



Sydenham
High School

GDST
GIRLS' DAY SCHOOL TRUST

Mind, Body & Soul

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

January 2024



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 (By Appointment Only)	Y7-13	07.00-08.00	Dulwich Prep London
Ergo Training	Y11-13	07.00-08.00	Ergo Room
KS3 Come and Play Netball	Y7-9	07.30-08.15	Astro
Piano Duet Club	Y7-13	07.55-08.30	Recital Hall
French Speaking sessions Y11	Y11	12.50-13.30	L17
Spanish Speaking sessions Y11	Y11	12.50-13.30	L19
Basketball / Handball / Dodgeball / Futsal	Y7-9	12.50-13.30	Sports Hall
U12 Netball	Y7	12.50-13.30	Astro
Raspberry Pi (Week B)	Y9-12	13.00-13.30	S5
Model United Nations	Y8-13	13.00-13.30	C4
DT Practical and NEA Portfolio Work GCSE & A Level	Y10-13	13.00-13.35	DT Workshop & Computer room
Maths GCSE Clinic	Y11	13.00-13.30	C8
Geography A Level Clinic	Y12-13	13.00-13.30	C1
RS A Level Clinic	Y12-13	13.00-13.30	C4
German Speaking Session	Y11	13.00-13.30	F4
Afro-Caribbean Society (Week B)	Y7-13	13.00-13.30	C4
LGBTQ+ Society	Y7-13	13.00-13.30	C1
Big Sister Café (Week B)	Y7-9	13.00-13.30	A10
School Production: The Lion, The Witch & The Wardrobe	Y8-9	13.00-13.30 16.05-17.00	WWT
Book Club	Y7-13	13.00-13.30	Library
Physics Project Phun	Y9-10 (Other Years by request)	13.00-13.30	L17
Jewellery Making Club	Y7-13	13.00-13.30	F14
Y8 and Y9 Dance	Y8-9	13.00-13.30	Lecture Theatre
Mock Trial Competition (Week A)	Y10-12	15.45-17.00	C1
History Question Clinic	Y11	15.45-16.15	C20
GCSE and A level Music Support	Y10-13	15.45-17.00	Mac Suite
Senior Play Rehearsal	Y11-13	15.45-17.30	WWT
GCSE Chemistry Revision	Y11	16.00-16.45	L22
GCSE Biology Revision	Y11	16.00-16.45	LG7
GCSE Physics Revision	Y11	16.00-16.45	L17

Tuesday

Clubs & Clinics	Year	Time	Location
Circuit Training	Y9-13	07.00-08.00	Sports Hall
U13 Select Football	Y7-8	07.30-08.15	Astro
Flute Ensemble	Y7-13	07.55-08.30	M4
Italian Speaking	Y11	12.40-13.40	F3
Rock School	Y7-13 (TBC)	12.45-13.30	M4
Year 9 Piano Trio (Student Led)	Y9	12.45-13.30	Recital Hall

U13 Come and Play Hockey	Y7-8	12.50-13.30	Astro
Y10-13 Trampolining	Y10-13	12.50-13.30	Sports Hall
MAT Strength and Conditioning	Invite only	12.50-13.30	Sports Hall
Y7-8 Dance	Y7-8	12.50-13.30	LH
French Speaking sessions Y11	Y11	12.50-13.30	L17
Spanish Speaking sessions Y11	Y11	12.50-13.30	L19
Water Training	Y11-13	13.00-17.00	Putney
Frisbee	Y7-13	13.00-13.30	Astro
German Speaking Session	Y11	13.00-13.30	F4
DT Practical and NEA Portfolio Work GCSE & A Level	Y10-13	13.00-13.35	DT Workshop & Computer room
Maths Clinic (Run by Y10)	Y7	13.00-13.30	C9
Bananagrams	Y7-13	13.00-13.30	Library
Clay Club	Y7	13.00-13.30	C18
Robotics	Y9-12	13.00-13.30	S5
Hidden Histories	Y7-13	13.00-13.30	C20
GDST Lead	Y12	13.00-13.30	A7
Street Dance for all Abilities	Y7-13	13.00-13.30	LH
K-Pop Club	Y7-13	13.00-13.30	A9
Y10 Play Rehearsal	Y10	13.10-13.30 16.00-17.00	WWT
Music Tech Club	Y7-9	15.45-16.30	Mac Suite
GCSE and A level Music Support	Y10-13	15.45-17.00	Mac Suite
Ergo Training	Y10	16.00-17.00	Ergo Room

