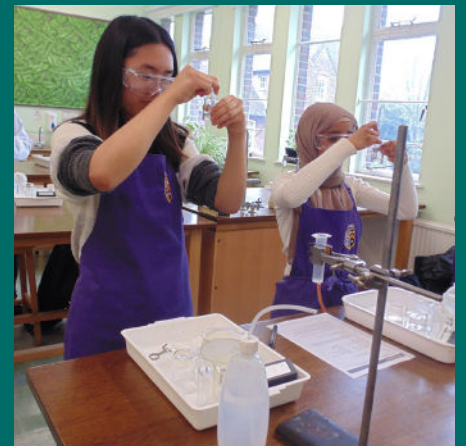




Old Palace of John Whitgift School

Independent Girls' School

Pre School to Sixth Form



Senior School Co-Curricular Programme 2023-24



Co-Curricular Programme

At Old Palace we offer an extensive range of co-curricular activities for students to develop their talents, skills and interests outside the classroom. This includes sports teams, the performing arts and a host of clubs and societies led by both students and staff. Our co-curricular programme provides students with the opportunity to become more confident, capable and connected, enabling them to develop new friendships and interests.

Most activities take place during the lunch break, with some also before or after school (after school clubs normally finish in time to catch the school minibus home if that is their normal form of transport). All students are encouraged to participate in at least three activities a week. This booklet provides a summary of all the clubs taking place this year.

A small number of activities incur a cost or require an audition/trial. These are indicated as follows.

- Cost Involved – details are outlined on the covering letter that accompanies this booklet
- Audition/Trial Required – students should speak to their teacher to find out how to try-out. If unsuccessful, students will be guided to attend the relevant club to help develop their skills further.

How to Sign up to Clubs

We use SOC's to manage co-curricular activities. This is accessible via the Student Login page of the Old Palace website:

<https://www.oldpalace.croydon.sch.uk/portals/staff-student-login/>

Students should sign up to their chosen activities using SOC's and their school email address. By signing into the school network, they will automatically be signed into SOC's using their school login.

Technical assistance is available here:

<http://help.socscms.com/Page.asp?ID=217>

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Clubs Requiring Parental Permission



Activities that run after 3.45pm require us to collect parental permission in order for a student to attend.

Parents are able to log in to Socs here, to sign up their daughter to attend these clubs.






<https://www.socscms.com/login/3675/parent>

Physical Education







<p>Badminton (Year 8+)</p>	<p>This is for anyone who wants to try badminton for the first time or has previous experience. Numbers may be restricted due to space or the year groups may be rotated.</p> <p>Trainers needed.</p>	
<p>Cricket (Year 7 – 9)</p>	<p>Come along and learn new skills such as bowling, wicket keeping and batting. Or develop existing skills. A fun way to get ready for the cricket season later in the year. Trainers needed</p>	
<p>Football (Year 7-11)</p>	<p>A relaxed atmosphere to play some friendly football matches and improve your skills. Perfect for first timers and experienced players.</p>	
<p>Football Squad (Year 7 and 8)</p> <p>● Trial Required</p>	<p>Squad football is for those students selected at the trials to challenge themselves and develop their football abilities, teamwork and competitive spirit. They will have the opportunity to represent the school in the Croydon U13 League, as well as various tournaments/events throughout the year.</p>	
<p>Gymnastics</p>	<p>An opportunity to improve flexibility, balance, coordination and gymnastic skills. All levels of ability welcome. Please bring leggings or shorts for this activity.</p>	
<p>Netball Development (Year 7 – 9)</p>	<p>An opportunity to gain match play experience in Netball. Aimed at those who didn't secure a place in a selected squad. Sports Leaders help run this club alongside a member of the PE Team.</p>	
<p>Netball Squad (Year 7, 8 and 9)</p> <p>● Trial Required</p>	<p>Each year group has its own squad session. Selected students will train together to develop their netball skills and match play. Tactics and strategies will be introduced as appropriate. There will be matches against other schools for most selected players.</p>	





Netball Squad (Year 10+)	Anyone in Year 10+ is welcome to attend BUT it is a training session with structured drills and match play practice. There is no trial but when fixtures are played it will be for those selected. Come along if you enjoy netball and want to improve your fitness and are prepared to work hard!	
Volleyball (Year 10+)	Turn up for social volleyball after school. A chance to learn new skills, meet other people and improve your games play.	

