



Sydenham
High School

GDST
GIRLS' DAY SCHOOL TRUST

Mind, Body & Soul

Sydenham High School's Co-Curricular &
Academic Clinic Programme

SEPTEMBER 2023



Key

Mind	Cognitive enrichment and stretch
Body	Physical development and movement
Soul	Wellbeing, community and identity
Subject Clinic	

To sign up to Clubs & Clinics via SOCS:

1. Pupils should log into their school account. Click on 'Sydenham High Handy links', then 'School Services', then 'Calendar – SOCS'.
2. Alternatively, they can go to <https://www.socscms.com/login/25642> and select 'Pupil'. They can then use their usual school login.
3. Next, the pupil homepage will display. Pupils should click on 'Activities' in the left-hand menu and they will see the drop-down menus for all the different activities under 'Body, Mind & Soul' (including Sport and Music) or 'Senior Academic Clinics'.
4. Click on these different categories, then sign up for the clubs and societies you would like to join.

Please note:

Some lunch time clubs come with an early lunch pass; if the club is at lunch time, speak to your club teacher about this.

This programme may be subject to change.



#forgeyourownpath

Monday

Clubs & Clinics	Year	Time	Location
Swimming	Y7-13	07.00-08.00	Dulwich Prep London
KS3 Come and Play Netball	Y7-9	07.30-08.10	Astro
Music- Gospel Choir	Y7-13	12.45-13.30	Recital Hall
Speaking sessions Y11 French	Y11	12.50-13.30	Lab 17
Speaking sessions Y11 Spanish	Y11	12.50-13.30	Lab 19
Italian Speaking	Y11	12.50-13.30	F3
Computer Science Intervention	Y11, 13	12.50-13.30	S8
Model United Nations	Y8-13	13.00-13.30	C4
A Level Geography Clinic	Y12-13	13.00-13.30	C1
GCSE Latin Clinic	Y10-11	13.00-13.30	TBC
German Speaking Session		13.00-13.30	F4
Chess Club	Y7-13	13.00-13.30	C7
LGBTQ+ Society	Y7-13	13.00-13.30	C1
French GCSE	Y11	13.00-13.30	science lab
Book Club	Y7-13	13.00-13.30	Library
Big Sister Cafe	Y7-9	13.00-13.30	A10
Jewellery Making Club	Y7-13	13.00-13.30	F14
Basketball / Handball / Dodgeball / Futsal	Y7-9	13.00-13.30	Sports Hall
Y8 and Y9 Dance	Y8-9	13.00-13.30	Lecture Theatre
Badminton and Table Tennis	Y7-13	13.00-13.30	Sports Hall
U12 Netball	Y7	13.00-13.40	TBC
Piano Duet Club	Y7-13	15.45-16.30	Recital Hall
Piano Trio 3	Y7-13	15.45-16.30	M4 Senior
IRIS Science Research Project	Y10-13	15.45-16.45	L17
Mock Trial Competition (Wk B)	Y10-12	15.45-17.00	C1
History Question Clinic	Y11	15:45-16:15	C20

Tuesday

Clubs & Clinics	Year	Time	Location
U13 Select Hockey	Y8	07.30-08.15	Astro
Music Composition	Y10-13	07.45-08.30	Mac Suite
Flute Choir	Y7-13	07.55-08.30	Recital Hall
Wind and Brass Concert	Y7-13	12.45-13.30	M4 Senior
Speaking sessions Y11 French	Y11	12.50-13.30	Lab 17
Speaking sessions Y11 Spanish	Y11	12.50-13.30	Lab 19
Microbit Programming	Y7-9	12.50-13.30	S5
Afro-Caribbean Society	Y7-13	13.00-13.30	A8
Bananagrams	Y7-13	13.00-13.30	Library
Hidden Histories	Y7-13	13.00-13.30	C20
GDST Lead	Y12	13.00-13.30	A7

German Speaking Session		13.00-13.30	F4
Dark Room Photography	Y9	13.00-13.30	Dark Room
French GCSE	Y11	13.00-13.30	science lab
K-Pop Club	Y7-13	13.00-13.30	A9
Brass Ensemble	Y7-13	13.00-13.30	Recital Hall
Y13 Come and Play Football	Y8	13.00-13.40	Astro
Y7 Dance	Y7	13.00-13.40	Sports Hall
DoE Cookery (Wk B)	Y7-13	15.45-17.30	Cookery
Music GCSE and A Level Composition	Y10-13	15.45-16.30	Mac Suite
Music Samba Group	Y7-13	15.45-16.30	Recital Hall

