



Sydenham
High Prep

G D S T
GIRLS' DAY SCHOOL TRUST

Autumn Clubs Programme 2023

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Mind, Body and Soul

Clubs and Enrichment Rationale at Sydenham High Prep

'Develop a passion for learning. If you do, you will never cease to grow' (Anthony J. D'Angelo)

At Sydenham High Prep, our Clubs programme serves to enable your daughter/s to find their passions, interests and talents. We believe in the importance of educating the whole child so that your daughter's true potential can be fulfilled. In striving to build character and develop skills in our students, we provide a breadth of learning experiences that take them way beyond the curriculum itself.

At Sydenham High Prep, we feel proud of the clubs and enrichment opportunities we offer. From our timetabled enrichment programme to many school trips, students are immersed in opportunities and cultures which widen their global perspective and broaden their future horizons. Our great range of after school clubs cater for creative, musical, sporting and STEM interests, while nationally recognised programmes such as LAMDA further develop talent.

Clubs take place before, during and after school. Some are organised and run by external providers, while others are led by our teachers.

AUTUMN TERM CLUBS 2023

Autumn Term Start - Monday 11 September 2023

Autumn Term End - Friday 8 December 2023

An outline of the clubs being offered in the Summer Term can be found on the following pages. Our clubs fall into one of five categories: Sport, Music, Creative, Academic & Cognitive Development, and Community & Well-Being. Should you have any questions or suggestions, please contact sydprepclubs@syd.gdst.net.

KEY:

Academic & Cognitive Enrichment	
Community & Well-Being	
Creative	
Music	Performance
Sport	

MONDAY

£ Clubs with extra charges

* Invite only

(Staff Briefing 8am)

TIME		CLUB	LEAD TEACHER	LOCATION
Before	07:45 – 08:30	Fencing (£) – Years 2–6	External	Prep Hall
	08:00 – 08:30	Running – Years 3-4	Mr Rowlands	Senior Astro
Lunch Time	12:00 – 12:45	Dance – Years 5-6	Ms Matthews	Lecture Theatre
	11:30 – 12:00	Mindful Music – Years 1-2	Ms Sanatian	Space
	11:30 – 12:00	Wildlife Club - Reception	Mrs Kay	Reception
	12:20 – 12:50	STEM Club – Years 5-6	Mrs Duffy	Science Room
	12:20 – 12:50	Typing's Cool (£) – Years 3-6	External	Classroom
After School	15:30 – 16:00	Micro Coders – Reception – Year 2	Mr Porter	Classroom
	15:30 – 16:15	Spanish Club (£) – Years 1-6	External	Classroom
	15:30 – 16:30	Inkhead Creative Writing (£) – Years 3-4	External	Classroom
	15:30 – 16:30	Lower Prep Choir – Years 3-4	Ms Sanatian	Space
	15:30 – 16:30	Netball – Year 5	Mr Rowlands	Astro
	15:30 – 16:00	Creative Club – Year 3	Ms Blagu	Classroom
	15:45 – 16:15	Ballet (£) - Reception	External	Prep Hall
	15:30 – 16:15	Whizz, Pop, Bang! - Years 3-4	Mrs Duffy	Science Room
	16:15 – 17:00	Ballet (£) – Years 5-6	External	Prep Hall

