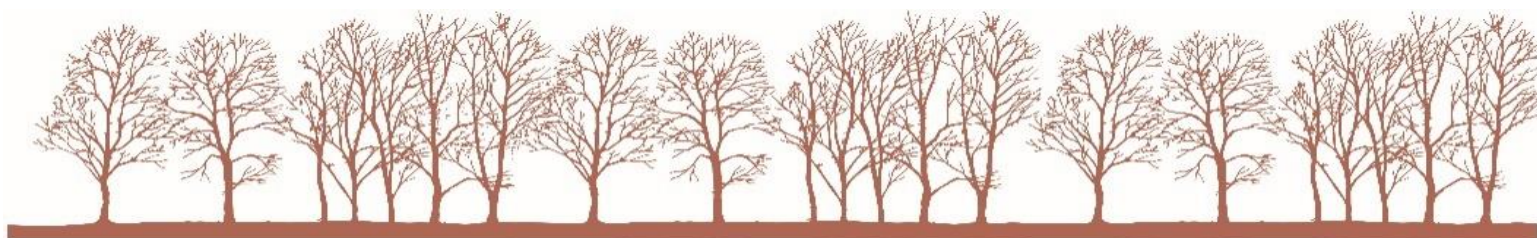




LEIGHTON PARK
FOUNDED 1890

Co-Curricular Brochure

Autumn Term 2020



Fryer

Fryer APP	Fryer Spanish Culture	Fryer Prep Club Monday
Fryer Adventure Club	Fryer Voices	Fryer Prep Club Tuesday
Fryer Board Games	Fryer Warhammer	Fryer Prep Club Wednesday
Fryer Code Club	Orchestra	Fryer Prep Club Thursday
Fryer Craft Club		
Fryer Crafty Cats		
Fryer Creative Writing	Yr 7 Book Club	
Fryer Drama	Yr 7 Couch to 5K	
Fryer Eco Schools Club	Yr 7 Dance	
Fryer Girls Cricket	Yr 7 Mindfulness & Calm	
Fryer Girls Rugby		
Fryer Jazz	Yr 8 Book Club	
Fryer & the Chocolate Factory	Yr 8 Couch to 5K	
Fryer Mix & Mash Art	Yr 8 Dance	
Fryer Model Club	Yr 8 Guided Relaxation	



It is my pleasure to introduce to you our new Autumn Term co-curricular and prep club booklet.

This has been the start of an academic year like no other. Change has been necessary in these exceptional circumstances but with it comes huge possibility, as I hope you will discover as you look through the options for the Autumn Term.

We are very much looking forward to our hugely popular and regular activities returning, such as APP in the Sport Dept, Orchestra, Football and Dance - as well as exciting new arrivals.

Students will discover Fryer & The Chocolate Factory with Jennie and Annie in Food Tech, Adventure Club with Isaac, our new Outdoor Education & DofE Manager, as well as Girls' Rugby with Ellie. Peter is directing a very special adaptation of 'A Christmas Carol' with the Sixth Form, whilst Year 10 can tread the boards in Moliere's famous theatrical comedy 'Tartuffe' expertly reimagined by Damon. This term there is a real focus on wellbeing with Mindfulness sessions by Alasdair, Yoga with Isabelle and Guided Relaxation with Jo-Anne, Nicola and Amie.

Prep club is available to each year group in a supervised quiet space for completing homework before tea is served Monday - Thursday. Please be aware that those using School Transport should sign up for Prep Club if they are not in an alternative hobby.

In friendship, Natasha Coccia, Assistant Head: Co-Curricular & Outreach



Year 9

Yr 9 APP
Yr 9 Dance
Yr 9 Drama Club
Yr 9 Football
Yr 9 Jazz
Yr 9 Music Production
Yr 9 Print Workshop
Senior Choir
Orchestra
Yr 9 Prep Club Monday
Yr 9 Prep Club Tuesday
Yr 9 Prep Club Wednesday
Yr 9 Prep Club Thursday

Year 10

Yr 10 APP
Yr 10 Guided Relaxation
Yr 10 James Bond Film Club
Yr 10 Jazz
Yr 10 Knitting
Yr 10 Music Production
Yr 10 Production Tartuffe
Orchestra
Senior Choir
Yr 10 Prep Club Monday
Yr 10 Prep Club Tuesday
Yr 10 Prep Club Wednesday
Yr 10 Prep Club Thursday