Wednesday

Clubs & Clinics	Year	Time	Location
MAT Strength and Conditioning	Invite only	07.30-08.15	Sport Hall
U15 Hockey	Invite only	07.30-08.15	Astro
Music String Ensemble	Y7-13	07.55-08.30	Recital Hall
Senior Choir	Y7-13	12.45-13.30	Recital Hall
Speaking Sessions Y11 Spanish	Y11	12.50-13.30	Lab 19
Robotics	Y7-9	12.50-13.30	S5
Junior Debating Society	Y7-9	12.50-13.35	F8
Socrates Programme	Y7-9	12.50-13.30	Longton Hall
History of Art	Y7-11	13.00-13.30	C8
Humanities Stretch	Y9-13	13.00-13.30	C1
Clay Club	Y7	13.00-13.30	C18
Frisbee	Y7-13	13.00-13.30	Astro
Anime Club	Y7-13	13.00-13.30	A7
Y10 Play	Y10	13.00-13.30	Westwood Theatre
Hot Topics	Y7-13	13.00-13.30	A9
BioMedSoc	Y7-13	13.00-13.30	LG2
Oxbridge Preparation Programme	Y12-13	13.00-13.35	Ms Parrish's Office
A Level Open Lab	Y12-13	13.00-13.40	L22
KS3 Science Club	Y7-9	13.00-13.40	L20
U14-U16 Netball	Y9-11	13.00-13.40	Astro
Philosophy Club	Y7-13	15.45-16.30	C4
GCSE Science Intervention	Y11	15.45-16.30	L19; L22; LG7
Accompaniment Rehearsals Drop in	Y7-13	15.45-16.30	M4 Sector
Rock School	Y7-13	15.45-16.30	Recital Hall
Research Diploma	Y10	15.45-16.45	A9
Xbox Gaming Club	Y7-9	15.45-17.00	S5
Art GCSE clinic	Y10-11	16.00-17.00	C18 - C18b

Thursday

Clubs & Clinics	Year	Time	Location
Swimming	Y7-13	07.00-08.00	Dulwich Prep London
U14 Select Netball	Y9	07.30-08.15	Astro
Hockey forwards and GK sessions	Y10	07.30-08.15	Astro
Guitar Ensemble	Y7-13	07.45-08.30	M4 Senior
Y9 Piano Trio	Y7-13	07.55-08.30	Recital Hall
VI Form Piano Trio	Y7-13	08.15-08.45	Recital Hall
MFL Society	Y12-13	12.30-13.00	F3
Cello Quartet	Y7-13	12.45-13.30	Mac Suite
Folk Club	Y7-13	12.45-13.30	Recital Hall
Music Theory/Aural Drop In	Y7-13	12.45-13.40	M4 Senior
Speaking sessions Y11 French	Y11	12:50-13:30	Lab 17
Y10 Play	Y10	13.00-13.30	Westwood Theatre
Debating for Competitions	Y10-11	13.00-13.30	F11
Knit and Natter Book Club	Y7-13	13.00-13.30	F12
GCSE Geography Clinic	Y10-11	13.00-13.30	C1
A Level Classics Clinic	Y12-13	13.00-13.30	TBC
Gardening Club	Y7-13	13.00-13.30	EcoZone
MFL Society	Y10-13	13.00-13.30	F8
Lego Club	Y7-11	13.00-13.30	C9
UKMT Club	Y10-11	13.00-13.30	C8
Art & Drama Society: Prop Making	Y9	13.00-13.30	C18
Game SAQ	Y7-13	13.00-13.30	Sports Hall
Chemistry Open Lab	Y9-11	13.00-13.40	L20
KS3 Come and Play Hockey	Y7-9	13.00-13.40	Astro
Italian Clinic	Y10-11	15.45-16.15	F8
History Question Clinic	Y11	15.45-16.15	C20
Orchestra	Y7-13	15.45-16.30	Longton Hall
Practical Time	Y11-13	15.45-17.00	DT Workshop
Xbox Gaming Club	Y10-13	15.45-17.00	S5
Greek Club	Y9-11	15.45-16.30	F5
Creative Photography Club	Y8-9	16.00-17.00	C1

Friday

Clubs & Clinics	Year	Time	Location
GCSE and A level Clinic	Y10-13	07.30-08.15	Sports Hall
U19 Select netball	Y10-13	07.30-08.15	Astro
Jazz Band	Y7-13	07.45-08.30	M4 Senior
Tuned Percussion Ensemble	Y7-13	07.55-08.30	Recital Hall
Bright Breakfast	Y12-13	08.00-08.30	Sixth Form
Yoga	Y7-13	12.50-13.30	Lecture Theatre
Raspberry Pi (Week B)	Y9-12	12.50-13.30	S5
KS3 Computer Science Clinic	Y7-9	12.50-13.30	S5

Music Chamber Choir	Y8-13	12:45-13.30	Recital Hall
Italian Speaking	Y11	12:50-13:30	F3
Law Society	Y10-13	13.00-13.30	A10
Physics Open Lab	Y7-13	13.00-13.30	L19
English Clinic KS4	Y11	13.00-13.30	F15 Y10 F14 Y11
Maths Clinic	Y7-13	13.00-13.30	C10
Eco Council	Y7-13	13.00-13.30	Lecture Theatre
Drama Club	Y7	13.00-13.30	Longton Hall
Language Karaoke	Y7-9	13.00-13.30	F3
Medicine, Dentistry, Veterinary Preparation Programme	Y12-13	13.00-13.30	Mr Hurst's Office
BioChemMedSoc	Y10-13	13.00-13.40	L22
Select Dance	Y7-13	13.00-13.40	Sports Hall
Senior Come and Play football	Y10-13	13.00-13.40	Astro
Trampolining	Y8-9	13.00-13.40	Sports Hall
A Stitch in Time	Y7	13.00-13:30	Library
Spanish Clinic	Y10-11	13:00-13:30	F3
Literature Society	Y10-13	13:00-13:30	F11