Wednesday

Clubs & Clinics	Year	Time	Location
Ergo Training	Y10	07.00-08.00	Ergo Room
U15 Football	Y9-10	07.30-08.15	Astro
String Ensemble	Y7-13	07.55-08.30	Recital Hall
Senior String Ensemble (Student Led)	Y7-13	07.55-08.30	Mac Suite
Italian Speaking	Y11 (By Appointment)	12.30-13.30	F3
Senior Choir	Y7-13	12.45-13.30	Recital Hall
Spanish Speaking Sessions Y11	Y11	12.50-13.30	L19
Junior Debating Society	Y7-9	12.50-13.35	F8
U14 Netball	Y8-9	12.50-13.30	Astro
U16 Netball	Y10-11	12.50-13.30	Sports Hall
Web Design	Y8-10	13.00-13.30	S5
History of Art	Y7-11	13.00-13.30	C8
Humanities Stretch	Y9-13	13.00-13.30	C1
Art Society	Y9	13.00-13.30	C18
Anime Club	Y7-13	13.00-13.30	A7
Hot Topics	Y7-13	13.00-13.30	A9
Oxbridge Preparation Programme	Y12-13	13.00-13.35	Ms Parrish's Office

Biology Open Lab	Y11	13.00-13.30	LG4
English KS5 Support	Y12-13	13.00-13.30	F15
Y11 Maths Stretch Clinic - Aiming for 9	Y11	13.00-13.30	C10
Latin GCSE Drop-in Support	Y11	13.00-13.30	C1
GCSE Art Catch Up Session	Y11	13.00-13.30	C18B
DT Practical and NEA Portfolio Work GCSE & A Level	Y10-13	13.00-13.35	DT Workshop & Computer room
A Level Classical Civilisation and/or Latin Drop -in Support	Y12-13	13.00-13.30	C1
A Level Chemistry Open Lab	Y12-13	13.00-13.30	L22
KS3 Science Club	Y7-9	13.00-13.40	L20
Stomp and Shake	Y7-13	13.00-13.30	LH
Philosophy Club	Y7-13	15.45-16.30	C4
Accompaniment Rehearsals Drop in	Y7-13	15.45-16.30	Recital Hall
Syd Research Diploma	Y10	15.45-16.45	C4
Senior Play Rehearsal	Y11-13	15.45-17.30	WWT
Astronomy GCSE	Y9- Invitation only	16.00-17.30	L17
Xbox Gaming Club	Y7-9	16.00-17.00/17.30	S5
School Production: The Lion, The Witch & The Wardrobe	Y8-9	16.05-17.00	WWT
GCSE Art Studio Time	Y10-11	16.00-17.00	C18
A Level Chemistry Revision	Y13	16.00-16.45	L22

Thursday

Clubs & Clinics	Year	Time	Location
Ergo Training	Y9	07.00-08.00	Ergo Room
Swimming (By Appointment Only)	Y7-13	07.00-08.00	Dulwich Prep London
U14 Select Netball	Y7-9	07.30-08.15	Sports Hall
Senior Football	Y11-13	07.30-08.15	Astro
PE GCSE Clinic	Y10-11	07.30-08.15	PE Office
Grade Examination Accompaniment Practise	Y7-13 (TBC)	07.55-08.30	Recital Hall
French Clinic	Y11	08.00-08.30	L22
Brass Ensemble	Y7-13	12.45-13.30	Recital Hall
Cello Quartet	Y7-13	12.45-13.30	Mac Suite
Gospel Choir	Y7-13	12.45-13.30	Recital Hall
Music Theory/Aural Drop In	Y7-13	12.45-13.40	M4 Senior
French Speaking sessions Y11	Y11	12.30-13.00	L17
Computer Science Clinic	Y7-19	12.55-13.35	TBC
GCSE and A Level Literature Support in English	Y10-13	13.00-13.30	F15
Socrates Programme (Week B)	Y7-9	13.00-13.30	LH
Y10 Play Rehearsal	Y10	13.00-13.30	WWT
Darkroom Photography	Y7-13	13.00-13.30	C18
Debating for Competitions	Y10-11	13.00-13.30	F11
Knit and Natter Book Club	Y7-13	13.00-13.30	F12

