

EXTRA-CURRICULAR ACTIVITIES



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Extra-Curricular Activities 2020 – 2021

FOR BODY, MIND AND SOUL

The benefits of a broad and balanced education are immeasurable, which is why we place great emphasis on the extra-curricular opportunities available to Mayfield girls. Mayfield pupils can enjoy and benefit from a wide range of sports, clubs, activities, music, drama, educational visits, lectures and expeditions to encourage personal growth and development, and help them develop self-awareness and self-knowledge. Pupils are encouraged to try new activities as well as develop and consolidate existing interests.

Needless to say, the current situation with COVID-19 means that the way extra-curricular activities are run has to change for the time being, but it is our intention to provide as much opportunity as possible for students to broaden their experience at Mayfield. In order to do this safely, we will be adapting the teaching of extra-curricular subjects. In each section, you can read about how clubs and activities will run to ensure the safety of students and staff. Although there are bound to be some bumps along the road, hopefully we can smooth these out as we go along and, as guidance changes, we will adapt accordingly.

This booklet provides an overview of the extra-curricular activities on offer this coming academic year. The clubs and activities are listed alphabetically within the following categories:

- Chaplaincy
- Actions not Words
- Duke of Edinburgh's Award Scheme (DofE)
- Community: Language, Culture and Politics
- Performing Arts Dance, Drama, Music
- Sport and Fitness
- STEAM Science, Technology, Engineering, Art and Maths

A few activities incur a cost - generally those where an external coach is employed to deliver the activity or where materials or resources need to be purchased - and this is indicated by an asterisk * in the booklet. Permission from parents will be sought for this to be billed to their School account.

Information is correct at the time of going to print. The termly Extra-Curricular Activities Schedule carries the most up-to-date information.

SIGNING UP

A termly schedule is sent to girls and parents, and is also published on the School website.

In their first week back at school in September, students will have time in their tutor groups to log on to a dedicated 'ECA TASTER' Teams area and watch videos about the different activities available to them. They will also be able to ask teachers any questions they have about their clubs on this Team. Once they have made their decision, girls can enrol onto their chosen activities using the online SOCS system. Tutors and houseparents will be on hand to help with this.

Girls are encouraged to sign up for a range of activities and are also required to use SOCS to sign up for Study and music practice sessions. Parents can see the activities their daughter has signed up for through the parent login on SOCS.

COMMITMENT

Once girls have signed up to an activity they are expected to attend for a full term. Where an activity incurs a charge, a full term's notice must be given if a girl wishes to give it up. In the Autumn Term, we offer a free taster session to allow girls to try a new activity before committing themselves.

Chaplaincy

The Chaplaincy here at Mayfield is very much at the service of the school, and wider, community. Open to people of all faith backgrounds and none, we provide a safe and comfortable space where girls can explore and deepen their relationship with God and with other people. Listed below are a number of extra-curricular activities available through the Chaplaincy. The spirit of service is at the heart of the Mayfield ethos, as evinced in the school motto 'Actions not Words'. By participating in Chaplaincy activities, girls learn to reach out with love and compassion to the people around them, helping them to live out the Gospel values - "Love one another as I have loved you..." (John 15:12)



CONFIRMATION

Open to year 9. Other year groups may join through Teams or contact the Chaplain for separate arrangements.

Our Confirmation programme, led by our Lay Chaplain and members of the school community, is open to pupils in Year 9 and above who wish to become full members of the Catholic Church. Open to all boarders and day pupils, the programme comprises one hour of catechesis (religious instruction) per week during term time, as well as a compulsory weekend retreat. The Sacrament of Confirmation is provisionally scheduled for Sunday 23rd May 2021, with a rehearsal on Saturday 22nd May. The purpose of the programme is to help the Confirmation candidates gain a deeper understanding of the Catholic faith, Church teaching, and their responsibility as young Catholic adults. Throughout the course of the programme, girls will have opportunities to explore their prayer lives and to grow in their relationship with God.

COVID-19 UPDATE: The weekend retreat will only go ahead if government guidance nearer the time allows such events to take place. Families are- obviously- encouraged, and welcomed, to attend the Confirmation Mass. We may have to limit attendance numbers in line with recommendations at the time. Pupils in years 10-13 are more than welcome to join the Confirmation programme in 2020-21, however due to year group bubbles, they might be asked to begin the sessions on a one-to-one basis with the Chaplain, or join the larger group remotely through Teams.

LITURGY/CHAPS

Years 12-13. Jobs will be divided between pupils so as to maintain social distancing.

CHAPS is Mayfield's Chaplaincy team, a group of Sixth Form pupils who meet weekly. Their role is to work with the Chaplain in order to steer the liturgical and prayer life of the school. They act as mentors to the younger pupils involved in liturgy services, and are expected to take on service roles within the Chaplaincy, such as reading at Masses, distributing Holy Communion, and leading prayer services, assemblies, and Days of Recollection. An enrolment service for CHAPS members will take place at Mass on Cornelia Day, October 15th, when the team will be presented with the CHAPS badge and hoodie. Pupils in every year group are encouraged to play an active role in the faith life of the school. We are always keen to welcome altar servers, readers, sacristans, Eucharistic Ministers and prayer leaders to serve in the Chapel, and in the wider school community.

COVID-19 UPDATE: It is unlikely we will be able to use altar servers at Masses in the near future. However, we will recruit and continue to train servers in the Autumn term, so that a reverent and professional team of servers is ready to begin service as soon as permitted.

MORNING PRAYER

Years 12-13. Jobs will be divided between pupils so as to maintain social distancing.

The moment we awaken, we can choose the tone of our day. We can decide to be tired and negative about the day ahead or we can choose to be the strong, positive women God made us to be. Here at Mayfield, pupils are encouraged to begin their day prayerfully, contemplatively and peacefully. Every weekday in Mayfield, school begins with morning prayer at 8am in the Chapel. Inspired by the Liturgy of the Hours, the short, quiet prayer is a wonderful way to begin our day. All members of the school community are more than welcome to participate.

COVID-19 UPDATE: Diocesan communal worship regulations will be adhered to during morning prayer. Pupils may be asked to sanitise their seats after prayer. Regular attendees of morning prayer will be given a prayer book for personal use. We are currently exploring the option of a digital membership, which would allow girls to follow prayer on a tablet or mobile phone.



