



ST NICHOLAS' SCHOOL

FLEET • HAMPSHIRE

CO-CURRICULAR PROGRAMME



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INTRODUCTION

At St Nicholas', our Co-curricular programme refers to the academic, personal, spiritual, creative and physical development of every pupil, alongside a sound understanding of community. A key component in the delivery of a well-rounded education, our Co-curricular programme develops the whole child and affects almost all areas of school life. By engaging in these opportunities and experiences, pupils develop the intellectual, personal, emotional and social skills that are needed to work in a rapidly globalising world, whilst enhancing their enjoyment of school life.



As a through school, we have the unique opportunity to monitor and support the progress of every pupil according to their strengths and abilities at each key stage. Offering experiences that are meaningful and child-centred is our focus, whether that be Mindfulness walks or exploring Forest School in Early Years lessons; participating in the popular Duke of Edinburgh scheme, or even the girls running their own lunch time club and working alongside teaching specialists during Activity Weeks. A broad and balanced Co-curricular programme develops social skills, nurtures a willingness to take risks, boosts confidence and enhances the development of leadership skills whilst also providing inspirational role models in our senior girls for the younger children in our community, continuously preparing our pupils for a life after St Nicholas'.

In this brochure please explore some elements of our co-curricular programme in more detail. The programme is available [here](#) (link to pdf).

We are always seeking to further develop our co-curricular provision with the help of our PTA, parents, alumni and members of our local community. If you have any queries regarding co-curricular, please contact:

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ACADEMIC ENRICHMENT

Competitions and Challenges

Pupils at St Nicholas' School are given the opportunity to take part in many competitions and challenges during their time with us. We believe that it is an essential part of a child's personal development; learning to challenge oneself and broaden what is perceived to be possible and achievable is at the heart of what we do. Whether this be the various mathematics challenges, including UKMT and the Alton Maths Challenge, LAMDA examinations, a STEM Building Challenge for local primary schools or other musical and sporting competitions, these opportunities are valued and encouraged. The school fully supports competitions organised by the Rotary Club - Young artist, photographer, writer, speaker or musician - pupils' involvement in these is consistently high, both in standard and in number. The School has enjoyed notable success in recent years in the Young Chef competition, gaining regional and national honours.

Enterprise

The importance of acquiring and developing a range of skills, which helps the girls to prepare for employment and eventually manage their careers, is an essential element of a successful co-curricular programme. Opportunities to work collaboratively and individually are created in partnership with local businesses, our fantastic PTA and incredibly supportive network of parents. It may seem like a small change, but by demonstrating to pupils that we view these activities as equally important to academic study, via participation, we encourage them to invest in their own personal development.

International Week of Languages

Every year St Nicholas' School celebrates an International Week Of Languages with a whole week of festivities, assemblies, activities and workshops at lunch times. The workshops include Japanese taster classes; sessions in German, Italian, Greek, Russian and Turkish; games in Mandarin about how to use chopsticks properly and a 'Sevillanas' Spanish dance workshop. There are also many activities within each department and within lessons,



such as quizzes, games and food tasting! Throughout the week, international cuisine is served at lunch-time. The event culminates on the Friday with everybody coming into school dressed in a typical international costume of their choice.

School Council

In half-termly School Council meetings, chaired by a Year 11 prefect and overseen by a dedicated member of teaching staff, representatives are encouraged to come to meetings prepared with ideas and suggestions from their form on their specific area of responsibility: General; Food; Health & Safety. This collaborative way to improve all aspects of School life provides an opportunity for the voices of all pupils to be heard.

STEM Week

The shortfall of women in STEM careers is acknowledged at St Nicholas' and we are proactive in showcasing the different opportunities for women in the STEM sector. During STEM week, we aim to involve pupils throughout the school in a number of STEM activities. This comprises of workshops for senior pupils, including design workshops run by AWE, a Minecraft coding session from Microsoft and workshops on infectious diseases, organised by Pirbright. In addition to this, talks on Forensic Toxicology, visits from the pharmaceutical industry, and Understanding Animal Research all add to the exposure to careers and opportunities in the STEM sector. Junior pupils also experience a workshop organised by Microsoft, another from Thales and additional activities run by a number of our own parents. Both infants and juniors have enjoyed visits from Professor Brainstorm who demonstrates a number of fun science activities that capture the children's imagination whilst creating a genuine sense of awe and wonder. Students and parents are kept informed of external opportunities in the STEM sector. It is hoped that the various activities will broaden the pupils' interest and enthusiasm for STEM subjects and give them an insight into where these subjects could lead them in the future. Coding clubs operate all year round for various ages, and as our STEM provision continues to grow, plans are afoot to set up a robotics club.