Year 11

Yr 11 Acapella
Yr 11 APP
Yr 11 Basketball
Yr 11 Jazz
Orchestra
Senior Choir
Yr 11 Prep Club Monday
Yr 11 Prep Club Tuesday
Yr 11 Prep Club Wednesday
Yr 11 Prep Club Thursday



I'm delighted to introduce myself to you as the new DofE and Outdoor Education Manager at Leighton Park. DofE is a unique and hugely rewarding qualification. The DofE award provides an opportunity to discover new interests and talents. It is also a fantastic tool to develop essential skills for life and work. As a recognised mark of achievement, the award is respected by employers and universities.

In this booklet, you will find a range of activities which can support your DofE award and many of you may already be undertaking activities in or out of School that could count towards your DofE award. There are four sections to complete at Bronze and Silver level and five at Gold. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.

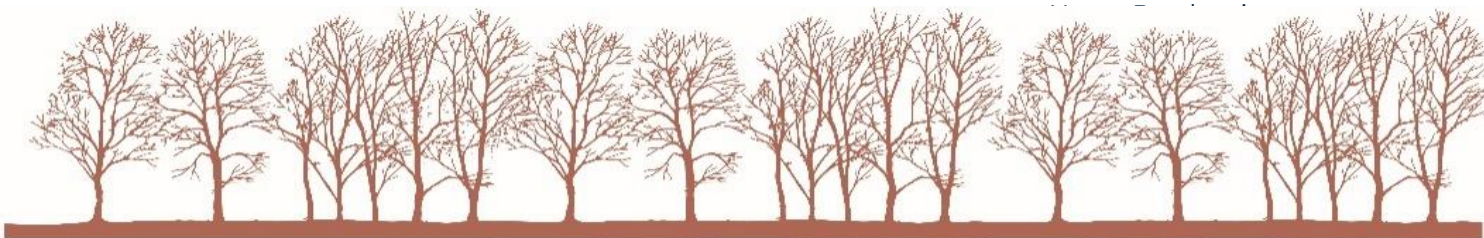


You will notice that all co-curricular activities are now colour coded, this indicates which activities count towards which section (Physical- Yellow, Skill – Blue, Volunteering – Red and Expedition - Green). My role is to help you design a tailored programme and support you through your award. Once you have designed your programme I will help you and your team prepare for an exciting, self-sufficient expedition in the countryside. I am looking forward to helping you on your DofE journey at Leighton Park. If you have any questions or queries I am here to help. You can email me on isaacwalker@leightonpark.com



Sixth Form

Sixth Form Amicus	Lower Sixth Study and Type	Sixth Form Prep Club
Sixth Form Amnesty Int'l		Monday
Sixth Form Cooking for Uni	Upper Sixth Aspiring High	Sixth Form Prep Club
Sixth Form Drawing Club	Upper Sixth EPQ - Tuesday	Tuesday
Sixth Form Eco Schools	Upper Sixth EPQ - Wednesday	Sixth Form Prep Club
Sixth Form GSA	Upper Sixth EPQ - Thursday	Wednesday
Sixth Form Jazz	Upper Sixth Music Production	Sixth Form Prep Club
Sixth Form LP Philosophy	Upper Sixth Study and Type	Thursday
Sixth Form Production - A		
Christmas Carol		
Sixth Form Yoga	Orchestra	
	Senior Choir	



Fryer APP

Thursday: 16.20 - 17.15

By invitation only, our Advanced Performers' Programme in Sport focuses on fitness training, nutrition and psychology. Building on the core speed, agility and strength skills needed to be one of the elite.

Fryer Adventure Club

Friday: 13.30 - 14.10

Throughout the year you can have the opportunity to explore the Park grounds in a new way. Enjoy exciting sessions such as shelter building, navigation, camp fires and first aid. Love adventure? Join Adventure Club.

Fryer Board Games

Wednesday: 16.20 - 17.15

A chance to try out some new board games that can all be played in under an hour. Improve your planning and strategy, indulge your co-operation and competitive streak, and have fun with friends.

