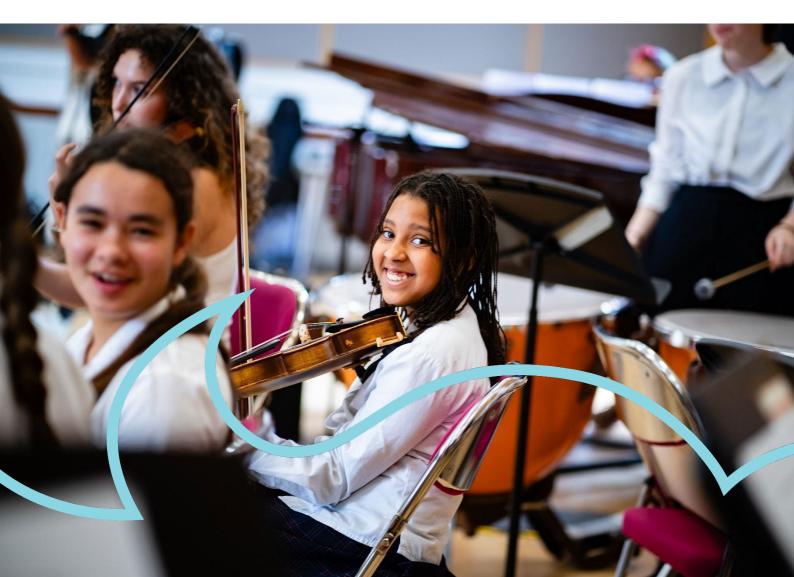# Mind, Body & Soul

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

April 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
Ergo Training	Y11-13	07.00-08.00	Ergo Room
U12 & U14 Select Netball	Y7-8	07.30-8.15	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
U12 Cricket	Y7	12.50-13.30	Astro
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	Y7-13	13.00-13.30	C4
LGBTQ+ Society	Y7-13	13.00-13.30	C1
Python Programming	Y7-13	13.00-13.30	S5
Chess Club	Y7-13	13.00-13.30	C7
School Production: The Lion, The Witch & The Wardrobe	Y8-9	13.00-13.30 16.05-17.00	WWT
Physics Project Phun	Y9-10 (Other Years by request)	13.00-13.30	L19
Jewellery Making Club	Y7-13	13.00-13.30	F14
Y8 and Y9 Dance	Y8-9	13.00-13.30	Lecture Theatre
Dark Room Photography	Y7 - 13	13.00-13.30	Dark Room
Geography Quiz Club	Y7-9	13.00-13.30	C3
GCSE and A level Music Support	Y10-13	15.45-17.00	Mac Suite
Economics Support Clinic	Y13	15.45 - 4.30	A5
GCSE Chemistry Revision	Y11	16.00-16.45	L22
Creative Writing Club	Y 7-8	16.00-17.00	F14
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
A-Level PE Clinic	Y12-13	07.45-08.15	PE Office
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
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
Tennis	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
Computer Science Clinic	Y7-9	13.00-13.35	S6
Maths Clinic (Run by Y10)	Y7	13.00-13.30	C9
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
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
History Question Clinic	Y11	15.45-16.15	C20
GCSE Drama Clinic	Y11	15.45-16.45	Longton Hall
Ergo Training	Y10	16.00-17.00	Ergo Room

Wednesday

Clubs & Clinics	Year	Time	Location
Ergo Training	Y10	07.00-08.00	Ergo Room
Hardball Select Cricket	Y8-10	07.30-8.15	Astro
String Ensemble	Y7-13	07.55-08.30	Recital Hall
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 Cricket	Y8-9	12.50-13.30	Astro
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
Hot Topics	Y7-13	13.00-13.30	A9
Oxbridge Preparation Programme	Y12-13	13.00-13.35	Ms Parrish's Office
Robotics	Y7-13	13.00-13.30	S5
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 Lain 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
Italian Clinic	Y10-11	15.45-16.15	F1
English Language Support	Y11	15.45-16.45	F12
Astronomy GCSE	Y9- Invitation only	16.00-17.30	L17
Xbox Gaming Club	Y7-13	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
U14 Select Cricket	Y7-9	07.30-8.15	Astro
PE GCSE Clinic	Y10-11	07.45-08.30	PE Office
Grade Examination Accompaniment Practise	Y7-13	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
Music Theory/Aural Drop In	Y7-13	12.45-13.40	M4 Senior
French Speaking sessions Y11	Y11	12.30-13.00	L17
GCSE and A Level Literature Support in English	Y10-13	13.00-13.30	F15
Tennis	Y7-13	13.00-13.30	Astro
Socrates Programme (Week B)	Y7-9	13.00-13.30	LH
Y10 Play Rehearsal	Y10	13.00-13.30	WWT
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
Maths GCSE Clinic (Run by Y12)	Y11	13.00-13.30	C8
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
Chemistry Open Lab	Y7-13	13.00-13.30	L20
RS GCSE Clinic	Y11	15.45-16.30	C4
GCSE Drama Clinic	Y11	15.45-16.45	Longton Hall
English Poetry Support	Y11	15.45-16.45	F15
Year 10 Play Rehearsal	Y10	16.00-17.30	WWT
DT Practical Time	Y11-13	15.45-17.00	DT Workshop
Orchestra	Y7-13	15.45-16.30	LH
Athletics	Y5-13	15.45-17.45	Sports Ground
Greek Club	Y9-11	15.45-16.30	F5
DoE Cookery (Wk B)	Y7-13	15.45-17.30	Cookery

Friday

Clubs & Clinics	Year	.Time	Location
Ergo Training	Y11-13	07.00-08.00	Ergo Room
U16 & U19 Select Netball	Y9-13	07.30-08.15	Astro
Running Club	Y7-13	07.30-08.15	Meet Outside Sports Hall
Guitar Ensemble	Y7-13	07.45-08.30	Recital Hall
Jazz Band	Y7-13	07.45-08.30	M4 Senior
Bright Breakfasts: Critical Thinking	Y12-13	08.00-08.30	Sixth Form
Chamber Choir	Y7-13	12.45-13.30	Recital Hall
English Language Clinic	Y11	12.45-13.30	F11
Water Training	Y9-13	13.00-17.00	Putney
Law Society	Y10-13	13.00-13.30	A10
Y10 Play	Y10	13.00-13.30	WWT
English Language Support	Y10	13.00-13.30	F15
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
Computer Science Clinic	Y10-13	13.00-13.30	S8
Y11 Maths Support with 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
Literary 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
Tennis	Y7-13	13.00-13.30	Astro

Saturday

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