ADVENTURE AND CHALLENGE

Forest School

A new initiative launched in September 2018, Forest School has become a vital part of our co-curricular programme at St Nicholas'. Allowing children the freedom to take ownership of their own learning and activities in our beautiful woodland setting, provides countless benefits including exploration, discovery, creativity and resilience. Forest School sessions are delivered in blocks for consistency, rather than one-off visits, and significantly enhance the enjoyment of school life for our Infant and Junior children.

Duke of Edinburgh's Award

We are proud of our newly acquired status as a licensed DofE Centre and from September 2019 are pleased to be offering the Silver Award, in addition to the current Bronze Award programme. The DofE scheme provides a natural 'next step' in the co-curricular programme for our pupils. Having completed their LORICE scheme, the girls develop a secure understanding and appreciation of compassion and thinking of others, alongside an emerging ability to identify personal skill development.

Camp out

A new addition to the school calendar, the 'St Nick's Camp Out' consists of the girls putting their own tents up, participating in various activities and games and enjoying a BBQ with their friends. This is followed by a campfire with the customary toasting of marshmallows! After a night under the stars in our grounds, we all descend en masse into the dining hall to devour a well-earned cooked breakfast.



Iceland Trip

Every 2 years girls in their GCSE years embark on a 5-day adventure to Iceland. The trip blends together Geographical knowledge and that sense of awe and wonder that comes from seeing glaciers and geysers in real life. The girls see so many varied landscapes all in a short time, from stunning coastal features set on black sand beaches to thunderous waterfalls that you can walk behind. Harnessed up and equipped with crampons and ice axes, the girls explore the Solheimajokull glacier for an exhilarating few hours before having the chance to relax in geothermal springs and hot tubs. The trip enhances geographical knowledge, inspires the girls and, we hope, forges friendships that last a lifetime!

Isle of Wight

In Year 5 the girls travel to the Isle of Wight for a unique trip of geographical discovery.

During their visit, an understanding and appreciation of various natural landscapes is nurtured through hands-on practical learning experiences.

The trip instills many of the attributes on which we place significant value: personal development, collaboration, communication and community. These are all nurtured as the girls enjoy a bespoke programme of activities over the 4-day residential visit.

PGL

Taking place early in the autumn term of Year 7, the PGL trip provides the perfect backdrop for the forming of new friendships and welcomes our new starters to the School in a truly memorable way! The big swing, raft building and various team-building challenges are just a few of the activities that the girls sample in their adrenaline-fueled week of fun!



ART

In Art the Infant children are encouraged to experiment with a variety of different artistic techniques and mediums. This develops their technical skills as well as their creativity and self-expression. They learn to recognise and appreciate different artists' work, and paint in the style of famous artists such as Monet and Van Gogh. There are extensive displays of the children's artwork throughout the Infant Department, and each child's work is seen to be valued and special.

All Junior and Senior Art lessons are taught in the superb, purpose-built art centre. The building incorporates an art studio with IT facilities; a textiles room with computerised sewing machines and a "wet room" for fabric printing; a design technology suite and a pottery room with kiln.

The department provides a wide range of stimulating and enjoyable creative experiences for pupils of all abilities. All pupils are given the opportunity to develop a wide appreciation for arts and crafts of other cultures, as well as their own. They also develop an understanding of meaning and significance in relation to the context in which arts and crafts were created.

Gifted pupils are challenged and inspired to build upon their natural talent and all pupils are encouraged to enjoy their art and to become confident in their ability to express themselves creatively.

There is the opportunity for Junior and Senior pupils to attend extra-curricular sessions after school and at lunch time. Pupils can work individually or in groups and sometimes produce pieces for competitions, local events and "props" for school productions. Recently, we have made links with a local artist and a group of Senior pupils has produced canvases inspired by the school grounds.

Links are made with other departments wherever appropriate and practical. The Art Department actively encourages cross-curricular activities such as museum and gallery visits in KS2 and 3.



CHARITY, SERVICE AND COMMUNITY

Fundraising for charities is very important at St Nicholas' School. A Charity Committee of pupils and staff has been set up to meet to discuss fundraising ideas. The aim is to encourage pupils to think of ways of helping others and organising themselves to raise funds for their chosen charities, local and national. Harvest collections, Macmillan coffee mornings and St Nicholas' Day provide annual opportunities for this to occur. The wider school community also comes together, running, walking (even 3-legged!) with face paints and dressed in plenty of pink, to raise money for Cancer Research UK at our own Race for Life in the School grounds. Amongst others, the Brain Tumour Trust, Step by Step and Save the Children are regularly supported by St Nicholas' School.

