



Mayfield

EXTRA-CURRICULAR

PROGRAMME 2023-24



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CO-CURRICULAR PROGRAMME

Extra-Curricular Activities 2023 - 2024

**“Remember that it is not sufficient to have begun well;
you must also persevere with courage and finish with resolution”**

Cornelia Connelly

FOR BODY, MIND AND SOUL

The benefits of a broad and balanced education are immeasurable, which is why we place great emphasis on all the co-curricular opportunities available to Mayfield girls. They can enjoy and benefit from an extensive range of extra-curricular clubs and activities which are summarised in this booklet. In addition to what you read here, we have educational visits, expeditions, lectures, trips, workshops for scholars, partnership activities and Inter-House events to name a few. To encourage personal growth and development, and help them develop self-awareness and self-knowledge, pupils are encouraged to challenge themselves through trying new activities as well as to develop and consolidate existing interests.

This booklet provides an overview of the extra-curricular activities on offer this coming academic year. These take place predominantly during the extended lunchtime and the after school activity slots.

Information is correct as of September 2023, however throughout the year it is usual for new activities to be added. For the most up-to-date information about activity dates, times and locations, students should check SOCS.

SIGNING UP

During the induction programme at the start of 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

Once girls have signed up to an activity they are expected to attend all sessions. If for any reason this is not possible they must liaise with the member of staff leading the club /activity.

PAID ACTIVITIES

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. We offer a free taster session to allow students to try a new activity before committing themselves. Please be aware, for paid activities, the terms and conditions include a notice period.

Chaplaincy



The Chaplaincy is at the heart of Mayfield School and exists to serve all members of the school community including students, staff and parents. It is a truly Catholic ministry, in the sense that the word ‘catholic’ means ‘universal’- the Chaplaincy here at Mayfield is open to all. The role of the Chaplaincy is:

- ▶ to bear witness to Gospel values,
- ▶ to share the responsibility for the pastoral care of the school community,
- ▶ to walk with all people on their individual faith journeys,
- ▶ to provide quality liturgies and opportunities for prayer and retreat, and
- ▶ to support the formal and informal religious education programmes that take place across the school.

We take very seriously our school motto “Actions not Words” and encourage our students to reach out with love and compassion to serve the people around them. You will find a number of extra-curricular activities available through the Chaplaincy and the Actions not Words programme, all designed to help girls enrich their relationships with themselves, with others, and with their God. With the exception of the Confirmation classes, which continue a journey undertaken at Christian baptism, all of the activities are welcoming of people of all faith backgrounds and none.



CHAPLAINCY AMBASSADORS

Years 7-13.

Chaplaincy Ambassadors are members of the School Chaplaincy Team. Taken from each year group in the school, Ambassadors are called to promote and contribute to Chaplaincy activities and faith opportunities within the school, while representing the students' views to the Chaplain. Chaplaincy Ambassadors have the opportunity to help shape communal prayer and pastoral care within the school. This is a wonderful opportunity for young women to enhance their leadership, organisational and interpersonal skills, while helping people to experience their faith in more diverse, profound and appropriate ways.

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. (Occasionally it may also be appropriate for Church of England members to join this programme, with a view to receiving the Sacrament in their home church. Please see the Lay Chaplain for more information.) Open to all boarders and day pupils, the programme comprises one hour of catechesis (religious instruction) per week during term time. 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.

GOSPEL & PRAISE MUSIC GROUP

Years 7-13. From Spring Term onwards

Everybody likes different things. Traditional hymns, Gregorian chant, and Taize prayer are all wonderful ways of singing our praises to the Lord. But there are many other genres of praise music out there, which might appeal to different members of our school community, in particular Gospel music. If you can play an instrument, or own a voice, come along and make your mark, as we explore different styles of praise music. Who knows where it might lead? And remember, when we sing we pray twice...!

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. The primary aim of the Ark is to provide a safe space where girls can be themselves, develop friendships and community, and laugh! Weekly meetings begin with a short

prayer, after which girls are as likely to find themselves learning to cross-stitch as they are to be watching a movie or playing a Kahoot about Disney films!

MINISTERS OF LITURGY

Years 7-13.

