



MILL HILL SCHOOL

activities

autumn 2009



Groups Swimming Tennis Volleyball
Water Polo Weight Training Y
Engineers Art Athletics Badminton
Basketball Chamber Music

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Art

Location: Art Department

Year Group: All, but particularly for exam groups in Fifth and Sixth Forms

Equipment Needed: in department

Number of Places: according to space

Members of Common Room: Mr Ross, Miss Dempster, Mr Cheeseman

We have several different art activities, lunch times tend to be open access for any one who wants to do extra art. Friday after school tends to be for examination students. Life class is usually for examination students, others can draw from the model by negotiation with Mr Ross.

Badminton

Location: Sports Hall

Year Group: All, but popular with Fifth and Sixth Forms

Equipment Needed: Indoor PE kit with indoor trainers

Number of Places: 20

Members of Common Room: Miss Duncan, Miss Bignell

Badminton welcomes players of all abilities but, usually, the sport is chosen by those who already have some experience of the game. Each session lasts an hour during which pupils play doubles. Badminton, like all racquet sports, develops both visual skills and good footwork. It is above all a social game and pupils generally enjoy the sessions. Places are limited and pupils wishing to select Badminton are advised to return their choice forms as quickly as possible. There are no charges or costs for this activity.

Basketball

Location: Sports Hall

Year Group: Fifth and Sixth Form

Equipment Needed: Indoor PE kit with indoor trainers

Number of Places: Restricted

Member of Common Room: Mr Byrnes

Basketball is a popular activity at Mill Hill. This year we are fortunate to have the services of a professional from London Towers, who offers a high level of coaching in a fun yet competitive environment. There are opportunities this term to represent your House and the School in competitions. There are no charges or costs for this activity.

Biology Surgery Time

Location: Biology Library
Year Group: Remove, 5th & 6th Form
Equipment Needed: None
Number of Places: Voluntary drop in
Member of Common Room: Biology Department

Informal tuition on an individual or group basis. Help with course work, revision, examination techniques and reference sources.

CCF

Location: Quad and CCF compound
Year Groups: All years
Equipment: Provided
Number of Places: All Fourth and selected Removes
Member of common Room: OC Major James Monaghan

In the autumn term the fourth form all take part in an adventure training programme which includes some basic skills such as map work and some adventurous activities such as kayaking and shooting. At the end of the 4th form the pupils opt into the four Friday afternoon options which are Army, RAF, Navy and Sports Leadership. The cadets are expected to attend the two camps during the year at Easter and also in the summer and will extend their knowledge of the skills within the part 1 courses. The courses are certificated and recognised and give them the opportunity to move onto the leadership course in the fifth form. In the fifth form and sixth form their responsibilities increase and they will have the chance to look after and train the younger cadets. There are many opportunities within the three sections for courses in gliding, flying, kayaking, scuba diving, shooting and leadership. The CCF also has a well established corps of drums and cadets are welcome to join at any age and standard. All the training is done once they join and there is no expectation of experience. The corps of drums perform at school functions and also at public events such as parades at the Cenotaph on St. George's Day.

Close Harmony Choir

Location: Music School
Year Group: All year groups
Equipment Needed: None
Number of Places: 16
Member of Common Room: Mr Allain

The Chamber Choir is an auditioned group of sixteen singers (minimum level grade V) who perform sacred and secular repertoire. In addition to regular concerts and chapel services, there exists the opportunity for outside concerts and foreign travel. Tours in recent years

have included visits to New York, Florence & Venice. Members of the Harmony Choir are also required to be members of the full choir.

Chamber Orchestra

Location: Music School

Year Group: All year groups

Equipment Needed: Your chosen instrument

Number of Places: 16

Member of Common Room: Mr Allain, Mr Kemp

The Chamber Orchestra is for experienced string players who wish to explore repertoire from the last 400 years. In addition to string orchestra repertoire, the ensemble can be augmented with woodwind players to perform a classical symphony, or act as the Ripieno section for a Baroque concerto etc. Minimum level is Grade V.

Chemistry Master Classes

Location: Chemistry department

Year Group: 5th, L6, U6.

Equipment Needed: Provided by Chemistry department.