Community

Being active in our community is of significant importance to the School. Alongside offering charities and trusts, such as The Rotary Club and Phyllis Tuckwell, the use of our facilities, pupils regularly engage in activities with their local community. Choirs singing at local retirement villages and street festivals, and orchestras playing at nursing homes are examples of how this is achieved. More recently we were also delighted to be able to support the Fleet Lions Christmas Concert as pupils from Year 10 volunteered in various roles such as programme distribution, showing people to their seats and serving refreshments.

The school's responsibility to our wider community is fully appreciated and welcomed. The appointment of Eco-Reps from each form, who meet regularly to discuss how we can affect change in our environment, highlights the importance of understanding how we can make a positive difference to the wider environment. Becoming more sustainable is at the forefront of the school's thinking. From sourcing produce locally to ensuring we increase our awareness of the journey of any packaging used, St Nicholas' aims to encourage all pupils to 'step up' and play their part. Bug hotels, designing a bag for life, and a gardening club that is beginning to grow produce for use in the school's kitchen are some examples of the innovative ways we are becoming a more sustainable school.



DRAMA

With our professional-level combined school hall and performing arts centre, which serves as both concert space and theatre, all girls at St Nicholas' enjoy the many opportunities open to them in lessons and in the various extra-curricular activities on offer in the Drama Department. All pupils up to Year 9 participate in two lessons of drama per week and are given the opportunity to specialise at GCSE level in Year 10 and 11. Senior girls are encouraged to audition for the Spring Term Senior Production, whilst all the Junior pupils participate in the Junior Play. In addition, all girls compete in the inter-house Drama Competition, maintaining and building on an atmosphere of inclusion. Drama Workshops are also offered as a popular after school activity at St Nicholas' for all pupils from Year 3, and after-school LAMDA, Ballet and Street Dance lessons are also available from specialist teachers. Girls are invited to study many different aspects of drama and the performing arts, including stage makeup, masks and lighting as well as acting and dance drama. Drama is a truly varied and exciting subject at St Nicholas'.

MUSIC

Music is an important part of school life for the girls at St Nicholas'. Specialist music staff and visiting peripatetic teachers deliver a comprehensive curriculum across the school from Nursery to Year 11. The majority of pupils take individual music lessons, learning one of the main orchestral instruments, the piano, singing or drums. A large number of pupils receive tuition on two instruments.

The school runs a busy weekly programme of extra-curricular ensembles which are rehearsed before school, during lunchtimes and after school. Extra-curricular ensembles currently include the Junior Orchestra, Senior Orchestra, Senior Chamber Orchestra, Senior Swing Band, Junior Guitar Group, Senior Guitar Group, Junior and Senior Rock Bands, Ukulele Club, Junior Choir, Senior Choir, Junior Chamber Choir and Senior Chamber Choir.



There are many opportunities for pupils across the school to perform in both informal and formal concerts as a soloist, member of the chamber group or as part of one of the school ensembles. The Juniors and Seniors each have an annual Music Evening during which the main ensembles perform, as well as soloists from Year 6 and 11 respectively. Other formal performances include the Senior Carol Service, Prize Giving Concert and Junior Christmas Assembly. There are also informal recitals throughout the year which provide a platform for pupils across the school to perform as a soloist or as part of a small group. In addition to this, the school provides opportunities for pupils to perform in the local community. This includes annual visits to local nursing homes as well as participation in the Basingstoke Music and Arts Festival. St Nicholas' School hosts the first round of the annual Rotary Young Musician Competition for the Fleet District.

During the Summer Term, Year 10 pupils lead the annual House Music competition. This involves all pupils from the Junior and Senior School working together across year groups in what is always a fantastic event. The Music and Drama Departments also put on a staged musical every two years as part of the school's performing arts programme.

The Music Department consists of a main teaching classroom, which includes a suite of PC's with Sibelius 8 software. There are also seven instrumental teaching rooms, four of which are located in the self-contained Music Lodge. Within the Music Lodge, one room is used as a drum studio, equipped with both electric and acoustic kits. The school also has three harps (including one full sized pedal harp and two folk harps) for harp pupils to use for practice and lessons.

SPORT

Within the Physical Education Department, there is a strong emphasis on developing a pupil's skills, but also a healthy attitude to being active. Fun and enjoyment are key to every lesson, with lifelong participation in mind. The broad and balanced curriculum provides the girls with the opportunity to participate in a variety of activities. The pupils are encouraged to develop their skills and apply these in competitive situations. They learn about the rules of games/activities and appropriate tactics/choreographical devices to employ.

