



Mayfield

EXTRA-CURRICULAR ACTIVITIES



CONTENTS

CHAPLAINCY	4-5
ACTIONS NOT WORDS	6-7
DUKE OF EDINBURGH'S AWARD SCHEME (DofE)	8
COMMUNITY: LANGUAGE, CULTURE AND POLITICS	9-13
PERFORMING ARTS – DANCE, DRAMA, MUSIC	14-19
SPORT AND FITNESS	20-22
STEAM – SCIENCE, TECHNOLOGY, ENGINEERING, ART AND MATHS	23-24
BROADENING HORIZONS @ MAYFIELD SCHOOL	25



Extra-Curricular Activities

2021 – 2022

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.

In the year 2020-2021, staff worked hard to ensure that despite COVID restrictions, a full range of activities were available to girls in all year groups. This meant keeping girls in year group bubbles and running smaller clubs than usual. With social distancing measures in place across the school, we had over a hundred clubs and clinics running throughout the year. Hopefully, in the year 2021-2022, restrictions won't be necessary, but if they are, we know that we can adapt how our activities are run in order to keep students and staff safe at all times. Any changes to activities will be communicated to students.

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. For the most up-to-date information about club dates, times and locations, please check SOCS.

SIGNING UP

During the induction programme in their first week back at school in September, students will attend an Activities Fair. During this event they will have a chance to talk to staff about the different activities on offer and see the variety of extra-curricular opportunities. In addition to this there is a dedicated 'ECA Taster' channel in Microsoft Teams where students can watch videos about the different activities available to them and ask teachers any further questions they have. Girls will enrol onto their chosen activities using the online SOCS system during an allocated tutor time in the first week of term.

COMMITMENT

In the Autumn Term, we offer a free taster session to allow girls to try a new activity before committing themselves. 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.

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 and encapsulated 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 years 9-13.

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 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.

THE ARK

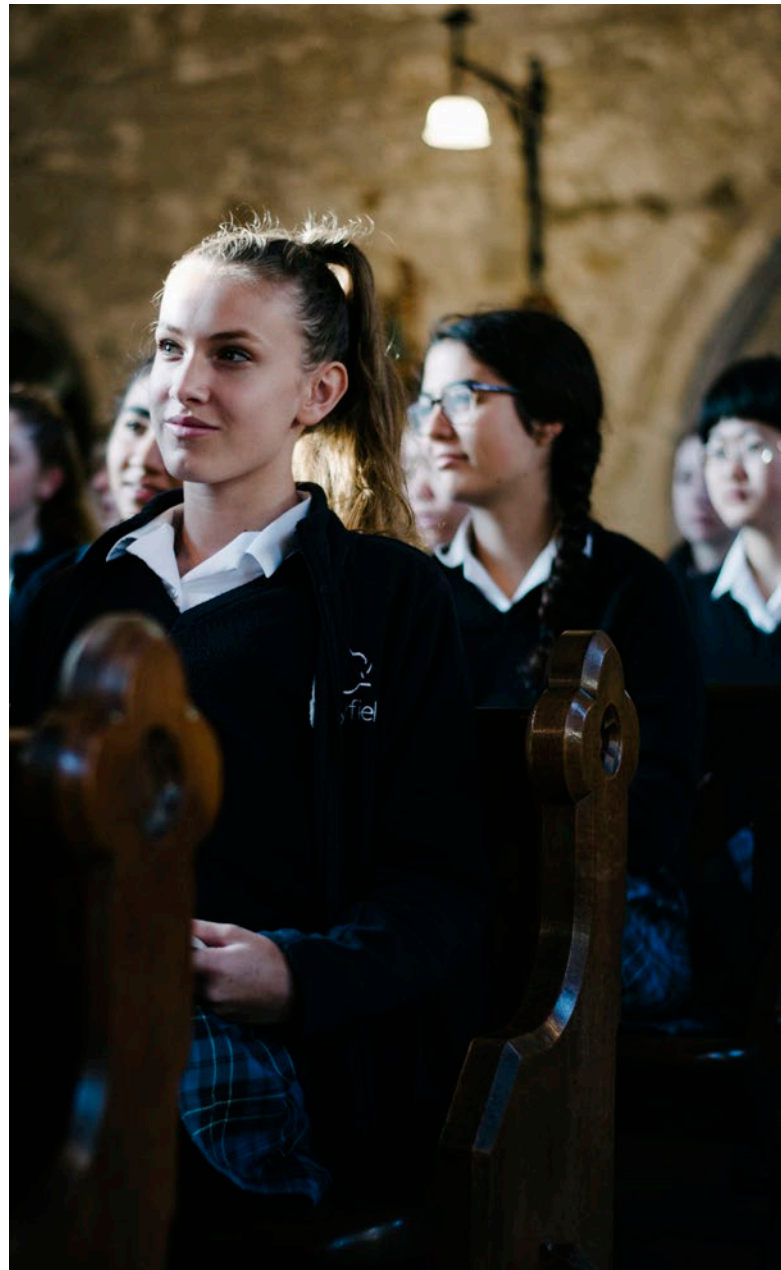
Open to all Year Groups.

