



St Mary's School
Gerrards Cross

Co-Curricular
& Enrichment



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 both in and 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 80% attendance) three 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 four 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.



Senior House Clubs and Societies

Robotics

Robotics Club offers students the opportunity to build and operate robots that are constructed from defined instructions or their own imagination. Students will work collaboratively to build their robots over several weeks giving a real sense of achievement at the end of the process. The building process allows students to develop their problem solving, dexterity and communication skills while their creative side can flourish when designing their own robot. With a range of options and approaches available, students of all levels of experience are welcome and likely to get something from the process.



Book Club (Years 7 – 9)

Every week in the Library Years 7, 8 and 9 attend Book Club where they have a thriving community of "kindred spirits" who are readers of all abilities and interests. Discussions are all centred around literacy and thoughts on varied subjects, and of course there is always some kind of treat at the finish! The students send questions via social media to authors and often receive replies from authors with personal messages and added insights into their novels, which the girls absolutely love. The students follow The Carnegie Medal and The Bucks Book award, reading a wide range of current, diverse and challenging novels covering some gritty subjects and issues.

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 film and edit their own video projects, enter competitions and much more!



German Speaking Club

German Speaking Club is designed for all students studying GCSE German. Each week, we discuss a different aspect of the speaking examination: role play, picture-based task, presentation or topic questions. By attending each week, students can gain the equivalent of an extra fifteen hours of speaking practice a year, on top of their lessons. It's a great way to feel more prepared for speaking tests. Ich freue mich darauf!

Sociology Society

Sociology Society is an interactive and collaborative society discussing issues of inequality that exist in society. Students are given stimulus material then prepare and deliver presentations to the group. Students will develop their research and presentation skills and are responsible for leading group discussions.

Science CREST Club

Offering the opportunity for girls in Years 7, 8 and 9 to carry out a small science project and achieve a Bronze CREST award. This is a nationally recognised scheme and typically takes around ten weeks to complete.

Current Affairs

Current Affairs Club gives student the opportunity to discuss contemporary events in politics, finance, sports, art, and culture. One issue is chosen for discussion each session and a healthy debate is encouraged. This club also allows students to further develop their presentation and public speaking skills.

History of Art

History of Art Club allows students to explore the Visual Arts from both the past and present. We investigate examples of painting, sculpture, and architecture from the Classical world, through to the Renaissance, Baroque, Rococo, and Impressionist periods. We also delve into Modernism and the Contemporary Art of today. Recent works that have been discussed in depth include Damien Hirst's 'shark - 'The Physical Impossibility of Death in the Mind of Someone Living'', Michelangelo's 'Pieta', Marina Abramovic's 'The Artist is Present' and Jan Van Eyck's 'Arnolfini Portrait'.



Film Club

Our Film Clubs provide an opportunity for students to experience a range of mainstream and non-mainstream films and to explore and discuss important social issues.

Year 7 Cooking Skills Club

This is run by Sixth Formers to increase students' confidence and skills in the practical aspect of Food and Nutrition. This club extends students' knowledge of ingredients.

Sixth Form University Cooking Course

Sixth Form students prepare themselves for cooking at university. They learn about budgeting, how to save money when shopping for food and participate in a range of cooking activities, tailored to suit their needs and extend their existing capabilities.

Spanish

Spanish Club is open to all girls in Key Stage 3. Spanish club gives students the opportunity to increase their awareness of Spanish speaking countries through research tasks, games, songs and films.

French

French Club is open to all girls in Key Stage 3. This club gives students the chance to enrich their language learning and cultural awareness through games and watching French films.

German Culture Club

Guten Tag! German Culture Club is designed to introduce Key Stage 3 students to aspects of German culture, be it festivals, events, customs, food or music. The German-speaking world is rich and diverse in its culture and you don't need to learn German to come along! The sessions are interactive and fun and one of our Year 10 subject ambassadors also helps. Students can therefore gain some extra German speaking practice during this time if they so wish.

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.

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 collaborate to learn about the workings of world diplomacy through the lens of current events and global issues, giving students the opportunity to develop a better understanding of the different viewpoints and experiences of people around the world. We attend conferences throughout the year, roleplaying delegates to the United Nations and simulating the workings of different UN committees and bodies.



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.

Spotlights Theatre Company

St Mary's in-house theatre company produces the shows for the school. Students have to audition for Spotlights. Previous shows include, 'Legally Blonde', 'Light Burns Blue', 'Beauty and the Beast', 'Brainstorm', 'Ash Girl' and 'The Lion King'. Students also received masterclasses from various industry professionals to up-skill their work.



Drama Clubs for Key Stage Three

These clubs explore key skills such as improvisation, devising and script work. It is a great way to develop confidence, hone physical and vocal skills and meet new people.

