

# CO-CURRICULAR

AT FRANCIS HOLLAND SCHOOL, REGENT'S PARK



THERE ARE A WIDE VARIETY OF EXCITING CO-CURRICULAR ACTIVITIES FOR YOU TO GET INVOLVED WITH AT FRANCIS HOLLAND SCHOOL THAT WILL EXPAND YOUR SKILLS AND ENHANCE YOUR STUDIES.

WHY NOT GIVE SOMETHING NEW A TRY?

## MATHS & SCIENCE

Biology Club  
Chemistry Club  
Coding Club  
Dissection Club  
Electronics Club  
Green Fingers

Junior Maths Club  
Senior Maths Club  
Medical Society  
Junior Science Club  
Science Fiction Club

## HUMANITIES & LANGUAGES

British Sign Language  
Book Club  
Forum  
Geography Society  
Globetrotters  
History & Politics Society  
Italian Bilingual Club

Languages Society  
Junior Literary Society  
Senior Literary Society  
Junior Mandarin Club  
Advanced Mandarin Club  
Mythical Monsters

## CREATIVE ARTS

Brass & Flute Ensembles  
Cello & Guitar Ensembles  
Lower School Choir  
Senior Choir  
School Choir  
Pink Ladies  
Quartet  
School Orchestra  
Junior Drama Club

Speech and Drama\*  
Junior Art Club  
Senior Art Club  
Life Drawing  
Cookery Club  
Creative Writing Society  
Film Society  
Junior Photography Club\*  
Senior Photography Club\*

## COMMUNITY & AWARENESS

Amnesty International  
Christian Union  
Junior Debating Society  
Senior Debating Society  
Diversity Society  
Eco Society  
Feminist Society

Help Fund Committee  
Magazine Committee  
Model United Nations  
Mosaic Club  
Oxbridge  
Philosophy Society  
Young Enterprise

## SPORT & RECREATION

Badminton & Table Tennis  
Ballet\*  
Cheerleading Squad\*  
Cricket Club  
Equestrian Club\*

Football Club  
Lap It Up Swimming Club  
Modern Dance\*  
Running Club  
Yoga\*

\* These clubs have a termly fee.

# MATHS & SCIENCE



A VARIED RANGE OF OPPORTUNITIES ARE AVAILABLE FOR OUR GIRLS TO PARTICIPATE IN CLUBS THAT BUILD UPON THEIR ENJOYMENT OF MATHEMATICS, BIOLOGY, PHYSICS AND CHEMISTRY. THESE ACTIVITIES ARE PERFECT OPPORTUNITIES FOR OUR BUDDING MEDICS AND ENGINEERS TO EXPLORE THESE SUBJECTS BEYOND THE CURRICULUM.

# BIOLOGY CLUB

|                          |                                                                                                                       |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Friday - Lunch 2 - Every 3 weeks                                                                                      |
| <b>Where</b>             | G14 (Biology Lab)                                                                                                     |
| <b>Staff Involved</b>    | Ms Kadodia                                                                                                            |
| <b>Society President</b> | Aleesa Edmunds & Cecilia Rafter                                                                                       |
| <b>Age Range</b>         | All                                                                                                                   |
| <b>Description</b>       | Want to learn more about the flora and fauna that surround us? Come to Biology Club and explore the biological world! |

# CHEMISTRY CLUB

|                          |                                                                                                                                                                                                        |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Wednesday - Lunch 2 - Every week                                                                                                                                                                       |
| <b>Where</b>             | B10 (Chemistry Lab)                                                                                                                                                                                    |
| <b>Staff Involved</b>    | Mr Tiley and Miss Shah                                                                                                                                                                                 |
| <b>Society President</b> | Letizia Filippi                                                                                                                                                                                        |
| <b>Age Range</b>         | All                                                                                                                                                                                                    |
| <b>Description</b>       | Carry out fun and engaging experiments and watch dynamic demonstrations that you won't see in class. There is also the chance to go to the Salters' Chemistry Festival or compete in Top of the Bench. |

# CODING CLUB

|                       |                                                                                                                                |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Friday - Lunch 2 - Every week                                                                                                  |
| <b>Where</b>          | F12 (ICT Room)                                                                                                                 |
| <b>Staff Involved</b> | Mrs Anastasi                                                                                                                   |
| <b>Age Range</b>      | All                                                                                                                            |
| <b>Description</b>    | Develop logical thinking, problem-solving and programming skills while creating simple computer games and interactive stories. |

# DISSECTION CLUB

|                          |                                                                                                            |
|--------------------------|------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Friday - Lunch 2 - Every 3 weeks                                                                           |
| <b>Where</b>             | G14 (Biology Lab)                                                                                          |
| <b>Staff Involved</b>    | Mr Bossé                                                                                                   |
| <b>Society President</b> | Aleesa Edmunds & Cecilia Rafter                                                                            |
| <b>Age Range</b>         | Lower Fifth to Sixth Form                                                                                  |
| <b>Description</b>       | A brilliant opportunity for budding medics and future vets to investigate the biology of the animal world. |

# ELECTRONICS CLUB

**When** Thursday - Lunch 2 - Every 2 weeks

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**Where** B12 (Physics Lab)

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**Staff Involved** Mr Peters

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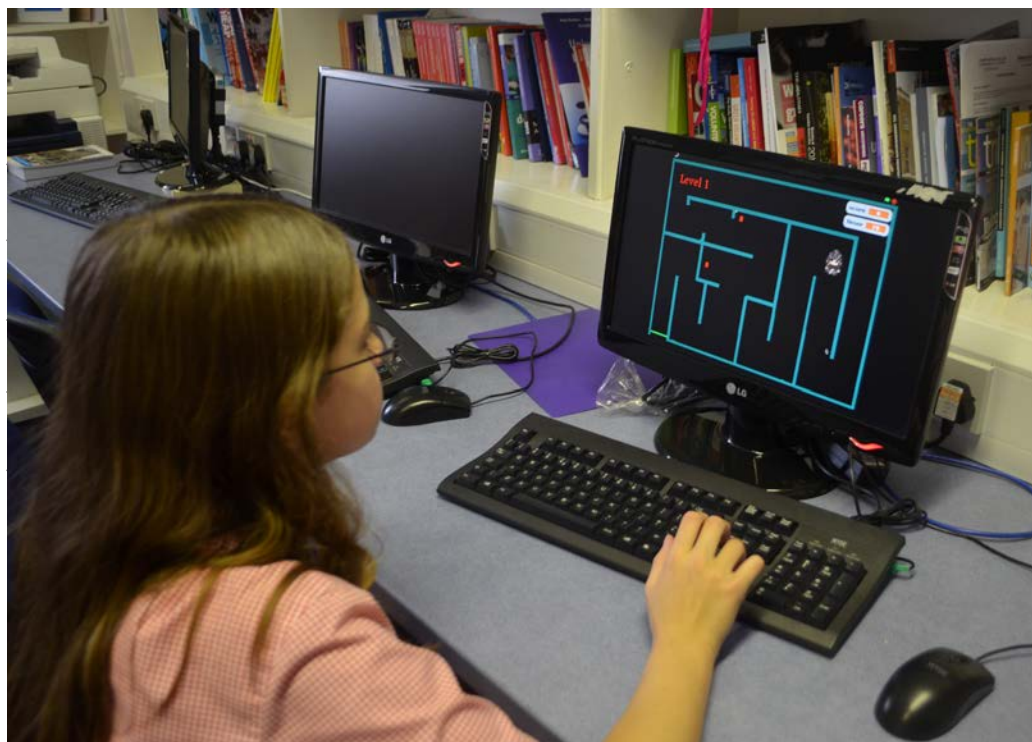
**Society President** Steff Sheehan

