



Ed-Extra at Highlands School

What is Ed-Extra?

Education-Extra (Ed-Extra)

There are two parts to the after school extra curricular programme at Highlands:

- Compulsory Wednesday afternoon clubs and activities for all students in year 7 and 8.
- Other clubs and activities running over the rest of the week for all year groups.

Why Ed-Extra?

To develop student character through participation in a wide range of enrichment activities.

Wednesday afternoon Ed-Extra for years 7 and 8

Each week, on Wednesday afternoons, lessons finish at 2:10pm and staff take part in two hours of professional development and training. Years 9, 10, 11, 12 and 13 go home. Year 7 and 8 remain in school for our Ed-Extra programme of clubs and activities. Wednesday afternoon's Ed-Extra comprises a carefully selected programme of activities, with a focus on STEM (science, technology, engineering and maths), sport, creative subjects and music. Examples of the clubs running this year are coding, judo, musical theatre and science sparks.

Why do we run Ed-Extra like this on a Wednesday?

We believe that a school's extra-curricular programme is key for personal development, and at Highlands it is a right, not a privilege. By having the whole of year 7 and 8 participate in the after school programme on Wednesdays, we know that every single child (nearly 500) across two year groups is taking part in enriching after school clubs and activities.



What activities do we run in Ed-Extra?





JUDO

Students participating in Judo as part of the Ed-Extra programme engage in developing discipline, focus, and physical strength through learning key techniques like throws, holds, and grappling. It's a dynamic and respectful martial art that fosters teamwork and personal growth.



What our students gain from each session



BOXING

Boxing helps students to build strength, coordination, and confidence while learning fundamental techniques such as footwork, punches, and defensive moves. It promotes discipline, focus, and physical fitness in a supportive environment.





Students explore rhythm, teamwork, and cultural expression while learning to play vibrant beats on traditional percussion instruments in samba drumming. It's an energetic and fun way to develop musical skills and collaborate with others.



SAMBA DRUMMING



CODING / ROBOTICS

Through coding and robotics, students develop problem-solving and critical thinking skills by programming robots and creating innovative tech projects. It's a hands-on experience that encourages creativity and prepares them for the future of technology.





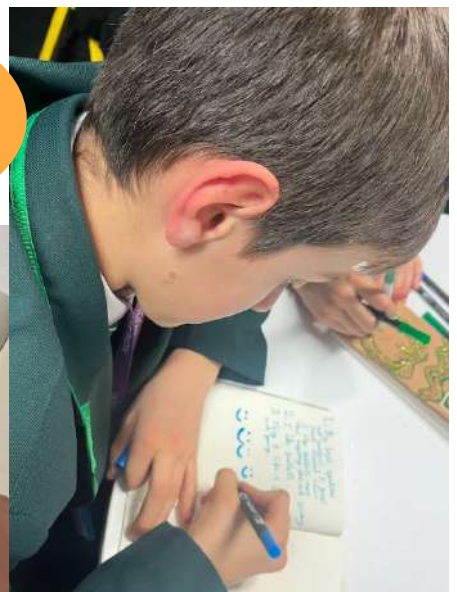
WELLBEING & MINDFULNESS

Through wellbeing and mindfulness sessions, students learn techniques for stress management, emotional regulation, and self-awareness. It helps them build resilience, focus, and a positive mindset for both school and life challenges.



'I really like that I am able to share my emotions and feelings' - Eva

'I find the sessions really calming' - Nia



SQUASH

Squash is a fast-paced, fun sport that enhances fitness, coordination, and strategic thinking. Sessions typically involve learning racket skills, practicing gameplay techniques, and friendly matches to develop their abilities on the court. We are delighted to be working in partnership with squash coaches from Oakleigh squash club to deliver this opportunity.





BSL

Students learning British Sign Language (BSL) explore a valuable communication skill, gaining insight into deaf culture. Sessions involve learning basic signs, finger spelling, and conversational skills to build their confidence in using BSL.