Stage Combat

Stage Combat is a specialised art form for the language of fighting on stage. It is a device developed by performers to keep themselves, and others safe, while performing stunning fight choreography to wow an audience. In this club, students will learn the different stage combat sequences and use them in a scene for performance.

Playwriting

In this club students will learn the different ways to approach script writing to create original, innovative and exciting work. Students will then direct their work to perform in front of an audience.

Art Clubs for Years 7 to 9

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 Years 10 and 11

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.



Music

Senior Choir

Senior Choir is a very popular club of approximately 40 students and is for all girls who enjoy singing; there are no auditions. Our students perform a variety of songs from traditionally classical to pop songs or songs from the musicals. They sing in school concerts and visit the local care homes to sing at Christmas. We offer Senior Choir the chance to see a musical in the Trinity Term – recent trips include ‘Wicked’, ‘Phantom of the Opera’ and ‘Matilda’.

Senior Orchestra

Senior Orchestra is a group of 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

St Mary’s Flute Ensemble, known as ‘Tutti Fluties’ is for flute players who are approximately Grade 3 standard and upwards. They play at school concerts, in the Carol Service and in assemblies. Music ranges from ‘Under the Sea’ to ‘Take Five’ and pieces by classical composers such as Mozart.

Composing Club

Composing Club is for anyone with an interest in composing! We have had external composers visiting the school to promote songwriting and there have been several students who have successfully entered the ISA Composing Competition. There is a strong tradition of composing at the school, be it for a solo singer, a small ensemble or larger bands.

Bands

As well as the clubs listed above, there are several bands that rehearse in the week, whether that is before school, at lunchtime or after school! They are very independent groups who choose their own repertoire and rehearse well together. These bands perform regularly at concerts, in assemblies and in Open Mic events.

School Musical

In addition to the many school Music concerts and Drama productions, the Expressive Arts Faculty work together on a musical on a biennial basis. Productions in the past have included; ‘Bugsy Malone’, ‘We Will Rock You’, ‘Legally Blonde’, ‘Lion King’ and most recently, ‘Beauty and the Beast’. These productions are a great opportunity to collaborate between departments and involve many students across the school who revel in the chance to sing, dance and act on stage.

Chamber Choir

Chamber Choir is an auditioned choir for girls in Years 10-13. They are a much smaller group compared to the Senior Choir and 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 Choir have successfully competed in local and national competitions.



Seven Strings

Seven Strings is an ensemble specifically for our Year 7 string players, to gain confidence playing together with a view to joining Senior Orchestra in the near future.

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, to prepare them for friendly fixtures against opposing schools.

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, using correct technique to enhance their standard.

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. As students progress, they 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.



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. There are two clubs on offer to students. The recreation club is available to all students who would like to develop their skills amongst their peers. In addition, parents can choose for their daughter to have group lessons with a specialist coach from Bull Lane Tennis Club.



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.

Give it a go

This is an ideal opportunity for students to take a break from their academic studies and be able to have fun amongst their peers. The activities on offer will vary, and students will be chosen to attend. This is an opportunity to boost self-esteem and participate alongside like-minded individuals.

Dance

Dance Club is open to all students, giving them an opportunity to express themselves through choreography. Students who participate in this club have the opportunity to prepare for the biennial Gym and Dance Show and build their confidence to perform in front of others.



Elite Dance Squad

Elite Dance Club is a selected group of students who receive advanced training in a range of dance styles including contemporary, jazz, street dance and lyrical. Students in this group have the opportunity to immerse themselves in a range of dance experiences including theatre trips, dance exhibitions, workshops with professional dancers, the biennial Gym and Dance Show and external performance events and competitions. Some students from this group will also be selected to support the GCSE and A-Level Dance candidates, to learn and perform choreography for their exams.

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.



Sports Acrobatic Gymnastics Club

This 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. They develop their teamwork skills and produce group routines in a fun way.

Squad Gymnastics

This club is for selected students who are ready to compete in regional and national competitions. Students develop their floor and vault skill set and work tirelessly to produce routines to a set criteria. This club requires commitment and perseverance to reach the highest 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 or would like to improve, or even complete beginners are all 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 Thorpe House School or 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.

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 Sports Community award in Year 10. 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.

The 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.



Prep 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

All girls from Years 1 to 6 attend Choir and rehearse a range of songs from pop to musicals to be performed at events such as Music in May, Grandparents' Tea, Summer Sounds and Young Voices.

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.

Contemporary 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!

Drama Queens (Pre-Prep), Performance Club (Years 3 to 5) & Drama Club (Year 6)

In these classes, our students learn and practise stage techniques through improvisation, script exploration and creating scenes. Students work towards performances such as school assemblies, musical productions and competitions.

Band

Girls of all musical abilities have the opportunity to join Band. They practise performance and composition techniques using a range of musical instruments and also prepare performances for school events such as assemblies and music concerts throughout the year.