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**Age Range** All

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**Description** Explore the world of electronics and robotics in this hands on tech-based club. Build and race machines, create LEGO structures and discover what it takes to be an Engineer.



# GREEN FINGERS

|                          |                                                                                                                                                                                         |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Friday - Lunch 2 - Every 3 weeks                                                                                                                                                        |
| <b>Where</b>             | G5 (Greenhouse)                                                                                                                                                                         |
| <b>Staff Involved</b>    | Miss Till                                                                                                                                                                               |
| <b>Society President</b> | Aleesa Edmunds & Cecilia Rafter                                                                                                                                                         |
| <b>Age Range</b>         | All                                                                                                                                                                                     |
| <b>Description</b>       | Grow your own plants in the greenhouse from seeds and cuttings. Compete to see who can grow the tallest sunflower, or the most original plant from seeds from fruit eaten at lunchtime. |

# JUNIOR MATHS CLUB

|                          |                                                                                                                                        |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Friday - Lunch 2 - Every week                                                                                                          |
| <b>Where</b>             | G4 (Maths Classroom)                                                                                                                   |
| <b>Staff Involved</b>    | Miss Blazewicz                                                                                                                         |
| <b>Society President</b> | Inês Cocco & Clementine Mitford                                                                                                        |
| <b>Age Range</b>         | Thirds to Upper Fourth                                                                                                                 |
| <b>Description</b>       | An opportunity to explore various maths topics ably assisted by our enthusiastic Sixth Form Mathematicians and Further Mathematicians. |



# SENIOR MATHS CLUB

|             |                               |
|-------------|-------------------------------|
| <b>When</b> | Monday - Lunch 2 - Every week |
|-------------|-------------------------------|

|              |                      |
|--------------|----------------------|
| <b>Where</b> | G7 (Maths Classroom) |
|--------------|----------------------|

|                       |               |
|-----------------------|---------------|
| <b>Staff Involved</b> | Mrs Thornhill |
|-----------------------|---------------|

|                          |                                 |
|--------------------------|---------------------------------|
| <b>Society President</b> | Inês Cocco & Clementine Mitford |
|--------------------------|---------------------------------|

|                  |                           |
|------------------|---------------------------|
| <b>Age Range</b> | Lower Fifth to Sixth Form |
|------------------|---------------------------|

|                    |                                                                                                                                            |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | Sharpen your problem-solving skills as we investigate the hidden secrets of the mathematical world from abstract algebra to Zeta function. |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------|



# MEDICAL SOCIETY

**When** Friday - Lunch 2 - Every week

**Where** B12 (Physics Lab)

**Staff Involved** Mr Ward

**Society President** Manrica Dodgson & Hannah Unwin

**Age Range** Upper Fifth to Sixth Form

**Description** Debate ideas relating to medical ethics and the structure of UK health systems; discuss interesting books and articles; and receive guidance on applying for medical, veterinary or dentistry HE courses.

# JUNIOR SCIENCE CLUB

|                          |                                                                                                                                                                                    |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Friday - Lunch 1 - Every week                                                                                                                                                      |
| <b>Where</b>             | B09 (Chemistry Lab)                                                                                                                                                                |
| <b>Staff Involved</b>    | Miss Hollender                                                                                                                                                                     |
| <b>Society President</b> | Letizia Filippi                                                                                                                                                                    |
| <b>Age Range</b>         | Thirds to Upper Fourth                                                                                                                                                             |
| <b>Description</b>       | Participate an interesting array of practicals that help to relate activities in the laboratory to everyday life. Get a buzz out of making bizarre crystals and your own lipstick! |

# SCIENCE FICTION CLUB

|                          |                                                                                                                                                                                              |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Thursday - Lunch 2 - Every 2 weeks                                                                                                                                                           |
| <b>Where</b>             | B12 (Physics Lab)                                                                                                                                                                            |
| <b>Staff Involved</b>    | Mr Peters                                                                                                                                                                                    |
| <b>Society President</b> | Steff Sheehan                                                                                                                                                                                |
| <b>Age Range</b>         | All                                                                                                                                                                                          |
| <b>Description</b>       | Have you ever wanted to use the force like a Jedi or travel back in time with a flux capacitor? If you answered yes then this club, focused on uncovering the science of Sci-Fi, is for you! |

# LANGUAGES & HUMANITIES



THESE CLUBS AND SOCIETIES ENABLE GIRLS TO ENGAGE WITH THE PAST AND PRESENT. OUR HISTORIANS, GEOGRAPHERS, CLASSICISTS AND LINGUISTS ARE ENCOURAGED TO PARTICIPATE IN LIVELY DEBATE, LISTEN TO OUTSIDE SPEAKERS AND PLAY GAMES THAT ALLOW THEM TO EXPLORE THESE SUBJECTS FURTHER.