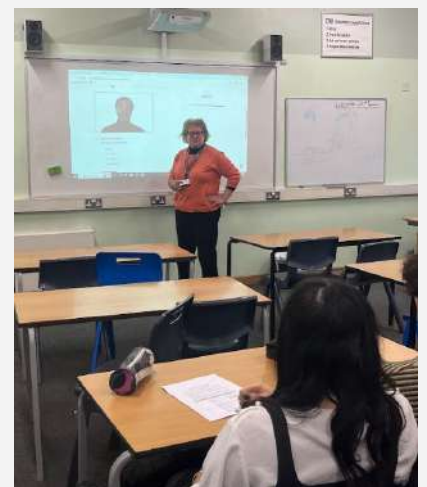


DRAMA

Students dive into creativity and self-expression through performance. Sessions involve acting exercises, script work, improvisation, and developing stage presence, building confidence and teamwork skills.

PEER MENTORING

Peer mentoring sessions is open to older students in years 10 - 13. Students learn to support and guide younger peers, fostering a positive school community. Sessions focus on developing listening skills, empathy, and leadership through one-on-one or group interactions.





KEYBOARD

The keyboard sessions help students to develop musical skills and creativity. Sessions involve practising basic techniques, reading music, and playing songs to build confidence and musical expression.



GUITAR

Guitar sessions focus on mastering chords, strumming patterns, and playing songs, building confidence and musical skills.

'I'm really happy doing guitar, it's reintroduced me to an instrument that I used to play' - Tom



'It's fun learning new songs' - Miguel & Kaya

ART ATTACK

Students participating in 'Art Attack' unleash their creativity through a variety of fun and imaginative art projects. Sessions involve exploring different techniques, materials, and styles to create unique and expressive artworks. This term they are painting Japanese blossom trees.



'It's so much fun being creative' - Hatice





Basketball helps to develop teamwork, fitness, and coordination. Sessions include practising dribbling, shooting, and game strategies through drills and friendly matches.

BASKETBALL



COMMERCIAL DANCE



Commercial dance allows students to explore energetic and dynamic routines inspired by popular music and trends. Sessions focus on learning choreography, improving rhythm, and building confidence through expressive movement.



Students playing tag rugby as part of the Ed-Extra programme focus on teamwork, agility, and sportsmanship. Sessions include practising passing, tagging, and strategic play in a fast-paced, non-contact version of rugby.

TAG RUGBY



'I love the rules of the game, I always have so much fun.' - Kaya



NETBALL

Netball helps to enhance students' fitness, coordination, and teamwork. Sessions include practising passing, shooting, and defensive skills, along with friendly games to develop strategy and confidence.



PHOTOSHOP SKILLS

Students learning Photoshop skills develop their digital creativity and design abilities. Sessions involve mastering tools for photo editing, graphic design, and image manipulation to create professional-quality visuals.



Students develop skills in dribbling, passing, and shooting while enhancing teamwork and fitness during football sessions. These include drills, tactical play, and friendly matches to build confidence and strategic understanding of the game.



FOOTBALL





SCIENCE SPARKS

'I have really enjoyed creating different things that you can experiment with.'
- Vitalia



Students taking part in 'Science sparks' explore hands-on experiments and activities that ignite curiosity about the natural world. Sessions involve engaging with scientific concepts through fun, interactive projects that encourage problem-solving and creativity. Students have designed and tested gliders by applying principles of aerodynamics and physics to refine their designs to see whose would soar the furthest.

Students express their imagination through storytelling and writing exercises. Sessions focus on developing writing skills, exploring different genres, and crafting unique narratives to enhance creativity and communication.



CREATIVE WRITING

'What's great about creative writing is that there is not one specific answer. There's no right or wrong, you can just go along with whatever you want to express.' - Beth



Students engage in hands-on projects that blend creativity with problem-solving. Sessions involve designing, building, and testing products using a variety of materials and techniques to develop practical and innovative skills.

D&T

