



NORTHWOOD
COLLEGE

FOR GIRLS

GDST



Extra-
Curricular
Activities Booklet
Junior School

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Puzzles Club

Year Group: Reception

Teacher: Miss Alder

Day: Mondays

Time: 3:30-4pm

Location: Bluebelle House

Description: Will give the girls the opportunity to develop their teamwork skills with a partner or in a small group, completing puzzles with varying levels.

Mindfulness Club

Year Group: Reception

Teacher: Miss Vaughan

Day: Tuesdays

Time: 3:30-4pm

Location: Bluebelle House

Description: Will allow the girls to relax, meditate, and become more aware of what is happening in the present moment. This will help them face daily challenges.

Story Craft Club

Year Group: Reception

Teacher: Mrs McIvor

Day: Wednesdays

Time: 3:30-4pm

Location: Bluebelle House

Description: Will give girls the chance to immerse themselves in a story. The group will discuss the story and use their imaginations as they bring the story to life through a range of crafts.

VINCENT HOUSE

Years 1 & 2

Games and Puzzle Club

Year Group: 1 & 2

Teacher: Mrs Giffin

Day: Mondays

Time: 3:30-4:10pm

Location: Vincent House Classroom

Description: Have fun developing problem solving skills with different puzzles together. Furthering the art of teamwork while competing in a variety of games.

Design and Construction Club

Year Group: 1 & 2

Teacher: Mr Bucknall

Day: Mondays

Time: 3:30-4:10pm

Location: Vincent House Classroom

Description: Girls will meet the challenge of following a given design and theme to create and build a model. They will select resources and using their creative and fine motor skills build this design. Construction kits will also be used.





Drawing Club

Year Group: 1 &2

Teacher: Miss Dabski-Nerlich/Mrs Dhalla

Day: Mondays

Time: 3:30-4:10pm

Location: Vincent House Classroom

Description: Drawing club will enhance the girls' creativity and imagination. We draw around a theme, character or object using different mediums. The girls also have the opportunity to talk about what their drawings mean to them.

Journey Around the World in Stories

Year Group: 1 &2

Teacher: Mrs Delaney

Day: Thursdays

Time: 3:30-4:10pm

Location: The girls will learn about different worldwide cultures through the world of stories. They can then complete their 'passport' marking where their story comes from and creating a short review about the book.

Bounce Back Club

Year Group: 1 &2

Teacher: Miss Thomas

Day: Mondays

Time: 3:30-4:10pm

Location: Vincent House Classroom

Description: Girls will have fun covering subjects such as resilience, mindfulness, gratitude, and positivity through writing, worksheets, discussion, art, and self-assessment.



Multi-Sports

Year Group: 1 & 2

Teacher: Mrs Edwards

Day: Thursdays

Time: 3:30-4:10pm

Location: Vincent Hall

Description: Girls will try a variety of sports including badminton, basketball, football, and bowling. We will play team and individual games to develop hand/eye coordination. We may even have a go at some circus skills!



BRYDEN BROWN

YEARS 3-6

Debate Club

Year Group: 3-6

Teacher: Mrs Morjaria

Day: Mondays

Time: 12:25pm

Location: Assembly Hall

Description: Why do we debate? "To change the world." This club provides an excellent platform to develop public speaking skills, knowledge of current affairs and confidence. It will really inspire our pupils to see themselves as real agents of change!

Young Inventors Club

Year Group: 4 & 5

Teacher: Miss Stewart

Day: Alternating Wednesdays

Time: 12:30pm

Location: Maker Space/Classroom 3S

Description: Prepare to get your thinking caps on! Young inventors will be given two choices- they can accept the challenge to invent a new solution to a new every day problem OR they can try their luck at completing practical challenges in small groups or teams.

Science Club

Year Group: 4 & 5

Teacher: Miss Stewart

Day: Alternating Wednesdays

Time: 12:30pm

Location: Junior Science Lab

Description: Girls will have fun in this hands on science club. Activities will include a camera case rocket launch competition and other science related experiments and trials.