# BRITISH SIGN LANGUAGE

|                          |                                                                                                                                                                                     |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Monday - Before School - Every week                                                                                                                                                 |
| <b>Where</b>             | RS1                                                                                                                                                                                 |
| <b>Staff Involved</b>    | Mr Marios Costi                                                                                                                                                                     |
| <b>Society President</b> | Steff Sheehan                                                                                                                                                                       |
| <b>Age Range</b>         | All                                                                                                                                                                                 |
| <b>Description</b>       | Do you want to learn a new language? Would you like to be able to communicate confidently with people with hearing impairments? If the answer is yes, then come along to this club. |

# BOOK CLUB

|                          |                                                                                                                                                                                                                                            |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Thursday - Lunch 2 - Every 3 weeks                                                                                                                                                                                                         |
| <b>Where</b>             | The Library                                                                                                                                                                                                                                |
| <b>Staff Involved</b>    | Mrs Aves & Miss Lawrence                                                                                                                                                                                                                   |
| <b>Society President</b> | Charlotte McBurney                                                                                                                                                                                                                         |
| <b>Age Range</b>         | All                                                                                                                                                                                                                                        |
| <b>Description</b>       | Come and discuss your favourite novels and discover new and classic books together! Group reads have included <i>Apple and Rain</i> , <i>The Strange Library</i> and <i>The Poet X</i> . We will be joined by the Junior Literary Society. |

# FORUM

|                       |                                                                                                                                                                                                                                 |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Monday - Lunch 1 - Every week                                                                                                                                                                                                   |
| <b>Where</b>          | Lecture Theatre                                                                                                                                                                                                                 |
| <b>Staff Involved</b> | Mr Clayton                                                                                                                                                                                                                      |
| <b>Age Range</b>      | Lower Fifth to Sixth Form                                                                                                                                                                                                       |
| <b>Description</b>    | Gather to debate historical topics beyond the syllabus. Each session will open with a brief introduction followed by the discussion and maybe a film clip or two. Lunch is provided and no knowledge or experience is required! |

# GEOGRAPHY SOCIETY

|                          |                                                                                                                                                                                                 |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Thursday - Lunch 1 - Every week                                                                                                                                                                 |
| <b>Where</b>             | S18 (Geography Classroom)                                                                                                                                                                       |
| <b>Staff Involved</b>    | Ms Robin                                                                                                                                                                                        |
| <b>Society President</b> | Olivia Livingstone                                                                                                                                                                              |
| <b>Age Range</b>         | Lower Fifth to Sixth Form                                                                                                                                                                       |
| <b>Description</b>       | Broaden your understanding of the geographical issues facing the world today as we discuss current affairs; investigate extreme environments; complete global GIS quests and of course quizzes. |

# GLOBETROTTERS

**When**

Wednesday - Lunch 2 - Every week

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**Where**

G13 (Geography Classroom)

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**Staff Involved**

Miss O'Neill

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**Society President**

Olivia Livingstone

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**Age Range**

Thirds to Upper Fourth

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**Description**

Gain a deeper appreciation of our world and the environment while learning more about the geography of our planet!





# HISTORY & POLITICS SOCIETY

**When** Tuesday - Lunch 1 - Every week

**Where** F5 (History Classroom)

**Staff Involved** Mr Glavin

**Society President** Mathilda Drukier

**Age Range** All

**Description** A fascinating club for those with an interest in how History and Politics shape our world. We will be joined by speakers actively involved in these subjects who will share their insights and experiences.

# ITALIAN BILINGUAL CLUB

|             |                                     |
|-------------|-------------------------------------|
| <b>When</b> | Monday - Before School - Every week |
|-------------|-------------------------------------|

|              |     |
|--------------|-----|
| <b>Where</b> | F11 |
|--------------|-----|

|                       |            |
|-----------------------|------------|
| <b>Staff Involved</b> | Miss Spera |
|-----------------------|------------|

|                          |           |
|--------------------------|-----------|
| <b>Society President</b> | Eliza Kay |
|--------------------------|-----------|

|                  |     |
|------------------|-----|
| <b>Age Range</b> | All |
|------------------|-----|

|                    |                                                                                                                      |
|--------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | An opportunity to discuss current affairs and cultural topics in the Italian language with other bilingual speakers. |
|--------------------|----------------------------------------------------------------------------------------------------------------------|

# LANGUAGES SOCIETY

|             |                                |
|-------------|--------------------------------|
| <b>When</b> | Tuesday - Lunch 2 - Every week |
|-------------|--------------------------------|

|              |     |
|--------------|-----|
| <b>Where</b> | RSI |
|--------------|-----|

|                       |                |
|-----------------------|----------------|
| <b>Staff Involved</b> | MFL Department |
|-----------------------|----------------|

|                          |                                                                                                             |
|--------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>Society President</b> | Connie Bonny (French), Eliza Kay (Italian),<br>Isabella Mahapatra-Andrade (Spanish), Anki<br>Stick (German) |
|--------------------------|-------------------------------------------------------------------------------------------------------------|

|                  |     |
|------------------|-----|
| <b>Age Range</b> | All |
|------------------|-----|

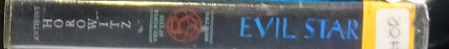
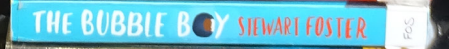
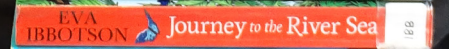
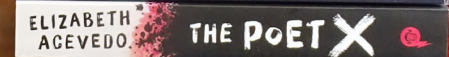
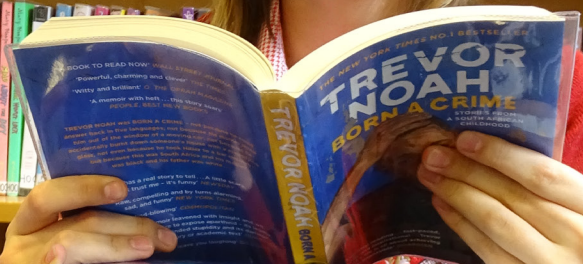
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|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | Explore the cultures of Europe - try food, discuss current affairs, and watch films. Each language, French, Italian, Spanish and German, is on a four week rotation. |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# JUNIOR LITERARY SOCIETY

|                          |                                                                                                                                                                    |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Thursday - Lunch 2 - Every week                                                                                                                                    |
| <b>Where</b>             | The Library                                                                                                                                                        |
| <b>Staff Involved</b>    | Ms Williams                                                                                                                                                        |
| <b>Society President</b> | Charlotte McBurney                                                                                                                                                 |
| <b>Age Range</b>         | Thirds to Upper Fourth                                                                                                                                             |
| <b>Description</b>       | Come and talk about novels and poetry, characters, genres and literary conventions. Every third week we will join Book Club to read and discuss the latest novels. |

# SENIOR LITERARY SOCIETY

|                       |                                                                                                                                      |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Monday - Lunch 2 - Every week                                                                                                        |
| <b>Where</b>          | G16 (English Classroom)                                                                                                              |
| <b>Staff Involved</b> | Dr De Bono                                                                                                                           |
| <b>Age Range</b>      | Charlotte McBurney                                                                                                                   |
| <b>Description</b>    | Lower Fifth to Sixth Form                                                                                                            |
|                       | Discuss and explore different literary genres, styles of writing, stylistic conventions, contextual implications and complex topics. |



