



# Y9-11 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

### 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 Spencer  
emily.spencer@ursulinehigh.merton.sch.uk

**Description:**  
Fun environment where students can read and discuss books!

### 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  
caitrona.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  
caitrona.doyle@ursulinehigh.merton.sch.uk

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

## 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.

### 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.

### GCSE Design & Technology NEA

*Tuesday 3.15-4.00pm, DT Block*

**Year Group:** Y11

**Staff Contact:** Ms Thomas  
paulalee.thomas@ursulinehigh.merton.sch.uk



## Year 10 Homework Club

3.30-4.30pm, Tues, V11

**Year Group:** Y10

**Staff Contact:** Mr Waltl (Or Form Tutor)

marcus.waltl@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.

### 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!

### Chamber Orchestra

3.10 - 4.00pm, A4

**Year Group:** Y7-13

**Staff Contact:** Mr Williams

paul.williams@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, \*From March

**Year Group:** Y8-9

**Staff Contact:** Miss Doyle

caitrona.doyle@ursulinehigh.merton.sch.uk

## 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.

### 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.

### 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

3.20 - 4.25pm, Venue TBC

**Year Group:** All Welcome

**Staff Contact:** Miss Doyle

caitrona.doyle@ursulinehigh.merton.sch.uk

## FRIDAY

### 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

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.

**Skills required:**

Basic coordination 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 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.

### 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/general dance.

### Rock Climbing Club

1.45 - 2.35pm, Sports Hall

**Year Group:** Y9-11 GCSE P.E Only

**Staff Contact:** Ms Corrigan

rachel.corrigan@ursulinehigh.merton.sch.uk

**Description:**

Improve upon your rock climbing skills and technique!

Please see overleaf.

## 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.

### 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.

## 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 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.

### Year 11 Study Support

*3.15-5pm, Mon-Thurs, M9*

**Year Group:** Y11

**Staff Contact:** Ms Connor (Or Form Tutor)

kerry.connor@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 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.