The provision of clubs on offer for pupils both after school and at lunch times, some of which are run by Senior pupils and Sports Leaders, is extensive in its range.

Throughout their time at the school, pupils are encouraged to take part in a wide range of sporting activities, ranging from swimming in the Infants and the more traditional sports such as netball, cross country, hockey, football, cricket, gymnastics, tag rugby and badminton, to 'alternative' activities such as Ultimate Frisbee and Taekwondo. There are a number of school teams, which compete in local, district, county and national competitions. Individual pupils are encouraged to attend selection trials which will lead to district, county and even national honours.



The school is very proud of the facilities available. Our attractive outdoor environment lends itself naturally to a variety of sporting activities. We have a large games field, a floodlit Multi Use astro pitch and floodlit netball/tennis courts that are used all year round. The purpose-built Sports Hall is a very special feature of the department, which not only allows the girls to participate in a wide range of activities, but also ensures that the girls will always have a clean dry area to work in, even when the weather is harsh. The Sports Hall is fully equipped with computers, video cameras and interactive whiteboards to enable pupils to see themselves in action and learn from analysing their performance. Girls benefit from working in small teaching groups with specialist staff and top quality equipment.

TEAMWORK AND LEADERSHIP

Debating

St Nicholas' School regularly enters teams in the Rotary Youth Speaks competition. The local heat of the annual event is held at the Rushmoor Council Offices. The aim of the competition is to challenge pupils' public speaking abilities and perform, persuade and entertain the audience with their knowledge of a topic. In teams of three, participants present arguments and points of discussion, before taking questions from the judging panel who are, themselves, skilled orators. Participants can select a topic which is important to them, giving them an opportunity to delve deep into research, formulate ideas and build confidence. In addition to this, the school's magazine, 'The Globe' incorporates debating into its content.

Design Club

Pupils from Year 4 to Year 6 are invited to attend Design Club after school on a Thursday. The Club aims to encourage pupils to 'think out of the box'. Throughout the year we complete a range of tasks which include working independently as well as part of a team. The pupils are currently working on individual scrapbooks where they have the opportunity to develop their talents including poetry writing, drawing and researching current affairs.

In the past Design Club has made a cookery book and tested their recipes, written a newspaper, written plays and performed them, made imovies and held a fashion show wearing recycled items. This gives the girls the chance to work with pupils in other year groups and to learn a variety of new skills.



Globe Magazine

Each week at St. Nicholas', a group of writers in the Junior and Senior school assemble to form The Globe Magazine Club. The content of their writing incorporates a wide range of subjects and is based on the varied topical discussions which take place every week. Through poetry and prose, the writers express their thoughts to share with the rest of the school community in this half-termly publication. The club provides the girls with a wealth of opportunities to develop their writing in different genres in a small and focused environment, with specialised tips from teachers and even our very own poet laureate. Seeing their work published gives the girls a sense of pride, and their brilliant writing offers inspiration to others seeking to develop their own writing skills.

LORICE

Launched in September 2019, this scheme focuses on the development of pupil's personal skills through Leadership, Organisation, Resilience, Initiative, Communication and Entrepreneurialism. All pupils in Years 7 and 8 take part in the programme, carrying out self-planned event(s) either individually or in a group throughout the year that meet the requirements of the LORICE objectives. The secure on-line system allows pupils to record and evaluate activities before an end of year presentation event.

TEAMWORK AND LEADERSHIP

MUN

St Nicholas' School takes two teams of Year 10 pupils to participate in the local Model United Nations at Calthorpe Park School in October every year. MUN is a simulation of the real United Nations. Participants assume the role of national ambassadors or representatives to debate and seek to solve global issues.

This is an excellent way of broadening our girls' understanding of international affairs and global politics. Our participants are putting themselves 'in the shoes of world leaders' to try to grasp the issues affecting our world today. It is a very rewarding experience where pupils learn the skills of research, analysis and diplomacy. In addition to this, because participants discuss UN topics and represent their adopted country's position, they will often be arguing from an unfamiliar perspective, developing knowledge, understanding, empathy and other key life skills.

Sports Leaders

Identified pupils from Years 8-11 are given specific areas of responsibility within the PE department. Working with qualified PE staff, the girls develop their leadership, organisational and communication skills by regularly running clubs and events for younger pupils. The initiative proved a huge success in its inaugural year as the Leaders provided younger members of the school community with familiar role models, whilst allowing countless personal development opportunities for the Leaders themselves. Encouraging the girls to acknowledge the significant value in giving their time to help others is seen as a crucial part of our Co-Curricular Programme - with the pupils' personal development at its core. The Sports Leaders scheme reflects this.