TUESDAY

£ Clubs with extra charges

* Invite only

TIME		CLUB	LEAD TEACHER	LOCATION
Before School	08:00 – 08:30	Woodwind & Brass Ensemble (*) – Years 3-6	Ms Sanatian	Space
	07:45 – 08:30	Football – Years 5-6	Mr Rowlands	Astro
	08:00 – 08:30	Dancercise – Reception - Year 3	Mrs Tomalin-Pay	Classroom
	08:00 – 08:30	French Club – Years 1-2	Ms Mateo	Classroom
	08:00 – 08:30	Maths Puzzle Club – Year 2	Mrs May	Classroom
	08:00 – 08:30	Fizzy Club (*) – Reception – Year 2	Ms Elliott	Classroom
Lunch Time	11:30 – 12:00	Peter Rabbit Gardening Club - Reception	Ms Morris	Reception
	11:30 – 12:00	Spanish Club (£) – Years 1-2	External	Classroom
	12:20 – 12:50	Spanish Club (£) – Years 3-6	External	Classroom
	12:20 – 12:50	Code Club – Years 5-6	Mr Porter	Classroom
	12:20 – 12:50	Pop Choir – Years 4-6	Ms Sanatian	Space
	11:30 – 12:00	Singing Club – Years 1-2	Ms Sanatian	Space
	12:20 – 12:50	Art Scholarship Tutorials (*) – Year 6	Ms Mac	Art Room
	11:30 – 12:00	Open Art Studio – Years 1-2	Ms Mac	Art Room
	13:00 – 13:30	Netball – Year 3	Miss Penn Miss Burns	Prep Court
After School	15:30 – 16:00	Art Club – Reception – Year 1	Mrs Kasoma	Reception
	15:30 – 16:30	Homework Club (*) – Year 6	Ms Elliott	DE Room
	15:30 – 16:00	Illustration Nation – Years 3-6	Miss Cleary	Classroom
	15:30 – 16:00	Future Architects – Year 4-6	Ms Mac	Art Room
	15:30 – 16:15	Circus Skills Club (£) – Years 1-6	External	Hall
	15:30 – 16:00	Movement Masterclass - Reception	Mr Rowlands	Reception
	15:30 – 16:30	Upper Prep Choir – Years 5-6	Ms Sanatian	Space

WEDNESDAY

£ Clubs with extra charges

* Invite only

TIME		CLUB	LEAD TEACHER	LOCATION
Before School	07:30 – 08:30	Yoga (£) – Years 4-6	External	Hall
	08:00 – 08:30	Running – Years 5-6	Mr Rowlands	C.P. Park
	08:00 – 08:30	Pre-Prep Choir – Years 1-2	Ms Sanatian	Space
Lunch Time	11:30 – 12:00	LAMDA (£) – Reception – Year 2	External	Space
	11:30 – 12:00	Undivided – Reception – Year 2	Ms Elliott	DE Room
	12:20 – 12:50	LAMDA (£) – Years 3-6	External	Space
	12:20 – 12:50	Minecraft and eSports – Years 4-6	Mr Porter	Classroom
	12:20 – 12:50	Board Games – Years 3-5	Miss Cuthbert	Classroom
	12:20 – 12:50	Recorder Club – Year 3	Ms Sanatian	Space
	12:00 – 12:45	Netball – Year 4	Mr Rowlands	Astro
After School	15:30 – 16:15	Spanish Club (£) – Years 1-6	External	Classroom
	15:30 – 16:30	Orchestra – Years 3-6	Ms Sanatian	Space
	15:45 – 16:15	Ballet (£) – Years 1-2	External	Hall
	15:30 – 17:00	Sewing & Textiles Club (£) – Years 4-5	External	Classroom
	15:45 – 16:45	Arty Party (£) – Years 1-3	External	Art Room
	15:30 – 16:30	Inkhead (£) – Years 5-6	External	Classroom
	15:30 – 16:30	Mandarin Club – Years 5-6	Ms Mateo	Classroom
	16:15 – 17:00	Ballet (£) – Years 3-4	External	Hall

