



Mayfield

EXTRA-CURRICULAR ACTIVITIES



CONTENTS

CHAPLAINCY	4-5
ACTIONS NOT WORDS	6-7
DUKE OF EDINBURGH'S AWARD SCHEME (DofE)	8
WELLBEING	9
LANGUAGE, CULTURE AND POLITICS	10-13
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

2022 – 2023

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. They can enjoy and benefit from a wide range of sports, clubs, activities, music, drama, educational visits, trips, 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.

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

- Chaplaincy
- Actions not Words
- Duke of Edinburgh's Award Scheme (DofE)
- Wellbeing
- 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. This is indicated by an asterisk * next to an activity. Further information on signing up to these activities is provided in a separate document.

Information is correct as of September 2022. For the most up-to-date information about club dates, times and locations, please check SOCS.

SIGNING UP

During the induction programme in the 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. 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 students to try a new activity before committing themselves. Once girls have signed up to an activity they are expected to attend each session. Please be aware, for paid activities, the terms and conditions include a notice period.

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

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

Years 7-13.

The Ark is a meeting space open to all girls. Facilitated by Sixth-formers, the Ark offers opportunities for craft and fun activities, prayer, community and friendship. 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.

ALPHA

Years 9-11.

The Alpha Youth Series, is a well-known, short "Introduction to Christianity" course, designed to engage students in conversation about life, faith and Jesus. It's for anyone who wants to explore Christianity in a very relaxed, friendly setting where all questions are met with interest and acceptance. Each week there will be time to chat and get to know the group, form new friendships and develop existing ones. There will be a video clip, interspersed with discussion time and plenty of refreshments!

The videos have been filmed in many incredible locations such as Vancouver, London, Paris, Rome and Israel. The series offers compelling stories, images, questions and discussion topics, to better engage young people, helping them think about how these issues relate to their lives, in discussion with their peers.

We are also keen to welcome 6th Form facilitators, for whom this would count towards their Action not Words commitment (see overleaf).

LITURGY

Years 7-13.

Good liturgy is a collaboration. We are always keen to see our girls contributing to Masses, Liturgies and other Faith Activities throughout the year. We are always keen to welcome new readers, altar servers, singers, sacristans, and Eucharistic Ministers. Full training is provided, as is ongoing formation.

PRAYER

Years 7-13.

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 students a range of opportunities in which they can use their gifts in the service of others. Students across all age groups are encouraged to be involved in service at some point during the school year.

All pupils in Years 12 and 13 are expected to sign up to at least one of the following initiatives. Most of these require between one and 2 hours service per week during term time.

LITURGY

Year 9-13.

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 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

Year 12 and 13.

Here at Mayfield, we are fortunate to enjoy close relationships with a local pre-school and a local primary school. This is one area which may appeal to the talents of our students, particularly those interested in child development.

BRITISH SIGN LANGUAGE *

Year 8-13.

After a successful first year for our British Sign Language Club, 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.

The BSL Level 1 is a course with Signature and comprises of 3 units in total (101, 102, 103). This will require one hour per session plus it may require additional practice sessions prior to the final exam. This is a 27-week course.

Level 1 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.

Upon completion of the BSL Level 1, 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

Priority will be given to the students who completed Unit 1 during 2021-22. Unit 2 exam will be before the Easter break, with the Unit 3 exam during the following term. There are a limited number of places on this course.

MENTAL HEALTH AMBASSADORS

Year 12 and 13.

Good mental health is vital. At Mayfield, we all have a role to play in protecting, not only our own mental health, but that of the people around us. Mental health ambassadors will be given training and join a network of staff and students tasked with: educating people about caring for and coping with their mental health, how to spot when somebody is struggling, and introducing schemes to help all members of the Mayfield family to improve their mental health.

JUSTICE AND PEACE

Year 12 and 13.

Refugees, human trafficking, racism, the weapons trade, homelessness, gender equality – the list of injustices we read about, hear about, and witness is literally endless. Using the 'See, Judge, Act' method of theological reflection, 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](https://www.instagram.com/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 take part in DofE at Bronze or Silver she needs to be able to commit to attending the weekly sessions. An introductory session will be offered within the first couple of weeks of term.

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, will be sent out to parents of all pupils in Years 9, 10 and 12 at the start of term. 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 Mary Saunders, on msaunders@mayfieldgirls.org.



Wellbeing

CHILL OUT CLUB

Years 9-11.

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!

