



St Mary's School

Co-Curricular & Enrichment





Trip to Montpellier

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Prep Art

INTRODUCTION

At St Mary's we value our comprehensive co-curricular programme. We want our girls to get the most out of their time with us and so place huge importance on having a go and taking part in activities beyond the classroom. Through participation in the many clubs we offer, our girls learn invaluable skills such as team-work, problem solving and performing in situations outside their comfort zones. They also get a chance to have fun, relax, try new things, and get to know their teachers better.

We believe that our co-curricular programme is integral to the success of St Mary's girls. Through becoming comfortable with rising to the challenge and having the opportunity to excel beyond the academic arena, our girls become resilient, confident and believe in themselves.

ST MARY'S CHALLENGE

At St Mary's we expect all of our girls to participate in at least one co-curricular activity for the whole year. Girls receive the Bronze 'St Mary's Challenge' award if they participate (and have 80% attendance) in two co-curricular activities in all three terms. We award Silver for participation in (and have 80% attendance) two co-curricular activities in all three terms and show leadership skills in at least one of them. To receive the Gold award, an individual has to participate in three co-curricular activities (and have 80% attendance) in all three terms and show leadership skills in at least two of them. Platinum is for Sixth Form students who plan, organise and lead a club for younger members of the school in all three terms.



HOUSE SYSTEM

Here at St Mary's we take pride in our House System. Girls are placed in a House when they join: Latham, Kirk, Temple-West or Butler and remain in that house throughout their school career. There are many House activities to suit all of our girls, including Sports Day, Bake Off, House Drama, House Science, Photography, Debate and the Christmas Quiz. Our girls all get suitably competitive and enjoy wearing their house colours whilst cheering their fellow team-mates on. The winner of the House competition is announced with much anticipation at Speech Day at the end of the school year.



Media Club



Psychology Club



Stitching Society

SENIOR HOUSE CLUBS AND SOCIETIES

Robotics

Robotics club is for students who are keen on learning about and working with robots. They will get to build robots and compete against each other. It is open to all students of all skill levels and allows them to utilise their knowledge in engineering, coding, mathematics, research and communication.

World Matters

In our dynamic world everything is changing. Students can join World Matters to discuss topical issues (local to global) and find out what they can do to bring about change.

Link with Lego

This club is all about problem solving, teamwork and communication skills – using the medium of Lego! Our students work in small groups to solve a different Lego challenge, which will demand cooperation, patience, out-of-the-box thinking, as well as the ability to listen and explain things to others.

Stitching Society

As well as being lots of fun, stitching - whether it be in the form of knitting, crochet or cross-stitch, has been proven to be incredibly beneficial for mental health and wellbeing. This club is open to all year groups, regardless of experience and provides a chance to learn a new skill, whilst also having some relaxing time in the company of others.

Crafting Collective

This club is for students who love a creative challenge! Each term our girls explore a new project, enabling them to try new things, learn new skills and make something they are truly proud of – their creations will be the envy of all sellers on Etsy!

Book Club

Book club meets every week in the library and over the year our students read and discuss a diverse mix books that have been shortlisted for The Bucks Book Award and Carnegie short list. Our girls visit schools from the local area and meet with like-minded individuals to share our thoughts and opinions on current and up to date titles.

British Sign Language

In this club our girls are invited to learn sign language, which will enable them to communicate with people who are deaf or have a hearing impairment and also enhances their fine motor skills, ability to read body language and even their vocabulary, as seeing a word signed leaves a stronger imprint on the brain. Sign Language is a recognised minority language and the ability to sign is a sought-after skill.

Mathematics Club

The Mathematics Department runs a range of clubs for different ages and abilities to prepare them for a variety of highly competitive team competitions.



Debating Matters



Spotlights 'The Lion King'



Warwick Castle

Mindful Colouring

In this club, our girls get the chance to colour-in a vast array of different images. Colouring is a relaxing and calming activity, which can also encourage our girls to explore their creativity while improving fine motor skills and even concentration levels.

Debating Society

At Debating Society, our girls have the opportunity to develop the ability to argue their point and persuade others – a vital life skill! Our students learn and practise techniques that will help them speak in public and have their voice heard.

Media Club

The technological revolution has meant that digital media is an integral part of our lives. In Media Club, our students will be able to enter film-making competitions, create their own music videos, become a BBC Reporter and much more!

Chinese Mandarin Club

This club explores Chinese culture and how to speak Mandarin using Pinyin (A, B, C writing system, not Chinese characters). This is an interesting and interactive club open to all year groups.

