



FRANCIS HOLLAND SCHOOL SLOANE SQUARE

CO-CURRICULAR ACTIVITIES 2016/17



CONTENTS

Performing Arts (Drama, Dance, Music)	page 3
Creative Arts	page 7
Sports	page 8
Debate and Discussion	page 13
Sciences	page 15
Culture and Religion	page 17
Exploration and Enterprise	page 19
Modern Foreign Languages	page 21

CO-CURRICULAR ACTIVITIES AT FRANCIS HOLLAND

Welcome to a new academic year and to another opportunity to get involved in the amazing range of co-curricular activities available to all students at Francis Holland School.

At Francis Holland we believe that the development of students' skills and talents outside the classroom is as essential to their education as academic life in the classroom. We have a fantastic range of co-curricular activities on offer to girls each year, and staff and students are committed to leading and taking part in this thriving aspect of school life.

This booklet gives you a flavour of some of what is available. We look forward to seeing you at our Co-Curricular Fair at the start of term where you can find out more and sign up to get involved!

Cat Graham
Director of Co-curriculum

Speech and Drama

For Whom: All years

Run by: Miss Leaf



The value of producing a classical monologue against the devising of an issue based improvisation cannot be underestimated and provides girls with communication skills for life.

Ballet

For Whom: All years

Run by: Mrs Hitchen



The aim of ballet within school is to inspire and nurture a love of classical ballet, its history and traditions. Students are prepared for examinations of the Royal Academy of Dance and also for the school's internal ballet competition.

Senior Choir

For Whom: Year 9-13

Run by: Miss Vickery



Open to all girls from Year 9 to UVI who enjoy singing a wide variety of repertoire for enjoyment. Please see Miss Vickery or come along to a rehearsal.

Junior School Choir

For Whom: Year 7-8
Run by: Miss Davidson



Open to all girls in years 7 and 8 who enjoy singing a wide variety of repertoire for enjoyment. Previous choir tours have included trips to Sorrento and Salzburg. Please see Miss Davidson or come along to a rehearsal.

Senior Chamber Choir

For Whom: Year 9-13
Run by: Miss Vickery



Open to all girls in Year 9 and above who sing in the Senior Choir are interested in singing a more challenging repertoire. By audition only. Please see Miss Vickery.

Junior Chamber Choir

For Whom: Year 7-8
Run by: Miss Vickery



Open to all girls in years 7 and 8 who sing in the Middle School Choir and are interested in singing more challenging repertoire. By audition one. Please see Miss Vickery.

Orchestra

For Whom: All Years
Run by: Miss Vickery



Open to all girls who play an orchestral instrument to at least Grade 4 standard, by invitation only. Directed by Miss Vickery.

Jazz Group

For Whom: All Years
Run by: Miss Davidson



Open to all girls who play: saxophone, trumpet, trombone, clarinet, flute, violin, guitar, piano, bass or drums. Please see Miss Davidson or come along to a rehearsal.

Guitar Group

For Whom: All Years
Run by: Mr Sparks



Open to all girls who play the guitar. Please see Mr Sparks or Miss Vickery.

Theory Group

For Whom: All Years
Run by: Miss Vickery



Open to all girls who are working towards taking their Grade 5 Theory exam. Come and work in C1 and Miss Vickery will be around to help with any problems you encounter. See Miss Vickery or just turn up!

Dance Club

For Whom: Year 7-8
Run by: Mrs Gilly Bailey-Smith



Based on jazz and modern dance technique and incorporates warm-up work, corner work and choreography. The girls are able to explore a range of recent dance music, and progress their skills accordingly.

Ukelele Group

For Whom: All Years
Run by: Mr Sparks



Open to all girls who play the ukulele or who would like to learn. Please see Mr Sparks or Miss Vickery.

Lower School Art Club

For Whom: Year 7-9
Run by: Mrs Edgeley



This fun and creatively inspiring club gives girls the opportunity to express themselves, learn new skills and create new work outside of the lesson time.

Pottery Club

For Whom: Year 7-13
Run by: Ester Svensson



Pottery Club offers interesting and exciting projects for girls to create and decorate their own masterpieces in clay. Ester is a highly experienced ceramicist and potter who has had many successful exhibitions.

Photography Club

For Whom: Year 9-13
Run by: Miss Arlington



Photography club will appeal to pupils passionate about taking photos who want to learn to improve their skills, work on projects and share their work. No camera required but enthusiasm and dedication necessary!

Netball Training

For Whom: All years
Run by: PE Staff



All year groups have access to dedicated additional coaching and support, which will make a real difference in helping the players achieve their full potential. The sessions are tailored to increase fitness, skill level and match play.