Mindfulness

Year Group: 3-6

Teacher: Mrs Keigher

Day: Mondays

Time: 12:55pm

Location: Classroom 4KB

Description: Mindfulness Club gives the girls the opportunity to relax and reflect. We will explore mindfulness activities, including meditation, yoga and reflection.

T-Ball

Year Group: 3-6

Teacher: Miss Carr

Day: Mondays

Time: 12:30pm

Location: Astro Turf/Classroom 5C

Description: Are you into field sports? Do you want to learn a new game? Are you a team player? This sport will help with batting skills, hand/eye coordination, and will bring out the healthy competitor in you. Bring your energy and bring your sportsmanship and lets play some T Ball!

Design Thinking

Year Group: 6 (max. 12)

Teacher: Mrs Butterworth

Day: Mondays

Time: 12:55pm

Location: Classroom 6FB or BB5

Description: Design Thinking club gives students the opportunity to plan and create their own designs and work through the design. Thinking process of empathise, define, ideate, prototype, and test in order to create the best design possible.



Maths Club

Year Group: by invitation

Teacher: Mr Taylor

Day: Mondays

Time: 12:55pm

Location: Classroom 6T

Description: Girls will explore a range of mathematical topics in greater depth, ranging from geometry to statistics. They will extend their problem solving skills and further develop their investigative abilities. It is an exciting way to enrich their current mathematical understanding.

Guitar Club

Year Group: 3-6

Teacher: Ms Corne

Day: Tuesdays

Time: 12pm

Location: Music Room 2

Description: All pupils in KS2 who have at least one-two terms of guitar lessons are more than welcome to join. Chord knowledge is not required.

Fun tunes for all to play.





Steel Pans Club

Year Group: 5 & 6

Teacher: Ms Genis

Day: Tuesdays

Time: 12:15pm

Location: Assembly Hall

Description: Come and experience the sound of the Caribbean! You will learn to play upbeat, fun music arranged in several parts for the steel pans. Steel pans always feature in our Spring and Summer concerts.

Big Questions?

Year Group: 3-6

Teacher: Miss Comerford

Day: Tuesdays

Time: 12:55pm

Location: As a group, you will decide on a question to discuss each week after listening to a story, a piece of music, or watching a short video. Questions could include- what is right or wrong? Should we always preserve life? Are numbers invented or discovered? What is courage? Grab your thinking hats and come along for some intellectual discussion.

Junior Strings

Year Group: 3 & 4

Teacher: Mr Webster/Mrs Maclean

Day: Wednesdays

Time: 8:30am

Location: Music Room 2

Description: String group for beginners-Grade 2. Girls will learn to play more complex music in several parts. The group play in different styles and perform concerts throughout the year. Girls will develop a wide variety of string techniques and rhythms by playing fun tunes, while learning to play as a group.



Wind Group

Year Group: by invitation

Teacher: Mrs Humphries

Day: Wednesdays

Time: 8:30am

Location: Recital Hall

Description: Developing ensemble skills. This group is open to girls who are learning to play a woodwind instrument. Those that learn in school will join by invitation, those that learn outside of school should speak to Mrs Humphries. We play in Junior concerts.

Junior Orchestra

Year Group: 4-6

Teacher: Mr Webster

Day: Thursdays

Time: 12:30pm

Location: Recital Hall

Description: Girls from Grade 2 and above learn to play more complex music in several parts within the context of strings, woodwind, brass and percussion. The group play in different styles and this includes solo performance with orchestral backing. The orchestra performs in a wide range of settings that include the Carol Service. Girls must commit and attend on a regular basis to keep their place. Think of this club as an extension to your instrumental lessons.





Sketch Club

Year Group: 3 & 4

Teacher: Miss O'Donnell

Day: Thursdays

Time: 12:55pm

Location: Classroom 4OD

Description: Do you enjoy drawing? Would you like to improve your skills? Join us each week and we will explore drawing techniques using different types of materials and platforms.