The Ark is a meeting space open to all girls. Facilitated by Sixth-formers, the Ark offers opportunities for prayer, community, friendship, debate, and personal faith development. It is hoped, but not required, that girls who participate regularly in Ark meetings will take on service roles within the Chaplaincy, such as reading at, or serving at Masses, distributing Holy Communion, and possibly even leading prayer services, assemblies, and Days of Recollection. Pupils in every year group are encouraged to play an active role in the faith life of the school. Weekly Ark meetings will take place on Thursdays, Period A2.

PRAYER

Open to all Year Groups.

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, school begins with morning prayer at 8:10am 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. Twice a week, we gather to pray the Rosary as a school community in the Chapel- Tuesdays A1, and Thursdays A2. Again, all are welcome.



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 Ark Leadership 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 2021-22 include:

- British Sign Language (20-hour course, certificate upon completion)
- First Aid in the Workplace (20 hour course, optional RQF L3 certification)

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 to cost approximately £75, and First Aid in the Workplace to cost in the region of £125.)

BRITISH SIGN LANGUAGE*

After the successful launch of our British Sign Language Club last term, we are planning to continue this year. Marcel, from Weald BSL, teaches the course. Marcel is deaf himself and has over 20 years' experience in teaching. He comes highly recommended by people who are active within the deaf community.

This is a 20-week course to learn one Unit called Introduction to British Sign Language (Young People). This unit is aimed at young people to communicate with deaf people in British Sign Language (BSL) on a range of topics that involve simple, everyday language use. Please note that we will run the course on a Tuesday during A2.

Upon completion, the girls will be able to:

- Understand and use a limited range of simple relevant words and sentences in BSL
- Take part in simple, everyday conversations in BSL
- Give and follow simple directions or instructions in BSL
- Give and follow simple statements or descriptions in BSL

This is part of the accredited Level 1 BSL course with Signature. There are three units in total. If they pass this unit, they will get a certificate. The course takes 20 weeks to complete (one hour per session). The exam will take place on the 20th session towards the end of the academic year. There are a limited number of places on this course. If you are interested please contact hnicoll@mayfieldgirls.org.

Cost: £75 for the 20-week course.

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 will 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.

Duke of Edinburgh's Award Scheme (DofE)

The Duke of Edinburgh's Award is available at Bronze (Y9), Silver (Y10) and Gold (Sixth Form) levels at Mayfield. With four sections to complete covering Volunteering, Physical, Skills and Expedition (plus Residential at Gold), it is the ultimate personal development programme helping pupils to develop a sense of respect and responsibility - for themselves, for others and for the environment.

► *Changes may be made to the way Duke of Edinburgh training and expeditions are delivered should the need arise. Please visit the dofe.org and #DofEWithADifference websites.*

The Bronze and Silver Awards are run and delivered in-house by our experienced and qualified DofE team through regular weekly training sessions as well as Training & Practice and Assessed Expeditions. If your daughter wishes to do DofE at Bronze or Silver she needs to be able to commit to attending the weekly sessions (Thursday, A1). In addition, this year there is an Introduction to DofE session on Saturday 11th September which all girls hoping to do Bronze DofE should attend.