Hockey Training

For Whom: All years (Spring)
Run by: PE Staff



Weekly sessions will allow players to develop their hockey skills, learn how to play in different positions on the pitch and play in competitive match situations. There will also be opportunities to represent Francis Holland in matches.

Swimming Club

For Whom: Year 7-10
Run by: PE Staff



This is a fantastic opportunity to put into practice what you have learnt in your swimming lessons. The sessions will focus on the repetition of drills in order to perfect your technique and increase your overall speed and fitness for swimming.

Yoga Club

For Whom: All years

Run by: Miss Adams



An opportunity to build up strength, improve balance, establish coordination and to relax. Most importantly, this club is fun. You will leave feeling better than when you walked in and all poses are accompanied by a smile.

Cricket Club

For Whom: Years 7-9

Run by: Mr Mason



Cricket club aims to encourage the girls' passion for cricket. The girls are taught how to bowl, field and bat. We enter two super cricket tournaments throughout the year, which are held at the prestigious Lord's cricket ground.

Tennis Club

For Whom: Years 7-10

Run by: Mr Lamb



Tennis training takes place in Battersea Park. The girls are taught to play a range of shots, serve with accuracy and remain agile. Tennis training takes place all year round, with focus on competition in the Summer term.

Rhythmic Gymnastics

For Whom: Year 8

Run by: LAGAD coaches



The club is led by former world class gymnasts from one of the leading Rhythmic Gymnastics Clubs. Sessions can include Rope, Ball, Hoop, Club and Ribbon work. This is a perfect sport for those fond of dance as well as gymnastics.

Pilates

For Whom: All Years

Run by: Mrs Gilly



Pilates is an excellent club for all girls. It aims to focus on your core stability as well as a positive state of mind. All girls are very welcome to take part in a taster session.

Running Club

For Whom: Year 10

Run by: PE Staff



Girls are given the opportunity to take part in a weekly running session throughout the year. Different levels are accommodated for, both on the pavement and in Battersea Park.

Fitness Club

For Whom: All Years
Run by: Miss Partington



Classes will vary between circuit training, interval training and team fitness. Each session will be a combination of both cardiovascular and strength exercises and will leave you feeling energised for the day ahead!

Rounders Training

For Whom: All Years (Summer)
Run by: PE Staff



Rounders training focuses on the skills, tactics and game play. The girls are taught to work as a team and calculate risks. All girls have the opportunity to take part in the weekly matches against local schools.

Athletics Training

For Whom: All Years (Spring and Summer)
Run by: PE Staff



Athletics training takes place in the Millennium Arena. Girls are able to work towards a particular event and target their fitness levels. This is a particularly popular club when preparing for the summer competitions and sports day.

Football Club

For Whom: All Years (Spring and Summer)

Run by: Miss Newsome



Girls have the opportunity to take part in a weekly training session at Battersea Park. Girls are taught to strike, attack and defend the ball. Match play dominates the sessions and much fun is had!

Gymnastics Club

For Whom: All Years (Spring)

Run by: PE Staff



Gymnastics is a super club that aims to attract all types of gymnasts. Girls are taught floorwork, vaulting and partner balancing. The Gym and Dance display is often the highlight of the gymnasts year.

Philosophy Club

For Whom: Year 7-9
Run by: Father Kenny



Students decide on a question each week based on a stimulus brought to the group. The club is not just an opportunity for you to give your opinions on our question for the day, but is also to develop the skill of philosophical questioning.

Debating

For Whom: All Years
Run by: Father Kenny



Debating is a key part of life at Francis Holland. The school hosts an exciting programme of debate clubs and training. The skills that debating teaches carry through into the rest of life and it is also great fun!

Feminist Society

For Whom: Year 10-U6th
Run by: Miss Graham



60% of the world's illiterate adults are women. 43% of women in the UK have experienced harassment in the last year. Male managers are paid on average £10,000 more than females. Why do these injustices exist and how can we fight them? Come join the discussion.

Law Society

For Whom: All years

Run by: Miss Boon



A chance to learn more about the way the law is structured in the UK and abroad, to explore contentious issues in more depth and to debate some important current events topics.

Politics Club

For Whom: All Years

Run by: Student-led



Students lead this thriving group. Each week they examine a different aspect of politics and discuss its impact on the lives of individuals around the world.

Sloane Sequence One

For Whom: Years 8-10
Run by: Mr Taylor



Sloane Sequence One is our Maths club. It's an opportunity for 'Mathletes' to prepare for competitions.

Psychology Society

For Whom: Year 7-13
Run by: Mrs Hammond and
Psychologists from UCL



A chance to delve into the fascinating areas of Psychology that help us to understand the human brain and behaviour. All sessions will require active involvement in experimentation and discussion.