Modern Languages Cinema Club

In this club our girls watch a range of films in French, German, and Spanish – an excellent way for our students to enrich their language learning and enhance their cultural awareness.

Psychology Club

Psychology Club explores causes and explanations of behaviour in an interactive session that is designed to give our students an understanding of themselves and also stimulate their curiosity to learn more. Activities include: studying the brain, taking personality tests, and conducting experiments (often involving food!) to examine hypotheses.

History Society

Through an exploration of controversies, interpretations and conspiracy theories from the past, our students learn about historical periods and people that are not covered in their lessons. Through debate, discussion, film and documentaries our girls get to deepen their knowledge of both British and world history in a fun and engaging way.

History Magazine

Our students each take on the role of researcher, journalist, editor and producer. Through exploring different themes such as Civil Rights, Conflict and Feminism our girls get the chance to write like a historian, conduct interviews and hone their media skills in editing and producing the magazine.

STEM Club

This club provides an exciting opportunity for our girls to explore Science, Technology, Engineering and Mathematics beyond the scope of the curriculum by carrying out interesting activities and completing extended investigations.



Model United Nations



Drama

Model United Nations Society

Model United Nations society engages in an authentic simulation of the United Nations system by learning about the UN and its work, the skills of debate, compromise, conflict resolution and negotiation. MUN team members – or delegates – have fun learning about the workings of world diplomacy through the lens of current events and global issues. We attend conferences throughout the year, representing member states of the UN.

Spotlights Theatre Company

St Mary's in-house theatre company produces two shows a year; one play or musical in the Michaelmas term and pieces for St Mary's Drama Festival in the Trinity term. Students have to audition for Spotlights. Previous shows include, 'We Will Rock You', 'The Light Burns Blue', 'Brainstorm', 'Ash Girl' and 'The Lion King'.

Year 7 Drama Club

This club explores key skills such as improvisation, devising and script work. It is a great way to develop confidence, hone physical and vocal skills, meet new people and have fun!

Technical Theatre Club

This is a club for students who have a keen interest in the behind the scenes work. We explore how to design and use lighting and sound in performance. We also explore set design, costume, and hair and makeup. Technical Theatre members support Spotlights' performances. This is an exciting club for those interested in Theatre.

Art Clubs for Key Stage Three

We offer several clubs for our students in Years 7-9 which enable them to use a variety of materials to create 2D and 3D pieces of art whilst exploring new ideas, approaches and techniques.

Art Clubs for Key Stage Four

For students in Years 10 and 11 we offer opportunities outside of their GCSE lessons to advance their skills and techniques, as well as boost their portfolio. Our girls are encouraged to explore their ideas in a range of mediums including mixed media, printmaking, batik and photography.

Cross-stitch and Textiles Club

Cross stitch is a form of embroidery using a grid system. Girls can choose their own design and work at their own pace. It is a great relaxation and mindfulness activity and runs concurrently with Textiles Club, in which girls can complete a textiles project of their choice.

Chess Club

Girls of all abilities have the opportunity to learn this traditional game going against each other in mini-tournaments. Chess Club introduces the game and teaches the basic skills, tactics and awareness in order to enjoy the game.



Choir

MUSIC

Senior Choir

This choir is for all girls who enjoy singing; there are no auditions. Our students perform mostly pop songs or songs from the musicals and sing in school concerts and at a local care home. We offer Senior Choir the chance attend a choral workshop and to see a musical in Trinity Term – recent trips include 'Wicked', 'Phantom of the Opera' and 'Matilda'.

Senior Orchestra

This orchestra is for instrumentalists of approximately Grade 3 standard and upwards. They perform in school concerts, the Carol Service and will often accompany the school musical.

Flute Ensemble

Our Flute Ensemble is for flute players who are approximately Grade 3 standard and upwards. They play at school concerts and in assemblies. Music ranges from 'Under the Sea' to 'Pirates of the Caribbean' and pieces by classical composers such as Mozart.

Swing Band

This is for instrumentalists and singers who enjoy jazz music or music with a swinging vibe! Pieces performed recently are: 'Rock Around the Clock', 'Lullaby of Broadway', 'Mambo No5', 'Fly me to the Moon' and 'Sway'.

Chamber Choir

This choir is an auditioned choir for girls in Years 9-13. They sing at school concerts, the Carol Service and Speech Day. Girls are expected to read music and have a high level of singing, often taking singing lessons.

Chamber Music

This is a group for able musicians to rehearse and perform together. Groupings are flexible, depending on the talent available!