Good liturgy is a collaboration. It must be well-prepared and well-delivered. There are many roles of liturgical ministry within the school; for example, we always need new readers, altar servers, singers, sacristans and where appropriate, Extraordinary Ministers of Holy Communion. Some, but by no means all, of the above roles are reserved for Catholics, but we welcome girls and staff of all faith backgrounds to contribute to our liturgies. Full training for all roles is provided, as is ongoing formation.



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. SUMMER 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.

KNIT & NATTER

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.

YOGA

Years 9-12.

Yoga is a time to relax and take some time out of your busy day to recharge and unwind. It is for beginners to those who have more experience. We will learn breathing exercises and spending time enjoying a full body relaxation / meditation to cope better with stress and anxiety, try out some new yoga poses or generally improve flexibility. At the end of the session, you will feel replenished and ready to face the day as well as the week ahead.

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.

OTHER WELLBEING ACTIVITIES:

RAINBOW BEREAVEMENT GROUP

SOCIAL COMMUNICATION GROUP



Arts and Crafts



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.

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.

CERAMICS - GLASS DESIGN

Year 7-9.

In glass club we will be using a variety of coloured glass sheets, powders, and paints, fusing them to the surface with a range of techniques and processes. We will combine these together to create mini stained-glass windows all individually designed and created by each participant.

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.

Years 9 and 10.

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.

While the Textiles department aim is to use recycled items, there may be costs 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.



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](https://www.dofe.org) and [#DofEWithADifference](https://www.dofe.org/#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.

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 the DofE leaflet.

For more information about DofE at Mayfield, please contact the DofE Manager, Mrs Mary Saunders, on msaunders@mayfieldgirls.org.



Literature, Language and Culture



ADDITIONAL LANGUAGE LESSONS *

Years 7-13.

We offer additional languages lessons in Chinese Mandarin, German, and Russian. There may also be limited availability for Italian lessons. Individual or group lessons can be arranged for either native or non-native speakers. Depending on demand, small group tuition may be possible for pupils in the same year group who are of the same ability. Tuition is available for all abilities ranging from beginners to those wanting to prepare for GCSE or A Level examinations.

For further information, please contact Mrs C Turner (cturner@mayfieldgirls.org)

BRITISH SIGN LANGUAGE *

Years 8-13.

After our successful launch of a new to British Sign Language Club over the past 2 years, we are delighted to offer a beginners' course again this coming year. The sessions will be led by a teacher from Weald BSL who themselves are deaf and active within the deaf community. This is a 20-week course called Introduction to British Sign Language (Young People). This course supports young people to communicate using British Sign Language (BSL) on a range of topics. Upon completion, participants 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 the first unit of the accredited Level 1 BSL course with Signature. There may be the opportunity to work towards Units 2 and 3 later on in the course.

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 Shadows' 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.

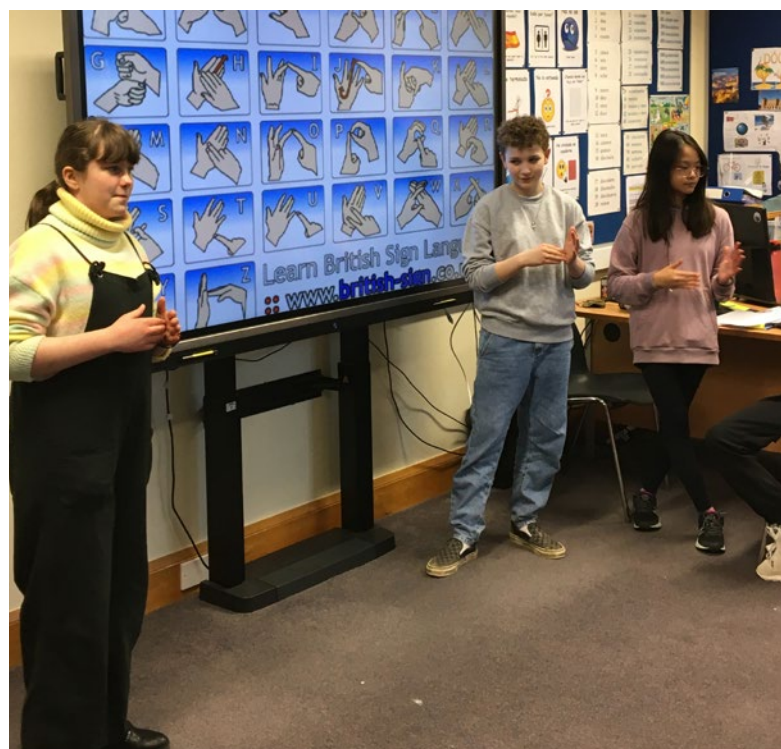
LOWER SCHOOL DEBATING

Years 7 and 8.