Swimming




Skills & Drills	<p>Students practice a variety of water skills including diving, synchronised swimming, team games, water polo, lifesaving, personal survival and lots more.</p>	
Senior Swim Squad ● Trial Required	<p>Lane swimming for more able swimmers. Sessions are set across four ability lanes to include drills for all strokes, stamina and endurance work, pace clock reading, competitive starts and turns.</p>	
Swimfit	<p>Extra swimming for all abilities. Lanes for those wishing to swim lengths and areas for those needing to work in more shallow water. Numerous schedules available to follow for those swimming lengths. Tuition for those working in shallow water including increasing water confidence, practicing strokes and learning new aquatic skills. Those new Year 7 students unable to swim, or very weak, will be invited to come along to have individual or small ratio tuition to help them feel more confident in the water.</p>	
Swimming	<p>Have fun practicing all types of swimming and water skills.</p>	
Water Polo Squad ● Trial Required	<p>Includes general Water Polo fitness and stamina work, as well as all aspects of game play, ball handling skills and rules. Squad is aimed at progressing to compete in events against local schools, up to English Schools competition level.</p>	

Music







<p>Advanced Flutes</p> <p>● Cost Involved</p> <p>● Audition Required</p>	<p>This is an ensemble for more experienced flautists. Rehearsals are led by Mr Dean. Repertoire is a mix of early and modern music. This ensemble performs at school concerts and external events.</p>	
<p>Brass Ensemble</p> <p>● Cost Involved</p>	<p>This ensemble is for students who play a brass instrument from beginner to grade 5 standard and above. Rehearsals are led by Mrs Duncan and take place before school for half an hour. Repertoire is a mix of classical and popular music. This ensemble performs at school concerts and external events.</p>	
<p>Chamber Choir</p> <p>● Audition Required</p>	<p>This is an auditioned choir of approximately 30 students, which sings a wide range of secular music. Rehearsals are led by Mr Griffith and take place on one morning before school and one lunchtime each week. The Chamber Choir performs regularly at school and external events.</p> <p><i>(Members must also be in Year 7-8 Choir/Senior Choir as appropriate)</i></p>	
<p>Chamber Music</p> <p>● Audition Required</p>	<p>This ensemble is for chamber music players by invitation only. Rehearsals take place for an hour and a quarter and will be led by Miss Orr and Mr Griffith. Repertoire is classical and includes string orchestra music as well as quartets and piano trios. This ensemble will perform at school concerts and external events such as music festivals.</p>	
<p>Guitar Ensemble</p> <p>● Cost Involved</p> <p>● Audition Required</p>	<p>This is an ensemble for any classical guitarists of any standard. Rehearsals take place at lunchtime and are led by Mr Legg. Repertoire is a mix of early and modern music. This ensemble performs at school concerts and chapel recitals.</p>	
<p>Polyphonic</p> <p>● Audition Required</p>	<p>This is an auditioned choir of approximately 30 students which sings sacred music in the Anglican cathedral tradition. Rehearsals are led by Mr Griffith and take place twice a week (one during a lunchtime and one before school). The choir sings one Evensong service at Croydon Minster each month as well as singing at numerous school church services throughout the year.</p> <p><i>(Members must also be in Year 7-8 Choir/Senior Choir as appropriate)</i></p>	




