



@highlandsedextra

location

6min



1,000,000 Likes

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Extra Educational Curriculum at Highlands School 2017-2018

Miss Constantas

Constann@highlands.enfield.sch.uk



Knit Knack

Monday – after school until 4:15



Are you interested in knitting or crocheting?

Do you want to give it a try?

Maybe you already knit and would just like to meet and maybe help others, share ideas and current projects you are working on.

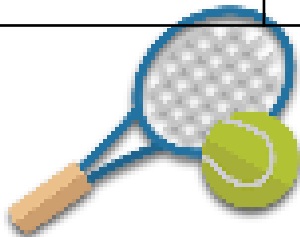
We will meet in LS1 at the end of the school day. See you there!!

PE Department Extra Curricular Timetable

Autumn 1 Sept-Oct

If you have any questions about extracurricular please speak to a member of staff in the PE department. AM clubs run from 8.00-8.40 and PM Clubs run from 3.30-4.45
Even if you do not play in the school team, you are more than welcome to still come to school clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 8 -8.40				Year 9/10 Football Practice Astro	Basketball SH
Lunchtime			Year 8 Boys Football P6 Sports Hall	Year 8 Football P5 Sports Hall	
After School 3.30-4.30	Year 7 Football Practice Astro	Meetings	Fixtures	Rugby Practice Field GCSE T Tennis Sixth Form Badminton SH	Basketball SH Sixth Form Football Astro

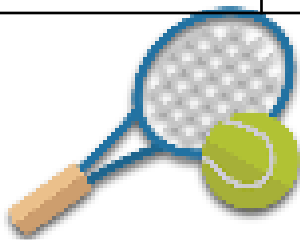
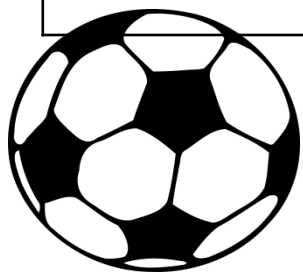


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Before School 8 -8.40		GCSE Badminton League SH		Year 9/10 Boys Football Practice Astro	Basketball SH
Lunchtime			Year 8 Boys Football P6 Sports Hall	Girls Football P5&6 SH	Basketball SH
After School 3.30-4.30	Year 7 Boys Football Practice Astro	Meetings Girls Football Club All years 3.30-4.45	Fixtures Netball Club Year 8-13 3.30-4.45	Rugby Practice Field GCSE T Tennis Sixth Form Badminton SH	Basketball SH Sixth Form Football Astro Netball Club Year 7



Air Cadets 2473

Squadron

Part of the UK's largest Youth Organization for 12 to 20 year olds. You must be at least 12 years old and in Year 8 to join. A perfect chance to gain new experiences and make new friends. Activities include flying, gliding, adventure training, drill, sports, camps, shooting, first aid, BTEC qualifications, aeromodelling scholarships etc.

<http://www.2473atc.org.uk/>

Monday & Wednesday 7.30-9.30pm

Mrs Baker- Head of Year Office

OR

Call 2473 on: 07548974268









Half Term Camp



DyNamic
Multisports

www.dynamicmultisports.com



TIME	MON 23 RD OCTOBER	TUES 24TH OCTOBER	WEDS 25 TH OCTOBER	THURS 26 TH OCTOBER	FRI 27 TH OCTOBER
MORNING ACTIVITY 1 10AM-12PM	FOOTBALL 	MMA / BOXING 	FOOTBALL 	MMA / BOXING 	FOOTBALL 
MORNING ACTIVITY 2 10AM-12PM	MULTISPORTS 		MULTISPORTS 		MULTISPORTS 
AFTERNOON ACTIVITY 1 1PM-3PM	FOOTBALL 	FOOTBALL 	FOOTBALL 	FOOTBALL 	FOOTBALL 
AFTERNOON ACTIVITY 2 1PM-3PM	MULTISPORTS 	MULTISPORTS 	MULTISPORTS 	MULTISPORTS 	MULTISPORTS 

*Friday PM will consist of a presentation where participants of three days or more will receive a trophy



dynamicmultisports



dynamicmultisp



DyNamicMultiSports

School Show



- The school show is open to everyone. This year we are doing 'High School Musical'. Actors, singers, dancers, musicians and back stage crew all working towards the production in December 2017