Number of Places: Maximum 10 per activity session

Member of Common Room: Mr Watson, Dr Baker

Do you find GCSE, AS or A2 not challenging enough? The Chemistry Master Classes aim to increase your interest, enjoyment, knowledge and understanding of Chemistry. Key benefits to you: You should become a better Chemist; increase your success in Oxbridge/University applications and it may change your life! Our approach involves: Experiments; Research projects; Critical thinking; Competition (e.g. Analyst; RSC Chemistry Olympiad); Examinations (Advanced Extension Award), and some theory, all of which build upon what you are doing/have done at GCSE/AS/A2 level. We also aim to tailor to your interests! A refundable deposit (£50) is required. Contact JGWW or SVB for further information.

Chess

Location: M4

Year Group: Open to all

Equipment Needed: None

Number of Places: 30

Member of Common Room: Mr Bennett

According to Voltaire, chess is the game which reflects most on our on human wit. It will sharpen your sense of justice as well as your intellect, because greed, cowardice or a lack of imagination all lead to defeat in this game! The chess club is organized on the basis of a ladder system, and there will also be opportunities to play matches against other schools. All welcome, from beginner to advanced.

Choir

Location: Music School

Year Group: All year groups
Equipment Needed: None
Number of Places: 40+
Member of Common Room: Mr Allain, Mr Kemp

The Choir is one of the principal ensembles in the school. They sing sacred and secular repertoire ranging from 16thC to the present day. Recent concerts have included Karl Jenkins' Mass of Peace, Bernstein's Chichester Psalms and Britten's Rejoice in the Lamb. Previous experience is preferable, but not essential; a willingness to learn is the most important quality required. In addition to being taught how to sing, it is also helpful in developing musicianship skills.

Comedy Workshop

Location: Theatre Studio
Year Group: All
Equipment Needed: None
Number of Places: 14
Members of Common Room: Mr O'Neill

The comedy workshop activity is a new activity. Every fortnight we will examine, write and act out a different comedy genre encompassing improvisation, farce, situation comedy and satire. At the end of the term we aim to put on a short revue encompassing a sketch we have written ourselves and some finely-tuned improvisations. Edgy, witty and hopefully fun in every sense of the word, the workshop aims to give comedy actors and writers a platform on which to hone their skills.

Computer Games

Location: Maths department
Year Group: All
Equipment Needed: None
Number of Places: 10
Members of Common Room: Mr Kwok

The computer games activity is a very successful program. From the latest consoles to retro gaming, pupils suggest ideas of how the activity is run each week. With various focuses from Team building exercises to mental strategy, pupils are encouraged to see where they rank in a leader board and the chance the 'challenge the teacher'. The computer games activity promotes a positive and lively atmosphere for all year groups which redefines a whole new meaning of Monday afternoon activities.

Creative Writing

Location: English Department
Year Group: Open
Equipment Needed: None
Number of Places:
Member of Common Room: English Department

The English Department, in conjunction with the Art Department, produces an annual Art and Creative Writing magazine entitled *Impressions*. There is the opportunity for any pupil in the School to contribute to the publication or to take a more active part in the creative writing activity by attending meetings which takes place during Tuesday lunchtimes. So if you like writing creatively, whether prose or poetry, do come along.

Cross Country

Location: On the Quad: cross-country route dependent on weather and volume of mud.

Year Group: All ages

Equipment Needed: Sturdy trainers!

Number of Places: Limitless

Member of Common Room: Mr Bulman

This is an activity suitable both for the casual jogger aiming to improve general health and fitness, and for the potential record breaker! Whatever your standard, you will set yourself a personal target to meet by the end of the term and will be astounded by the increase in your speed, strength and stamina over a relatively short period of time. During the Spring term, you will also win points for your House in the School Cross Country and earn money for your House's chosen charity. You can also represent your House in the 10 Mile Cup against the Staff.

Debating and Public Speaking Society

Location: H4

Year Group: All ages

Equipment Needed: none

Number of Places: No Limit

Member of Common Room: Mr Parrish

The Greek philosopher Aristotle famously wrote that 'man is a political animal'. If you have a constant urge to argue, debate or to speak publicly then this activity is for you. There are opportunities for pupils to take a leading role in organising internal debates and public speaking competitions, and perhaps the chance to represent the school in external competitions.

Drama

Location: Theatre or Studio

Year Group: All

Equipment Needed: None

Number of Places: Restricted

Member of Common Room: Mr Proudlock, Mrs Worsdale

You can participate in productions at Mill Hill in three ways. GCSE, AS and A Level involves your participation in no less than four productions. Our last two trips to Edinburgh have been to perform AS productions to sell-out audiences. The House Drama Festival is another way to be involved in drama, when ten plays are performed over three days in the Autumn Term. The third way is the occasional School Production, for which you audition. We believe that

we cater for all kinds of drama at Mill Hill, providing opportunities for a huge number of students to explore this medium over the year.