Students undertaking the Gold Award are assigned a Mayfield DofE mentor to support and guide them through their Volunteering, Physical and Skills sections and their eDofE recording. The Gold Training and Practice and Qualifying expeditions are delivered externally through Mayfield's DofE Approved Activity Provider (AAP).

A separate DofE leaflet giving full details about the three levels, including time commitment, ideas for activities, and expedition dates for each, is automatically sent to parents of all pupils in Years 9, 10 and 12 over the summer holidays. It is also available to download from the School website.



Please note that enrolment for Mayfield DofE is via the form at the back of DofE leaflet.

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

Cost: £350 (covers DofE enrolment, training and expedition costs)

GOLD DUKE OF EDINBURGH'S AWARD*

Year 12

Cost: £700 (covers DofE enrolment, training and expedition costs; payment can be made in two instalments of £350)



Community: Language, Culture and Politics



ANCIENT GAMES CLUB

Years 9-10. Min 4 members; max 12.

Games have always been part of human culture and are one of the oldest forms of social interaction. Common features of games include uncertainty of outcome, agreed rules, competition, elements of chance and, most importantly, personal enjoyment. Come along to Ancient Games Club and try all sorts of ancient games and pastimes from Ancient Egyptian 'Senet' to the 'Royal Game of Ur', the 'Snake Game' of the Aztecs to the Roman soldiers' favourite 'Ludix'. There are prizes to be won, friends to be made and new challenges to be faced.

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 all year groups.

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.

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

CREATIVE WRITING

Years 7-8 and year 9-10 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.

DUNGEONS AND DRAGONS CLUB

Years 7-13.

Do you enjoy world building and creating unique characters? Do you have a broad imagination that you would like to share with others? This year we are going to be running a new D&D club for all years. Dungeons and Dragons is a fantasy role-playing game where you create your own character who embarks on a journey with no limitations. Playing Dungeons and Dragons can help students with problem-solving, teamwork, leadership, public speaking, and even maths. D&D can also be a great way to socialise with other people in smaller groups. We will be holding D&D sessions weekly and all equipment will be provided.

FRENCH CLUB

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

Improve your French language skills through fun activities, conversation and role play.

GARDENING CLUB

Open to all pupils. SPRING TERM.

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 DISCUSSION GROUP

Open to years 12 and 13.

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.

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.

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!

LATIN SCHOLARS' CLUB

Open to years 7-10.

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 girls who wish to volunteer in the Library for their Bronze Duke of Edinburgh's Award. Some places have already been taken by girls who need to complete their volunteering from last year. Please email Mrs Gabriel directly and you will join a waiting list.

MODEL UNITED NATIONS (MUN)

Open to years 12 and 13.

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 10-13.

Designed for pupils who are interested in reading English Literature or other Humanities subjects at university, or for anyone wishing to explore exciting and challenging works from the literary canon. You must be willing to read extensively and independently to make the most of this group. Where possible we combine reading with theatre visits and 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, one child policy and the environment.

RUSSIAN*

Open to all.

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.

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 9-11.

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.



DANCE

BALLET*

We hope to be able to offer this to all year groups.

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 per term

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 (Juniors) Years 9-10 (Seniors).

The Mayfield Theatre Company is in two tiers. The first tier begins with the juniors, where we introduce the Year 7s & 8s to Drama. This involves a weekly workshop with a focus on developing skills in performance, stage management, lighting & sound, makeup & costume, and front of house. The workshops eventually become rehearsals, building up to a performance in the Spring or Summer Term. The second tier is for Years 9 & 10, where the skills and experience are built upon, hopefully creating a more developed piece of theatre.

Our ethos is one of inclusivity and our aim is to produce quality theatre that's designed to unite the group, build trust and confidence, all whilst having fun.

LAMDA*

Open to all years – taught individually or as a duologue.

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 more information please contact the Arts Administrator, Jessica Ainsworth (jainsworth@mayfieldgirls.org).