Actions Not Words

Charity and service to others are at the heart of the Mayfield ethos. Pupils are encouraged to reach out, and to give of themselves- their time, energy, enthusiasm, their gifts and talents- in the service of the poor and marginalised. They are encouraged to live the school motto: *"Actions Not Words"* throughout their time here in the school, and beyond.



The Actions not Words programme was created to give Sixth Form students a range of opportunities in which they can use their gifts in the service of others. Most initiatives require between one and 2 hours service per week during term time. All girls in Years 12 and 13 are expected to sign up to at least one of the following initiatives:

LITURGY

Working closely with the CHAPS team and the Lay Chaplain, liturgy volunteers look after the faith life of the school. Joining the Liturgy Team will involve working closely with the Chaplaincy office, and meeting together once per week. During this meeting, the Liturgy team will look at upcoming liturgical events- morning prayer, Sunday and Tuesday Masses, and Morning Liturgies. They will also consider the Chaplaincy noticeboards, and e-stream screens. While their main requirement will be to advise, and occasionally assist, the chaplain in delivering prayer and liturgy, girls will also have the opportunity to lead liturgy occasionally, and- if they wish- to mentor younger students and train them to take on Chaplaincy and liturgy roles.

COMMUNITY OUTREACH

Here at Mayfield, we are fortunate to enjoy close relationships with a local pre-school, primary school, and residential home for young adults. Pupils are invited to choose one outreach programme for the year, and will give one hour per week of service to that programme. The projects have been selected to appeal to a wide range of talents and abilities.

SKILLS SHARING *

Pupils who choose this initiative as their AnW activity for the year can expect to spend the Autumn term learning a new skill (and potentially gaining a valuable qualification), and the Spring and Summer terms putting their new skill to use in the service of the school, and the wider community. Proposed skills for 2020-21 include:

- British Sign Language (10 week course, certificate upon completion)
- First Aid in the Workplace (20 hour course, optional RQF L3 certification)
- Teaching English as a Foreign Language (TBC)

All girls who opt for one of the above skills will be expected to maintain a commitment to service in the Spring and Summer terms. Part of the requirement for this initiative is that girls research and implement opportunities to use their new-found skills in the service of the local and wider communities. *(Please note, there may be a cost incurred for some of the training courses listed. Prices will depend on numbers of participants, and other factors; While we have done everything in our power to keep costs as low as possible, we expect British Sign Language and First Aid in the Workplace to cost i in the region of £125. To be confirmed.)

JUSTICE AND PEACE

Refugees, human trafficking, racism, the weapons trade, homelessness, gender equality... The list of injustices we read about, hear about, and witness is literally endless. Girls who choose this group would spend some time educating themselves on the issues of injustice in the world today, deciding which area to focus on, and planning and implementing some form of project to address injustice.

More information on all the opportunities listed above will be shared with Sixth Form students early in the Autumn term, before they are asked to commit to a particular programme for the course of the year. Only in exceptional circumstances will girls be allowed to change programme once they have made a commitment.

COVID-19 UPDATE: Community outreach projects may not begin as early in the Autumn term as usual. We will continue to follow Government guidelines, our own policies and the policies of our partners, and will only begin outreach visits when we are sure it is perfectly safe to do so.

Skills Sharing training will take place in Year group bubbles. Due to social distancing regulations, numbers are limited in training groups, so it is recommended that girls indicate their interest early to avoid disappointment. Courses may need to be cancelled or postponed at short notice.

Duke of Edinburgh's Award Scheme (DofE)

Available at Bronze, Silver and Gold levels, the Duke of Edinburgh's Award Scheme is the ultimate personal development programme, combining individual effort and achievement in the Physical and Skills sections with public service in the Volunteering section, and teamwork, problem-solving, independent thinking, communication and resilience in the Expedition - and for Gold, the Residential - section. The Award is about starting, developing, and finishing - seeing things through to the end.

COVID-19 UPDATE: Duke of Edinburgh expeditions may still take place, though changes have been made to the way they are conducted. Please visit the dofe.org website for more details.

There is a separate DofE leaflet giving information about the three levels – Bronze, Silver and Gold – and explaining the commitment and time requirements of each, the activities that can be done for each section, and details of how to enrol on DofE at Mayfield. This leaflet is automatically sent to parents of pupils in Years 9, 10 and 12 over the summer holidays and is also available to download from the School website.

The Bronze and Silver Awards are run and delivered in-house by our experienced and qualified DofE team during regular training sessions. Pupils completing the Gold Award are assigned a DofE mentor to support and guide them through their Volunteering, Physical and Skills sections and their eDofE recording, but all the expedition training, practice and qualifying expeditions are delivered externally through Mayfield's DofE Approved Activity Provider (AAP). For more information about DofE at Mayfield, please contact the DofE Manager, Mrs Amanda Glubb, on aglubb@mayfieldgirls.org.

BRONZE DUKE OF EDINBURGH'S AWARD * Year 9

Cost: £150 (covers DofE enrolment, training and expedition costs)

SILVER DUKE OF EDINBURGH'S AWARD * Year 10

Year 11s may also enrol for the Silver Award but need to be aware that the practice expedition is in early May and the assessed expedition runs in early July. **Cost: £350 (covers DofE enrolment, training and expedition costs)**

GOLD DUKE OF EDINBURGH'S AWARD *

Year 12

Cost: $\pounds700$ (covers DofE enrolment, training and expedition costs; payment can be made in two instalments of $\pounds350$)





Community: Language, Culture and Politics

COVID-19 UPDATE: Some clubs will only be available to single year group bubbles in the first term, with the possibility of pupils from other year groups joining on Teams. Other clubs will be run on a schedule with different year groups able to join on different days. Please check the ECA Taster Team for more information about individual clubs.



BOOKWORMS CLUB

Years 7-8

Meet, read, discuss. Discover new authors and re-encounter old favourites in this book group for Lower School pupils.

BRIDGE CLUB

Open to years 7-8 at first

Run in association with the East Sussex County Bridge Association and supported by Mayfield's very own Grand Master, girls can learn the basics of this fun yet challenging card game by starting with mini bridge and progress onto the full game, taking part in competitions, or just playing for pleasure.