Mrs Carr, Mrs Miller, Miss Brown, Mrs Jackson

Room: DD1, MM1, DD3

3.30-5pm or 3.30-4.30

Mon, Wed, Thurs – depending on role



Horse riding club

**For all years of all abilities.
Great discount rate. Sixth
formers invited to lead the
sessions**

**Novice- Thursdays 4pm Ms Lawley
Intermediate & Advance Thursdays
5.15pm Ms Davey**

**Trent Park Equestrian Centre
See Miss Constantas for letters and
details – Humanities office**

Badminton Club



- Try to beat thee master

Mr Movsessian
Sports Hall
3.30 – 4.30
Thursdays



Science Club

Year 7's only

Chance to do some fun practical's
and investigations not carried out in
the lessons.

Autumn Term Week A starting 21st Sept

3.30-4.30pm

SE2

Science Department



**KEEP
CALM**

AND

JOIN THE

MFL FILM CLUB

MFL Film Club

**Lunch time club for year 7 students.
The films in which will be shown
will be French and Spanish.**

Mrs Ramnauth and Mrs Jutila

Thursday

12.35 to 13.20

L7

Arts for Art's Sake'



Key Stage 4 students can catch up with art homework and/or produce pieces of art of their choosing.

They should come with their own ideas and together with the teacher they can make their art work come to life

Mrs Chrysostomou

Wednesdays

3.30 to 4.15

A6



History Catch Up

For all exam classes taking history as an option (GCSE and A Level). Personalised help revision and exam technique.

Mr Hurst
Thursday
H9
3.30-4.30

Turkish Lessons



To be
confirmed

3.30-5pm

L1

External Teacher

Lunch Time Chess Club



All years are welcome to come along to the library and play a game of chess with their friends.

Monday-Friday

Period 5 lunch 12.35-1.25pm

Period 6 lunch 1.25-2.10 pm

Library

Textiles Club



For year 7's and 8's. Textiles club is for students to learn basic skills then have a free choice of what they make.

**Monday
3.15-4.30pm
MS J Trela
T4**

Textile GCSE catch up/improve sessions



Year 9 and 10 offered the opportunity of catching up with work missed or making improvements designing or making.

Tuesday
3.30 -4.30pm
C.O'Connell
T4



Handwriting Club

Hand writing group to improve
hand writing skills.



Wednesdays during PM tutor time
C.O'Connell
Textiles
T3

British Sign Language (BSL) Club

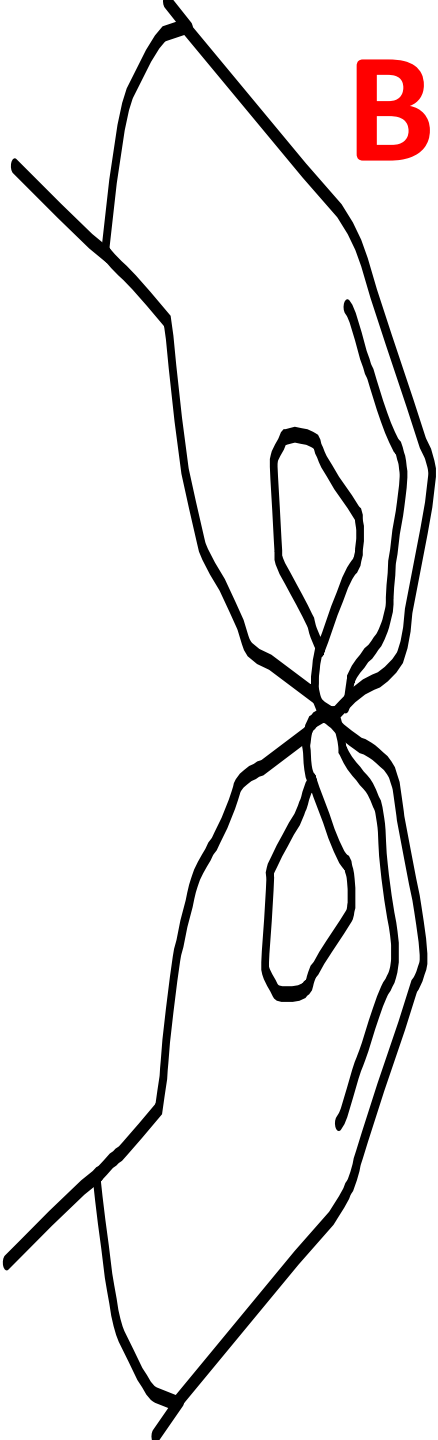
Level 1 classes, come and learn a new language! At the end of the course you will gain a qualification accredited by Signature (the sign language exam board)