Leadership Club

Year Group: 6 (max. 12)

Teacher: Mrs Foley

Day: Thursdays

Time: 1pm

Location: Classroom 6FB/BB5

Description: Leadership club will give girls in Year 6 the opportunity to explore the qualities required to be a good leader and to plan and lead their own club.

Songbirds

Year Group: 4-6 (by invitation)

Teacher: Mr Webster & Mr McElwaine

Day: Fridays

Time: 12:30pm

Location: Recital Hall

Description: Girls audition for Songbirds. Rehearsals are compulsory and commitment is essential. Girls will attend festivals and competitions.



Embroidery Club

Year Group: 4 & 5 (by invitation)

Teacher: Mrs Marwaha/Mrs Chichon

Day: Mondays

Time: 12:40pm

Location: Classroom 4M

Description: This is an ancient form of needlework that has been used worldwide to embellish textiles for decorative and communicative purposes. Girls will learn to add colour, texture, richness and dimension to their work.

Cross Country Squad Training

Year Group: 4-6 (Autumn 1)

Teacher: Miss Stewart

Day: Fridays

Time: 1pm

Location: Sports Field

Description: Years 4-6 fun runners, all welcome. Squad runners will be selected within a couple of weeks of starting. Keep fit and have fun along the way!





Running Club

Year Group: 5 & 6 (Autumn 2)

Teacher: Mr Taylor

Day: Fridays

Time: 12:30pm

Location: Sports Field

Description: All girls in years 5 & 6 can attend. Each week there will be a different running activity. Some sessions will focus on building stamina (e.g. ladder training) or skipping and other sessions will be just the pure enjoyment of running and include running games (e.g. penguins and sharks).

Touch Typing Club

Year Group: 3-6

Teacher: Ms Short

Day: Fridays

Time: 12:50pm

Location: Classroom 5S

Description: A chance for anyone in KS2 to improve your touch typing skills. As we live in an increasingly digital world, you will use this vital skills in your daily lessons and outside the classroom too.

Book Club

Year Group: 5 & 6

Teacher: Mrs Takhar

Day: Fridays

Time: 12:50pm

Location: Classroom 5TM

Description: A space for girls who love being transported to other worlds through the power of books. We will create questions which spark conversations to inspire a deep love and understanding of reading.



Board Games Club

Year Group: 3 & 4

Teacher: Mrs Battaglia

Day: Fridays

Time: 12:25pm

Location: Classroom 4KB

Description: Come enjoy a friendly game. A chance to unwind and chat whilst enjoying a game or two. The perfect way to spend a lunchtime. Pick a game from the collection or bring one from home to share, from Top Zeus on the Loose to Bananagrams, there is something for everyone.



SPORT & PHYSICAL ACTIVITY

At NWC we aim to provide sporting opportunities for students across a wide range of sports. We offer a timetable of sport and physical activities which cater for squad and club participation. This ensures that all students can access the exciting extra-curricular programme.

The timetable below outlines the various opportunities on offer, clearly indicating whether the activities are for those who have been successful in gaining a place on a squad or for anyone who wishes to attend a club.

U8 (Y3), U9 (Y4), U10 (Y5) and U11 (Y6) indicate the age group(s) of the squads and parents will be asked for consent for their daughters to attend if they are successful. If it states a year group or 'junior', then the club is open to all those in that year group and students can just turn up to attend on a weekly basis.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-12:30pm	Year 6 Tennis Coaching		Year 5 Tennis Coaching	Year 2 Tennis Coaching	Year 4 Tennis Coaching
LUNCH 12:30-1:05PM	Year 3-6 T-Ball Club	Junior Development Squad- Summer Sports U11 Athletics Squad	Junior Swim Squad	U10 Athletics Squad	Year 3 Tennis Coaching Year 3 & 4 Salsa Club
AFTER SCHOOL 4-5PM	Junior and Senior Swim Squad	U10 & U11 Cricket Squad			

EXTERNAL CLUBS

External clubs are run by outside agencies.

These clubs carry a charge and fees are paid directly to the club or association.