THURSDAY

£ Clubs with extra charges

* Invite only

TIME		CLUB	LEAD TEACHER	LOCATION
Before School	08:00 – 08:45	Netball Squad (*) – Year 5	Ms Woodyer	Prep Court
	08:00 – 08:30	Circuits – Years 5-6	Miss Wollaston	Prep Hall
	08:00 – 08:30	Movement Masterclass – Years 1-2	Mr Rowlands	Reception
	08:00 – 08:30	Advanced Strings (*) – Years 3-6	Ms Sanatian	Space
	08:00 – 08:30	Drumming Club – Year 2	Mr Welch	Music Room
	08:00 – 08:30	Sunbeams – Years 1-2	Mrs Patrick	Classroom
Lunch Time	11:50 – 12:50	Chess Club (£) – Years 4-6	External	Classroom
	11:30 – 12:00	Open Art Studio – Years 1-2	Ms Mac	Art Room
	12:00 – 12:30	Gems (£) - Reception	External	Reception
	12:20 – 12:50	String Ensemble (*) – Years 4-6	Ms Sanatian	Space
	12:20 – 12:50	Open Art Studio – Years 3-6	Ms Mac	Art Room
	12:20 – 12:50	Undivided – Years 3-6	Ms Elliott	DE Room
	12:20 – 12:50	Thunks Philosophy – Years 3-4	Ms Davies	Classroom
	12:00 – 12:45	Football – Years 3-4	Mr Rowlands	Astro
After School	15:30 – 16:00	Quiz Club – Years 2-3	Mrs Dorman	Classroom
	15:30 – 16:00	Thunks Philosophy – Years 5-6	Mrs Mitchell-Morgan	6M
	15:30 – 16:30	Homework Club (*) – Year 6	Ms Elliott	DE Room
	15:30 – 16:15	Homework Club (*) – Year 5	Mrs Laker	Classroom
	15:30 – 16:30	French Club – Years 3-4	Ms Mateo	Classroom
	15:30 – 16:15	Gems (£) – Years 1-2	External	Prep Hall
	15:30 – 16:30	Netball – Year 6	Mr Rowlands	Astro
	15:45 – 17:00	Art Club (£) – Years 4-6	External	Classroom
	16:15 – 17:15	Gems (£) – Years 3-6	External	Prep Hall

FRIDAY

£ Clubs with extra charges

* Invite only

TIME		CLUB	LEAD TEACHER	LOCATION
Before School	08:00 – 08:45	Netball Squad (*) – Year 6	Ms Woodyer	Prep Court
	08:00 – 08:30	Eco Club – Years 3-6	Mr Welch	Space
	08:00 – 08:30	Ukulele – Years 4-6	Ms Sanatian	Music Room
	07:45 – 08:30	Taekwondo (£) – Years 3-6	External	Prep Hall
Lunch Time	12:00 – 12:45	Fitness Friday – Years 3-6	Mr Matthews	Prep Court
	12:20 – 12:50	Music Theory Club – Years 4-6	Ms Sanatian	Space
	11:30 – 12:00	Open Art Studio – Years 1-2	Ms Mac	Art Room
	12:00 – 12:45	Netball Shooting – Years 5-6	Ms Woodyer	Astro
	12:20 – 12:50	Open Art Studio – Years 3-6	Ms Mac	Art Room
After School	15:30 – 16:00	Quiz Club – Years 4-6	Mrs Dorman	Classroom
	15:30 – 16:15	Syd Jets (*) – Year 6	Mr Welch	Music Room
	15:30 – 17:00	Sewing & Textiles Club (£) – Year 6	External	Classroom
	15:45 – 16:15	Tap (£) – Reception-Year 2	External	Prep Hall
	16:15 – 17:00	Tap (£) – Years 3-6	External	Prep Hall

Clubs Information

Below you will find a brief description of each club to help you to inform your daughter's decision-making when selecting clubs.

Academic and Cognitive

Chess Club

Chess club will be continuing for children in Years 4-6. Ex British Champion, coach of the England Women's team and Grandmaster, Mr Chris Ward, will be teaching your daughter/s. Although chess is not an easy game and too much should not be expected too quickly, it is clearly a pastime with concentration requirements that help children develop in other areas of life too. It is taught in a fun way to absolute beginners from scratch, whilst also significantly progressing those who have already mastered the basics. In time, we will strive for the girls to take place in Inter-School chess competitions.