MIDDLE SCHOOL DEBATING

Years 9 and 10.

Alternating fortnightly for each age group, this club is for those who wish to 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.

ENTERPRISE CLUB

Year 12.

This is an opportunity to start up a business in a team and take on the roles of the 4 key areas of business - HR, finance, marketing and operations.

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.

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.

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.

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.

OXBRIDGE READING GROUP

Years 10-13

This group will sometimes integrate with Mayfield Review of Books. The focus is not just for students who are interested in reading English at University but those who are aiming to go down the Oxbridge route. A variety of literature from different sources suggested not only by staff but the students also.

AFTERNOON TEA & BOOK CLUB

Years 7-8

Join the English Department for the Junior book club over refreshments after school once a fortnight. This is a junior version of the Mayfield Review of Books.

MEET MY CULTURE

Years 7-10.

You are welcome to this club if you are looking for an opportunity to share your culture with others and discover new ones.

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!

RADIO W.H.A.T

Years 10-13. Fortnightly.

'Radio W.H.A.T. (World Headlines Analysis Time). This aims to be a space where girls can ask about what is going on and explore perspectives while gaining an understanding of the news, world and events around us.

PHILOSOPHY CLUB JUNIOR

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.

SIXTH FORM DEBATING SOCIETY

Years 12 and 13.

This society provides pupils with the opportunity to hone their debating skills. Using the English Speaking Union's model, pupils

will learn how to methodically construct and defend arguments, either in favour of, or in 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.

OTHER LITERATURE, LANGUAGE AND CULTURE ACTIVITIES:

OXBRIDGE DISCUSSION GROUP Y10

HISTORY OF ART COMPETITION OPPORTUNITIES



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.



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 CLUBS

Years 7-13.

Open to all students who wish to enjoy dance and be part of a dance group. We have three separate clubs; Lower School, Middle School and the Invitation Dance group for scholars and dancers on the More Able & Talented programme. Professional choreographers and pieces are studied in these sessions. Pupils study and develop strong technical skills and, through exploration of movement, and may produce their own choreographed pieces to perform in the annual Dance Show.





DRAMA

MAYFIELD THEATRE COMPANY

Years 7-8 (Juniors) Years 9-10 (Seniors).

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.

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, creating a more developed piece of theatre.

In January 2024, the theatre companies will be brought together, along with Caedmon, to produce an exciting whole school production of *The Addams Family*. Auditions will take place early in the Autumn term.

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.

Speech and Drama lessons allow pupils to 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 - developing the skills required to communicate dramatic text to an audience.
- Speaking in Public - developing the skills necessary for effective oral communication and public presentation.

- Speaking of Verse and Prose - exploring literature in an engaging and practical way and to develop their communication skills.
- Reading for Performance - developing the skills necessary for reading aloud to an audience and devising a recital for performance.

There are opportunities to take examinations in the various disciplines of LAMDA from Grade 1 (Introduction) to 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 our girls.

If there are any groups that you would like to see offered that are not listed here, please do not hesitate to get in 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.

MUSIC EXAMINATIONS: While most girls take Associated Board exams (ABRSM) in Music, other exam boards are available. Examinations are taken at the end of each term. Music examinations at higher grades attract UCAS points for university entrance.

For enquiries regarding music lessons or more information, please contact the Arts Administrator, Rebecca Allen (rallen@mayfieldgirls.org).

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, 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.

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.

GUITAR ENSEMBLE

Years 7-13.

This is an opportunity for guitarists, both acoustic and electric, and ukulele players to get together to make music.

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.

SESSION BAND

Years 7-13.