DT Club

Location: DT Workshops

Year Group: All

Equipment Needed: in department

Number of Places: Restricted

Member of Common Room: Ms Banks, Mr Barnes

The DT Club gives pupils the opportunity to take advantage of the workshop to further their interest and skills or simply to push on with project work.

Eton Fives

Location: Fives Courts

Year Group: All

Equipment Needed: Fives Gloves can be provided

Number of Places: Restricted

Member of Common Room: Mr Plummer, Mr Parrish

Eton Fives is a historic game that Mill Hill has long excelled in. The Fives team boasts one of the most successful school teams and with the construction of 3 new courts this year we hope this success to continue. Fives is a fast and energetic game which keeps you fit and improves your co-ordination and reactions for other ball games. It is also a great social game played by both boys and girls. There will be practices once a week for each age group with plenty of fixtures against other schools. Thursday is a designated match day which takes precedence over the major sports' practices. You will also be privileged enough to receive coaching from some of the best players in the game [especially Ian Hutchinson] and wear the famous Mill Hill Raspberry shirt. The best thing about Fives is that you can also play for the Old Millhillians while at school and continue after you leave.

Film Society (6th Form)

Location: School House

Year Group: Lower and Upper 6th

Equipment Needed: None

Number of Places: Restricted

Member of Common Room: Mr Monaghan

The 6th Form Film Society aims to examine different genres of film in a bid to understand their importance and relevance. The members of the society will have the opportunity of presenting films to the other members and there will also be chances to see films at the cinema. Membership is open to any 6th Former with a genuine interest in film. A secretary will be appointed in the first few weeks to assist with organisation.

Foreign Film Club

Location: L1

Year Group: All
Equipment Needed: None
Number of Places: 20
Member of Common Room: Miss Radojevic

This is an activity for everyone, especially if you enjoy films. It is the chance to discover other cultures, enjoy unusual films and to learn a little about film techniques. We watch and have class discussions on a range of films from many other countries, some of which are recognised as the great film classics of all time. It also encourages students to read the books on which some of the films are based. This club is free of charge.

History Society

Location: H5
Year Group: 6th Form
Equipment Needed: None
Number of Places: limited
Member of Common Room: Miss O'Connell

The History Society offers 6th Form historians the opportunity to meet fortnightly to discuss historical issues in an informal context. The Society will be particularly attractive to those who intend to study history or related subjects at university. The Society will offer an opportunity to focus on a range of topics outside the confines of the exam syllabuses offered in the 6th Form and explore in greater depth some of the issues arising from our A level courses. Although the Society will be organised by the History Department there will be opportunities for senior pupils to take a direct role in organising guest speakers and charring meetings and discussions.

Indoor Football

Location: Sports Hall
Year Group: Various
Equipment Needed: None
Number of Places: 15
Member of Common Room: Mr Northen, Mr Docherty

The activity is open to anybody that is interested in playing 5-a-side football. You do not need to be Wayne Rooney in order to get a great deal of satisfaction from this sport and as such it is open to players of all abilities. We play a number of short competitive matches (maximum 5 minutes) and rotate the teams according to success. This activity is always overbooked and, therefore, you need to get in your request as early as possible.

Football

Location: Farm field or Collinson field
Year Group: various
Equipment Needed: Football boots and shin pads
Number of Places: 22
Member of Common Room: Mr Lawson, Mr Saint

This activity gives you the opportunity to play outdoor football with your peers week-to-week in a semi-competitive environment. Last year a successful inter-House football tournament was organised and run by members of the 6th Form and it is widely hoped that this will be repeated this year.

Inter-House General Knowledge

Location: Physics 3

Year Group: Any

Equipment Needed: None

Number of Places: 4 per House

Member of Common Room: Mr Luke

This competition runs throughout the first two terms, and is keenly fought and well supported by spectators. The questions are taken from a National Schools General Knowledge Competition, and search out knowledge national and global, historical and contemporary, artistic and scientific. Every House plays at least four matches of 10 minutes each, followed by a semi-final and final. Later in the year, a team of four take on four members of staff. This year, this was won on the final question by the staff.