Room LS3

**Every Thursday starting from 9th
November**

3.30-4.30

Ms Deb-Biswas



Musical Theatre/Glee Groups



Friday 12.50-1.20pm

MM5

Ms Forsyth-Hecken

Construction club

Building anything from spaceships to hovercrafts using Lego. We have accumulated over a 1000 pieces and everyone is allowed to join. Pictures are taken of the construction at the end of the session and put up on Frog. Recommended for anyone interested in creativity, engineering and building.


Tuesday

3.05-3.30pm

M5

Mr O'doherty

Lunchtime Zumba Club



**Fun dance exercise with great music.
Bring a friend, water, quick change of
clothes and get ready to get your swag
on!**

**SIGN UP SHEET AT ENTRANCE TO DANCE
AND DRAMA**

Wednesday P5- 12.45pm YR 7,9,11

Friday P6- 12.45pm YR 8 and 10

Dance Studio

Miss Amoani



String Group

We will be playing a selection of songs that will be lots of fun! This would be suitable for anyone who plays the violin, cello, or double bass. All ages and abilities welcome!

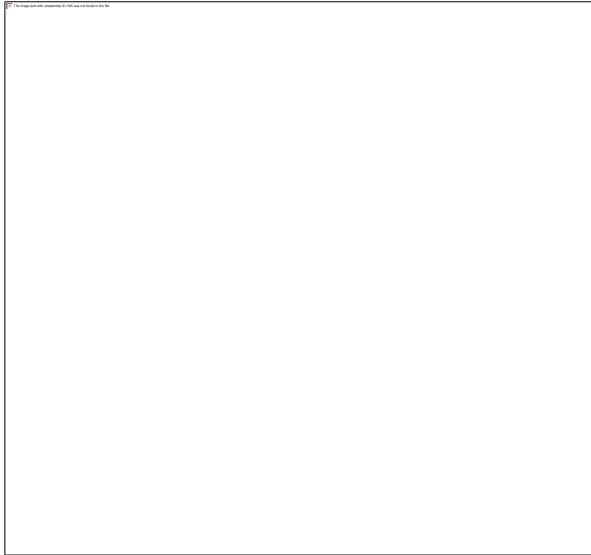
For more information please see Mr. Jackson, Head of Music.

Wind Band

This group will be learning a whole range of fun songs as a band, with many opportunities to perform. This will be suitable to anyone who plays a wind instrument, drum kit or bass instrument. All ages and abilities welcome

For more information please see Mr. Jackson, Head of Music.

Thursdays
3.05-4.30pm
MM5



Lunch Time Singing Group



This singing group is for year 7 and 8's only and will be a lot of fun! It will be a 'Glee' inspired group and you will be learning popular song arrangements and musical theatre songs. This group is open to boys and girls. There will be many opportunities to perform throughout the year.

For more information please see Mr. Jackson, Head of Music.

Friday Lunch time
Year 7 and 8's only
3.05-4.30pm
MM5



Step Into Dance

Opportunity for year 7-9 students to take part in a weekly workshop which builds up to a performance. It is taught by a teacher from The Royal Academy of Dance

For more information please see Mrs Forsyth or Miss Brown.

TBC-Friday

3.30-4.45pm

Learning Support Clubs

Club+ description	Lead Person	Time/venue
Girls Self Esteem group All years- A discussion groups to support teens	Sarah Miller	Thursday and Friday form time LS3
Handwriting Club All years- support physical coordination and writing skills	Carole O'Connell/Anu Okwonowo	Wednesday form time T3
Learning Support homework club All years- Homework	Silvana Laurenzi	Monday – Thursday (3.25-4.14) LS3
Memory Magic All years- to improve concentration and memory	Joan Hill	Tuesday and Thursday- form time Library (need to find another room)
Technology Catch up Club All Students with Technology as a GCSE Option needing extra push	Sarah Miller	Tuesdays & Wednesdays 3.30-4.30 LS2
Touch typing Club All years to improve speed of typing	Silvana Laurenzi	Tuesdays Form time L9
Construction Club Boys only- to develop building and technology skills	Liba Ravindran	Tuesdays Form time E9
Hip Hop Poetry All years- Express yourself through music and poetry	Liba Ravindran	Wednesday 3.30-5 E1