CARNEGIE BOOK CLUB

Open to year 9 at first

Middle School pupils read from the Southern Schools Book Award Association annual list of best teenage fiction and vote for the prize-winner. This includes a trip to the final of the competition in February where they may meet the winning author. From March onwards, pupils 'shadow' the judging process for the CILIP Carnegie Medal, which is awarded annually to an outstanding book written in English for children and young people. This involves reading, discussing and reviewing the books on the shortlist, which can be shared online, then voting for their favourites to win the Shadowers' Choice Award.

CHILL OUT CLUB

Open to years 7-8 at first

Fancy a moment's peace and quiet? Want somewhere to relax during the school day? Feel like chatting to other like-minded people? If the answer is yes, then Chill Out Club is the place for you! Join us for a range of relaxing mindful crafting activities such as colouring and origami, making friendship bracelets and mandalas, as well as doing occasional meditations and enjoying walks in nature when the weather is good. If you like the sound of this, or just fancy a chat, please come along and give it a try!

CHINESE MANDARIN *

Open to all - social distancing measures will be enforced if creating group lessons

Chinese Mandarin is for anyone wanting to learn more about China, its language and culture. Pupils will learn some spoken and written language, explore China's traditional culture, find out about Chinese life, celebrate its festivals, look at the arts in the form of calligraphy, and of course, try some Chinese food. Individual or group lessons can be arranged for either native or non-native speakers. Depending on demand, small group tuition may be possible for pupils in the same year group who are of the same ability. Tuition is available for all abilities ranging from beginners to those wanting to prepare for GCSE or A Level examinations.

Cost: Dependent on lesson type

CLASSICAL CRAFTS AND STORIES *

Open to years 7-8 at first

A club for those who love myths and legends, crafts and creativity. At this club you will be able to hear the very best stories ever told and create your own projects connected to these tales of heroes, adventures, monsters and immortals. Come along to make your own Medusa's head, your own Pandora's box or your own Hanging Gardens of Babylon, whether these are made from paper, clay or even cake! You will also have the chance to act out the stories and dress up as your favourite characters.

CREATIVE WRITING

Years 7-8 and year 10 in two separate clubs

An opportunity for pupils to use a variety of stimuli to unleash their inner writer. Pupils work on creative writing exercises within small groups, sharing good practice and learning how to craft and develop their writing.

EGYPTOLOGY

Open to year 11 with the potential for years 9+10 to join via Teams

Come along to this exciting club to learn about the daily lives of the Ancient Egyptians, from how they managed their families, to what they ate, wore and celebrated. Make your own Ancient Board Game and discover the mysteries of the gods and goddesses. Plan an Egyptian garden and create jewellery fit for Cleopatra. Egypt was one of the greatest civilisations of the Ancient World and the culture must surely be one of the most fascinating that has ever existed.

FRENCH GAMES AND CARTOONS

Open to all via Teams

Improve your French language skills while having fun by playing online games and watching cartoons.

GARDENING CLUB

Open to all pupils. SPRING TERM - pupils will be able to socially distance outside.

Students learn how to plant seeds, thin out, pinch-out, nurture and prune. We plant a multitude of flowers, some bulbs and also vegetable seeds. We will make up hanging baskets and troughs.

GEOGRAPHY CLUB

Years 7-8

We will looking at 'Geography in the News' - 'drilling down' below the headlines to analyse contemporary global events and issues. We will also be having fun with locational Geography and getting the most out of apps such as 'digimapsforschools'.



GEOGRAPHY DISCUSSION GROUP Open to year 13 in person, year 12 via Teams.

Geography is becoming an increasingly complex subject with strong links to Politics, Economics and Science and this discussion group will enable anyone studying post-16 Geography to read and deliberate on topics beyond the examination specification and make inter-disciplinary links with their other subjects. It is of particular relevance to those considering studying Geography at university.

GERMAN *

Open to all - social distancing measures will be enforced if creating group lessons.

Individual or group lessons can be arranged for either native or non-native speakers. Depending on demand, small group tuition may be possible for pupils in the same year group who are of the same ability. Tuition is available for all abilities ranging from beginners to those wanting to prepare for GCSE or A Level examinations.

Cost: Dependent on lesson type.

GUIDED MEDITATION

Open to year 9 for the first term

This activity will centre on relaxation through gentle breathing exercises and focus on relaxing the body first before the mind, followed by simple guided mediation using auditory and olfactory senses. Pupils are invited to relax their mind and body whilst listening to gentle music, inhaling aromatherapy essential oils and embark on a mind journey designed to relax and energise. Suitable for beginners and those experienced in meditation.

HISTORY CLUB

Years 7-8

Lower School History Club brings the past to life. Enjoy a range of activities, including craft and model making, video projects, role plays and more. If you like History, you'll love this!

JAPANESE LANGUAGE AND CULTURE

Year 10 for the first term

Learn about the language and culture of Japan – we'll look at the writing system, learn some words and phrases and try out traditional hobbies like calligraphy and origami as well as cooking Japanese cuisine. This club is for absolute beginners in Japanese.

INTERNATIONAL KIDS' LITERARY QUIZ

Years 7-8

If you are into reading and enjoy quizzes then this is the club for you. The Kids' Lit Quiz is an annual literature quiz for students aged 10 - 13 years, with quizzes held in Australia, Canada, Hong Kong, Indonesia, New Zealand, Nigeria, Singapore, South Africa, Thailand, United Kingdom and USA. Last year, two teams from the club travelled to Portsmouth to compete against other schools in the South of England heat.

LATIN SCHOLARS' CLUB

Open to years 7-10 - one year group in person. Others may join via Teams.

This club is for pupils who would like to explore Latin in greater depth. Pupils may be reading a Latin comic one week, making a Roman recipe the next, or working out the meaning of weird and wonderful mottos or abbreviations that we use every day. Latin has had a huge influence on our own language - whether that be English, French, Spanish or Italian. Come and find out more about the workings of this fascinating language in an entirely different way to academic lessons.

LIBRARIANS' CLUB

Open to all year groups with pupils on a rota.