Clarinet Quartet

This is for clarinettists of approximately Grade 2 and above. Our clarinettists perform in school concerts, the Carol Service and Speech Day.



Flute Ensemble

SPORTS

Hockey

This club is open to all students who want to expand their hockey knowledge and really begin to master the sport. During training sessions, students will look at strategies in defence and attack to be successful in a competitive situation.

Badminton

This club can be attended for either recreational or competitive purposes. The aim is to enhance students' knowledge and skill level. There are opportunities to compete at local, regional and national competitions.

Athletics

The main focus is to improve technical knowledge throughout track and field disciplines, to prepare students for upcoming competitions. The competitions vary from local league meetings to national competitions. Students are able to improve their individual performance to compete to a higher level.

Basketball

Primarily we focus on developing individual performance levels and teamwork skills to improve the overall standard of gameplay. This club allows students to enjoy participating in competitive sport, either against their peers or against local opposition.

Tennis

Tennis club prepares students with the skill set needed to be able to serve, maintain a rally and compete in a match. This is an optional club that can be participated in for recreational purposes, or in preparation for friendly or league fixtures.

Cricket

Cricket is a striking and fielding game, which requires good hand-eye coordination to be successful when fielding or batting. This club is open to all and will allow students to develop their skill level, increasing power and distance on their shots or their throws.

Dance

Dance Club is open to all students, giving them an opportunity to express themselves through choreography for either individual or group routines. Students prepare for the biennial Dance Show and build their confidence to perform in front of others.

Elite Dance Squad

Elite Dance Squad is a selected group of students who are trained in preparation for upcoming competitions. Some students will be selected to support the A-Level Dance candidates, to learn and perform choreography. Students are expected to develop extensive and advanced motifs, in order to perform to the top level.

Dodgeball

This is an ideal opportunity for students to take a break from their academic studies and be able to have fun amongst their peers. Dodgeball is a recreational club that is for pure enjoyment. It is a sport which is growing in popularity throughout the country.

Football

This club is open to all students who are looking to improve their skill level and spatial awareness in Football. During training, there are plenty of opportunities to improve teamwork skills by playing games with peers. In addition, students are given the opportunity to play in friendly fixtures against local schools.

Gymnastics Club

Gymnastics Club is open to all students, regardless of their previous experiences. This club allows students to develop their existing skill level by increasing the demand, in a safe and controlled environment. If students are ready, they are invited to attend the Squad Gymnastics training sessions.



Gymnastics



Netball

Squad Gymnastics

These sessions are for squad gymnasts who are looking to enhance their current skills and learn new, advanced skills to prepare individuals and groups for regional and national competitions. Time is dedicated to strength and conditioning training, to ensure students are mentally and physically able to compete at the top level.

Netball Club

We primarily focus on developing individual skills, technical knowledge and tactical awareness to prepare students for friendly and league fixtures. This club is open to all, with its primary focus being on preparing students for playing competitive games.

Netball Squad

This club is for selected students only, to allow them to develop advanced skills and participate in high-level gameplay. There will be strength and conditioning sessions to ensure that students are physically fit to compete at the top level.

Rounders

In Rounders Club we focus on reaction speed, power and coordination. This club enables students to develop these skills within a team environment, supporting their communication and leadership skills.

Running Club

Students who are already keen runners, would like to improve, or even complete beginners are welcome. The primary focus of Running Club is on developing technique in key skills such as speed, reaction time and pacing, to prepare students for Cross Country and Athletics meetings, or for individuals to improve their general level of fitness.

Swimming

Swimming Club takes place before school at Chalfont Leisure Centre. This club aims to either prepare students for the Swimming Team for regular inter-school galas, or to improve general fitness levels and stroke development. We focus on many aspects involved in swimming, including; speed, endurance, diving and turns. This club is open to all; students will be coached to their ability.



Duke of Edinburgh

Volleyball

This is an ideal opportunity for students to focus on their teamwork and the ability to work collaboratively, in a fun and enjoyable way. This is a recreational club only, with no pressure to compete against opposing schools. It is an opportunity for students to communicate effectively with others throughout the school, and develop their skill level.

Trampolining

Trampolining Club can be tailored to suit an individual's needs, whether it is building confidence to be able to maintain height, or preparing students for upcoming competitions. Trampolining is an excellent opportunity to build confidence and develop advanced routines of a high tariff value.