Fryer Code Club

Tuesday: 16.20 - 17.15

Progress through various projects to create games, animations and web pages. This is a brilliant, fun activity regardless of your previous coding experience.

Fryer Craft Club

Wednesday: 16.20 - 17.15

Time to sit and do something "crafty"; maybe knitting, crochet, cross stitch, card-making; whatever you fancy!

Fryer Crafty Cats

Thursday: 13.30 - 14.10

Interest in up-cycling and want to be creative? Then this is the perfect lunchtime activity for you. Create a 3D outcome using plastic and cardboard waste.

Fryer Creative Writing

Thursday: 16.20-17.15

We will explore and experiment with different forms of creative writing. You can choose to enter writing competitions, or simply write for pure enjoyment.

Fryer Drama

Thursday: 13.30-14.10

Improvisation, physical theatre, games and script work are all features of this weekly Drama Club for the Lower School. Come along and give it a try.

Fryer Eco Schools

Wednesday: 13.30 - 14.10

Do you want to make a difference in School? Would you like to find out how to save the planet through decreasing waste and being more environmentally friendly. If so this is the club for you.

Fryer Girls' Cricket

Tuesday: 16.20 - 17.15

Start learning a new sport this term or develop your cricket skills with a fun and accessible game of Kwik Cricket for all abilities.

Fryer Girls' Rugby

Monday: 16.20 - 17.15

Girls only introduction to Rugby. Progression from basic skills to a game setting.

Fryer Jazz

Thursday: 13.30 - 14.10

Our popular Fryer Jazz sessions are run by Music specialist Stuart Henderson who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section. Join in!



Fryer Jazz

Thursday: 13.30 - 14.10

Our popular Fryer Jazz sessions are run by Music specialist Stuart Henderson who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section. Join in!

Fryer & The Chocolate Factory

Wednesday: 16.20 - 17.15

Immerse yourself in the glorious world of chocolate. From Bourneville to Cadbury and beyond this Club will transform you into a chocolate conisseur.

Fryer Mix & Mash Art

Monday: 16.20 - 17.15

Lots of crafty projects and creative activities both in the Art classroom and outside. Mostly led by Ella but if you have something super you know how to make and want to share with the group, ideas are welcome!

Fryer Model Club

Wednesday: 16.20 - 17.15

In this Club members can bring along pre-designed models like Airfix kits, or build a model from scratch allowing their creativity to shine through. In the Club we will also paint and decorate the models if required.

Fryer Prep Club

Monday - Thursday: 16.20 - 17.15

Need some support with your homework? Have a project that requires concentration and a quiet space? Join our Fryer prep club on Mondays, Tuesdays, Wednesdays and Thursdays after Period 6 in Peckover.

Fryer Spanish Culture

Thursday: 16.20 - 17.15

Vamos! Learn about Spanish festivals and the intriguing cultural delights Spain has to offer. Research and share your findings to the rest of the group to enhance your understanding and appreciation of this magnificent country.

Fryer Voices

Tuesday: 13.30 - 14.10

A fun and lively vocal group for all voices in Fryer to build confidence, musicality and community.

Fryer Warhammer

Wednesday: 16.20 - 17.15

Modelling, painting and gaming with Warhammer, Age of Sigmar miniatures.

Orchestra

Tuesday: 16.20 - 17.15

An exciting and fun Orchestra playing modern and contemporary music. If you love playing in an ensemble with a big sound, we would love you to join us. This term you will be playing in bubbles.

Year 7 Book Club

Wednesday: 16.20 - 17.15

Join members of the Library team for an informal chat about anything to do with books. Swap book recommendations, test and expand your knowledge with quizzes and films. In the first session we will be celebrating Roald Dahl Story Day.

Year 7 Couch to 5K

Thursday: 16.20 - 17.15

Running for those who don't think they can run! We follow a simple, tried and tested programme that over the term will take you from running for 60 seconds to 40 minutes. Good for the body, mind and soul.

Year 7 Dance

Wednesday: 13.30 - 14.10

Developing your skills in performance and also in choreography. Creating dance pieces for the "Let's Dance" Annual Performance evening in 2021 and the ISA Dance Competition.

Yr 7 Mindfulness & Calm

Wednesday: 16.20 - 17.15

A place to come and participate in and learn about Mindfulness and calming activities. You will need to bring your own colouring pencils.