Girls in Years 7 and 8 can help in the Lower School Library and anyone from Years 9 to 13 can help in the Main School Library, keeping the Library in order by organising the book stock and ensuring that all Library users can find what they are looking for. Pupils are encouraged to help promote activities in the Library by producing posters and taking part in competitions and events. Librarians receive a badge and house points are awarded in the Summer Term to girls who have helped throughout the school year. Anyone wishing to take part needs to be willing to work as part of a team and to give up one lunchtime activity session each week. There are occasional team meetings which all Librarians are encouraged to attend. One session per week is put aside for Year 9 Boarders who wish to volunteer in the Library for their Bronze Duke of Edinburgh's Award.

MODEL UNITED NATIONS (MUN)

Open to year 12 in the first term with 13s joining via Teams Participants assume the role of national ambassadors to debate and seek solutions to global issues by role-playing meetings such as the Security Council and General Assembly. Pupils research, debate and try to solve some of the world's most pressing problems. They learn about diplomacy and international relations, and develop their speaking, debating and writing skills, as well as their critical thinking, teamwork, and leadership. At MUN conferences pupils compete against other schools and may find themselves having to argue from an unfamiliar perspective, so developing knowledge, understanding, empathy and other key life skills. MUN is highly recommended for Academic Scholars.

OXBRIDGE READING GROUP *

Open to year 11, with the potential for other year groups to join via Teams.

Designed for pupils who are interested in reading English Literature at university, this group reads one book a month from the English literary canon. Weekly seminar-style discussions combine with excursions to the theatre or external lectures to examine literature from a range of angles.

Cost: £50-65 per year to purchase copies of books being read

PHILOSOPHY CLUB

Years 7-8

The Philosophy Club fosters a philosophical discussion among pupils and provides an outlet for discourse about philosophical questions that are important to them. Weekly meetings will discuss a range of topics, from religion and its usefulness in today's society to more contemporary moral issues such as genetic engineering, once child policy and the environment.

RUSSIAN *

Open to all - social distancing measures will be enforced if creating group lessons.

Individual or group lessons can be arranged for either native or non-native speakers. Depending on demand, small group tuition may be possible for girls in the same year group who are of the same ability. Tuition is available for all abilities ranging from beginners to those wanting to prepare for GCSE or A Level examinations.

Cost: Dependent on lesson type

SIXTH FORM DEBATING SOCIETY

Open to years 12 and 13 on alternate weeks.

This society provides pupils with the opportunity to hone their debating skills in a formal but fun environment. Each week pupils debate a different motion with one pupil taking on the role of Chair. Everyone is involved as each week's audience is expected to ask challenging questions and make their own contributions to the debate.

THE PHILOSOPHY SALON

Open to year 10 for the first term with the potential for years 9 and 11 to join via Teams.

Based upon the concept of the Parisian Salon where women played a significant role and implemented the values of the Enlightenment, this group will value intellectual presentation and conversation. Topics will cover areas of philosophical enquiry and enable members to exchange and explore ideas whilst enjoying a traditional sweet course.



Performing Arts – Dance, Drama, Music

Performance activities lie at the heart of Mayfield School, with many students involved in extra-curricular music, LAMDA and dance lessons, and many more taking part in regular music concerts, school drama productions, the annual Dance Show, and inter-house Music, Drama and Song competitions. All pupils are encouraged to participate and perform, whatever their level of experience or expertise, and everyone who learns a musical instrument or has singing lessons is expected to join a group, ensemble or choir; as well as the pleasure of being part of a larger group, it builds individual skills, confidence and experience. Usually, students will take part in theatre trips, concerts, performances and tours, such as the Schola tour to Rome. As soon as we are able to offer these things again safely, we will do so.

COVID-19 UPDATE: All activities will run with social distancing measures in place – there will be reduced numbers for some activities and split year groups with others. Please see the relevant section in the ECA Taster Team to find out about specific measures.

DANCE

BALLET *

We hope to be able to offer this to all year groups, with social distancing measures in place. To be confirmed.

Encouraging the development of poise, balance, strength, agility, placement, rhythm and musicality, ballet classes at Mayfield use the Imperial Society of Dance - Cecchetti. The Cecchetti method offers a complete and well-structured system of training that caters for the small child through to the professional dancer and the future teacher, covering classical ballet, character dance and free movement. All grades and abilities are catered for and pupils have the opportunity to take Cecchetti exams during the year as well as enjoying the experience of dancing and performing at dance competitions and the annual Mayfield Dance Show. Details of classes are given in the Extra-Curricular Schedule. **Cost: £60**

DANCE CLUB

Open at 3 separate times to years 7-8, 9 and 10.

Open to all girls who wish to have fun and enjoy dance. Pupils study and develop strong technical skills and, through exploration of movement, produce their own choreographed pieces to perform in the annual Dance Show. Scholars and dancers on the Gifted and Talented Programme are expected to attend invitational dance, where professional choreographers and pieces are studied.





DRAMA

MAYFIELD THEATRE COMPANY

Years 7-8 and 9-10. Numbers will be limited.

The club involves weekly acting workshop sessions over three terms, leading to a school production running over two evenings in June. Audition required.

LAMDA *

Open to all years - taught individually.

Pupils who take Speech and Drama lessons gain the ability to communicate effectively and clearly and to develop their confidence. Pupils work towards LAMDA (London Academy of Music and Dramatic Art) Communication and Performance qualifications in one or more of the following areas, depending on the skills they wish to develop:

- Acting examinations are designed to develop the skills required to communicate dramatic text to an audience.
- Speaking in Public examinations enable pupils to develop the skills necessary for effective oral communication and public presentation.
- Speaking of Verse and Prose examinations encourage pupils to explore literature in an engaging and practical way and to develop their communication skills.
- Reading for Performance examinations are designed to develop the skills necessary for reading aloud to an audience and devising a recital for performance.

All LAMDA lessons are charged in advance per term, based on thirty weekly half-hour lessons over the year. LAMDA exams are taken once or twice each year and, at the higher grades, carry UCAS points. Please note that we charge for 10 lessons per term but this does not necessarily mean that the pupil will have 10 lessons per term as terms vary in length. Occasionally, a pupil may need more than thirty lessons in a year. At the end of the year we reconcile the number of lessons and a credit or charge is applied as required. For costs, more information, or to inform us that you do not wish to pay for more than 30 lessons, please contact the Arts Administrator, Jessica Ainsworth (jainsworth@mayfieldgirls.org).

UPPER SCHOOL PLAY 2020/21: CAEDMON Years 11-13. Numbers limited.