DT Practical and NEA Portfolio Work GCSE & A Level	Y10-13	13.00-13.35	DT Workshop & Computer room
Maths Drop-in Clinic	Y7-13	13.00-13.30	C9
GCSE Geography Clinic	Y10-11	13.00-13.30	C1
Gardening Club	Y7-13	13.00-13.30	EcoZone
Maths stretch UKMT mathematics challenge club	Y7-13	13.00-13.30	C8
MFL Society	Y10-13	13.00-13.30	F8
Art & Drama Society: Prop Making	Y9	13.00-13.30	C18
PE A Level Clinic	Y12-13	12.50-13.30	PE Office
U13 Football	Y7-8	12.50-13.30	Astro
Netball Shooting Clinic	Y7-13	12.50-13.30	Sports Hall
GCSE Badminton and Table Tennis	Y10-11	13.00-13.40	Sports Hall
Chemistry Open Lab	Y7-13	13.00-13.30	L20
Italian Clinic	Y10-11	15.45-16.15	F1
RS GCSE Clinic	Y11	15.45-16.30	C4
DT Practical Time	Y11-13	15.45-17.00	DT Workshop
Orchestra	Y7-13	15.45-16.30	LH
Greek Club	Y9-11	15.45-16.30	F5
DoE Cookery (Wk B)	Y7-13	15.45-17.30	Cookery
Xbox Club	Y10-13	16.00-17.00/17.30	S5
Senior Play Rehearsal	Y11-13	16.30-1800	WWT

Friday

Clubs & Clinics	Year	.Time	Location
Ergo Training	Y11-13	07.00-08.00	Ergo Room
U19 Select Netball	Y10-13	07.30-08.15	Astro
Guitar Ensemble	Y7-13	07.45-08.30	Recital Hall
Jazz Band	Y7-13	07.45-08.30	M4 Senior
Bright Breakfast	Y12-13	08.00-08.30	Sixth Form
Chamber Choir	Y7-13	12.45-13.30	Recital Hall
English Language Stretch	Y11	12.45-13.30	F11
Computer Science Clinic	Y11 and Y13	12.55-13.35	S5
Water Training	Y9-13	13.00-17.00	Putney
Law Society	Y10-13	13.00-13.30	A10
English Language Support	Y11	13.00-13.30	F15
Y13 Theatre Studies	Y13	13.00-13.30	WWT
Physics Open Lab	Y7-13	13.00-13.30	L19
Physics Stretch and Challenge (Week A)	Y10-13	13.00-13.30	L19
BioChemMedSoc	Y10-13	13.00-13.30	L22
Spanish Support	Y10-11	13.00-13.30	F3
Maths GCSE Clinic (Run by Y12)	Y11	13.00-13.30	C8
Eco Council (Week B)	Y7-13	13.00-13.30	Lecture Theatre
Drama Club	Y7	13.00-13.30	LH

Medicine, Dentistry, Veterinary Preparation Programme	Y12-13	13.00-13.30	Mr Hurst's Office
Literature Society	Y10-13	13:00-13:30	F11
A Stitch in Time	Y7	13.00-13:30	F14
Linguistics Olympiad	Y7-9	13.00-13.30	F3
Economics Support Clinic	Y13	13.05-13.35	A5
Senior Come and Play football	Y9-13	12.50-13.30	Astro
Y10-13 Select Dance	Y10-13	12.50-13.30	Sports Hall
Academic Focus Workshop	Y11 and 13	15.45-17.15	S5

Saturday

Clubs & Clinics	Year	Time	Location
Water Training	Y9-13	07.00-11.00	Putney