Golf

Location: Metro, Top Golf and Hendon Golf Club

Year Group: All

Equipment Needed: Provided but option to use personal golf clubs

Number of Places: 20

Member of Common Room: Mr Halford

An opportunity for golfers of all standards to practice and work on their game. The sessions will take place at various golf facilities in the area including A1 golf centre, The Metro and in The Golf Class Room at school using the state of the art GASP analysis software. All areas of your game will be looked at over the term and hopefully you'll see an improvement to your swing and short games. Golf takes place on Tuesdays and Thursdays after school.

Gym Fitness

Location: Free and Fixed Weights Room, Mill Hill Sports Centre

Year Group: 6th Form

Equipment Needed: Indoor Gym Kit, Running /shoes and pen or pencil

Number of Places: 8

Member of Common Room: Dr Baker, Mr Saint

This activity is aimed at students who wish to improve strength and general body condition. A familiarity with fixed weight and aerobic training will be assumed. The session will involve the use of free weights and cardiovascular equipment and will instruct students in basic general weight training. Students will be advised on how to develop their own training schedules aimed at their specific needs. There will also be advice on sports dietary requirements.

Hockey

Location: Fishing Net

Year Group: Girls and 4th Form Boys

Equipment Needed: Astroturf Boots/Trainers (Astroturf boots strongly recommended) stick, Gum Shield & shin pads.

Number of Places: N/A

Member of Common Room: Mr Cuff

Hockey is a major sport at Mill Hill for both the girls and boys. A fast paced technical game, which enhances decision making and teamwork skills. Pupils receive expert coaching from a number of current International players and from highly qualified staff. Equipment is available to purchase from the school hockey shop at vastly discounted rates, please see Mr Parrish.

Horse Riding

Location: London Equestrian Centre

Year Group: 6th form

Equipment Needed: None

Number of Places: 6

Member of Common Room: Ms. Sharples

The riding activity caters for both beginner and more advanced riders. You will ride in groups of 3 or 4 and develop your riding ability over the term. You can borrow boots and hats at the riding school, so there is no need to go out and buy expensive equipment. Equally, if you have your own, you are welcome to use it. Basic riding skills are covered, all the way through to jumping & dressage skills for the more advanced rider. A termly commitment is necessary.

ICT

Location: The Script

Year Group: All

Equipment Needed: None

Number of Places: Drop in

Member of Common Room: Mr Northen, Ms Newsome, Mr Jennings

The ICT rooms are made available to all pupils during activity and lunch times so that you can work on prep, do research using the Internet, keep in contact with home or learn new ICT computer software packages. You do not sign up for this activity but drop in as and when you need to. An ICT member of staff is available for assistance at all times.

Jazz Band

Location: Music School

Year Group: All year groups

Equipment Needed: Your chosen instrument

Number of Places: 18

Member of Common Room: Mr Paul Nathaniel

The Jazz Band is a group consisting of Saxophones, Trumpets, Trombones, Guitar, Piano, Bass & Drums. The emphasis is on developing ensemble skills through playing the 'standards'. Pupils are taught how to improvise over a set of chord changes. Minimum requirement is grade IV. The group is coached by a member of the visiting music staff, Mr Paul Nathaniel.

Modern Languages Society – French, German, Spanish

Location: French - L2 • German - L4 • Spanish – L6 & L7

Year Group: Sixth Form

Equipment Needed: None

Number of Places: Unlimited

Members of Common Room: Mr O'Neill, Miss Lewis, Ms Skoudy

The Society is open to all Sixth Formers. It should be noted that all Lower Sixth pupils studying a language at AS level are expected to select a Modern Language Society session as one of their compulsory activities. The Modern Languages Society offers Sixth Formers the opportunity to explore further a chosen language and its culture, outside the boundaries of the taught curriculum. Sessions will consist of various activities, from studying poetry or literature to listening to music or tasting food. Students will also be encouraged to take a more hands-on approach, by, say, acting out excerpts from a famous play, performing songs or writing out their own short film script. Throughout the year, the Modern Languages Society will also be organizing a number of school talks and language-related outings. The main event, to which parents will be invited, will be a Modern Languages Society Evening held in the Spring Term during which students will perform different numbers – musical, theatrical, etc – in French, German and Spanish.