Caedmon is the seniors' theatre company. The company has a prestigious reputation, performing quality productions to a high standard. *Caedmon* hopes to perform in the Autumn term, with extra events throughout the year. The group is looking for students who want to act and those interested in a more design element of staging, (costume, lighting, sound effects, stage management etc.) Preparing for the Upper School productions requires committed attendance at rehearsal. Check the ECA Taster team for details of rehearsal times. The number of rehearsals required depends on each individual's role within the play.

COVID-19 UPDATE: It may not be possible to put on whole school productions this year. We will adapt according to government guidance.

WHOLE SCHOOL PRODUCTION 2020/2021: ALICE IN WONDERLAND

Years 7-13

This year's whole school production will be an adaptation of the favourite childhood classic, Alice in Wonderland.

MUSIC

The Music Department in 2020-21 has relocated to Main School while the Music Block is refurbished. This, plus the changes due to Covid-19, means that there will be significant differences in the way extra-curricular provision will occur. Mayfield is currently planning to run as much Music as possible from September, whilst ensuring that risk is managed appropriately in line with governmental guidelines. Important changes are as follows:

- Girls will not be able to borrow sheet music from individual music tutors or the School at least for the Autumn Term. It is important that all pupils have their own sheet music and remember to bring it to lessons. This is also true of musical instruments - it will not be possible to borrow an instrument for a single lesson if the girl's own is forgotten.
- Social distancing guidelines mean that ensembles will for the most part be limited to 15 participants.
- Individual music lessons are currently intended to go ahead in as normal a way as possible, however there may be the need to have the option of remote teaching of some lessons depending on circumstances.

EXAMINATION SUPPORT

MUSIC AURAL (GRADES 1-5 AND 6-8)

Open to all years, with limited numbers.

These classes, which focus on improving specific skills and give practice of the aural tests, are essential for girls who are preparing to take instrumental or vocal exams with ABRSM and Trinity.

MUSIC THEORY

Years 7-13

This class guides pupils through the material for the exam, but is also useful for any girl who wishes to improve their general music theory knowledge. One hour of additional study per week is recommended. Any girl wishing to take ABRSM Grade 6 or above needs to pass Grade 5 theory.

INDIVIDUAL MUSIC TUITION *

Years 7-13

Individual instrumental lessons are available from Beginner to Diploma level. Tuition is currently offered for the following instruments, but provision can be made for any instrument not listed: bassoon, cello, clarinet, double bass, drum kit, flute, guitar, harp, oboe, organ, percussion, pianoforte, recorder, saxophone, trumpet, viola, violin and voice.

EXAMS: Associated Board, Trinity, and London College of Music examinations are available at the end of each term

and musicians are encouraged to participate in school concerts throughout the year as well as the Inter-House Music Competition. Music examinations at higher grades attract UCAS points for university entrance.

COVID-19 UPDATE: Exam boards currently have in place the option of remote assessment, at least until December. Pupils who wish to take an exam in the Autumn Term will be advised on application as to the way the exam will be conducted.

PRACTICE:

COVID-19 UPDATE: Girls will not have access to all pianos during break, lunchtime and after School. Particular yeargroup bubbles will have designated piano(s) for their use for practice, however these will be limited for Boarder use. Day pupils should ensure they practice at home.

INSTRUMENT HIRE: Instruments may be hired from the School, subject to availability, with costs varying according to the instrument.

TIMETABLE & CHARGING: The School undertakes to provide 30 half-hour lessons per year. Years 7-10 rotate out of academic lessons while pupils in Years 11-13 have a fixed time in study periods, lunchtime or after school. All extra-curricular music lessons are charged in advance per term, per instrument. The price is based on the pupil having 30 half-hour lessons over the academic year; we charge for 10 lessons per term but this does not necessarily mean that a pupil will have 10 lessons every term, as each term varies in length. Occasionally, a pupil may require more than 30 lessons in a year to prepare them effectively for grade exams. At the end of each term the number of lessons is reconciled and a credit or an additional charge made as required. For enquiries or more information, please contact the Arts Administrator, Jessica Ainsworth (jainsworth@mayfieldgirls.org).

SCHOLARSHIPS: Pupils in possession of Music or Choral Scholarships are entitled to free lessons on one or two instruments, depending on the scholarship. For more details on Scholarships, please contact the School Registrar, Shirley Coppard (scoppard@mayfieldgirls.org) or the Director of Music, Dr Matthew Ward (mward@mayfieldgirls.org).

INSTRUMENTAL GROUPS

CHAMBER ENSEMBLE

Open to years 9-11 for now, with limited numbers.

This is an opportunity to play in a small string ensemble, preparing music for concert performances.

FLUTE GROUPS

Years 7-13 with limited numbers.

This is an opportunity for flute players to play in a small ensemble and prepare music for concert performances. Two groups are available, one for lower grades and one for more advanced students.

COVID-19 UPDATE: It is not yet clear whether we will be able to run flute groups this year. However, if these do go ahead, they will be limited to minimise mixing between year groups.

GUITAR AND UKE GROUP

Years 7-13 with limited numbers.

If you play the guitar or ukulele in any year group or at any standard, this is the group for you. No experience of playing in an ensemble necessary!

STRING ORCHESTRA

Years 7-13 with limited numbers.

Open to all string players of Grade 4 and above, this ensemble will partly replace Orchestra along with the new Wind Band.

WIND BAND

Years 7-13 with limited numbers.

Open to all wind players of Grade 3 and above, this ensemble will partly replace Orchestra along with the new String Orchestra.

VOICE

CHAPEL CHOIR

Years 7-13 by audition

The main role of the Chapel Choir is to provide music at Sunday mass, as well as taking part in occasional performances at external venues when possible. Any boarding girl is welcome to join Chapel Choir, but boarders who have singing lessons are required to sing in this choir when in School over the weekend; day pupils are very welcome to join but need to be aware there is a significant weekend commitment, including Sundays 10:30-12:30.

COVID-19 UPDATE: The Chapel Choir will not run as normal during Autumn Term 2020, however arrangements will be made for some continuation of rehearsal during this period.

LOWER SCHOOL CHOIR

Year 7 only for first term. COMPULSORY.

