity design and reflection.

Product Design Competition

***Launching Monday 11 February**

Year Group: All Year Groups

Staff Contact: Ms Thomas

paulalee.thomas@ursulinehigh.merton.sch.uk

Description:

School based competition. Create a 'Product in a Tin' made using materials from at least two of the main materials categories used in Design & Technology e.g. wood, metal, plastic, textiles and paper/board with the entries to be submitted just after the Easter holiday.

Fitness & HIT Club

3.20 - 4.25pm, Dance studio / Gym

Year Group: All Welcome (Particularly Ski Trip members)

Staff Contact: Miss Doyle

caitriona.doyle@ursulinehigh.merton.sch.uk

Description:

HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Come along and have fun while keeping fit!

Badminton Recreation Club

3.20 - 4.25pm, Sports Hall

Year Group: All Welcome

Staff Contact: Miss Doyle

caitriona.doyle@ursulinehigh.merton.sch.uk

Description:

Come along and enjoy learning or improving upon your badminton skills!

TUESDAY

History Club

Lunchtime, U2

Year Group: Y7-8

Staff Contact: Ms Beale

debra.beale@ursulinehigh.merton.sch.uk

Description:

To understand how and why history is represented and to discuss current affairs – history in the making.

Skills required: An enthusiasm for history and a thirst for understanding. An interest in current affairs and the world in which we live.

Programming and Logics club

Lunchtime, B2

Year Group: Y7-8

Staff Contact: Ms Bhayat

halima.bhayat@ursulinehigh.merton.sch.uk

Description:

Students have the opportunity to bring board games in to play or can play hotwires, Lego, python, scratch program or program a magic Harry Potter wand.

Skills required: Students will not need to have any prior knowledge before commencement of this course, however basic IT skills will aid in their understanding.

Basketball Club

3.20 - 4.25pm, Sports Hall

Staff Contact: Miss Doyle

caitriona.doyle@ursulinehigh.merton.sch.uk

Year Group: Y7

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.

Football Club with AFC Wimbledon

3.20 - 4.45pm, Raynes Park Rec

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.

Skills required: Core skill practice for netball / teamwork development and component of fitness development & shooting.

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.

Year 8 Choir

Lunchtime, A6

Year Group: Y8

Staff Contact: Ms Lees

katy.lees@ursulinehigh.merton.sch.uk

Description:

Singing a mixed repertoire in Soprano and Alto)

Skills required:

Commitment, loyalty, resilience, singing, vocal technique, breath control, reading music, aural skills. Willingness to perform and commit to regular rehearsals.

D&T Club

Lunchtime, DT Block

Year Group: Y7-8 (Max 10 students per lunchtime)

Staff Contact: Ms Thomas

paulalee.thomas@ursulinehigh.merton.sch.uk

Description:

Open workshop for students to receive support with their current project work or to get advice to support their competition entries

Maths Club

Lunchtime, G7

Year Group: Y7-8

Staff Contact: Mrs Diviney

louise.diviney@ursulinehigh.merton.sch.uk

Description:

Weekly mentoring programme for extra support with maths. Students who sign up are expected to attend all sessions.

Skills required: Thinking skills, analysis, commitment, communication, number and a desire to improve in maths!

Skateboard Club

3.20 - 4.25pm, Sports Hall

Year Group: Y7-9

Staff Contact: Miss Doyle

caitrona.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!

Year 7 Homework Club

3.10-4.10pm, M1

Year Group: Y7

Staff Contact: Ms Jefferies (Or Form Tutor)

victoria.jefferies@ursulinehigh.merton.sch.uk

Description: Quiet space to complete h/w, managed and supported by HoY. Students to bring laptops if required.

Art Club

3.20 - 4.00pm, A2

Year Group: Y7-8

Staff Contact: Ms Agnieszka Ciechanowska
agnieszka.ciechanowska@ursulinehigh.merton.sch.uk

Description:

Large scale art projects done in groups.

On invitation only.

Skills required:

Creativity, patience, problem solving, drawing.

Chamber Orchestra

3.10 - 4.00pm, A4

Year Group: Y7-13

Staff Contact: Ms Maxwell

alexandra.maxwell@ursulinehigh.merton.sch.uk

Description:

Learn a mixed challenging repertoire suitable for students on grades IV and above.

Skills required:

Ability to perform music of grade IV 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.

Rambert Dance (FEE Required)

3.20 - 4.25pm, Dance Studio, *FULL

Year Group: Y8-9

Staff Contact: Ms Corrigan

rachel.corrigan@ursulinehigh.merton.sch.uk

THURSDAY

Chaplaincy

12.45 - 1.20pm, Meetings twice per half-term

Year Group: Y7 - Chapel, Y8 - M10

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.

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. This orchestra 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 - 4.25pm, Sports Hall

Staff Contact: Miss Doyle

caitrona.doyle@ursulinehigh.merton.sch.uk

Year Group: Y8-10

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.

K Pop Club

*Until Easter

3.20- 4.25pm, Dance Studio

Year Group: All Welcome

Staff Contact: Miss Doyle

caitrona.doyle@ursulinehigh.merton.sch.uk

Description:

Come and enjoy some Korean Pop BTS dance with our sixth form leader

Please see overleaf.

Journalism Club

3.15 - 4.00pm, LRC

Year Group: All Year Groups

Staff Contact: Ms Spencer

emily.spencer@ursulinehigh.merton.sch.uk

Description:

Members of Journalism Club work on a school magazine. Come along and get involved.

Skills required:

A love of writing, willing to work as part of a team an interest in Journalism

Geography Film and Competition Club

Lunchtime

Year Group: Y7-8

Staff Contact: Miss Hoban

maria.hoban@ursulinehigh.merton.sch.uk

FRIDAY

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

1.35 - 3.00pm, Dance Studio

Year Group: Y7-11

Staff Contact: Miss Doyle

caitrona.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 coordination and a willingness to develop physical skill, a good core level of fitness and an interest in street dance and general dance movement.

Archery Club (FEE required)

1.35 - 3.00pm, Sports Hall

Year Group: Y7-11

Staff Contact: Miss Doyle

caitrona.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

LIMITED SPACES(x15)

Skills required:

Basic coordination and a willingness to develop physical skill, a good core level of fitness and an interest in shooting. theatre audience.

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.

School Council

2.00 - 3.00pm, Sixth Form Study Centre

Year Group: Y7-11

Staff Contact: Ms Thefaut

lisa.thefaut@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.

VARIOUS DAYS

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.
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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.

Debates

Please See Mr Cook for full arrangements

Year Group: Y7-10

Staff Contact: Mr Cook

christopher.cook@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.

Year 8 Homework Club

3.10-4.10pm, Mon - Weds, G5

Year Group: Y8

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.

Homework Support KS3

3.10-4.10pm, Mon - Thurs, B5

Year Group: Y7-8

(No more than 8 students per session)

Staff Contact: Ms Delhoum

jennifer.delhoum@ursulinehigh.merton.sch.uk

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