Senior Choir	<p>This is a large, un-auditioned choir which sings a wide range of secular and sacred music in both classical and modern genres. Rehearsals take place at lunchtime in the Chapel for 45 minutes (led by Mr Griffith) and include fun vocal exercises and a mix of learning songs by ear and using sheet music. No prior experience of singing or reading music is necessary. This choir performs at several school concerts and services throughout the year.</p>	
Senior Orchestra	<p>The Senior Orchestra is for string, wind, brass and percussion players of approximately grade 5+ standard. Rehearsals take place for an hour and a half after school and are led by Mr Griffith. Repertoire is classical: symphonies, overtures, concertos etc. The Senior Orchestra performs at school concerts and events.</p>	
Steel Pans Ensembles ● Cost Involved	<p>We have two Steel Pans groups ranging from beginners (no prior experience required) to advanced players. Rehearsals take place once a week after school for 45 minutes and are led by Mr Dowie. The repertoire is pop music given a Caribbean flavour! These ensembles perform at school concerts and external events.</p>	
Training Orchestra	<p>The Training Orchestra welcomes all students who play an instrument from beginner to approximately grade 4 standard. Repertoire includes a wide range of fun, familiar music. Rehearsals take place for an hour after school and are led by Ms Rowsell and Mr Dickinson. This ensemble performs at school concerts each term.</p>	
Year 7-8 Choir	<p>This is a large, un-auditioned choir which sings a wide range of secular and sacred music in both classical and modern genres. Rehearsals take place after school in the Chapel for an hour (led by Miss Orr) and include fun vocal exercises and a mix of learning songs by ear and using sheet music. No prior experience of singing or reading music is necessary. This choir performs at several school concerts & services throughout the year.</p>	
Ukulele Society	<p>A group for ukulele playing and singing... The ukulele brings joy into the lives of all who play and hear it. Old Palace Ukulele Society (OPUS) will give the full ukulele treatment to a wide range of fun songs from the 1920s right through to today's charts. If you have a ukulele, please bring it along, but beginners are also welcome and can use our school instruments.</p>	

Drama

Drama (Year 7 and 8)	<p>Year 7 and 8 Drama club is an exciting club where students develop their performance skills. Students explore scripted scenes and create their own pieces of Drama and perform these to an audience.</p>	
Improv Troupe	<p>Improv Troupe is open to all students. Students develop short form and long form improvisational skills and perform at least once per term to an audience</p>	
Musical Theatre	<p>Musical Theatre club is run by Drama Prefects. Students will learn songs from popular musicals and develop their skills in acting through song.</p>	

Dance

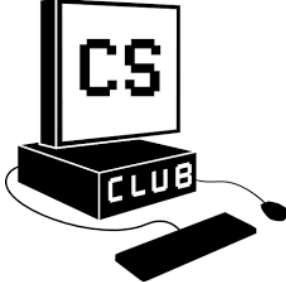
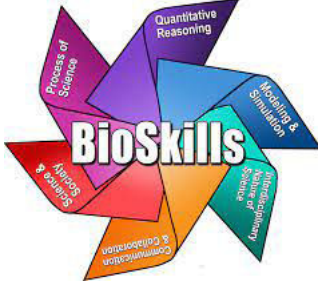
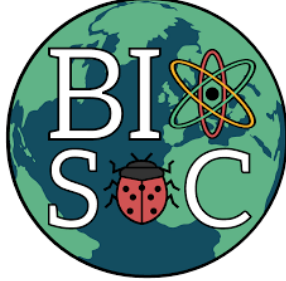