Mountain Biking

Location: School Grounds and Local Area

Year Group: Any

Equipment Needed: Games Kit

Number of Places: 12

Member of Common Room: Mr Wallace, Mr Trhilik

This is an opportunity to explore the locality on bicycle. There are cycle rides to various locations within a 5km radius of school. Rides are mostly on local footpaths but any route will necessitate short distances travelled on roads or crossing roads. The lesser known network of footpaths and passageways enables us to reach such unlikely locations as Brent Cross and Kenwood House with hardly a glimpse of a main road as well as places north of school. Cyclists must be reasonably proficient.

Music Theory Class

Location: Music Studio

Year Group: All

Equipment Needed: Workbooks to be advised

Number of Places: 20

Member of Common Room: Mr Kemp

Theory Class prepares students for the examinations of the Associated Board of the Royal Schools of Music. As theory is the basis for musicianship, appropriate study will help with all aspects of practical music-making as well as preparing for, or complementing GCSE or AS/A level music. Grade V theory is a pre-requisite to taking grade V or higher on an instrument or voice.

Netball

Location: Sports Hall and Tennis Courts

Year Group: All

Equipment Needed: Games kit

Number of Places: According to Squad Size

Member of Common Room: Miss Reynolds

A popular and successful girls sport at Mill Hill in all age-groups. Come along on Friday lunchtimes and prepare for next season.

Opera Society



Last season our visits to ENO took in La Traviata, La Boheme, The Marriage of Figaro and the must see Opera of 2006/07 season: Madame Butterfly.

This season we open on Friday 5th October with Bizet's CARMEN; a tragic tale of love, passion and rejection. It is one of the most dramatic examples of a masterpiece being misunderstood and misjudged in it's creators lifetime.

Next is a new production of Verdi's AIDA, frustrated and tragic love in exotic ancient Egypt, last performed at the ENO 20 years ago. If anyone should need a convenient one-word definition of grand opera, then the word Aida would suffice; a dramatic plot, an exotic setting, spectacular use of orchestra and literally hundreds of extras. Our visit is Saturday 24th November.

Orchestra

Location: Music School

Year Group: All

Equipment Needed: Your Instrument

Number of Places: 40

Member of Common Room: Mr Kemp

Orchestra is for players of an appropriate instrument of Grade IV and above. Participants can gain experience of music-making in a larger group and explore music from the Classical and light repertoires. Recent performances have included Prokofiev's Peter and the Wolf, Handel's Music for the Royal Fireworks and Mozart's Overture from Don Giovanni.

Philosophy Club

Location: The Physics Sixth Form Study

Year Group: All

Equipment Needed: None

Number of Places: 12

Member of Common Room: Mr Thonemann

This is a discussion group, in which we consider some deep questions – often ones which are very reflective and abstract, and always ones that have no simple answers. Many go back thousands of years. No prior knowledge is expected. Anyone who is thinking they might apply to University to study Philosophy, perhaps as part of a combined degree, should certainly attend. Discussing Philosophy sharpens your critical faculties, and improves your ability to express yourself.

Rugby

Location: Park/Gears or Top Field

Year Group: Remove, 5th, Sixth Form

Equipment needed: Gum-shields, Football boots (with kite marked studs). Correct rugby kit.

Number of places: Unlimited

Members of Common Room: Mr Turner, Mr Slade, Mr Luke, Mr Rees, Mr Homer, Mr Byrnes, Mr Woodrow

When joining rugby for this term you will be either introduced to new skills or continue to develop skills that you have already acquired. You will work specifically on your tactical awareness, technical ability, mental appreciation of the game and overall fitness. All the coaches are all very well qualified and have a huge amount of experience behind them. This is an excellent opportunity to play an exciting 'thinking' team sport that will give you a sense of achievement and self-satisfaction.

Saxophone Ensemble

Location: Music School

Year Group: All year groups

Equipment Needed: Saxophone

Number of Places: 6

Member of Common Room: Mr John Harle

This new ensemble is designed for experienced saxophonists who wish to explore the 20thC repertoire. It will be coached by the internationally acclaimed saxophonist, composer and conductor, Mr John Harle. Minimum level is Grade V, but a commitment to personal practice and a willingness to learn are also essential. There will be a small charge for this activity.

Short Tennis

Location: Sports Hall or Sports Gallery

Year Group: All

Equipment Needed: PE kit and Indoor trainers

Number of Places: 16

Member of Common Room: Mr Parrish

Short Tennis is an excellent activity to develop your tennis skills. Suitable for all abilities, from absolute beginners to Wimbledon hopefuls, Short Tennis enables you to practise your topspins, drop volleys and overhead smashes in a fun and competitive environment. The best thing about this form of tennis is that rain can't stop play!