Fitness

Fitness Club is open to all students and either takes place in our Fitness Suite, or it focuses on a variety of components of fitness delivered through a teacher or student led session. An individual approach is adopted to ensure every student's needs are catered for, in a fun and enjoyable way.

Sports leaders

We currently offer the Level 2 award in Year 10 and the Level 3 Award in Sixth Form. This nationally recognised qualification puts students in good stead to develop their leadership and communication skills in the future. The ability to lead competently and with confidence is a key element, delivering sport-specific sessions to a range of age groups. The students regularly interact with younger students and volunteer at a variety of different clubs; they are integral to the running and organisation of school sport events.

Duke of Edinburgh's Award (D of E)

Here at St Mary's School we have a thriving Duke of Edinburgh programme which encourages girls to stretch themselves and achieve their aims through sections in Volunteering, Physical, Skill, Expedition and Residential (Gold only). D of E is offered at all three levels: Bronze (Year 9), Silver (Year 10), Gold (Age 16+) and it is open to all students. It is a fantastic opportunity for our girls to step outside of their comfort zone and try something new.



Puzzle Club

PREPARATORY DEPARTMENT

Ballet

From pointing their toes to the Grande Jeté, students in this class learn and practise the disciplines and techniques of ballet, while also getting the opportunity to create and perform with their peers.

Choir

In Choir, girls of all abilities sing pop songs or songs from the musicals and perform at the Music May concert, Grandparents Tea and this year are preparing for the Young Voices concert at Wembley.

Tap

This is a class that is all about rhythm and style. Through the basics of tap dance, students experiment with music and how it can be interpreted.

Street Dance

This class explores the contemporary styles of pop and hip hop dance. Our girls get a chance to express their personalities through dance, be creative and have lots of fun!

Speech & Drama

In this class, our students learn and practise stage techniques through improvisation, script exploration and creating scenes. Students work towards performances in school assemblies.

Orchestra

Girls of all musical abilities have the opportunity to join orchestra where they practise performance and composition techniques of a range of musical instruments. Orchestra members will also prepare performances for assemblies and form ensembles to perform at various music concerts throughout the year.



Cookery



Science Explorers



Chess Club

Puzzle Club

The purpose of Puzzle Club is to provide the girls with the opportunity to play a range of traditional games. In the process they also acquire many skills connected with sharing, taking turns, winning and losing!

Chess Club

Girls of all abilities have the opportunity to learn this traditional game going against each other in mini-tournaments. Chess Club introduces the game, and teaches the girls the basic skills, tactics and awareness in order to enjoy the game.

Code Club

Here our girls can build on skills learnt in lessons to construct computer games and animations. They use platforms such as Scratch and Alice to understand how create these outcomes.

Pilates

In this club, we teach the girls what Pilates is about and how it can release stress, increase confidence and help with positive thinking. The fun activities are all related to different exercises, which are mixed and matched to music.

Performance Club

In this club our girls have a chance to develop the skills required to become a good performer. As well as drama games and improvisation, they will learn voice projections skills, staging effects, characterisation techniques, script work and many more.

Science Explorers

This club enables our girls in Pre-prep to discover the science behind mindboggling experiments; anything from bouncing eggs to firing rockets. This club promotes awe and wonder of the world of Science.

Spanish

This club provides our girls with a fun and relaxed way to learn Spanish. The girls can learn basic conversation skills in Spanish as well as discover the culture and traditions of this country.

Crafting

This club is aimed to enhance creativity, without having to be able to draw. The girls learn different crafting skills to create individual projects. They can create lavender cushions, mosaic coasters, decoupage frames to name just a few!

Cookery

Year 6 girls take advantage of the senior cookery room and learn how to make a range of different dishes. They gain an understanding of food hygiene, nutrition as well as learning sweet and savoury recipes to use again and again.

Debating Society

This society allows girls to engage with current topical questions as well as more universal topics. In the weekly debates, the girls will either support the motion or pose challenging questions to oppose the motion. They will get the chance to chair sessions and use these skills to chair our 'Great Debate' assemblies.

Science Club

Science club offers the opportunity to extend their knowledge of curriculum Science by exploring exciting experiments, and then carrying out their own extended investigation. Here they work towards their Science CREST award.

SPORTS

Multi-skills

This club is available for the younger years and is run by our senior Sports Leaders. It gives the girls the opportunity to play basic games and develop agility, balance and co-ordination.

Hockey

This is open to girls who want to learn different skills needed for Hockey. The teamwork development helps the girls across the board and they get the opportunity to take part in fixtures and tournaments.