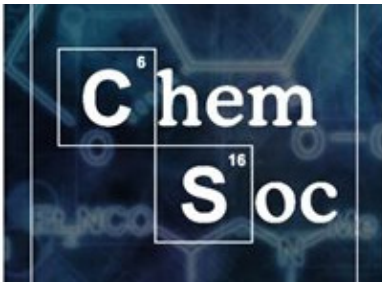

<p>Kuthu Dance (Year 8-13)</p>	<p>This is led by a passionate Year 12 student who would like to share her knowledge of the postures, movements and rhythmic patterns of this cultural dance. Dappankuthu (or simply Kuthu) is a folk dance and music genre with an emphasis on percussion performed in the South Indian state of Tamil Nadu. Students will work towards performance pieces within the school community and at the Royal Academy of Dance (RAD).</p>	
<p>Indian Dance (Year 7-13)</p>	<p>This club is open to all students who have an interest in Indian Dance and will focus on developing technique and skills in this dance style. Students will have the opportunity to perform in performance pieces within the school community and at the Royal Academy of Dance (RAD). This is led by two Year 12 Old Palace students.</p>	
<p>Lyrical Contemporary (Year 8-13)</p> <p>● Trial Required</p>	<p>This club is led by a 6th form student. It is open to students that are interested in Lyrical Contemporary and would like to develop their skills further. Students will have the opportunity to develop and build their understanding of the required techniques and will work towards performance pieces within the school community and at the Royal Academy of Dance (RAD).</p>	
<p>Musical Dance Troupe</p> <p>● Audition Required</p>	<p>This group will be for students that have auditioned for the musical and will rehearse the dance aspect of the musical numbers.</p>	
<p>Street Dance (Year 9-13)</p> <p>● Trial Required</p>	<p>This club is open to students who are passionate about Street Dance. Students will have the opportunity to develop and build their understanding of the required techniques and will work towards performance pieces within the school community and at the Royal Academy of Dance (RAD). This club is led by an experienced Year 13 student and welcomes committed dance students.</p>	
<p>Year 7 Dance Company</p>	<p>This club will build upon a team of dancers who will represent their year group. Building on skills to help strengthen their Contemporary technique as well as develop a range of expressive skills, this weekly session will involve learning new and innovating choreography which will showcase in the school's Annual Dance Show at the Royal Academy of Dance (RAD). All Year 7 students who are passionate about Dance are welcome.</p>	


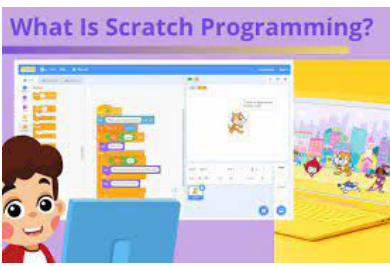
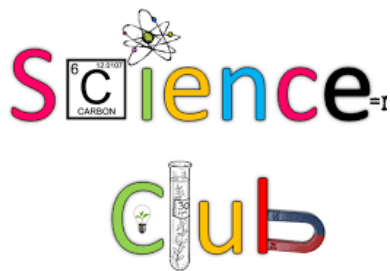

<p>Year 8 Dance Company</p> <p>● Trial Required</p>	<p>This club will build upon a team of dancers who will represent their year group. Building on skills to help strengthen their Contemporary technique as well as develop a range of expressive skills, this weekly session will involve learning new and innovating choreography which will showcase in the school's Annual Dance Show at the Royal Academy of Dance (RAD). All Year 8 students who are passionate about Dance are welcome.</p>	
<p>Year 9 Dance Company</p> <p>● Trial Required</p>	<p>This club will build upon a team of dancers who will represent their year group. Building on skills to help strengthen their Contemporary technique as well as develop a range of expressive skills, this weekly session will involve learning new and innovating choreography which will showcase in the school's Annual Dance Show at the Royal Academy of Dance (RAD). All Year 9 students who are passionate about Dance are welcome.</p>	
<p>Year 10 & 11 GCSE Dance Rehearsal</p>	<p>This club is offered to both Year 10 and 11 GCSE Dance students and will provide students the opportunity to further extend their learning outside of the classroom. The sessions will focus on building performance and choreographic skills required for the practical examination units. Mixing with both year 10 and 11 students will present an opportunity to work alongside students from different year groups, as well as both staff members of the Dance Department.</p>	

Languages







French Film	Enjoy watching a French film while having your lunch in a nice and cosy classroom!	
German Culture	German games & children's news, anything related to German culture	
Italian Culture	We will immerse into the Italian culture. There will be a rotation of activities with fun games, songs, and films in Italian. The club will be led a Year 12 student.	
Japanese	Are you interested in the Japanese language? Join this fun and informal way to learn this fantastic language	
Spanish Cinema	To learn about the artistically rich world of Hispanic cinematography and to practise Spanish	
Spanish Culture	This club gives you the opportunity to learn about the Hispanic world, Spanish Pop culture, music and dance as well as playing games in the language	