# JUNIOR MANDARIN CLUB

|                       |                                                                                                                                                             |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Tuesday - After School - Every week                                                                                                                         |
| <b>Where</b>          | G4 (MFL Classroom)                                                                                                                                          |
| <b>Staff Involved</b> | Mrs Yao                                                                                                                                                     |
| <b>Age Range</b>      | All                                                                                                                                                         |
| <b>Description</b>    | For novices and beginners of Mandarin, this class is led by a native speaker who will teach you the basic vocabulary and grammar to excel in this language. |

# ADVANCED MANDARIN CLUB

|                       |                                                                                                                                                                     |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Friday - Before School - Every week                                                                                                                                 |
| <b>Where</b>          | F11                                                                                                                                                                 |
| <b>Staff Involved</b> | Mrs Yuan                                                                                                                                                            |
| <b>Age Range</b>      | All                                                                                                                                                                 |
| <b>Description</b>    | For those who have already grasped the basics of the Mandarin language and want to develop their linguistic abilities further. The club is led by a native speaker. |



# MYTHICAL MONSTERS

|             |                               |
|-------------|-------------------------------|
| <b>When</b> | Monday - Lunch 2 - Every week |
|-------------|-------------------------------|

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|--------------|-------------------------|
| <b>Where</b> | F2 (Classics Classroom) |
|--------------|-------------------------|

|                       |                           |
|-----------------------|---------------------------|
| <b>Staff Involved</b> | Ms Simons & Miss Williams |
|-----------------------|---------------------------|

|                          |                  |
|--------------------------|------------------|
| <b>Society President</b> | Mathilda Drukier |
|--------------------------|------------------|

|                  |                        |
|------------------|------------------------|
| <b>Age Range</b> | Thirds to Upper Fourth |
|------------------|------------------------|

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|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | Bringing the ancient world of the Greeks and Romans to FHS, Mythical Monsters will look at famous myths, the daily life of these civilisations, their drama, and their art. |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# CREATIVE ARTS



THE CREATIVE ARTS ARE INTEGRAL TO LIFE AT FHS. OUR THRIVING MUSIC DEPARTMENT OFFERS A PLETHORA OF OPPORTUNITIES FOR OUR GIRLS TO PERFORM IN CHOIRS, ORCHESTRAS AND ENSEMBLES; WHILST OUR VISUAL ARTISTS CAN MAKE THE MOST OF DRAWING FROM LIVE MODELS AND EXPERIMENTING WITH A RANGE OF ART MAKING MATERIALS. OUR VIBRANT DRAMA DEPARTMENT ENSURES THAT GIRLS HAVE THE OPPORTUNITY TO PERFORM AND PERFECT THEIR PRESENTATION SKILLS AND BUILD CONFIDENCE, WHILST OUR FUTURE FILMMAKERS AND CHEFS CAN JOIN SOCIETIES TO INDULGE THEIR PASSIONS.

# BRASS & FLUTE ENSEMBLES

|                       |                                                                                                                                                                                         |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Monday - Before School - Every week                                                                                                                                                     |
| <b>Where</b>          | S4 (Music Classroom)                                                                                                                                                                    |
| <b>Staff Involved</b> | Mr Smith (Brass) & Mr Morris (Flute)                                                                                                                                                    |
| <b>Age Range</b>      | All                                                                                                                                                                                     |
| <b>Description</b>    | Joining an ensemble will give you the chance to develop as a musician, and to learn to listen and play as part of a group. Members will be organised according to standard and ability. |

# CELLO & GUITAR ENSEMBLES

|                       |                                                                                                                                                                                         |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Thursday - Before School - Every week                                                                                                                                                   |
| <b>Where</b>          | S4 (Cello) & G1 (Guitar)                                                                                                                                                                |
| <b>Staff Involved</b> | Ms Graham (Cello) & Mr Parsons (Guitar)                                                                                                                                                 |
| <b>Age Range</b>      | All                                                                                                                                                                                     |
| <b>Description</b>    | Joining an ensemble will give you the chance to develop as a musician, and to learn to listen and play as part of a group. Members will be organised according to standard and ability. |

# LOWER SCHOOL CHOIR

|             |                                    |
|-------------|------------------------------------|
| <b>When</b> | Monday - After School - Every week |
|-------------|------------------------------------|

|              |                      |
|--------------|----------------------|
| <b>Where</b> | S3 (Music Classroom) |
|--------------|----------------------|

|                       |             |
|-----------------------|-------------|
| <b>Staff Involved</b> | Miss Zarina |
|-----------------------|-------------|

|                  |                        |
|------------------|------------------------|
| <b>Age Range</b> | Thirds to Upper Fourth |
|------------------|------------------------|

|                    |                                                                                                                                                                                |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | The choir sings a wide variety of music from jazz numbers to classical pieces. Learn to listen to each other and sing together as you take one of two parts - Alto or Soprano. |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# SCHOOL CHOIR

|             |                                  |
|-------------|----------------------------------|
| <b>When</b> | Wednesday - Lunch 1 - Every week |
|-------------|----------------------------------|

|              |          |
|--------------|----------|
| <b>Where</b> | The Hall |
|--------------|----------|

|                       |              |
|-----------------------|--------------|
| <b>Staff Involved</b> | Mr Patterson |
|-----------------------|--------------|

|                  |     |
|------------------|-----|
| <b>Age Range</b> | All |
|------------------|-----|

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|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | A club for anyone who loves to sing along to the radio, or flex their vocal chops in the shower. The choir performs at school concerts and in the Christmas service at St. Marylebone church. |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# SENIOR CHOIR

**When** Monday - After School - Every week

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**Where** S4 (Music Classroom)

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**Staff Involved** Mr Patterson

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**Age Range** Upper Fourth to Sixth Form

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**Description** Come and sing as part of a large group and discover the music of a variety of composers. As well as performing at school concerts and events, this choir gives an annual performance with the Harrow School Choir in March.



# PINK LADIES

|                       |                                                                                                                                                                                                                                                                  |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Monday - Lunch 1 - Every week                                                                                                                                                                                                                                    |
| <b>Where</b>          | S3 (Music Classroom)                                                                                                                                                                                                                                             |
| <b>Staff Involved</b> | Mr Abbs                                                                                                                                                                                                                                                          |
| <b>Age Range</b>      | By invitation                                                                                                                                                                                                                                                    |
| <b>Description</b>    | With their toe-tapping rhythms and melodic flair, FHS's jazz band is renowned in the school's musical community. Membership is by invitation only, but does not require an audition or a specific grade. The group will perform at all the main school concerts. |

# QUARTET

|                       |                                                                                                                                                                                       |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Thursday - Lunch 1 - Every week                                                                                                                                                       |
| <b>Where</b>          | S3 (Music Classroom)                                                                                                                                                                  |
| <b>Staff Involved</b> | Miss Zarina                                                                                                                                                                           |
| <b>Age Range</b>      | All                                                                                                                                                                                   |
| <b>Description</b>    | Members will be organised according to standard and ability. Joining a quartet will give you the chance to develop as a musician, and to learn to listen and play as part of a group. |