GARDENING CLUB

Years 7-13. 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. Many of the beautiful hanging baskets and troughs you see around the school in the summer are planted by this group. The ever-popular plant stall on Mayfield Day will sell some of the plants from this club.

KNITTING CLUB

Years 7-13.

This activity is for both beginners and more experienced knitters. Enjoy a relaxing A1 session creating your own items with the guidance of staff who love knitting! Wool and needles will be provided.

SELF-CARE

Years 7-9 initially.

Self-care sessions are a time for you to relax and take some time out of your busy day to recharge and unwind. A variety of activities will be offered from learning massage techniques (head/feet/hand/face) as well as practising yoga, breathing exercises and spending time enjoying a full body relaxation / meditation. This is also a time you can learn some new breathing techniques to cope better with stress and anxiety, try out some new yoga poses or generally improve your flexibility with some yoga stretches. At the end of the session, you will feel replenished and ready to face the day as well as the week ahead. Places are limited so that we have a smaller group to experience full relaxation.

WELLY WALKING CLUB

Years 7-13.

Enjoy a weekly walk with staff and their dogs round the fields next to the school no matter the weather. In the winter months wellies are essential, but lots of fun is had in the muddy fields and it is a good opportunity to get some fresh air at lunchtime.



Language, Culture and Politics



CARNEGIE BOOK CLUB

Open to Year 9 at first.

Do you love reading, talking about books and eating cake? Then try the Carnegie Book Club, named after one of the prestigious annual book awards for children's fiction. Members of the Book Club will read the shortlisted titles, discuss their merits, review favourite titles and, following judging criteria, vote on the Carnegie Shadowers' Award. We start the year reading books for the Southern Schools Book Award, culminating in attending the award ceremony in February 2023. Open to Y9 initially, Y10 & 11 will be on a waiting list.

CHINESE MANDARIN *

Years 7-13.

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, and look at the arts in the form of calligraphy. 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. The cost will depend on lesson type.

CLASSIC CRAFTS AND GAMES

Years 7 and 8.

Come along to Ancient Games and Crafts Club and you can try all sorts of ancient games and pastimes from the Ancient Egyptian Senet to the Royal Game of Ur to the Snake Game of the Aztecs and Ludix – the favourite game of Roman soldiers. You can also try your hand at mosaic making, vase painting or even constructing a model of a temple or an amphitheatre! Come along to win prizes, make friends and have fun!

DEBATING & PUBLIC SPEAKING CLUB

Years 7 and 8.

A club where you will debate a range of current issues; express and exchange views; learn how to frame arguments and become more confident in speaking publicly. You will also have an opportunity to enter a national competition should you want to.

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? 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.

GEOGRAPHY DISCUSSION GROUP

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 *

Years 7-13.

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. The cost will depend on lesson type.

HISTORY CLUB

Years 7 and 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!

ITALIAN *

Years 7-13.

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.

The cost will depend on lesson type.

LIBRARIANS' CLUB

Years 7-13. Limited numbers.

Would you like to help in the library, returning books, shelving, recommending books to other borrowers and promoting the library? This is an opportunity for students to commit one A1 session a week to share ideas for displays, take responsibility for areas of the library and help keep the libraries tidy and organised so that everyone can enjoy using them. Open to Y7 and 8 in the Lower School Library, and Y9-13 in Main School. One session per week is put aside for girls who wish to volunteer in the Library for their Bronze Duke of Edinburgh's Award.

MAYFIELD REVIEW OF BOOKS *

Years 10-13.

Mayfield Review of Books is a new reading and writing group and literary magazine. Our main focus will be reading inspiring literature, old and new, and we will aim to publish a journal, either online or in print, once or twice a term. This will include reviews of our reading, our own creative writing, and a range of articles expressing our thoughts on literature, art, film, anything we happen to be interested in each month. Inspired by “zine” culture as well as serious literary journals, this is a creative writing club, a reading group, and a publication all in one. Mayfield Review of Books (MRB) is for girls in Year 10 to Year 13 who are keen readers and writers (or want to be!), creative, want to try publishing, and are committed to seeing a project through.

The Mayfield Review of Books will also incorporate the Poetry Journal on a fortnightly basis.

MODERN / ANCIENT GREEK CLUB

Years 7-13.

Greek Club offers students the opportunity to get a feel for the language of ancient Greek. They will start to master a new alphabet and learn how to speak, read and write ancient Greek. This encourages girls to see how the language fits together like a jigsaw and they might get to read some Greek myths in their original language.

MODEL UNITED NATIONS (MUN)

Years 10-13.