This choir involves all girls in Years 7 and 8, introducing them to choral technique and repertoire covering traditional, classical and popular music, and then performing at school concerts.

COVID-19 UPDATE: During Autumn 2020 Lower School Choir will only be provided for Year 7. Whether the choir will go ahead is still to be confirmed.

MAYFIELD MELODIES

Years 7-9 with limited numbers.

A group dedicated to arrangements and performances of popular music. All welcome.

MAYFIELD RADIO

Open to all, with some students attending in person and others on Teams.

A new group to explore radio and music production using Soundtrap and other musical technology, with the goal of creating regular shows and podcasts. If interested, please contact Mrs Le Riche (lleriche@mayfieldgirls.org).

SCHOLA CANTORUM CHOIR

Years 7-13 with limited numbers.

Mayfield's flagship choir, Schola, combines the voices of our most able and enthusiastic singers and performs at high profile events within school and at prestigious venues such as Westminster Cathedral, Arundel Cathedral and Westminster Abbey, as well as undertaking tours overseas and at home, for example the Schola tour to Rome in April 2019 which included singing in St Peter's Basilica. In 2021 Schola will once again perform with the Mayfield Festival Choir in large-scale orchestral performances during the Mayfield Festival. For further information about Schola, please contact the Director of Music, Dr Matthew Ward (mward@mayfieldgirls.org).

COVID-19 UPDATE: Rehearsals will take place, sociallydistanced, in the Chapel during 2020-21.



Sport and Fitness

All girls participate in Physical Education throughout their time at Mayfield and all are able to trial for a place in sports squads. Currently, we offer squads in athletics, cricket, cross-country, hockey, netball, riding, swimming and tennis, however, HIIT and Personal Trainer sessions are also available as extra-curricular sessions. For both physical and mental well-being, the School is keen for every girl to take part in at least one extra-curricular physical activity per term, whatever their level and interest.

COVID-19 UPDATE: All activities delivered will adhere to updated COVID-19 safety advice and guidance issued by Sport England and each individual sport's governing body. Sessions will also be restricted to year groups only except for outside activities where full social distancing can be implemented and no sharing of equipment is required. All equipment used will be sanitised after each session and girls must use their own equipment whenever possible. Therefore, although there will be some activities that are unable to run in September, we will continue to run an evolving and varied active extra-curricular programme.

ATHLETICS

Years 7-13

Athletics clubs run during the Summer Term and involve both general athletics practice for all squad athletes and individual event-specific coaching and training sessions for track, jumps and throwing events. There are additional track fitness training sessions for pupils wanting to work on their running technique, general fitness, speed and stamina. Students compete in local, regional and national competitions.

BADMINTON *

Years 8-13

A free beginners' Badminton session is available for pupils in Years 8 to 10 but girls also have the amazing opportunity to train with Badminton Olympian, Heather Olver (Rio 2016). **Cost: contact gfletcher@mayfieldgirls.org**

BASKETBALL

Open to years 8-13 with limited numbers per year group. New to Mayfield for 2020, Basketball will enable pupils to

improve their skills, fitness and teamwork.

CRICKET

Available at different times to years 7-8, 9, 10 and 12.

Building on fitness, skills, tactics and game-play covered in curriculum cricket lessons, extra-curricular cricket offers additional training for pupils wanting to play competitively in the School cricket teams or who just want to gain further experience in the sport. During the winter an indoor session is offered.

CROSS COUNTRY

Open to years 7-8, 9 and 10 with social distancing measures in place.

Fitness in the fresh air! Build strong, lean muscles and improve lung capacity, as an end in itself or as a support for other sports.

FITNESS ROOM

Open to years 9-13 at different times. Numbers limited.

A variety of lunchtime and after-school sessions are provided, aimed at building up base fitness or maintaining a healthy lifestyle, as well as sessions for girls who are required to maintain a good standard of fitness. Once girls have completed their induction session they are given a personal exercise programme, which is reviewed on a termly basis.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

We hope to be able to offer this later in the year.

A fun and varied way to get fit, keep fit, improve mental wellbeing and increase physical stamina – as part of an overall sport fitness programme, or just for personal health and fitness.

HOCKEY (INCLUDING GOAL-KEEPER TRAINING)

Open to all year groups at different times.

Building on fitness, skills and match play covered in curriculum hockey lessons, extra-curricular hockey offers additional training both for pupils wanting to play competitively in the School hockey teams and those who just want to gain further experience in the sport. Pupils have the opportunity to compete in fixtures locally, regionally and nationally.

NETBALL

Open to all year groups at different times.

An opportunity for girls of all abilities and experience to improve their skills, game play and specific fitness. There are open netball clubs for different age groups with elite training sessions for selected pupils. Each squad trains twice a week from September to March.

PERSONAL TRAINING *

Open to all but with numbers limited.

The focus of the personal training sessions is strength and conditioning targeted LTAD (Long Term Athletic Development). The sessions focus on each girl's individual requirements as well as guiding them through injury prevention and nutritional advice for training and competitions. This is important for the physical well-being of any pupil, not just high-performing sportswomen.

Cost: contact gfletcher@mayfieldgirls.org

RIDING *

Years 7-13

Riding is available to all girls at Mayfield, from those just beginning to experienced riders aiming to compete nationally and internationally.

Mayfield Equestrian Squad *

Our squad competes at all levels from grass roots to winning National Championships in dressage, show jumping, arena eventing & One Day Events. Riders are encouraged to join the Mayfield Equestrian Squad to compete for the School at whatever level and in the range of disciplines they choose as teams / individuals and benefit from squad training.

We recognise that some riders compete for fun whilst others have a burning ambition to be pushed as far as possible. There is also scope to compete outside School and many pupils compete at affiliated competitions also.

Riders are taught in groups according to ability and lessons take place during lunchtimes and after school; competitions are usually held at weekends. **Cost: please contact sbowles@** mayfieldgirls.org or jbarker@mayfieldgirls.org

Keep your horse at school *

Our stables offer the ultimate convenience for combining riding with studies. Boasting extensive stabling and grazing, off-road hacking and indoor and outdoor arenas, our facilities offer direct access to the School's cross country course, lessons, clinics and competitions.