# SCHOOL ORCHESTRA

|             |                                       |
|-------------|---------------------------------------|
| <b>When</b> | Wednesday - After School - Every week |
|-------------|---------------------------------------|

|              |                      |
|--------------|----------------------|
| <b>Where</b> | S3 (Music Classroom) |
|--------------|----------------------|

|                       |                            |
|-----------------------|----------------------------|
| <b>Staff Involved</b> | Mr Patterson & Miss Zarina |
|-----------------------|----------------------------|

|                    |                |
|--------------------|----------------|
| <b>Lead Violin</b> | Swathy Suresan |
|--------------------|----------------|

|                  |               |
|------------------|---------------|
| <b>Age Range</b> | By invitation |
|------------------|---------------|

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|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | Consisting of 40-50 members, the orchestra is made up of musicians of all ages and performs regularly at main school concerts. Repertoire can vary from symphonies to film music. |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# JUNIOR DRAMA CLUB

|                          |                                                                                                                                                                     |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Friday - Lunch 1 - Every week                                                                                                                                       |
| <b>Where</b>             | Drama Studio                                                                                                                                                        |
| <b>Staff Involved</b>    | Mrs Simmons                                                                                                                                                         |
| <b>Society President</b> | Charlotte McBurney                                                                                                                                                  |
| <b>Age Range</b>         | Thirds to Lower Fourth                                                                                                                                              |
| <b>Description</b>       | Explore movement, character and story telling through improvisation and games. There will also be opportunities to take part in prop making and lighting workshops. |

## SPEECH & DRAMA\*

|                       |                                                                                                                                                                                                                                           |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Tuesday & Wednesday - Every week                                                                                                                                                                                                          |
| <b>Where</b>          | RS1 & G1                                                                                                                                                                                                                                  |
| <b>Staff Involved</b> | Ms Mount & Miss Leaf                                                                                                                                                                                                                      |
| <b>Age Range</b>      | All                                                                                                                                                                                                                                       |
| <b>Description</b>    | These classes provide budding actresses an opportunity to develop their skills and earn qualifications from Trinity College London in Speech & Drama. Times of classes will vary from week to week, but you will be provided with a rota. |





# JUNIOR ART CLUB

**When** Friday - Lunch 1 - Every week

**Where** S17 (Art Classroom)

**Staff Involved** Mrs Maund

**Society President** Lily Shah

**Age Range** Thirds to Upper Fourth

**Description** Indulge your creative streak and discover your inner artist as you explore new techniques, materials, styles and colour in Art Club.

# SENIOR ART CLUB

|                          |                                                                                                                                                                  |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Thursday - After School - Every week                                                                                                                             |
| <b>Where</b>             | S17 (Art Classroom)                                                                                                                                              |
| <b>Staff Involved</b>    | Miss Evans                                                                                                                                                       |
| <b>Society President</b> | Lily Shah                                                                                                                                                        |
| <b>Age Range</b>         | Lower Fifth to Sixth Form                                                                                                                                        |
| <b>Description</b>       | Take your artwork to the next level! This club is an opportunity for GCSE and A level art students to work on their projects, or explore something entirely new. |

# LIFE DRAWING

|                          |                                                                                                                                                                                          |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Monday & Thursday - After School - Every week                                                                                                                                            |
| <b>Where</b>             | S17                                                                                                                                                                                      |
| <b>Staff Involved</b>    | Miss Carew & Miss Evans                                                                                                                                                                  |
| <b>Society President</b> | Lily Shah                                                                                                                                                                                |
| <b>Age Range</b>         | Upper Fifth to Sixth Form                                                                                                                                                                |
| <b>Description</b>       | With a life model at every session, this club is centred on developing formal drawing skills and creative use of media in the interpretation of the figure. Sessions last for two hours. |

# COOKERY CLUB

|                       |                                                                                                                                                                                                                                                      |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Tuesday - After School - Every week                                                                                                                                                                                                                  |
| <b>Where</b>          | Dining Room                                                                                                                                                                                                                                          |
| <b>Staff Involved</b> | Mr Mustafa                                                                                                                                                                                                                                           |
| <b>Age Range</b>      | All                                                                                                                                                                                                                                                  |
| <b>Description</b>    | Ready, Set, Bake! Join Mos and the other kitchen staff as they show you how to make delicious creations including cakes, cookies, and other chocolatey treats. This course is made up of six 1.5 hour sessions and teaches basic cooking techniques. |

# CREATIVE WRITING SOCIETY

|                       |                                                                                                                                                                                                                                   |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Tuesday - Lunch 1 - Every week                                                                                                                                                                                                    |
| <b>Where</b>          | RS2                                                                                                                                                                                                                               |
| <b>Staff Involved</b> | Mrs Parkes                                                                                                                                                                                                                        |
| <b>Age Range</b>      | All                                                                                                                                                                                                                               |
| <b>Description</b>    | Calling all poets, writers and creatives! Join us on a Tuesday lunch to share your creations in a supportive environment. Develop your craft by listening to other's ideas and build your confidence by performing your own work. |



# FILM SOCIETY

|             |                                |
|-------------|--------------------------------|
| <b>When</b> | Tuesday - Lunch 2 - Every week |
|-------------|--------------------------------|

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|              |                 |
|--------------|-----------------|
| <b>Where</b> | Lecture Theatre |
|--------------|-----------------|

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|                       |               |
|-----------------------|---------------|
| <b>Staff Involved</b> | Miss Lawrence |
|-----------------------|---------------|

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|                  |            |
|------------------|------------|
| <b>Age Range</b> | Bella Knox |
|------------------|------------|

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|                    |     |
|--------------------|-----|
| <b>Description</b> | All |
|--------------------|-----|

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Are you a fan of the silver screen? Can't wait to discuss the latest blockbuster or art house film with your friends? Then Film Society is the place for you! Join us as we watch and talk about the movies.