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.

QUIZ CLUB

Years 7-10.

For all of you who love team or individual quizzing! Come along to pit your wits against each other. We will have a competition every week, themed quizzes, picture quizzes and music quizzes, so come ready to buzz in!

PHILOSOPHY CLUB

Years 7 and 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 *

Years 7-13.

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.

The cost will depend on lesson type.

SIXTH FORM DEBATING SOCIETY

Years 12 and 13.

This society provides pupils with the opportunity to hone their debating skills in a formal format yet a relaxed environment. Using the English Speaking Union's model, pupils will learn how to methodically construct and defend arguments either in favour or opposition to a motion put to the Society. Everyone is involved as each week's audience is expected to ask challenging questions and make their own contributions to the debate. We also aim to put forward a team to enter into the Schools' Mace debating competitions.

SIXTH FORM HISTORY SOCIETY

Years 12 and 13.

An opportunity for our senior historians to pursue the subject beyond the curriculum and participate in student-led presentations, debates, discussions on a range of historical topics, with previous presentations exploring literature/ folklore, art, gender history, Apartheid, the Spanish Civil War to name but a few. There are also opportunities to discuss and enter external essay competitions which may help support UCAS applications. Primarily aimed at those taking History A Level, the society will also be of interest to those taking Politics and History of Art. Year 11 girls who are particularly keen may also join.

THE PHILOSOPHY SALON ('THE SALON')

Years 11-3 by invitation.

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 light refreshments.



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 *

Years 7-13.

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.

DANCE CLUB

Years 7-10.

Open to all students who wish to have fun and enjoy dance. We have two separate clubs; Years 7 and 8, and Years 9 and 10. Scholars and dancers on the Gifted and Talented Programme are expected to attend the relevant age group session, where professional choreographers and pieces are studied. Pupils study and develop strong technical skills and, through exploration of movement, produce their own choreographed pieces to perform in the annual Dance Show.





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.

In January 2023, the two companies will be brought together along with Caedmon, to produce an exciting whole school production. Auditions will take place early in the Autumn term.

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.

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* performs in the Autumn term, with extra events throughout the year. The commitment is once a week during an A2. However, the extra number of rehearsals required depends on an individual's role within the project.

LAMDA (LONDON ACADEMY OF MUSIC AND DRAMATIC ART)

Years 7-13 - taught individually or as a duologue.

Pupils who take Speech and Drama lessons gain the ability to communicate clearly, effectively and to develop their confidence. Depending on the skills they wish to develop, pupils work towards LAMDA Communication and Performance qualifications in one or more of the following areas:

- 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.

Our aim is to provide each student with at least 30 solo or duologue lessons over the academic year. There are opportunities to take examinations in the various disciplines of LAMDA including Introduction, Performance or Communication, up to and including Grade 8 (Gold). The points accrued from LAMDA examinations at Grade 7 and 8 can be used as UCAS points when applying for University. For further enquires please contact the Arts Administrator, Rebecca Allen (rallen@mayfieldgirls.org).

MUSIC

Extra-curricular music is one of the best ways to enrich your experience at Mayfield. Music provides not only creative and performance opportunities, but is a wonderful way to develop friendships across year groups and provides a welcome break from academic study. There are concerts throughout the year, both formal and informal, and we are always looking for more opportunities to showcase the amazing talents of the girls at Mayfield.

If there are any groups that you would like to see offered that are not listed here, please do not hesitate in getting touch with Dr Ward or Mrs Le Riche, and we will see what we can do!

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 (Classical and Pop & Jazz), recorder, saxophone, trumpet, viola, violin and voice (Classical and Pop & Jazz). For their music lessons, 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. A student should not miss the same academic lesson more than twice per half term for a lesson as a result of individual music lessons.

Our aim is to provide each girl with 30 lessons over the academic year. There are opportunities throughout the year to take examinations through ABRSM, Trinity and Rock School. For enquiries or more information, please contact the Arts Administrator, Rebecca Allen (rallen@mayfieldgirls.org).

MUSIC EXAMINATIONS: Associated Board, Trinity, and London College of Music examinations are available at the end of each term. Music examinations at higher grades attract UCAS points for university entrance. Students should discuss with their instrumental or vocal tutor whether they will take traditional in-person examinations, or the remotely-assessed Performance Grades, introduced during the Covid-19 pandemic.

EXAMINATION SUPPORT

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

Years 7-13.

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.