Science, Maths & Computing

Advanced Computer Science	<p>This club is mostly aimed at A-level Computer Science students and giving them additional support with their programming project for their qualification, in most cases this will be programming a game. Other years are welcome to attend, though the high level of work may not be appropriate for younger students.</p>	
Biology Skills	<p>In Biology Skills Club you will develop practical and research skills.</p>	
BioSoc	<p>Join BioSoc for the chance to carry out exciting Biology practicals, including separating DNA fragments, purifying proteins from blood plasma, modelling genetic concepts and animal behaviour, along with many other activities.</p>	
CanSat (Year 12)	<p>Do you want to be part of a team to build a can satellite? Come along to learn more about Space Engineering. Explore the basics of radio transmission and antenna building. Try your hand at soldering, KICAD design and 3D modelling and experience the thrill of designing building and testing your own can satellite. CanSat is a very popular competition organised by Esero UK.</p>	
Chemistry Society	<p>Chemistry Society gives students the opportunity to carry out interesting and exciting practical activities, exploring applications of Chemistry beyond the curriculum. You can improve your practical skills and deepen your knowledge and understanding of the subject.</p>	
Practical Problem-Solving	<p>Gain a sense of achievement and develop your problem-solving skills in constructing engineering structures using simple materials. This is done under timed conditions while working as part of a team. You will have the opportunity to use the skills gained to compete against local schools in a national competition later in the year.</p>	




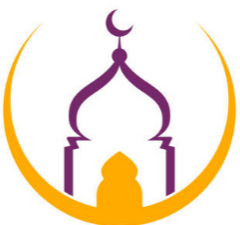

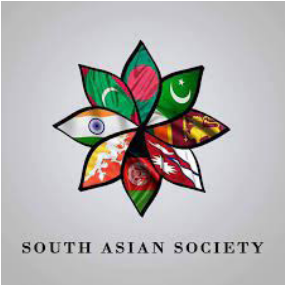
Physics Society	Develop your knowledge and experience of Physics beyond what is covered in lessons. You will carry out fun practical activities, competitions and quizzes as well as developing your team working skills	
Scratch Programming (Year 7)	Discover how to create awesome platform games from scratch! No coding experience required. You will be taught the basics as you proceed on your learning journey.	
Science (Year 7)	The club will include fun experiments, items to make, documentaries and quizzes.	
Senior Mathematics Team Challenge (Year 12) ● Trial Required	At this club, students prepare for the UKMT Senior Mathematics Team Challenge heat in London at the end of the Autumn Term. This involves lots of problem solving and team work and (of course) mathematics!	

Humanities, Classics & Public Speaking




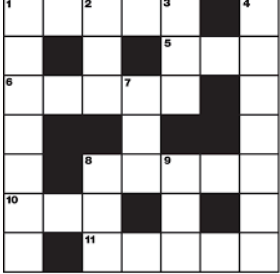


Business Enterprise	The Business Enterprise club will give students the opportunity to become young entrepreneurs. They will have the opportunity to come up with new and creative business ideas and then to promote, finance and sell a finished product in different settings and various audiences. The Enterprise club is open to all year groups	
Classical Reading Group	We will read and discuss ancient texts in translation, focusing on philosophy, tragedy and elegy. We will read and learn about a wide range of authors, such as Plato, Sappho, Ovid and Euripides.	
Current Affairs	Come along to process and discuss headline news from all over the world. Each discussion is student-led and all views are respectfully heard. A great opportunity to practice your public speaking or to simply listen and work out what you think about the week's news!	
Debating	Do you enjoy sharing your opinions? Are you keen to discuss current issues? Come along and make your voice heard! Debating is a valuable life skill and this club will encourage students to present effective arguments, respect alternative views and the benefits of teamwork.	
Eco Committee	Come and get involved in saving our planet! We are aiming to achieve Eco-Schools status this year and will be carrying out a range of projects to make our school eco-friendly.	
Environmental Science Club (Year 10-13)	Come and get involved in using science to understand our environmental issues. We will be completing practical experiments to help us understand our environment. We will also be entering the Geological Society's annual competition.	