# JUNIOR PHOTOGRAPHY CLUB\*

|             |                                      |
|-------------|--------------------------------------|
| <b>When</b> | Thursday - After School - Every week |
|-------------|--------------------------------------|

|              |                     |
|--------------|---------------------|
| <b>Where</b> | S20 (Art Classroom) |
|--------------|---------------------|

|                       |                 |
|-----------------------|-----------------|
| <b>Staff Involved</b> | Miss MacDonnell |
|-----------------------|-----------------|

|                  |                        |
|------------------|------------------------|
| <b>Age Range</b> | Thirds to Upper Fourth |
|------------------|------------------------|

|                    |                                                                                                                                                                            |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | Led by a professional photographer, these sessions are a chance to learn the basics of photography. Turn off your cameras auto settings and explore what it can really do. |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# SENIOR PHOTOGRAPHY CLUB\*

|             |                                       |
|-------------|---------------------------------------|
| <b>When</b> | Wednesday - After School - Every week |
|-------------|---------------------------------------|

|              |                     |
|--------------|---------------------|
| <b>Where</b> | S17 (Art Classroom) |
|--------------|---------------------|

|                       |                 |
|-----------------------|-----------------|
| <b>Staff Involved</b> | Miss MacDonnell |
|-----------------------|-----------------|

|                  |                           |
|------------------|---------------------------|
| <b>Age Range</b> | Lower Fifth to Sixth Form |
|------------------|---------------------------|

|                    |                                                                                                                                                                                            |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | Led by a professional photographer, this club will take you outside the classroom and into Regent's Park where you will learn how to see, and capture, the world around you with new eyes. |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



# COMMUNITY & AWARENESS



THESE IMPORTANT CLUBS AND SOCIETIES ENABLE OUR GIRLS TO BE WELL-INFORMED WOMEN OF THE FUTURE. HERE THERE ARE OPPORTUNITIES TO ENGAGE WITH TEAM WORK, BECOME MORE SOCIALLY AWARE AND LEARN PUBLIC SPEAKING AND PRESENTING SKILLS THAT WILL BE BENEFICIAL FOR LIFE. THE CO-CURRICULAR ACTIVITIES LISTED HERE ALSO INCLUDE OPPORTUNITIES TO GIVE BACK TO THE LOCAL COMMUNITY THROUGH CHARITABLE CAUSES.

# AMNESTY INTERNATIONAL

|                          |                                                                                                                                                                                                                                   |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Thursday - Lunch 2 - Every 2 weeks                                                                                                                                                                                                |
| <b>Where</b>             | F1 (RS Classroom)                                                                                                                                                                                                                 |
| <b>Staff Involved</b>    | Mrs Farthing                                                                                                                                                                                                                      |
| <b>Society President</b> | Devina Loomba, Lara Isaacs & Meron Unwin                                                                                                                                                                                          |
| <b>Age Range</b>         | Upper Forth to Sixth Form                                                                                                                                                                                                         |
| <b>Description</b>       | You have a powerful voice and here is a chance to use it to promote and protect the rights of others. Together we will discuss current human rights issues, contribute to letter writing campaigns, and take part in fundraisers. |

# CHRISTIAN UNION

|                          |                                                                                                                                                                                                              |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Friday - Lunch 2 - Every week                                                                                                                                                                                |
| <b>Where</b>             | F1 (RS Classroom)                                                                                                                                                                                            |
| <b>Staff Involved</b>    | Mrs Bexon & Miss Lawrence                                                                                                                                                                                    |
| <b>Society President</b> | Ellie Valentine & Anna Thomas                                                                                                                                                                                |
| <b>Age Range</b>         | All                                                                                                                                                                                                          |
| <b>Description</b>       | This group is open to all pupils whatever your beliefs. The Christian Union is a safe space for exploring any questions and issues relating to faith or religion, and for understanding what the Bible says. |

# JUNIOR DEBATING SOCIETY

**When** Thursday - Lunch 1 - Every week

**Where** F5 (History Classroom)

**Staff Involved** Mr Clayton

**Society President** Maia Von Malaisé

**Age Range** Thirds to Lower Fourth

**Description** Learn how to construct a strong debate by researching your topic as the opposition or the proposition. Listen to others as a member of the floor and ask probing questions to get to the heart of the matter.

# SENIOR DEBATING SOCIETY

**When** Friday - Lunch 1 - Every week

**Where** Lecture Theatre

**Staff Involved** Mr Clayton

**Society President** Maia Von Malaisé

**Age Range** Upper Fourth to Sixth Form

**Description** Senior debate aims to challenge its members with more complicated topics. Every week you will either take part in the debate or be asking questions from the floor. There will also be opportunities to take part in debating competitions.

# DIVERSITY SOCIETY

**When** Monday - Lunch 1 - Every 2 weeks

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**Where** F16 (Politics Classroom)

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**Staff Involved** Mr Gridelli

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**Society President** Natasha Khursheed & Olivia Saunders

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**Age Range** Upper Fourth to Sixth Form

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**Description** Explore ideas around diversity and discuss the challenges facing individuals in our society, from race issues to LGBTQ+ rights.





## ECO SOCIETY

**When** Tuesday - Lunch 1 - Every week

**Where** F13 (MFL Classroom)

**Staff Involved** Mrs Foy

**Society President** Bella Ford

**Age Range** All

**Description** Concerned about climate change? Do you want to save the planet? Then join the Eco Society to share ideas and formulate plans to make a difference to our environment.

# FEMINIST SOCIETY

|             |                                  |
|-------------|----------------------------------|
| <b>When</b> | Monday - Lunch 1 - Every 2 weeks |
|-------------|----------------------------------|

|              |                          |
|--------------|--------------------------|
| <b>Where</b> | F16 (Politics Classroom) |
|--------------|--------------------------|

|                       |             |
|-----------------------|-------------|
| <b>Staff Involved</b> | Miss Mahieu |
|-----------------------|-------------|

|                          |                                 |
|--------------------------|---------------------------------|
| <b>Society President</b> | Phoebe Bor & Allegra Handelsman |
|--------------------------|---------------------------------|

|                  |                            |
|------------------|----------------------------|
| <b>Age Range</b> | Upper Fourth to Sixth Form |
|------------------|----------------------------|

|                    |                                                                                                             |
|--------------------|-------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | Share stories and learn from each other as you work through the challenges facing women in the world today. |
|--------------------|-------------------------------------------------------------------------------------------------------------|

# HELP FUND COMMITTEE

|             |                               |
|-------------|-------------------------------|
| <b>When</b> | Monday - Lunch 2 - Every week |
|-------------|-------------------------------|

|              |                     |
|--------------|---------------------|
| <b>Where</b> | S20 (Art Classroom) |
|--------------|---------------------|

|                       |                 |
|-----------------------|-----------------|
| <b>Staff Involved</b> | Miss MacDonnell |
|-----------------------|-----------------|

|                          |             |
|--------------------------|-------------|
| <b>Society President</b> | Amy Roberts |
|--------------------------|-------------|

|                  |            |
|------------------|------------|
| <b>Age Range</b> | Sixth Form |
|------------------|------------|

|                    |                                                                                                                                                                                                                           |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | Passionate about supporting local and global causes? Want to help with the fundraising work at FHS? If you answered yes and you're in the Sixth Form, then join the Help Fund Committee and inspire the school community. |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# MAGAZINE COMMITTEE

**When** TBC - Every month

**Where** The Library

**Staff Involved** Mrs Aves

**Society President** Mathilda Drukier

**Age Range** Lower Sixth

**Description** Want to be a journalist or to go into publishing? Participate in the creation of the School Magazine by commissioning and editing articles.