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

PRACTICE:

► *Regular practice is vital for progress in music. The music department (St Cecilia's) has eleven practice rooms available at all times, each room with an acoustic or electric piano. Girls who play instruments or sing should book at least one regular practice session during A1 or A2 at the beginning of each term through SOCS. There is usually a room available, although individual music lessons and ensemble rehearsals take priority at certain times.*

INSTRUMENT HIRE: Instruments may be hired from the School, subject to availability, with costs varying according to the instrument. Please contact Miss Allen (rallen@mayfieldgirls.org) for more information.

SCHOLARSHIPS: Pupils in possession of Music Scholarships are entitled to free lessons on one or two instruments, depending on the scholarship, and are expected to participate in music ensembles and performances when required. 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 ENSEMBLES

Years 7-13.

Playing in small groups is one of the most enjoyable experiences of music-making. Girls who join the Chamber Ensembles will be grouped with musicians of a similar ability and explore a wide range of repertoire depending on the instruments participating. This is a great opportunity to develop musicianship alongside girls from other year groups and gain performance experience.

FLUTE GROUPS

Years 7-13 by Invitation.

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.

JAZZ COLLECTIVE

Years 7-13.

In September 2022 the Jazz Collective will be preparing to accompany the School Music Theatre Production in 2023, so will be focussed on that instead of its usual Jazz repertoire, to which it will return after the production.

MAYFIELD MELODIES

Years 7-9, Grade 4 and below.

Mayfield Melodies is an opportunity for younger and less experienced musicians to enjoy making music together. With special musical arrangements made of a variety of music, this is an ideal way to develop musicianship and prepare to join the Chamber Groups or Orchestra later in the School.

ORCHESTRA

Years 7-13, Grade 4 and above.

The Orchestra performs music of all styles, from the baroque to modern film and TV music, and is an opportunity to experience larger-group music-making at a higher level.

VOCAL GROUPS

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.

LOWER SCHOOL CHOIR

Years 7 and 8.

This choir is a compulsory activity involving all girls in Years 7 and 8, introducing them to choral technique and repertoire covering traditional, classical and popular music. The Lower School Choir performs at least once each term.

SCHOLA CANTORUM CHOIR

Years 7-13.

Mayfield's flagship choir, the Schola Cantorum (School of Singers), combines the voices of our most able and enthusiastic singers and performs at high profile events within school and beyond. The Choir has had music written for it by eminent composers, and has toured at home and abroad, to Italy and France, and to Cathedrals within the UK. Girls wishing to join the Schola should be confident singers and comfortable reading music.

For further information about Schola, please contact the Director of Music, Dr Matthew Ward (mward@mayfieldgirls.org).

OTHER

DJing

Years 9-11. Limited spaces.

You don't need to be a musician to DJ, you just need to like music and be open minded. Having established itself during last year, students at this club will learn about beats, bars and phrasing, how to beat match and how to mix songs without pauses or breaks. There will be opportunities to perform at events such as open mic evenings.



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, football, hockey, netball, riding, swimming and tennis, however a variety of additional paid activities are available such as Personal training and Tennis coaching.. 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 7-13.

We are pleased to be able to offer weekly training sessions with a Level 2 qualified coach for those who would like to play Badminton competitively and be involved in School fixtures. There may also be the opportunity to attend a badminton club for those who simply want to play more socially, learn the basic skills and develop their knowledge of the game.

BASKETBALL

Years 7-11.

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

Years 7-13. Sessions organised by age group.

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.

FITNESS ROOM

Years 9-13. Sessions organised by year group.

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.

FOOTBALL

Years 7-8 and Years 9-10.

With this being one of the fastest growing female sports, these sessions cater for girls who have little experience as well as those who wish to extend their playing ability. Training focuses on skill development as well as game play. There are opportunities for those who wish to play competitively to compete in inter-school and county competitions.

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)

Years 7-13. Sessions organised by year group.

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.

KICKBOXING *

Years 9-13.

Kickboxing is a group of stand-up combat sports and a form of boxing based on kicking and punching. This is an opportunity for girls to try a different form of fitness training in a fun environment: a chance to learn some new skills whilst keeping fit alongside their peers.

NETBALL

Years 7-13. Sessions organised by year group.

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 *

Years 7-13. Limited numbers.

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.

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. Whilst riders can borrow a hat and body protector at the riding school, we recommend that they have their own, which must have a British standard kite mark on it. They should have stout shoes / boots with a heel (not wellingtons).

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).

Learn to ride *

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



RUNNING / CROSS COUNTRY

Years 7-13.