Cost: Each stabling package is tailored to the needs of each individual girl and horse

Loan or share a horse or pony *

We offer a loan scheme to pupils who do not own their own horse or pony but would like to develop their riding and stable management skills further by having access to a horse that is kept as if it were their own, under the supervision of Mayfield staff. Horses are available as a full loan or a part share, subject to availability. For further details and to discuss individual requirements please contact the Director of Riding, Jill Barker (jbarker@mayfieldgirls.org) and Susan Bowles (sbowles@mayfieldgirls.org)

Cost: On request

Learn to ride *

Beginner and novice riders can enjoy weekly riding lessons on safe schoolmaster horses and ponies at Wellgrove Riding School. For more information and costs, please contact the School Office Manager, Katie Towers (ktowers@mayfieldgirls.org)

COVID-19 UPDATE - Protocols at the Mayfield Equestrian Facility.

The stables benefits from being an open air site, with stables and sand schools in the outdoors. There are strict protocols in place at the yard including which areas the girls may enter, hand sanitisers on the entrance / exits and bathroom facilities.

- **Social distancing** is straightforward as the Mayfield Equestrian facility has the benefit of individual stables with outside access.
- Girls are timetabled to manage the number of riders on the yard at any time.
- Equipment is cleaned at the end of each day. Pupils arrive at the yard wearing their riding kit and they may not borrow or share hats, boots, etc.
- All horse owners have their own equipment (which should be named) and it is stored safely for their sole use in the tack rooms and storage trunks.





SWIMMING Years 7-13

Advanced Swim Coaching *

Run by Sharon Wheeler, Head Coach at Beacon Swimming Club, these sessions are for dedicated swimmers who want to be part of the school squad and are ready to be challenged further than our club sessions allow. Pupils must be able to swim three strokes and be prepared to swim over distances greater than 1000m, pupils can select from one to two sessions per week. **Cost: approx. £70 per term**

Beginners' Lessons *

These lessons cover work on all four strokes and water skills and are perfect for pupils who need to improve their basic technique or their water confidence. Suitable for girls with no experience at all, up to those who cannot swim 50m unaided, including those who are unable to swim with their face in the water. **Cost: approx. £130 per term**

Swim Training for All (Improvers and Squad training) and Swim Fitness

These open sessions are for swimmers of all abilities who want to improve their fitness or technique including stroke, speed, starts and turns. Mayfield has a successful competitive swimming squad with teams competing in Junior, Inter and Senior School galas; pupils wanting to be considered for the School swimming squad must attend at least two sessions a week. Pupils wishing to join this club must be able to swim two recognisable strokes and a minimum of 100m unaided. Squad swimmers are expected to swim three to four recognised strokes in order to be considered for the team.

COVID-19 UPDATE: Each session will initially be capped at 15 swimmers in A2 sessions and 10 swimmers in before school sessions.

TENNIS *

Years 7-13

Girls can sign up for private tennis coaching which is delivered all year round by South Coast Tennis Coaching. Please note that pupils sign up once for coaching throughout the Autumn and Spring Terms, and then again in the Summer Term. Tennis will also be available as part of the PE extra-curricular timetable for years 9-13.

Cost: for individual and paired coaching, contact hnicoll@mayfieldgirls.org

VOLLEYBALL

Year 10

Volleyball is an ever expanding club at Mayfield and offers the opportunity to work on your hand eye coordination skills. It will be mostly based on gameplay and will highlight the skills needed to successfully work as a team. All abilities welcome, from those wishing to learn the basics to those hoping to hone their skills to become more advanced.

STEAM – Science, Technology, Engineering, Art and Maths

COVID-19 UPDATE: In order to ensure the safety of students, many of the following clubs and activities will be adapted to limit student contact for the Autumn term. Please see details in the ECA Taster Team for more information about individual clubs and activities.

ART WORKSHOPS

Available at different times to different year groups with numbers limited.

The Art department runs afterschool workshops for all GCSE and A-Level art students to develop their evolving work, have one-toone tutorials and complete their study. In addition, once a month, Art Scholar and G&T workshops enable students to explore a range of different processes and techniques that will broaden and extend their repertoire of skills and ways of thinking.

ASTRONOMY CLUB

Open to years 7-8

Use a telescope to explore the night sky once nights draw in. Simple observations by eye will be made of constellations, the moon and some planets to aid familiarity with the night sky at different times of the year. Combined with software for exploring the night sky and various internet resources, we can explore many phenomena beyond the reach of our modest telescope. This new knowledge can then be presented and shared with the wider school community through various creative projects.

CHEMISTRY OLYMPIAD

Open to year 13 at first.

Budding chemists will develop critical problem-solving skills, learn to think more creatively and get a chance to test their knowledge in new, real-world situations.

COOKERY CLUB *

This may be open to years 7-8 and 9-10 at separate times with limited numbers.

In these two age-targeted clubs, pupils will build on the skills acquired during curriculum time and produce a range of quick-to-make, tasty, seasonal, sweet and savoury dishes. **Cost: £12 per term**

CREST GOLD AWARDS

Open to year 12 at first.

Hone your investigative skills and employ scientific methods by conducting research into an original project of your own devising.

DISSECTION CLUB

Open to year 12 for the first term, with the potential for years 11 and 13 to join via Teams.

Explore Biology in more detail, researching and dissecting organs such as the heart, lungs, kidneys and eyes and organisms such as worms and rats. The club focus on researching the methods used to dissect, the ethical issues surrounding this, the techniques of dissection, and making technical drawings with labels and annotations. The opportunity to develop and broaden knowledge, skills and understanding is particularly beneficial for university admissions interviews. Students must feel comfortable working with the tissues and organisms described.

JUNIOR TECH CLUB

Years 7-8

If you love technology then this is the club for you. Learn how to design, build, 3D print and fly your very own drone, or build and program your own robot! Learn how to innovate and problem-solve as well as work as a team to have fun. There is the possibility to enter national competitions in the future as well. No experience necessary, just enthusiasm and interest!

MATHS ENRICHMENT CLUB

Years 7-8

Do you enjoy Maths? Want to spend more time on puzzles, patterns and problems? In Maths Enrichment Club you will develop your mathematical thinking and problem solving skills through challenging problems, making 3D models and seeing the magic in Maths.

MATHS TEAM CHALLENGE CLUB

Open to year 12-13. Numbers limited. Invitation only.