Glee Club

Glee Club is an opportunity to sing a variety of modern and Disney songs. Girls learn to create harmonies, build confidence and have the opportunity to sing solos.

Reporters Club

Students report on key events in school and daily life, writing articles to form the Prep School Newspaper, which is printed, published and circulated every term.



Film Making with MN Academy

Using the skills of drama and film production, girls create a short film using professional cameras and sound equipment. This club provides girls with the opportunity to hone their editing and film production skills.

Running Club

This is offered to girls showing talent in Athletics. Athletes develop the skills to enable them to compete in biathlons, cross country and track events.

Sporty Superstars

A fun and engaging Sports and Dance club for Pre-Prep to build core skills in these areas.

Art Clubs (Reception to Year 2), (Year 3 to Year 6)

Girls explore different artistic approaches and techniques. Younger girls apply their new skills in a variety of activities whilst older girls focus on creating a team project.

Digit Detectives

Girls in Pre-Prep explore numbers and Mathematical concepts independently and in teams using a variety of puzzles and games.

Media Workshop

Year 6 girls with a passion for media are given the opportunity to develop their technology skills by learning how to make, edit and add music to videos, as well as using a green screen.

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 skills in problem-solving, sharing, taking turns, winning and losing!

Chess Club

Chess Club introduces the game, and teaches the girls the basic skills, tactics and awareness in order to enjoy the game. Girls of all abilities can join this club.

Code Club

Using platforms such as Scratch and Alice girls can build on existing skills to construct fun computer games and animations.

Cookery (Year 6)

Girls learn how to make a range of different dishes using savoury and sweet recipes. They also gain an understanding of food hygiene and nutrition.

Science CREST Club

An opportunity for older girls to extend their knowledge of curriculum Science by engaging in exciting experiments and investigations. The girls work towards their Science CREST award.



Sports

Multi-skills

Run by our Senior Sports Leaders, younger girls are given the opportunity to play games to develop agility, balance and co-ordination skills.

Hockey

Open to all, this club helps girls to develop new skills which they can apply when playing in fixtures and tournaments.

Netball

We run a number of Netball Clubs for girls in Years 3 to 6. Girls develop their skills and understanding of game-play and participate in High 5 and seven a-side, and take part in fixtures and tournaments.

Football

Open to girls in Years 3 to 6, a club focussing on fun and team-work. Girls prepare for tournaments and fixtures.

Martial-Arts

Delivered by Samurai Fitness, girls learn kickboxing and self-defence techniques. They work towards different belt grading awards.

Rounders

Girls learn a variety of striking and fielding techniques, developing their hand eye coordination as well as their throwing and catching skills. Girls have the opportunity to play in fun and friendly fixtures.

Cricket

A fast-growing sport for girls, this is a great opportunity to work on individual skills and teamwork.

Tennis

Girls play in pairs or fours to develop their Tennis skills. They learn about the rules and scoring in Tennis in greater detail, and have 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.



New and innovative CORI sessions

CORI is about developing personal characteristics such as collaboration, creativity, organisation, resilience, innovation, initiative and much more! The aim is to encourage greater self-awareness of skills that will allow girls to become more dynamic and independent learners, both inside and outside the classroom. The programme allows girls to take thoughtful risks, to become more resilient when problem-solving, to engage in experiential learning, to develop leadership and teamwork skills and to innovate and be creative.

Programmes on offer:

- Creativity & Enterprise
- Public Speaking & Debating
- LEGO Coding & Robotics
- Engineering with K'NEX
- Forest School
- First Aid
- Stop Motion Movie Making
- News Reporters
- Community Champions
- STEM Projects
- Food & Nutrition



Trips and Visits

Educational visits and trips provide high quality learning experiences to enrich and compliment the curriculum; they also support students to develop important skills such as working co-operatively with others and enhance their awareness of the world around them. We therefore arrange a plethora of excursions to locations within the UK, for example, to museums, activity centres, galleries, gardens, sites of historical and cultural significance, and institutions such as the Houses of Parliament and law courts. We also offer exciting overseas trips, – previous destinations have included language excursions to Cologne, a Year 8 trip to Montpellier, a Geography fieldtrip to Iceland and an Expressive Arts trip to New York. We also work with organisations such as World Challenge, and students are currently preparing for their trip to Cambodia in 2023.





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.

Past speakers have included Denise Beddows, pen name DJ 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. We have also welcomed the Rt Hon Baroness Emma Pidding, who told us about her work in the House of Lords, Jessica Wade, a dynamic British physicist and champion of women in science, and Helen Spooner, an award-winning freelance documentary filmmaker who has worked on films for the likes of Netflix, the BBC and Channel 4 - in the UK, Iraq, Azerbaijan and elsewhere.





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Packhorse Road, Gerrards Cross, Bucks, SL9 8JQ
www.stmarysschool.co.uk