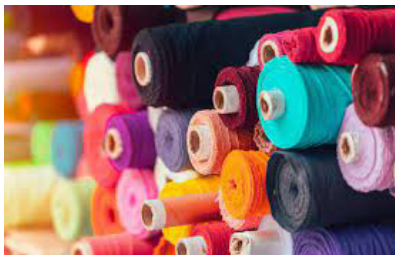

Politics Club	<p>Led each session by a different sixth form Politics student, this club will a more in-depth look at key political issues, events, or people than Current Affairs. All years are welcome, but be ready for some heavyweight political discussions and debates!</p>	
Psychology Film Club	<p>During Psychology film club we will watch films with a psychological theme and then discuss them.</p>	

Community

African Caribbean Society	<p>The Old Palace African Caribbean Society is led by an active group of students. Come and learn more about African and Caribbean cultures and experiences. Join a welcoming society inviting all to appreciate and understand Afro-Caribbean heritage.</p>	
Charity Committee	<p>Join our charity team to help shape the fundraising we do at school. We are planning to organise a range of events across the year to support causes that are important to those in our community.</p>	
Christian Forum	<p>An opportunity for all year groups to explore the Christian faith through discussion, videos, games, crafts and Bible study. We'll be looking at questions like: How does Christianity relate to contemporary issues? Can science and faith go together? Why should we bother with an ancient book like the Bible? What difference does faith make in everyday life? Everyone is welcome whatever you believe.</p>	
Islamic Society	<p>A club to celebrate and learn more about Islamic culture and a forum to discuss current affairs.</p> <p>This club is run by sixth form students.</p>	
Q&A	<p>A space for LGBTQ+ students and allies to raise awareness and acceptance of people of different gender identities, sexual orientations and sexualities. We hold regular events open to all students, and have a monthly student led newsletter.</p>	
South Asian Society	<p>The focus of this club is to celebrate the South Asian community at Old Palace, through music, film, food and discussion.</p>	

Arts, Books, DT & Games

Board Game	<p>Try out and play different types of board games. Work together as a team or against each other competitively. Ultimately, the idea is to socialise and have fun and try some new and different sources of fun.</p>	
Book	<p>Book club is for everyone that LOVES every kind of book! We will be shadowing national and local book awards, reading lots of different styles of book from a range of genres from established and new authors. We also run seasonal bookish themed activities throughout the year.</p>	
Crochet ● Cost Involved	<p>Crochet club runs for all year groups every Monday lunch time from 12:30 - 13:30 for students to work on individual projects (week 1) or learn new stitches/ new seasonally themed crochet (week 2).</p> <p>Students need to come to crochet club with their own hooks and wool (or purchase through Wisepay) in order to take part.</p>	
Cryptic Crosswords	<p>Come along and test your lateral thinking as we build the skills and knowledge to crack cryptic crosswords. Be ready to amaze your parents and grandparents! And don't worry if you've never even heard of cryptic crosswords - all levels of experience are catered for!</p>	
Fashion and Textiles Club	<p>If you have a passion for fashion then put it into action by coming along, create some fashion, textile or art whilst having tonnes of fun!! Who knows, you could be the next Coco Chanel!</p>	
Food Club Autumn term: Year 10 & 11 Spring term: Year 8 & 9 Summer term: Year 7	<p>Food Club has always been a very popular club for students who have an interest in cooking and baking to attend. Students will build on their skills and knowledge which they learn in their DT timetabled lessons in Food & Nutrition. Students will have the opportunity to have fun with food whilst being really creative and to work more independently learning more basic recipes and processes which they can build on and develop as they develop in their everyday lives!</p>	

Lego	A time and space to play and create with Lego.	
Photography (Year 9-11)	Run Sixth Form Photography Students, this club is a chance to develop and improve your photography skills. Photographers will learn how to use different analogue and digital cameras and get the opportunity to use the darkroom. Every week you will be given a focused photography task to complete in and/or outside of school and a chance for your work to be displayed. All levels of experience are welcome!	
Textiles Design	Run by the DT department, textiles club allows students to get creative, develop their design skills and learn how to make fashionable clothing.	
Rummikub	Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. Competitive but fun – come along and learn how to master this game	



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Independent Girls' School

Pre School to Sixth Form

OPS661 SEP2023



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