£100 per term. (Maximum Pupils – 20)

Code Club

Children will learn how to use 'Scratch', HTML/CSS and 'Python' while creating their own games, animations and websites.

Fizzy Club

In this club, pupils will be supported to improve their fine motor and handwriting skills.

French Club

In this club, pupils will extend their French vocabulary, cultural knowledge about French speaking countries and sing their favourite French tunes!

Homework Club

In this club, pupil will have an opportunity to receive support for homework.

Inkhead Creative Writing

In this club, a workshop style of learning is used to show and encourage the children to write the stories they want to write.

£130 per term. (Minimum Pupils – 5, Maximum Pupils – 12)

Mandarin

In Mandarin club, pupils have chance to learn Mandarin speaking and writing by playing games and music etc. They will get to know more about Chinese traditional and modern culture.

Maths Puzzle Club

In this clubs your daughter will enjoy a great brain workout as she is exposed a wide range of challenging and fun puzzles.

Micro Coders

This club will enable children to program their own interactive stories and games. In the process, they will learn how to solve problems, design projects and express themselves creatively on the computer.

Minecraft and eSports

This club will capture the energy and passion of esports and build pathways for future-ready skills, inspire STEM learning, and support social-emotional development.

Quiz Club

This is a fun, lively club where students test their knowledge in an engaging way with quiz topics including history, geography, art, maths, TV, literature and general knowledge, including multiple choice questions and picture quizzes.

Spanish Club

This club provides an opportunity for your daughter to learn about Spanish language and culture in a fun and interactive way. Sessions are adapted to your daughter's ability and learning style, and they are designed around appealing themes and relevant vocabulary for her age group.

£165 (Afterschool), £130 (Lunchtime) per term. (Maximum Pupils – 22)

STEM Club

STEM club is a fun, rewarding way to boost enjoyment and learning across Science, Technology, Engineering and Mathematics (STEM). There will be plenty of opportunities to complete projects and investigations to boost problem-solving, inventiveness, observation, teamwork, digital literacy and logic.

Thunks Philosophy

This provides a wonderful opportunity for your daughter to share and challenge her own views. Sessions are based on a 'Big Question' through which your daughter will philosophise and think deeply.

Typing's Cool

Typing's Cool teaches children how to type 40+ words per minute, using the correct fingers and posture. Formal techniques are mixed with games and challenges to make learning to type fun and effective. Beginners, intermediate and advanced typists are warmly welcome.
£140 per term. (Minimum Pupils – 6, Maximum Pupils - 24)

Whizz, Pop, Bang!

Pupils will experience hands-on experiments and puzzles inspired by the award-winning science magazine 'Whizz Pop Bang', sparking imaginations, and inspiring our curious scientists.

Community and Well-being

Board Games

No sign-up required for this 'drop-in' club. Come and play games with your friends and develop skills of cooperation, strategy and problem-solving.

Eco Club

A weekly conference on all eco developments and projects, happening both in the school and in the wider world. A forum for discussion and opinion...an essential part of the education of the young leaders of the future.

Gardening Club

Poor Peter Rabbit needs his very own garden away from Mr McGregor! Come and help create an oasis of peace for our favourite furry friend.

Mindful Music

This is an opportunity for the children to practise mindfulness and exercise positive affirmations to relaxing music.

Sunbeams

In this club your daughter will enjoy cosmic yoga and wellbeing/mindfulness activities.

Undivided Club

Creating a culture of inclusion and equity... Pupils will celebrate and learn about diversity, inclusion and equity through talks, videos, books, games and much more.

Wildlife Club

Our youngest Giraffe Girls will learn about the wonderful world of animals and create a piece of artwork using different techniques.

Yoga

The yoga programme is great for developing emotional, mental and physical well-being, using a combination of fun, challenging themes and yoga inspired postures. Pupils can expect partner postures, breathing techniques, visualisations, relaxations, and an endless stream of fun yoga sequences.