Geographical Society

For Whom: Year 10-13
Run by: Miss Townend



Each half term the society will focus on a theme, starting with the US South West (speakers including Nigel Upcott), and followed by Ethical Consumerism. This is also the time for the 'Worldwise Quiz' team to prepare.

Web Design Club

For Whom: Years 8-11
Run by: Mr Nickerson



Students work to design and produce offline websites based on their interests. Students will develop an understanding of HTML and CSS languages and how they combine to make stunning websites.

Medical Society

For Whom: Sixth Form
Run by: Dr Bourne



For those particularly interested in studying Medicine at university, this club gives an opportunity to deepen scientific knowledge and ignite a passion for the topic.

Literary Society

For Whom: All Years
Run by: English Department



The Society comprises a series of lectures given by external speakers throughout the year. We seeks to stimulate interest, curiosity and pleasure in the written word that stretches far beyond the English syllabus.

Mindfulness Drop-in

For Whom: All year groups
Run by: Mrs Hammond



Whether you are trained in Mindfulness or are a total beginner, this is an opportunity to take some time out to be with yourself. You will learn techniques that help you manage your emotions and find some peace.

Book Club

For Whom: Year 7
Run by: Mrs Smith and Miss Ivison



Do you love reading? Are you in Year 7? Then join Book Club! We will meet once a month to discuss a range of book choices. All opinions are valid and it is an excellent chance to meet each other in a friendly environment.

World Cinema and Culture Society

For Whom: Year 11-13
Run by: MFL Department



Do you enjoy exploring other cultures through film, drama, literature, exhibitions and talks? Come to WCCS! We also take advantage of events being hosted by the “Institut Français”, “Instituto Cervantes” and the “Goethe-Institut” amongst others.

Classics Film Club

For Whom: All Years
Run by: Mrs Smith and Ms Lambert



Open to all interested in either Classics or Film. Once a month we will watch a film with a Classical theme from the swashbuckling Pompeii film to the inspiring Agora story. (Film age restrictions apply)

Duke of Edinburgh

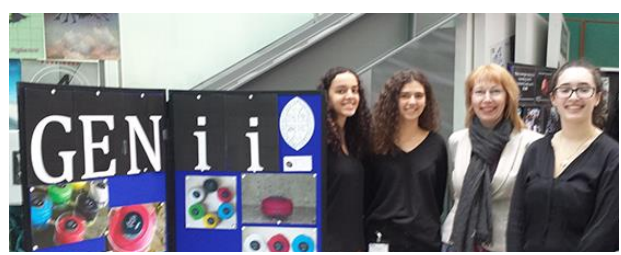
For Whom: Year 10-12
Run by: Mrs Hogg



As well as being a fantastic way to meet new people, the Award allows you to develop many skills including problem-solving, communication, self-belief, self-discipline, team-building and responsibility (and it's fun too!).

Enterprise

For Whom: All Years
Run by: Mrs Hyde



Students from Year 7 to Sixth Form have the chance to develop financial and entrepreneurial skills. From gaining an understanding of the economy, consumers and producers in Year 7, to our shares competition in the Sixth Form, the skills girls learn are essential to preparation for life beyond school.

Environment Club

For Whom: All Years
Run by: Mr Bartram



The Environment Society seeks enthusiastic and environmentally aware pupils of any age to help reduce the school's carbon footprint and to spread the important message about saving the environment.

Animal Club

For Whom: Year 7
Run by: Miss Rinck



Members of the club enjoy learning to look after the wide variety of animals that we keep in school. These range from hamsters, gerbils and chinchillas to fish, a leopard gecko, a corn snake and even a tarantula!

Amnesty International

For Whom: Year 8-13
Run by: Student led

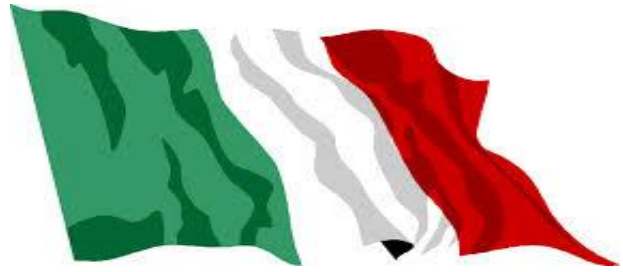


We seek to educate and campaign about people's human rights around the world. The group meets at lunch times and performs a number of activities which seek to make our world a better place.

Italian Club

For Whom: Year 7-9

Run by: MFL Department



This club is an opportunity for native Italian speakers in the lower school who are keen to practise and improve their Italian.

Mandarin Club

For Whom: Sixth Form

Run by: MFL Department



A great chance to learn the language with the most native speakers in the world! Speak to Ms Kaleja for more details.