# MODEL UNITED NATIONS

**When** Wednesday - Lunch 2 - Every week

**Where** F16 (Politics Classroom)

**Staff Involved** Miss Cooper & Mr Glavin

**Age Range** Connie Bonny

**Description** Sixth Form

Assume the role of a national ambassador and join the debate about global issues. By participating you'll get a unique insight into the workings of the UN.



# MOSAIC CLUB

|             |                                    |
|-------------|------------------------------------|
| <b>When</b> | Monday - After School - Every week |
|-------------|------------------------------------|

|              |                 |
|--------------|-----------------|
| <b>Where</b> | Gloucester Room |
|--------------|-----------------|

|                       |                       |
|-----------------------|-----------------------|
| <b>Staff Involved</b> | Mr Glavin & Mrs Maund |
|-----------------------|-----------------------|

|                  |            |
|------------------|------------|
| <b>Age Range</b> | Sixth Form |
|------------------|------------|

|                    |                                                                                                                                                                                                       |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | Part of Francis Holland's charity initiative for elderly people in the Westminster area, join this community of mosaic creators as they craft extraordinary pictures for community and school spaces. |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

# OXBRIDGE

|                       |                                                                                                                                                                                                                  |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Wednesday - Before School - Every week                                                                                                                                                                           |
| <b>Where</b>          | Lecture Theatre                                                                                                                                                                                                  |
| <b>Staff Involved</b> | Ms Lewis                                                                                                                                                                                                         |
| <b>Age Range</b>      | Upper Fifth to Sixth Form                                                                                                                                                                                        |
| <b>Description</b>    | A group for those wishing to apply to England's most prestigious universities. You will be put through your paces and given advice on the application and interview process, as well as how to choose a college. |

# PHILOSOPHY SOCIETY

|                          |                                                                                                                                                                                                           |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Thursday - Lunch 2 - Every 2 weeks                                                                                                                                                                        |
| <b>Where</b>             | F1 (RS Classroom)                                                                                                                                                                                         |
| <b>Staff Involved</b>    | Mrs Farthing                                                                                                                                                                                              |
| <b>Society President</b> | Maia Von Malaisé                                                                                                                                                                                          |
| <b>Age Range</b>         | Lower Fifth to Sixth Form                                                                                                                                                                                 |
| <b>Description</b>       | Explore a range of philosophical and ethical issues from cloning to self-determination. We will consider a diverse range of positions on these topics, including those represented in the media and film. |

# YOUNG ENTERPRISE

**When** Thursday - Lunch 2 - Every week

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**Where** S21 (MFL Classroom)

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**Staff Involved** Miss Conway

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**Age Range** Lower Sixth

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**Description** Form a company, learn how to run a business, make a product or service and then sell it, all with the support of your business advisor. This is a great opportunity to acquire important skills including teamwork, time management, leadership and public speaking.



# SPORTS & RECREATION



FHS ENJOYS A RICH SPORTING LIFE AND THERE ARE MANY OPPORTUNITIES TO COMPETE FOR YOUR SCHOOL. OUR TEAM SPORTS INCLUDE NETBALL, HOCKEY, TENNIS, WATER POLO, SWIMMING, GYMNASTICS, CRICKET AND ROUNDBALLS. THESE SPORTS ARE SEASONAL AND GIRLS ARE ENCOURAGED TO CHECK THE SPORTS BOARD OUTSIDE THE STAFF ROOM TO BE AWARE OF UPCOMING TRAILS AND FIXTURES. IN ADDITION TO THESE SPORTS WE HAVE A RANGE OF RECREATIONAL GAMES AND ACTIVITIES.

# BADMINTON & TABLE TENNIS

|                          |                                                                                                                                   |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Tuesday - Before School - Every week                                                                                              |
| <b>Where</b>             | Gym                                                                                                                               |
| <b>Staff Involved</b>    | Miss Wright                                                                                                                       |
| <b>Society President</b> | Charlotte Hassenforder                                                                                                            |
| <b>Age Range</b>         | All                                                                                                                               |
| <b>Description</b>       | Whether you favour a racket or a paddle, these fast-paced sports will help you improve your reaction speed, footwork and control. |

# BALLET\*

|                       |                                                                                                                                                                                                                                                        |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Tuesday - Lunch 2 - Every week                                                                                                                                                                                                                         |
| <b>Where</b>          | Gym                                                                                                                                                                                                                                                    |
| <b>Staff Involved</b> | Miss Katie Pick                                                                                                                                                                                                                                        |
| <b>Age Range</b>      | All                                                                                                                                                                                                                                                    |
| <b>Description</b>    | Ballet is not just about flexibility, posture and graceful movement; it is also a great way to strengthen your core, increase your endurance and build your confidence. All levels of ability and experience are welcome. Sessions cost £190 per term. |

# CHEERLEADING SQUAD\*

|                       |                                                                                                                                                                                                      |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Wednesday - Lunch 1 - Every week                                                                                                                                                                     |
| <b>Where</b>          | Gym                                                                                                                                                                                                  |
| <b>Staff Involved</b> | Mrs Ellie Stone                                                                                                                                                                                      |
| <b>Age Range</b>      | All                                                                                                                                                                                                  |
| <b>Description</b>    | Whether you're a beginner or you have tried it before, Cheerleading Club is a great way to get fit, improve your co-ordination or just to have fun with your friends. This club costs £100 per term. |

# CRICKET CLUB

|                          |                                                                                                                                                  |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Monday - After School - Every week                                                                                                               |
| <b>Where</b>             | Gym                                                                                                                                              |
| <b>Staff Involved</b>    | Mr Mason                                                                                                                                         |
| <b>Society President</b> | Sarah Bithell & Marina Jacobson                                                                                                                  |
| <b>Age Range</b>         | All                                                                                                                                              |
| <b>Description</b>       | Everyone is welcome at this club, whether you're a beginner or experienced batter. Learn the intricacies of the game and develop your technique. |



# EQUESTRIAN CLUB\*

|                       |                                                                                                                                                                                                                                                  |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Friday - After School - Every week                                                                                                                                                                                                               |
| <b>Where</b>          | Westway Stables                                                                                                                                                                                                                                  |
| <b>Staff Involved</b> | Ms Wynne                                                                                                                                                                                                                                         |
| <b>Age Range</b>      | Thirds to Upper Fourth                                                                                                                                                                                                                           |
| <b>Description</b>    | Go for a ride after-school, with tuition at Westway Stables or hacking around Hyde Park. There will also be trips to destinations such as Olympia International Horse Show and a guided tour of the King's Troops. This club costs £50 per week. |