A group for girls who enjoy performing or singing pop and rock music. All instrumentalists and singers of all abilities welcome. Includes the opportunity to sing lead vocals or to work as part of a team providing backing vocals.

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. In 2023-24 there will be the option for Lower School choir members to sing in the Chorus for The Addams Family musical (as mentioned in the Drama section).

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 more recently in a combined trip with History of Art to France, and to Cathedrals within the UK. Girls wishing to join the Schola should be confident singers and comfortable reading music.





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, we are 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. SUMMER TERM

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 two weekly training sessions. One is a paid session with a Level 2 qualified coach for those who would like to play Badminton competitively and be involved in School fixtures. The second session is an open 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. These are 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.

FOOTBALL

Years 7 - 13. Sessions organised by age group.

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.

STRENGTH AND CONDITIONING

Years 8-13.

Girls across all sports are encouraged to take part in these sessions which are aimed to build up core strength, muscle balance, increased joint mobility and posture.

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 from September to March.



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.

For further information please contact Ms Jill Barker (jbarker@mayfieldgirls.org) or via the school office.

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.

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.

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).

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. These clubs are for all abilities and sessions will be tailored to build up running fitness, whether you are just starting out or wishing to compete.

SWIMMING

Years 7-13.

Beginners' Lessons *

These lessons 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. Pupils in Years 10 and above who are unable to swim are also welcome to attend these sessions.

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.

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 all years in the summer term.

For Tennis coaching information, 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.



STEM - Science, Technology, Engineering and Maths



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.

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 - 13.

Learn 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.

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.

Pi WARS

Years 7-13.

Unleash your inner engineer with Pi Wars, the club where we use innovative ideas and logic to design, program, and navigate our own Raspberry Pi based robot through thrilling challenges against other teams when we take part in the international Pi Wars competition in April 2024. Learn how to program our team's robot to navigate mazes, overcome obstacles and complete challenges both autonomously and while being controlled remotely. No previous experience is necessary.

PROGRAMMING & ROBOTICS

Years 8-13.

Unlock your potential at the programming and robotics club where the worlds of technology, innovation, and fun merge together! Discover how to design your own apps, build flashy projects, code great music, 3D design cool tools and bring them to life by 3D printing them. Dive into this exciting field alongside like-minded peers fostering a creative and empowering environment. No prior knowledge or skills required. Join us and turn your tech dreams into reality, because the future of tech is coming, and it starts with you!

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.

UK LINGUISTICS OLYMPIAD

Years 7-11.

The UK Linguistics Olympiad is a language puzzle competition for all ages. Competitors look for patterns that will help them to decode unfamiliar words and sentences in unfamiliar (sometimes invented) languages. It is not a test of MFL skills but rather linguists, mathematicians, engineers, computer scientists and anyone who loves puzzles will find it fascinating. There are four levels of difficulty: breakthrough, foundation, intermediate and advanced. With the opportunity to be invited to take part in a national training camp in some cases for those who achieve well at advanced level.



Broadening Horizons @ Mayfield School



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.

All pupils in Years 12, are expected to sign up to at least one of the initiatives. The opportunities will range from classroom support in primary and pre-schools, working with local community groups, or involvement in projects within the school that can be then taken out into the wider community eg. local food banks.

CORNELIAN 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.

SCHOLARS, MORE ABLE AND TALENTED

Mayfield provides a nurturing environment for a thriving community of pupils awarded a range of scholarships as well as identifying pupils who demonstrate talent in specific subjects. Achieving a scholarship is only the beginning of the journey for scholars; they will participate and contribute to a wide range of activities organised within the Scholars' Programme and other relevant extra-curricular clubs eg. Book Review club or STEM activities, as well as engage with any subject specific provision. Our aim is to create future pioneers in their respective fields, who maintain breadth as well as depth of knowledge and interests, which extends beyond the examination curriculum.

At the bi-weekly Scholars' Society, scholars are invited to research and lead discussions on anything of interest to them. Termly Scholars' Teas bring scholars together as an informal group for tea and cookies, and to listen to talks from external speakers. This then leads them to deliver a carousel of workshops at the annual Mayfield Festival of ideas.

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 also take place 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.





Mayfield

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