The Maths Team Challenge Club is an opportunity for pupils to experience challenging mathematics and develop their problem solving, teamwork and leadership skills. There is a possibility of participating in a UKMT national competition. Participation is by invitation only.

MED SOC

Open every other week to year 13 with the potential for year 12 to join via Teams.

This is an opportunity for pupils considering a career in any branch of medicine or healthcare to discuss what is involved in applying for medicine at university and helps with preparation for interview, whether panel or MMI. Pupils will be encouraged to research emerging technologies and areas of medicine they are interested in to present to the group. Guest speakers will also be invited to share their experiences of life in a medical field.

MESSy (MAYFIELD ENVIRONMENTAL AND SUSTAINABILITY SOCIETY)

Open to all year groups on a rota system. Not all will be able to attend each week.

The aim of MESSy is to build on the successful initiatives it has introduced to Mayfield School life in recent years. Pupils will continue to research ways in which the School community can become more environmentally friendly and raise awareness throughout the School about ways of reducing both our individual and collective environmental impact. The group undertakes long-term projects so pupils are required to commit to meetings throughout the year.

OXBRIDGE BIOLOGY PREP

Open to year 13 at first with the potential for year 12 to join via Teams.

This club is aimed at those thinking of reading Biology or related subjects, such as Medicine, at university. However, if you just love Biology and want to take your studies further, then you are also very welcome. The aim is to go beyond the A level specification both by delving deeper into topics studied, as well as looking at fascinating areas not covered, but a knowledge of which will deepen your appreciation of this fast moving and wide-ranging subject. It will adopt the style of a discussion seminar / Oxbridge tutorial and so will also help to prepare you for interviews.

PLATE DESIGN *

YEAR 9

Girls develop their ceramic decorating skills and contribute to the design, making and glazing a collaborative ceramic piece. **Cost: £5**

PSYCHOLOGY CLUB

Open to year 12 with the potential for year 13 to join on Teams. Learn more about how the human brain functions with

interesting discoveries and experiments about your own brain and personality. Suitable for all students in Years 12-13, not just those taking A Level Psychology or wishing to study the subject at university.

ROYAL OPERA HOUSE DESIGN CHALLENGE YEAR 10

The Royal Opera House's prestigious annual Design Challenge competition gives students the opportunity to test and develop design skills, based around an opera or ballet production. Each participating student will work through the six stages of design using a real director's brief, building a portfolio of their process and a final piece in the Costume Design category.

SCIENCE CLUB *

Open to years 7-8

For girls who want to try their hand at making alien blood, concocting bath bombs, and building rockets. **Cost: £3**

STEM CLUB *

Open to years 9-10 and 11-13 at separate times and with limited numbers.

STEM Club is an opportunity to go beyond the curriculum, to enhance knowledge and understanding through research and building, whether it is gliders or cloud chambers. There is also the opportunity to pursue areas of personal interest. **Cost: variable according to project undertaken**

TEXTILES & ARTS SCHOLARS' CLUB

Open to year 9 only for the first term.

Led by Year 13 students under staff direction, this club will collaboratively design and create a piece of textile art for permanent exhibition in the School.

TEXTILES CLUB*

Open to years 7-8

An opportunity to be creative and ambitious in your designs, and gain insight and understanding of the principles and skills of the textile and fashion industry. Suitable for girls of any age, ability or skill level who enjoy textiles as a hobby or who wish to take their study of textiles further. Areas covered over

the course of the year include the principles of fashion design, fashion and technical illustration, pattern drafting and adaptation, fabric awareness and selection, and the construction of a final garment. **Cost: £130 per term**



Broadening Horizons @ Mayfield School

LECTURES AND DINNERS

Mayfield runs a wide-ranging enrichment programme each year, including author visits, Scholars' Dinners with visiting speakers, careers insight events, and the Cornelian Lecture programme. These events provide an opportunity for girls (and parents and alumnae) to meet, listen to and question experts in their respective fields, gaining understanding of an eclectic range of topics and subject areas.

COVID-19 UPDATE: For the time being, these events will not be running, but as guidance changes, we will review the situation.

SUBJECT CLINICS AND REVISION CLUBS

Curriculum subject departments run regular drop-in clinics for pupils to provide help and support. Pupils wishing to attend a clinic are free to turn up but if they need to miss another activity to do so, they will be expected to seek permission from the member of staff whose activity they are missing. The clinics schedule is sent to all girls and is available online at the start of each term.

At certain times of the academic year, departments also run revision clubs, focusing on particular topics and aimed at specific year groups. As with the subject clinics, the expectation is that pupils wishing to attend these revision sessions will still fulfil their commitments to their regular extra-curricular activities.

CLINICS AND REVISION CLUBS FROM SEPTEMBER 2020:

Biology Clinics - open to years 10-13 at separate times
Chemistry Clinics - open to years 11+13 at separate times/10+12 via Teams
Classics Clinic - appointment only
Computing Catch-up GCSE - year 11
Drama Clinics - year 11 and 13 at separate times for the first term
French Clinic - appointment only
History Clinic - years 10-13 appointment only
Latin Clinic - appointment only
Maths Clinic - years 7-13 at separate times
Physics Clinic - years 9-13 appointment only or via Teams
Religious Studies Clinic - year 11-13 at separate times

Art and Textiles workshops will also take place at different times for different year groups. Drama workshops will take place with limited numbers.

COVID-19 UPDATE: Many clinics will be operating an appointment system so as to ensure students are able to meet teachers to discuss their work while minimising contact with students in other year groups. Where large numbers of students wish to attend, for example with revision sessions before assessments, one year group will be able to attend in person while other students will be able to attend on Teams.

TRIPS, VISITS AND EXPEDITIONS

Girls at Mayfield benefit from a wide array of day trips and residential experiences in the UK and overseas. Some are directly linked to classroom activities such as visits to the theatre and museums, Geography field trips, and visits to St Albans, Canterbury or the Houses of Parliament. Others, such as the annual Lourdes trip, exchanges with Mayfield's sister schools in Ireland and the USA, Duke of Edinburgh's Award expeditions, visits to outdoor activity centres, and sports tours have a broader educational remit. All are aimed at expanding the girls' horizons and developing body, mind and soul.

COVID-19 UPDATE: Most trips, visits and expeditions will not be going ahead while the situation with COVID remains uncertain.



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