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 using the grounds of the school as well as local footpaths in the village. This club is for all abilities and sessions will be tailored to build up the running fitness whether it is just starting out or wishing to compete.

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. These sessions are essential for any girl in Years 7-9 whose swimming skills are not yet proficient enough to join in curriculum swimming lessons.

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 2000m. Pupils can select from one to two sessions per week. Cost will depend on the number of sessions.

TENNIS *

Years 7-13.

Girls can sign up for private tennis coaching which is delivered all year round by Elevate 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.

For individual and paired coaching, contact Mrs Helen Nicoll (hnicoll@mayfieldgirls.org).

VOLLEYBALL

Years 7-13.

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 CLUB

Years 7 and 8. Separate clubs.

A chance for our younger pupils to develop their art skills out of lesson time. Each year group will be run separately to allow different techniques to be developed in a relaxed environment.

ART WORKSHOPS

Years 10-13. Sessions for different teaching groups.

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, 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

Years 7 and 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.

CERAMICS WORKSHOPS

Years 10-13. Sessions for different teaching groups.

The Ceramics department runs after-school workshops for all GCSE and A-Level Ceramic students to develop their evolving work, have one-to-one tutorials and complete their study.

CERAMICS PLATE DESIGN

Year 9.

The Year 9 Plate workshop allows girls to develop their ceramic decorating skills and contribute to the design, making and glazing of a collaborative ceramic piece.

CHEMISTRY OLYMPIAD

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.

CHEMISTRY CREST GOLD AWARDS

Year 12.

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

COOKERY CLUB *

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.

DISSECTION CLUB

Years 12 and 13.

From the simplest annelid to more complex mammals, explore the anatomy and physiology of the animal kingdom. Lectures from our very own Zoologist who brings a wealth of experience in all things zoological from her extensive university research days in South Africa. The activity will involve research, anatomical drawings, and dissection. This is open to all Sixth Form students, not just biologists.

FORENSICS CLUB

Years 9 – 11 initially.

Learn how to investigate how crime scenes are analysed and look at some techniques that are actually used. By the end pupils will have a good understanding of how suspects are identified and how evidence is collected. Activities will include chromatography, finger printing, drawing suspects and blood splatter analysis.

LEGO LEAGUE CLUB

Years 7 and 8.

If you love Lego and technology then this is the club for you. Learn how to design, build and program your own Lego robot! Learn how to innovate and problem-solve to complete challenges 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 and 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

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.

MATHS ALGEBRADABRA

Years 9 and 10.

Algebradabra club will help enrich your mathematical skills by working on more challenging and enjoyable questions on algebra through weekly practice and competitions with prizes! All this fun will boost not only your GCSE grade but prepare you well for A level and beyond!

MED SOC

Years 12 and 13.

This is a fortnightly 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)

Years 7-13.

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. This group embodies 'Action not Words' and may be able to count towards this area for Sixth Form.

OXBRIDGE BIOLOGY PREP

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.

PSYCHOLOGY CLUB

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.

SCIENCE CLUB *

Years 7 and 8.

For Lower School pupils who have an interest in Science and experimenting! From making Alien blood to concocting bath bombs or building rockets.

STEM CLUB

Years 9-13. 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.

TEXTILES CLUBS *

Years 7 and 8.

At this Lower School Craft Club, it is an opportunity to experiment with a variety of materials and techniques to complete your own craft project. For example, a woven wall hanging, felt sculpture, embroidered artwork or a patchwork cushion.

Year 9.

This session is for Year 9 pupils who wish to practise and further their Textiles skills, either for enjoyment, or in preparation to study Textiles at a higher level. The Textiles staff will facilitate pupils setting their own projects, or entering competitions such as the Royal Opera House Design Challenge.

Costs are to cover materials required on an individual basis.

TEXTILES WORKSHOP

Years 12 and 13.

The Textiles department runs after-school workshops for all A-Level Textiles students to develop their evolving work, have one-to-one tutorials and complete their study.

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. Recent lectures include Artificial Intelligence, Animal rescue in the Bolivian Amazon and a scholars workshop on aromatherapy and mental health.

SUBJECT CLINICS AND REVISION CLUBS

Curriculum subject departments run regular drop-in clinics for pupils to provide help and support not just for our exam year groups, but for younger students also. 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.

Art, Ceramics and Textiles will offer additional workshops at various times during the school year, including Saturday's. Drama workshops will take place for across the range of year groups.

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 Battlefields trip, Model United Nations conferences, 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