£137.50 per term. (Minimum Pupils – 8, Maximum Pupils – 16)

Creative

Art Club (Reception – Year 1)

A creative art club for Reception and Year 1 where the children will learn to draw, cut, stick, paint, sculpt and much more!

Art Club (Year 4-6)

In this externally provided art club, children explore different art skills such as drawing, collage and sculpture. This club is perfect for children who wish to develop their skills further.

£121 per term. (Maximum Pupils – 16)

Art Scholarship Tutorials

This club will offer advise on preparation for scholarship applications.

Arty Party

In this externally provided club, your daughter will be introduced to the world of arts and crafts, and she will study lots of different artists – from David Hockney to Picasso. A large range of good quality materials will be used to explore art through sculpture, drawing, printing and painting.

£90.75 per term. (Minimum Pupils – 10, Maximum - 24)

Circus Skills

Pupils will learn fun activities such as balancing, peacock feathers, spinning plates, juggling, Chinese ribbons, flower sticks, diablo, poi, fun wheels and stilts.

£90 per term. (Minimum Pupils – 15, Maximum Pupils – 22)

Creative Club

In this fun, relaxing club, children explore and develop their creative skills. Creativity is nurtured and improved within topics linked to the curriculum.

Future Architects

In this club, pupils will research, design and build a home for the future. Your daughter will learn about architecture, eco-builds and practical joining and making skills.

Gems

In this fun club, your daughter will improve her singing, dance and acting skills and work towards end of term performances. Building confidence and concentration through creative learning is the aim of the game!

£50 (Reception), £65 (Years 1-2), £80 (Years 3-6) per term. (Maximum Pupils – 18)

Illustration Nation

Come to this exciting new club and take inspiration from books to learn how to draw, and investigate different lettering styles.

LAMDA

LAMDA (London Academy of Music and Dramatic Art) Speech and Drama classes aim to build confidence in speech and performance work. There are also accredited annual LAMDA graded examinations in poetry and acting.

£140 per term.

Open Art Studio

Drop in space to enjoy self-led craft or drawing activities. No sign up required.

Sewing & Textiles Club

Learn how to use a sewing machine and become a mini fashion designer with Make Mee Studio. By the end of the term your daughter will have a fantastic range of homemade clothes and accessories, from cushions to bags and clothes. Handpicking the fabrics for each item and learning professional printing techniques and how to add custom embellishments.

£172 per term. (Minimum Pupils – 8, Maximum Pupils - 12)

Music

Advanced Strings

This is a group for string players who are grade 4+ and it is aimed to challenge pupils' sight reading and musicianship skills in a way that is conducive to their further development.

Drumming Club

Using the finest Djembe rhythms, enthusiastic drummers learn and play. This is a lovely ensemble, with performance opportunities for the pupils, later in the year.

Lower Prep Choir

If your daughter loves to sing, then this is the club for them! Pupils learn a range of songs together and begin developing their vocal range and inner ear.

Music Theory Club

Music Theory Club sees the pupils examine musical qualities such as timbre, tone, pitch and texture, as well as compositional elements such as rhythm, dynamics, tempo, and more.

Orchestra

The Prep Orchestra is an opportunity for the girls who have taken their grade 1 ABRSM and beyond, to develop their orchestral ensemble musicianship skills and sight-reading ability.

Pop Choir

If your daughter loves singing along to pop songs, new and old, then this is the club for them. It is an opportunity for pupils to sing the songs they love to hear to upbeat backing tracks!

Pre-Prep Choir and Singing Club

In these clubs, pupils in Years 1 and 2 sing uplifting songs together that promote building connections and togetherness.

Recorder Club

This club is open to the children in Year 3 who really enjoy their class recorder lessons and would like to spend more time developing their recorder playing technique.

String Ensemble

String ensemble supports the development of ensemble musicianship in a group that is conducive to a string player's technical development. It is led by our cello teacher and supported by the Director of Prep Music, who is a violinist.