Sculpture Club

Year 7 and Year 8 Pupils will be able to make 3D art pieces out of card, paper mache etc



Mondays

Year 7 and 8's only

3.30-4.30pm

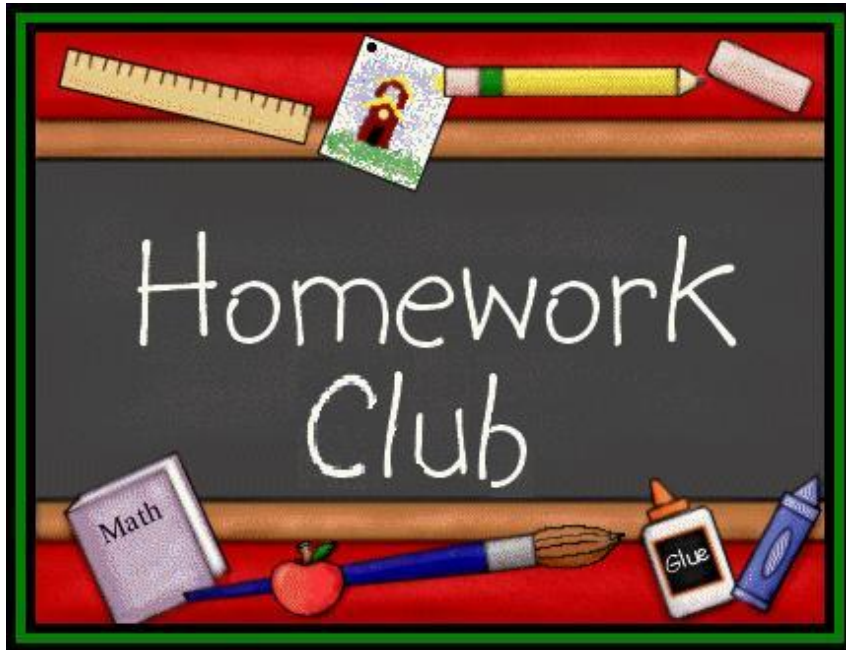
Mrs Chrysostomou

GCSE Textile Club



Tuesday
3.30pm
C.O'Connell
T2

Homework Club



All years are welcome to come along and complete homework with the use of computers if necessary

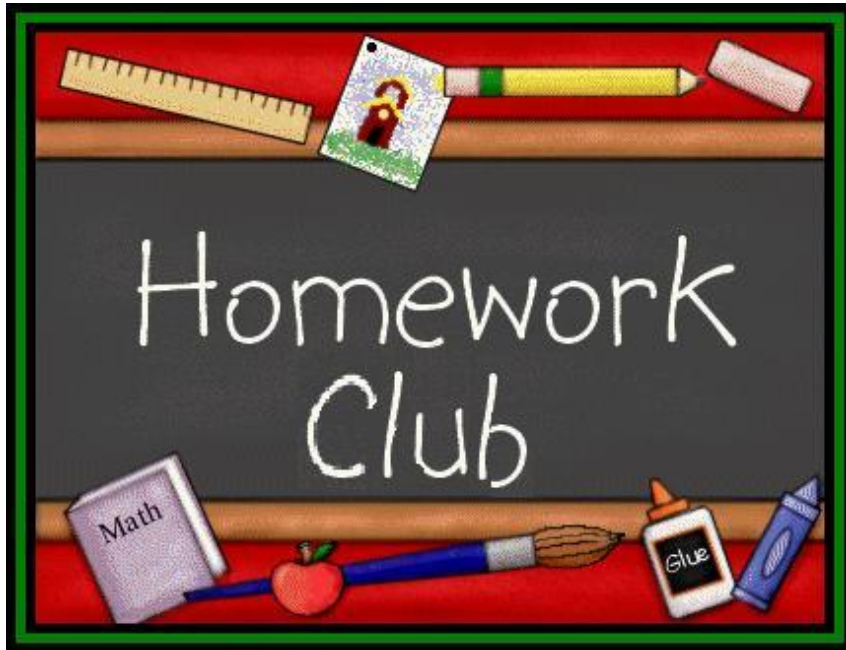
Monday 3.05-4.05pm

Tues-Fri 3.30- 4.25pm

Ms Hill

Library

Learning Support Homework Club



Students are welcome to come along and complete homework with the use of computers if necessary

Monday 3.05-4.05pm

Tues-Fri 3.30- 4.15pm

Ms Laurenzi

SL2

Form Time Touch Type Class

All years are welcome to come along to gain a valuable skill of touch typing. This can benefit you both in school (coursework and homework) and in the working life due to the huge growth and developments with computers and the way in which the work is carried out.