Year 8 Book Club

Thursday: 16.20 - 17.15

Join members of the Library team for an informal chat about anything to do with books. Swap book recommendations, test and expand your knowledge with quizzes and films. In the first session we will be celebrating Roald Dahl Story Day.

Year 8 Couch to 5K

Thursday: 16.20 - 17.15

Running for those who don't think they can run! We follow a simple, tried and tested programme that over the term will take you from running for 60 seconds to 40 minutes. Good for the body, mind and soul.

Year 8 Dance

Thursday: 13.30 - 14.10

Developing your skills in performance and also in choreography. Creating dance pieces for the "Let's Dance" Annual Performance evening in 2021 and the ISA Dance Competition.

Year 8 Guided Relaxation

Tuesday: 13.30 - 14.00

Trained staff will guide you through relaxation techniques to help you feel calmer and refreshed if you are feeling tense, stressed, and overwhelmed or you just want a little time to yourself. Bring headphones.



Year 9

Year 9 APP

Tuesday: 16.20-17.15

By invitation only, our Advanced Performers' Programme in Sport focuses on fitness training, nutrition and psychology. Building on the core speed, agility and strength skills needed to be one of the elite.

Year 9 Dance

Thursday: 16.20 - 17.15



Developing your skills in performance and also in choreography. Creating dance pieces for the "Let's Dance" Annual Performance evening in 2021 and the ISA Dance Competition.

Year 9 Drama Club

Tuesday: 16.20-17.15



Come and explore naturalism in this weekly acting class. Opportunities to perform in duologues, triads and a company performance, as part of a showcase later in the year.

Year 9 Football

Thurs: 16.20 - 17.15



Football training this term with coaching tips and a focus on tactics and fun.

Year 9 Jazz

Tuesday: 13-15 - 13.45

Our popular Jazz sessions are run by Music specialist Stuart Henderson who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section. Join in!

Year 9 Music Production

Wednesday: 16.20 - 17.15

Learn how to create music and sound on the computer using Digital Audio Workstations (Logic Pro X, Garageband, Cubase).



Yr 9 Printshop

Tuesday: 16.20-17.15



Explore possibilities using printmaking, from age-old techniques to contemporary montages. Great as a back-up to techniques for lessons or great fun to try & learn something new. Perfect for gifts, wall art or cards.

Senior Choir

Monday: 16.20 - 17.15

Do you love singing? Would you like the opportunity to go on an international music tour? This term we will be a large 4 part/bubble vocal group singing a fun and lively repertoire.

Orchestra

Tuesday: 16.20 - 17.15

An exciting and fun Orchestra playing modern and contemporary music. If you love playing in an ensemble with a big sound, we would love you to join us. This term you will be playing in bubbles.

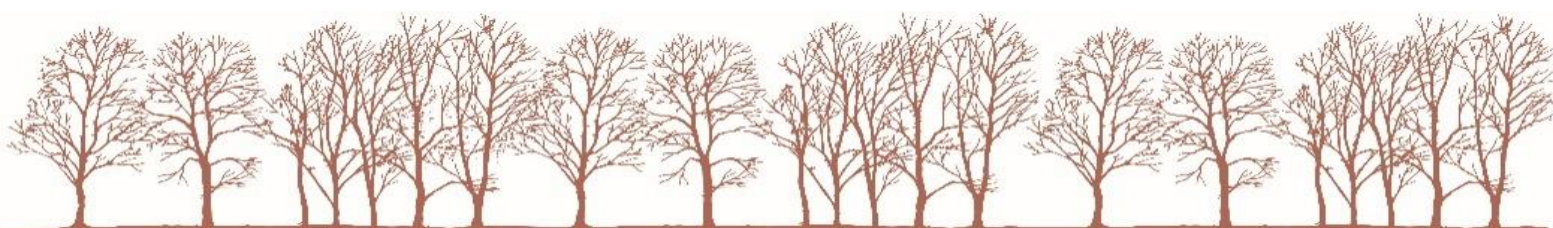


Year 9 Prep Club

Monday - Thursday: 16.20 - 17.15

Need some support with your homework? Have a project that requires concentration and a quiet space? Join our Year 9 prep club on Mondays, Tuesdays, Wednesdays and Thursdays after Period 6.