Syd Jets

This is Prep's one and only rock band and it provides a unique experience for budding rock stars. This club is by invitation only, since numbers are very limited.

Ukulele

Children in Years 4-6 learn to sing and play a range of popular and traditional songs on the Ukulele, building their confidence to sing and play as part of a group.

Upper Prep Choir

The children begin singing in two- and three-part harmonies, further developing their musicianship and aural skills developed in the lower key stage 2 choir.

Woodwind and Brass

This is an opportunity for the girls who play a wind or brass instrument to develop their musicianship skills within a small ensemble context whilst also developing their sight-reading skills.

Sport

Athletics Club

Pupils will take part in a variety of athletic events and disciplines covering a range of athletic skills such as running, jumping and throwing. **Collection is from Prep School at 5:30pm.**

Ballet

Pupils are taught the basic ballet and tap positions and movements, along with all the foundations necessary for dance. Ballet aims to encourage grace, poise and good posture. **£75 (Monday), £82.50 (Wednesday) per term. (Maximum Pupils – 20)**

Circuits

Pupils will look to develop their fitness through a series of engaging exercises which will work different parts of the body.

Dance

Pupils in Years 5-6 will spend two terms choreographing and learning performances that will be performed at the *Unity Through Diversity Dance Show* in March 2024.

Dancercise

In Dancercise, pupils learn new dance moves and the importance of exercise in lifting their mood and strengthening their body.

Fencing

This established club is flourishing. Pupils start by learning the basic stance, footwork and tactical ploys to strike their opponent as well as the fundamentals of refereeing and scoring in a fencing competition. Pupils will be working towards British Fencing accredited performance badges.

£137.50 per term. (Minimum Pupils – 6, Maximum Pupils - 16)

Fitness Friday

Pupils will take part in a fitness circuit comprising many different activities to improve fitness levels. They will earn stamps as they complete the activities, and the club is run by our Year 6 Sports Leaders.

Football (Years 5-6)

Pupils will work on developing skills including dribbling, passing, tackling, shooting, tactical and positional play. Sessions will help to prepare all players for fixtures and tournaments. It will involve drills and match play, including the chance of a rotation between teams and positions.

Football (Years 3-4)

Pupils will work on developing skills including dribbling, passing, tackling, shooting, tactical and positional play.

Movement Masterclass

Sessions will consist of a wide range of fun and engaging games, specially designed to build on children's gross and receptive motor skills, whilst building on their confidence, concentration and technical development.

Netball

Pupils will learn a variety of different netball skills including footwork, shooting, passing, teamwork & positional play. Sessions will prepare all players for fixtures and tournaments. It will involve drills and match play where there may be rotation between teams and positions.

Netball Shooting

This club is aimed at developing pupils' shooting technique in netball.

Netball Squad

Pupils will be invited to work on further improving their skills in netball and preparing for fixtures and tournaments. The sessions will involve drills and match play where there may be rotation between teams and positions.

Running (Years 3-4)

Pupils will develop their running skills in this club, looking to improve their fitness, running technique and their approach to races. This will take place on the Senior School Astro.

Running (Years 5-6)

In this club, which takes place at Crystal Palace Park / Sydenham Wells Park, pupils will develop their running skills. They will be looking to improve their fitness, running technique and their approach to races. Pupils will need to be at a certain level of fitness for safety.

Taekwondo

Pupils will progress towards their white belts and kick-start their martial arts journey with a former European and British Taekwondo champion. In this fun martial arts discipline your daughter will practice kicks on pads, improve their flexibility and engage in non-contact sparring and challenges.

£137.50 per term. (Minimum Pupils – 6, Maximum Pupils - 16)

Tap

Tap is a type of dance through which rhythm and sounds with your feet are made. As well as it being great fun, it also develops a child's sense of rhythm and co-ordination.

£75 per term. (Maximum Pupils – 20)

Tennis Club

Pupils will develop their tennis skills and play singles and doubles matches, as well as other tennis-based activities and games.