Tuesdays

3.05-3.25pm

L9

Ms Laurenzi

Circle Time

Year 7's only.

**Fun activities to help
with transition.
Activities to do with
making friends and
team building to help
boost confidence.**



Wednesday

3.05-3.25pm

DD2

Ms Laurenzi

Fencing



A sport in which two competitors fight using 'Rapier-style' swords, winning points by making contact with their opponent. Based on the traditional skills of swordsmanship

Monday 3.30-4.30pm

£6 (per session)

Main Hall

First come first serve sign up with miss constantas in the humanities office or email name and form to constann@highlands.enfield.sch.uk to secure a place. Limited places!

Archery

Archery is the sport, practice or skill of using a bow to propel arrows. Historically, archery has been used for hunting and combat. In modern times, it is mainly a competitive sport and recreational activity.

Tuesday 3.30-4.30pm & 4.30-5.30pm

£6 (perr session)

Sports Hall

First come first serve sign up with miss constantas in the humanities office or email name and form to

constann@highlands.enfield.sch.uk to secure a place. Limited places!



Adventure Golf



JUNGLE FALLS has 18 holes of fun-filled action packed golf, with life deed hungry creatures prowling lush jungle marshes, cascading waterfalls and secret giant caves nestled within a forest of tropical palm trees.

Year 7's (age 11) £7

Year 8's+ (12+) £9

Anytime And Any Day (THIS IS UNSUPERVISED)

Trent Park Golf Club Bramley Road Oakwood

Must collect discount token from Miss Constantas in the humanities office

Running Club

**Running club for year 7's to
year 10's**

Wednesday 8am-8.30am

Mr Johnston

Meet outside boys changing rooms at 8am

Year 8 Football Club



Football training for year 8 boys

Thursday 8am-8.40am
Mr Johnston
Sports Hall

Animation Club

These are the disciplines that will be covered over the academic year. You must be willing to attend all after school classes and all disciplines.

- 13th November - 11th December

Classical Hand Drawn Animation

- 8th January 2018 - 5th February

Stop Motion Animation

- 19th February - 26th March 2018

2D Animation

16th April 2018 - 21st May 2018

3D Animation

4th June 2018 - 9th July 2018

Make your own film in any animation technique for Highlands Animated Film Festival



Monday 3.40 -4.30pm

Mr Martins

Music and Media Corridor

Lego Construction Club



- November 14th 2017 - December 5th 2017 (4 weeks)

Make Lego seasonal tree decorations for school or free building a winter themed diorama.

- January 9th 2018 — February 6th 2018 (5 weeks)

Learn how to use Lego Digital Designer software, design and construct a model using this software.

- February 20th 2018 - March 20th 2018 (5 weeks) (there will be no club on the 13th March due to year 12 parents evening)

Build a model of the school using a combination of techniques and skills learnt previously in Lego Construction Club.

- April 17th 2018 - May 22nd 2018 (6 weeks)

Lego Stop Motion Animation. Write, build and direct your own Lego stop-motion film to be screened at Highlands School Film Festival towards the end of this academic year.

Tuesday 3.40 -4.30pm

Mr Martins

Music and Media Corridor



Science Club

Year 7's only

**Building rockets, eye dissections,
making bath bombs and much more
fun!**

**Sign-up sheet in Science corridor. First
come, first served. Limited to 24
students per term**

Thursdays (only week A)

3.30-4.30pm

SE2

Mr Larter

Rugby Club

Year 7's and 8's only

For all boys. Meeting spot PE office



Thursdays

3.30-4.45pm

PE Office

Mr Johnston

Mindfulness and Meditation



Mindfulness and meditation are a positive approach to improving mood, well-being and balance. It is a simple and effective way to just being fully supported in class.

**Currently
not running**

M 3.30-4.30pm

Main Hall

External Teacher £5 per session