WARHAMMER



Year 10 APP

Monday: 16.20 - 17.15

By invitation only, our Advanced Performers' Programme in Sport focuses on fitness training, nutrition and psychology. Building on the core speed, agility and strength skills needed to be one of the elite.

Year 10 Guided Relaxation

Friday: 13.15-13.40

Trained staff will guide you through relaxation techniques to help you feel calmer and refreshed if you are feeling tense, stressed, and overwhelmed or you just want a little time to yourself. Bring headphones.

Year 10 James Bond Film Club

Wednesday: 16.20 - 17.15

From Sean Connery to Daniel Craig, come and watch the adventures of the world's favourite fictional spy!



Year 10 Jazz

Monday: 13.15 - 13.45

Our popular Fryer Jazz sessions are run by Music specialist Stuart Henderson who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section. Join in!

Year 10 Knitting

Wednesday: 16.20 - 17.15

A knitting club for Year 10 led by Bev. A great combination of craft and conversation whilst learning a new skill and supporting charities.

Year 10 Music Production

Thursday: 16.20 - 17.15

Learn how to create music and sound on the computer using Digital Audio Workstations (Logic Pro X, Garageband, Cubase).



Year 10 Production Tartuffe

Mon/ Thurs (lunch/after school)

Following an audition, tread the boards in Moliere's most famous theatrical comedy. Directed by Damon, learn the art of farce, timing and melodrama through this wonderful play.



Orchestra

Tuesday: 16.20 - 17.15

An exciting and fun Orchestra playing modern and contemporary music. If you love playing in an ensemble with a big sound, we would love you to join us. This term you will be playing in bubbles.



Senior Choir

Monday: 16.20 - 17.15

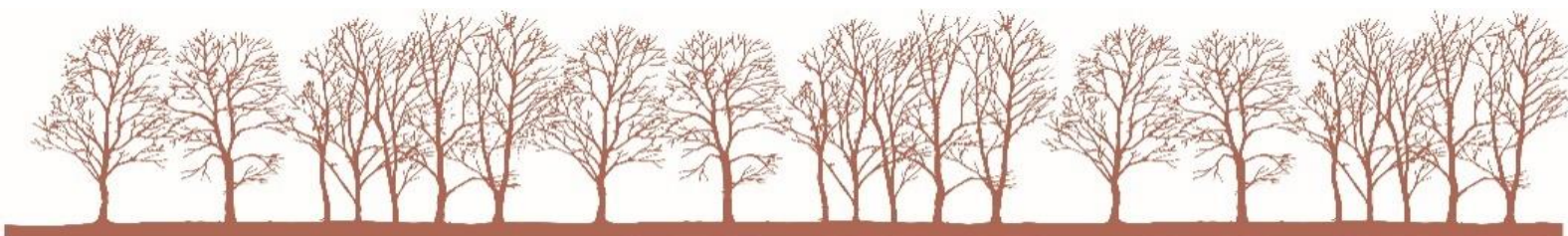
Do you love singing? Would you like the opportunity to go on an international music tour? This term we will be a large 4 part/bubble vocal group singing a fun and lively repertoire.

Year 10 Prep Club

Monday - Thursday: 16.20 - 17.15

Need some support with your homework? Have a project that requires concentration and a quiet space? Join our Fryer prep club on Mondays, Tuesdays, Wednesdays and Thursdays after Period 6 in Peckover.





Year 11 Acapella

Lunchtimes

By invitation only, this quartet will meet on Fridays of Week 1 and Thursdays of Week 2 to prepare a repertoire for their ever growing audience.

Year 11 APP

Wednesday: 16.20 - 17.15

By invitation only, our Advanced Performers' Programme in Sport focuses on fitness training, nutrition and psychology. Building on the core speed, agility and strength skills needed to be one of the elite.

Yr 11 Basketball

Wednesday: 16.20 - 17.15

Shooting hoops with coaching and training, come and practice your game in this Yr 11 only Club.



Yr 11 Jazz

Monday: 13.45-14.15

Our popular Fryer Jazz sessions are run by Music specialist Stuart Henderson who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section. Join in!

Orchestra

Tuesday: 16.20 - 17.15

An exciting and fun Orchestra playing modern and contemporary music. If you love playing in an ensemble with a big sound, we would love you to join us. This term you will be playing in bubbles.