Netball

We run a number of Netball clubs for girls in Prep at both lunchtime and afterschool. It gives the opportunity for the girls to develop their skills and understanding of the game in a smaller environment. The girls can play both the High 5 and seven a-side format and take part in fixtures.

Football

An opportunity for girls to be involved in small-sided games and develop their individual skills and teamwork. Open to different age groups this is a relaxed club for all abilities with the option of playing in friendly fixtures.

Martial-Arts

This club is a partnership with Samurai Fitness who deliver a lunchtime club of kickboxing and self-defence techniques. The girls have the opportunity to work through different belt grading and demonstrations.

Gymnastics Club

As well as Gymnastics Squad we offer an all abilities Gymnastics club that is available for all age ranges. The girls can work on their flexibility and technique with qualified coaches and build up to more complicated skills.

Rounders

The girls attending this club can look at the skills linked with a variety of striking and fielding games, developing their hand eye coordination as well as their throwing and catching skills. Again, the girls have the opportunity to play in fun and friendly fixtures.

Cricket

One of the biggest growing sports for girls and a great opportunity to work on individual skills and teamwork. Whilst attending Cricket club the girls need to think very carefully about working with others and ensuring the best possible outcome for their team.

Tennis

A relaxed club to get the movement flowing. The girls can play small games in pairs or fours and think about the skills needed for Tennis. The girls learn in more detail about the rules and scoring in Tennis and get the opportunity to umpire for each other.

Gymnastics

This is a club for all abilities and age ranges. Our girls are taught a variety of floor and vault skills and work towards British Amateur Gymnastics Association badges and awards. Our students also take part in the annual regional Keysteps gymnastics competition hosted here at St Mary's, where they compete their floor and vault routines against other local schools.

Prep and Senior Gymnastics Squads

Girls in four different age groups (Under 9, 11, 13 and 16/19) are invited try out and are selected to train towards many regional and national competitions throughout the year. St Mary's is affiliated with a variety of approved gymnastics associations including ISA, ISGA and BSGA. Girls attend squad practices at least twice a week and work on floor, tumbling, acro and vaulting skills. Our girls are extremely successful, frequently qualifying for and winning national competitions as a team and as individuals.



Gymnastics



Cologne

TRIPS AND VISITS

It is so important that our girls see the relevance of their learning in the wider world. We therefore arrange a plethora of excursions to museums, conferences, historical sites, shows, courts and art galleries. We also offer exciting overseas trips; the Languages Department alternate between France and Germany – recent destinations have included Cologne and Montpellier. Previous trips include a Geography trip to Iceland and an Expressive Arts trip to New York. Planned future trips include a History trip to Krakow in Poland, an Expressive Arts tour to Lake Garda in Italy, and a PE tour to Barbados.



Prague



Changing a tyre

SIXTH FORM ENRICHMENT PROGRAMME

This programme of lectures provides our Sixth Formers with an excellent opportunity to listen to and question people from a wide range of careers and organisations. Ranging from talks on careers in Law, Medicine, Banking, Healthcare and the Media to hearing about key world issues such as Sustainability, Homelessness and International Conflict our enrichment talks give our girls the chance to learn about the world around them. As part of the programme, there are also practical sessions on self-defence, maintaining a car and cooking on a budget – essential life skills!

GWYNETH BEBB LECTURE SERIES

Gwyneth Marjorie Bebb, 1889 – 1921 (Later Mrs Thompson), was a former 'Old Girl' of St Mary's School. She, with two other women, prosecuted in the case of *Bebb v The Law Society*, to open the legal profession to women in Britain.

She was awarded an OBE for this and was expected to be the first woman to qualify as a barrister in England and to be called to the bar, but sadly died following complications after the birth of her second daughter in October 1921. She was aged just 31.

In the spirit of her trailblazing nature, St Mary's School has launched a lecture programme to provide enriching and interesting talks for our students, staff, parents and friends of the school from a series of speakers who are experts in their own field.

We will start the programme with Denise Beddows, pen name D J Kelly, who is a local researcher and author. A trailblazer herself, she was the first female Immigration Officer in the North West District of what had been an exclusively male branch of the Home Office. Following a 37 year career as an Immigration Attachee in a number of overseas airports and embassies involving research, investigation and intelligence analysis, nowadays she devotes herself to researching anything from local history to true crime.

Later in the year we will hear from the Rt Hon Baroness Emma Pidding, who will tell us about her work on in the House of Lords, and Jessica Wade, a dynamic British physicist and champion of women in science.



Gwyneth Bebb



Iceland



St Mary's School

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