CAEDMON

Years 11-13.

Caedmon is a theatre company that has a prestigious reputation, performing quality productions to a high standard. The company is made up of students in Years 11-13 who are wanting to act, as well as those interested in stage management, costume & makeup, lighting & sound, playwriting, and directing. Caedmon hopes to perform in the Autumn term, with extra events throughout the year. The commitment is once a week during Wednesday A2. However, the extra number of rehearsals required depends on each individual's role within the play.

MUSIC

In September 2021 the Music Department returns to the refurbished Music Block. Following ongoing government guidance regarding limiting the spread of Covid-19, certain additional arrangements in the extra-curricular music provision will remain until guidance changes:

- 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.
- It is important that all girls 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.
- Orchestra will continue to be split into String Orchestra and Wind Band at least for the Autumn Term.

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.

Following the pandemic, exam boards have retained the option to take exams remotely. While the School prefers the traditional model of in-person examination, any girl who wishes to explore the possibility of remote examination can discuss it with her tutor.

PRACTICE:

► *Different year groups will have access to different pianos for their use for practice at break, lunch and after school.*

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.

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.

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.

MAYFIELD MELODIES

Years 7-9 with limited numbers.

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

MAYFIELD RADIO

Years 7-13.

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).



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.

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, jumping 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 gletcher@mayfieldgirls.org

BASKETBALL

Open to years 8-13.

Basketball will enable pupils to improve their skills, fitness and teamwork. This is a relatively new sport to Mayfield, but has proved popular, so come and give it a try!

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.

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.

FENCING*

Years 7-13

A Summer Olympic sport, fencing is also one of the five Modern Pentathlon disciplines. Girls learning épée fencing will develop speed, improved reaction times, body awareness and co-ordination, balance and concentration. Classes are run by a professional fencing coach.

Cost: contact estarr@mayfieldgirls.org for details

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) / STRENGTH AND CONDITIONING

A fun and varied way to get fit, keep fit, improve mental well-being 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 gletcher@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 National Championships in dressage, show jumping, arena eventing & One Day Events. Riders are encouraged to join the highly successful 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 as well.

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)





SWIMMING

Years 7-13.

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: £125 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.

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. Dependent on the number of 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

ART WORKSHOPS

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

The Art department runs after-school workshops for all GCSE and A-Level art students to develop their evolving work, have one-to-one 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 12 (by invitation) and year 13.

Competition by examination in January, focussing on critical thinking, problem-solving and creativity in the context of new chemistry. Gold, silver and bronze medal awards, and progress to the International Olympiad UK team.

COOKERY CLUB*

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

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.

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 years 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

Runs every other week for years 12 and 13.

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

Runs every other week for years 12 and 13.

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 of a collaborative ceramic piece.

Cost: £5

PSYCHOLOGY CLUB

Open to year 12.

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 9.

Be an Honorary Member of the Royal Opera House Design Team. Design and make a ballet costume for the classic ballet, 'Alice's Adventures in Wonderland'.

Cost: Materials

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: £50 per term

COMPETITIVE HOUSE TAPESTRIES

Year 10.

Be a part of school history, creating four competitive house banners for Astor, Brontë, Curie and Glennie. Designing is well underway; the next stage is to refine and begin construction. Be a part of a popular club where you will work together as a team, learning and sharing on an exciting project.

FASHION DESIGN AND CONSTRUCTION*

Open to year 7 & 8 and year 12 & 13.

Thursday and Saturday Morning 10-12am.

An opportunity to be creative and ambitious in design, gain insight and understanding of the principles and skills of designing a fashion garment. Learn basic pattern making, which fabrics to use, how to use a sewing machine, how to press and finish a design.

Cost: £130



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.

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 2021:

Biology Clinics
Chemistry Clinics
Classics Clinic
Drama Clinics
French Clinic
History Clinic
Latin Clinic
Maths Clinic
Physics Clinic
Religious Studies Clinic
Spanish Clinic

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

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.



Notes





Mayfield

Mayfield School, The Old Palace, Mayfield, East Sussex, TN20 6PH
mayfieldgirls.org