Yoga

Years 1-2: Wednesdays at 3:30pm

Reception: Thursdays at 3:30pm

Years 3-6: Fridays at 4pm

Location: PAC- Conservatory

Description: Through gentle exercise and controlled breathing, girls are taught how to calm or rejuvenate themselves. A holistic approach to inner peace is practised.

Rainbows

Age: 5-7

Teacher: Mrs Amin/Miss Vaughan

Day: Mondays

Time: 3:30-4:30pm

Location: PAC

Description: This is the initial section of the Girl Guide Association- the girls gain badges, play games, work through the jigsaw of look, learn, laugh, love, learn songs, and there is a focus on other skills, e.g. exploring our national days, bird watching, cultural activities, social skills. Girls wear a uniform, learn a promise, and have an enrolment ceremony. Registration/application should be through the Girl Guiding website please:
<https://www.girlguiding.org.uk/information-for-parents/register-your-daughter>

K Kwon Do

Year Group: Reception-6

Day: Wednesdays

Time: from 4pm

Location: Vincent Hall

Description: K Kwon Do promotes health, fitness, self-defence and confidence but places equal emphasis on nurturing personal, social, spiritual and mental growth, thus producing more balanced individuals.



Ballet and Contemporary Dance

Year Group: Reception-6

Teacher: Sara Bradshaw

Day: Wednesdays/Fridays (timetable by ability)

Time: from 4pm

Location: Dance studio

Description: Ballet from beginners through to Grade 6. Taught by Sara Bradshaw and her team from the Northwood Ballet School. Cecchetti Method of Ballet on offer with the opportunity of ISTD Ballet exams available but not compulsory.

Speech and Drama

Years 2, 4, 4: Mondays from 3:30-5pm

Years 2, 5, 6: Fridays from 3:30-5pm

Location: Vincent Hall

Description: This class aims to improve standards in communication through the spoken word and foster an appreciation of literature, poems and drama. Girls will be entered for LAMDA examinations when ready. LAMDA is the UK's largest statutory speech and drama awarding body and has a reputation for excellence across the globe.





Netball Drills and Skills

Year Group: 4-6

Teacher: Mrs Patel/Mrs Shah

Day: Wednesdays/Fridays (timetable by ability)

Time: 4-4:30- ball skills, 4:30-5:30- development squad, 5:30-6:30- team training

Location: Sports Courts

Description: Building on netball drills and skills. This further develops fitness and playing in competitive league matches. Focuses on both individual and team skills and key roles within the team. Absolute commitment required.

Please contact northwoodnijasnetball@gmail.com

Northwood Ninjas Netball

Year Group: 6-8

Teacher: Mrs Patel/Mrs Shah

Day: Wednesdays

Time: 7-8pm

Location: Sports Courts

Description: Where girls develop their netball skills with fun drills and friendly matches. Please contact northwoodnijasnetball@gmail.com

Chess Club

Year Group: 1-6

Teacher: Mr Eden

Day: Tuesdays

Time: from 3:30pm

Location: Bryden Brown classrooms

Description: Starts each week with a 15 minute lesson on a professional demonstration board. Followed by a practice play with analysis of games and weekly tournament. Develops logic, strategic and tactical skills, the ability to problem solve and to be both competitive and patient while learning something new from each situation as it arises.



Arty Amber Art Club

Year Group: Reception-2

Teacher: Mrs Holland

Day: Thursdays

Time: from 3:30pm

Location: Badgers Classroom

Description: Giving the children the chance to explore with art/style mediums they may never use at home. New skills to be learnt and amazing fun to be had along the way. Taught in a relaxed and enjoyable style at the end of the school day.

Gymnastics Club

Year Group: Reception

Teacher: Watford Gymnastics

Day: Tuesdays (Summer Term only)

Time: from 3:30pm

Location: Vincent Hall

Description: Girls will work on lots of skills and be assessed for their Watford Gymnastics Proficiency Award. Spaces limited and will be on a first-come first-serve bases.









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