Senior Choir

Monday: 16.20 - 17.15

Do you love singing? Would you like the opportunity to go on an international music tour? This term we will be a large 4 part/bubble vocal group singing a fun and lively repertoire.

Year 11 Prep Club

Monday - Thursday: 16.20 - 17.15

Need some support with your homework? Have a project that requires concentration and a quiet space? Join our Fryer prep club on Mondays, Tuesdays, Wednesdays and Thursdays after Period 6 in Peckover.



**Sixth Form Amnesty
International**

Friday 13.15 - 13.40

A student led group with Tom as your guide on the side. This group is focused on human rights and campaigning through Amnesty Inter



Sixth Form Cooking for University

Monday: 16.20 - 17.15



A fun session where students will get to try out a range of sweet and savoury recipes which they can use in the future. The aim is that everyone can eat or take their culinary creations home with them.

Sixth Form Drawing Club

Tuesday: 16.20 - 17.15



From life drawing, plein air painting, watching art films to making your own oil paint, drawing Club will help you improve your technical skill, try new materials and take a breather after a busy day.

6th Form Eco Schools

Weds: 13.30 - 14.10

Driving real change on how sustainable our School is. Take an idea from inspiration to action, learn to negotiate and persuade peers and staff to adopt new ways of consuming.



Sixth Form Jazz

Friday: 13.15 - 13.45

Our popular Jazz sessions are run by Music specialist Stuart Henderson who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section. Join in!

**Sixth Form LP Philosophy
Society**

Weds: 16.20 - 17.15



Your opportunity to think about and discuss life's most fascinating questions: "what's the meaning of life?", "does God exist?", "should I be vegan?" and "do I really know anything at all?"

**Sixth Form Production - A
Christmas Carol**

Mon/Tues lunch & after School

Filming key scenes from the 'Christmas Tale' by Dickens, on the Park with an intense week of filming in November following rehearsals.



Sixth Form Yoga

Tuesday: 16.20 - 17.15

Breathe, stretch, relax and unwind in this yoga class with Isabelle.



Sixth Form

Sixth Form Amicus

Tuesday: 16.20 - 17.15

Join this student led activity and take charge of organising charity events at Leighton Park. Come and be a change maker.



Lower Sixth Study and type

Tuesday: 16.20 - 17.15

A bespoke club for Lower Sixth students needing some additional support with written work, prep and assignments, led by Clare

Upper Sixth Aspiring High

Thursday: 16.20 - 17.15



Medicine and Oxbridge applicants must attend this important academic enrichment club. Come along for skills-building activities, support and discussion as you move forward with applications that will take you to your next steps.

Upper Sixth EPQ

Tues/Weds/ Thurs: 16.20 - 17.15

Completing your amazing EPQ's these sessions will focus your attention on crossing the finishing line.



Upper Sixth Guided Relaxation

Monday: 13.30 - 14.00

Stressed about exams? Feeling tense? Our guided relaxation sessions will help put you in the right frame of mind at the start of your week. Join Amie in the dance studio.

Upper Sixth Music Production

Thursday: 13.45 - 14.15

Learn how to create music and sound on the computer using Digital Audio Workstations (Logic Pro X, Garageband, Cubase).



Upper Sixth Study and Type

Tuesday: 16.20 - 17.15

A bespoke club for Upper Sixth students needing some additional support with written work, prep and assignments, led by Lisa.

Orchestra

Tuesday: 16.20 - 17.15

An exciting and fun Orchestra playing modern and contemporary music. If you love playing in an ensemble with a big sound, we would love you to join us. This term you will be playing in bubbles.

Senior Choir

Monday: 16.20 - 17.15

Do you love singing? Would you like the opportunity to go on an international music tour? This term we will be a large 4 part/bubble vocal group singing a fun and lively repertoire.

Sixth Form Prep Club

Monday - Thursday: 16.20 - 17.15

Need some support with your homework? Have a project that requires concentration and a quiet space? Join our Fryer prep club on Mondays, Tuesdays, Wednesdays and Thursdays after Period 6 in Peckover.

Sixth Form GSA

Monday lunchtime

Student-led gender and sexuality alliance exploring relevant issues and offering weekly support sessions for those interested in inclusion and diversity.