# FOOTBALL CLUB

|                          |                                                                                                                                                                      |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Friday - Before School - Every week                                                                                                                                  |
| <b>Where</b>             | Regent's Park                                                                                                                                                        |
| <b>Staff Involved</b>    | Mr Ward                                                                                                                                                              |
| <b>Society President</b> | Ria Rawla & Isabella Waite                                                                                                                                           |
| <b>Age Range</b>         | All                                                                                                                                                                  |
| <b>Description</b>       | Learn basic skills with the opportunity to play in matches against other schools. There are no trials for this club and everyone is welcome. Football's coming home! |

# LAP IT UP SWIMMING CLUB

|             |                                     |
|-------------|-------------------------------------|
| <b>When</b> | Friday - Before School - Every week |
|-------------|-------------------------------------|

|              |               |
|--------------|---------------|
| <b>Where</b> | Swimming Pool |
|--------------|---------------|

|                       |             |
|-----------------------|-------------|
| <b>Staff Involved</b> | Miss Wright |
|-----------------------|-------------|

|                  |     |
|------------------|-----|
| <b>Age Range</b> | All |
|------------------|-----|

|                    |                                                                                                                                                                                    |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Description</b> | Start off your week with a few lengths of the FHS swimming pool. Whether you prefer backstroke, breaststroke, butterfly or front crawl all are welcome to jump in and have a swim. |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



# MODERN DANCE\*

|                       |                                                                                                                                                                                                                                              |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>           | Monday - Lunch 1 - Every week                                                                                                                                                                                                                |
| <b>Where</b>          | Gym                                                                                                                                                                                                                                          |
| <b>Staff Involved</b> | Mrs Ellie Stone                                                                                                                                                                                                                              |
| <b>Age Range</b>      | All                                                                                                                                                                                                                                          |
| <b>Description</b>    | Modern dance is a style that focuses both a dancer's own interpretations as well as structured steps. In our weekly classes we will learn routines to the latest chart hits as well as cinematic and show tunes. Classes cost £100 per term. |

# RUNNING CLUB

|                          |                                                                                                                                                                                         |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When</b>              | Thursday - Before School - Every week<br>Wednesday - Lunch 1 - Every week                                                                                                               |
| <b>Where</b>             | Regent's Park                                                                                                                                                                           |
| <b>Staff Involved</b>    | Miss Mahieu & Mr Clayton                                                                                                                                                                |
| <b>Society President</b> | Jessica Flood                                                                                                                                                                           |
| <b>Age Range</b>         | All                                                                                                                                                                                     |
| <b>Description</b>       | Enthusiasm and commitment are the key ingredients for this club. An ability to run continuously for 20 minutes is required. Come and join us as we take in the sights of Regent's Park. |



## YOGA\*

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**When**

Thursday - Lunch 1 - Every week

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**Where**

Gym

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**Staff Involved**

Mrs Taylor

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**Age Range**

All

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**Description**

Yoga will increase your flexibility, improve muscle tone, give you more strength and energy. It also helps develop concentration, improve breathing and provide a chance for meditation. Sessions cost £100 per term.

# CO-CURRICULAR TIME

|                  | Before School                                                                       | Lunch 1                                                                                              |
|------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>Monday</b>    | 1. Brass & Flute Ensembles<br>2. British Sign Language<br>3. Italian Bilingual Club | 1. Pink Ladies<br>2. Forum<br>3. Modern Dance*<br>4. Feminist / Diversity Society                    |
| <b>Tuesday</b>   | 1. Speech & Drama*<br>2. Badminton & Table Tennis                                   | 1. Speech & Drama*<br>2. History & Politics Society<br>3. Creative Writing Society<br>4. Eco Society |
| <b>Wednesday</b> | 1. Speech & Drama*<br>2. Oxbridge                                                   | 1. School Choir<br>2. Speech & Drama*<br>3. Cheerleading Squad*<br>4. Running Club                   |
| <b>Thursday</b>  | 1. Guitar & Cello Ensembles<br>2. Running Club                                      | 1. Quartet<br>2. Yoga*<br>3. Junior Debating Society<br>4. Geography Society                         |
| <b>Friday</b>    | 1. Advanced Mandarin Club<br>2. Football Club<br>3. Lap it up Swimming Club         | 1. Senior Debating Society<br>2. Junior Science Club<br>3. Junior Drama Club<br>4. Junior Art Club   |

Clubs marked with a \* charge a termly fee.

# METABLE 2019-2020

|   | Lunch 2                                                                                                                                                                                                     | After School                                                                                                                                                      |
|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| y | <ol style="list-style-type: none"> <li>1. Senior Literary Society</li> <li>2. Help Fund Committee</li> <li>3. Senior Maths Club</li> <li>4. Mythical Monsters</li> </ol>                                    | <ol style="list-style-type: none"> <li>1. Lower / Senior School Choir</li> <li>2. Life Drawing</li> <li>3. Mosaic Club</li> <li>4. Cricket Club</li> </ol>        |
|   | <ol style="list-style-type: none"> <li>1. Speech &amp; Drama*</li> <li>2. Ballet*</li> <li>3. Languages Society</li> <li>4. Film Society</li> </ol>                                                         | <ol style="list-style-type: none"> <li>1. Cookery Club</li> <li>2. Junior Mandarin Club</li> </ol>                                                                |
|   | <ol style="list-style-type: none"> <li>1. Speech &amp; Drama*</li> <li>2. Chemistry Club</li> <li>3. Model United Nations</li> <li>4. Globetrotters</li> </ol>                                              | <ol style="list-style-type: none"> <li>1. Speech &amp; Drama*</li> <li>2. School Orchestra</li> <li>3. Senior Photography Club*</li> </ol>                        |
|   | <ol style="list-style-type: none"> <li>1. Amnesty Int. / Philosophy Soc</li> <li>2. Young Enterprise</li> <li>3. Electronics / Science Fiction Club</li> <li>4. Book Club / Jnr Literary Society</li> </ol> | <ol style="list-style-type: none"> <li>1. Magazine Committee</li> <li>2. Junior Photography Club*</li> <li>3. Life Drawing</li> <li>4. Senior Art Club</li> </ol> |
|   | <ol style="list-style-type: none"> <li>1. Medical Society</li> <li>2. Bio / Dissection / Green Fingers</li> <li>3. Junior Maths Club / Coding Club</li> <li>4. Christian Union</li> </ol>                   | <ol style="list-style-type: none"> <li>1. Equestrian Club*</li> </ol>                                                                                             |



FRANCIS HOLLAND SCHOOL  
REGENT'S PARK

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