Spanish Surgery Session (L6th)

Location: L5

Year Group: AS

Equipment Needed: Pen & paper and grammar books

Number of Places: N/A

Member of Common Room: Ms Villalón

The gap between GCSE and AS is significant. The expectations and level of difficulty are high. In this session you will have the opportunity to consolidate your understanding of all aspects of the course. This activity will give you the confidence not only to tackle the exam but to develop your linguistic skills in Spanish.

Spanish Speaking Workshop (GCSE)

Location: L6

Year Group: 5th form

Equipment Needed: Paper & pen

Number of Places: N/A

Member of Common Room: Ms Skoudy

The speaking examination in May is worth 25% of your final grade. The workshop, will help you to gain more confidence and understand and respond to any question you may be asked. Pupils who have attended this workshop have all achieved top marks in the past for their speaking exam (A and A*). Activities include role-play/practice as well as general conversation exercises.

Spanish Grammar and Exam Skills Workshop (GCSE)

Location: L6

Year Group: 5th form

Equipment Needed: Pen and Paper

Number of Places: N/A

Member of Common Room: Ms Skoudy

The Reading Comprehension, Listening Comprehension and Writing skills are all worth 25% each of your final grade. Practice makes perfect, especially as they will not be a lot of time in

class to be dedicated to past papers in order to cover all the topics in time for your exams. You will acquire all the tips and techniques in order to achieve a good grade in your exams.

Spanish Language Laboratory Session

Location: Language Laboratory (L7)

Year Group: AS and A2

Equipment Needed: Pens

Number of Places: 13

Member of Common Room: Ms Villalón

This activity is 'a must' if you really want to improve your listening skills. Regular practice will make a significant difference and will help you with this vital exam skill. The level of difficulty in this exam at AS and A2 is much greater than at GCSE. Perfect grammatical accuracy, spelling and response level expected. A compulsory activity for all students of A level Spanish.

Sports Leaders

Location: Based in G6 but also uses various sports venues, depending on the activity

Year group: Removes

Equipment needed: Smart PE kit. Everything else is provided

Number of places: 24

Members of Common Room: Mrs Sanchez, Mr Halford, Gap Students

The Sports Leadership course aims to give pupil the opportunity to develop Leadership skills by planning, organising and running a range of sports events for 4th Form pupils at Mill Hill, Grimsdell and Belmont children as well as pupils from local primary schools. A mixture of theory and practical activities ensure that pupils are never bored. The Leadership programme develops pupils' skills by introducing increasingly challenging tasks over the year, guaranteeing a real sense of achievement by the end of the course.

Squash

Location: Mill Hill Squash Club

Year Group: All

Equipment Needed: Indoor Shoes

Number of Places: 8

Member of Common Room: Mr Webster

The Squash activity on Thursdays will be for players who already play squash and are looking to play in the squash team. It will consist of training sessions and matches. If you would like to learn how to play or just like playing friendly games then contact Mr Webster.

Swim Team

Location: Angela Rumbold Pool

Year Group: Any

Equipment Needed: Swimming Costume, Swimming Goggles and Towel

Number of Places: N/A Tryouts will take place at the beginning of each term.

Member of Common Room: Mrs Hyslop

This activity is primarily for those who are already able to swim to a reasonable standard i.e. it is not a 'learn to swim' lesson. The expectation is that you are able to swim at least one of the four strokes competently (Front Crawl, Backstroke, Breaststroke, Butterfly) and continuously for between 6-8 lengths of a 25m pool. The sessions will be coached and structured to give pupils an opportunity to improve their stroke technique and stamina. Pupils should find this an invigorating and challenging session and regular attendance should see their levels of fitness improve. Students in the swim team shall compete against other schools on a regular basis throughout the year. Although weekly training brings no additional cost, students will be expected to buy their own costume and goggles, as well as the school Swim Team shirt.

Open Swim

Location: Angela Rumbold Pool

Year Group: Any

Equipment Needed: Swimming Costume, Swimming Goggles and Towel

Number of Places: 20

Member of Common Room: Mr Homer

The Monday early morning and afternoon 'Open Swim' sessions are for pupils to swim lengths or simply splash about. This is not a coached session, although the expectation is that you are able to swim at least one of the four strokes competently (Front Crawl, Backstroke, Breaststroke, Butterfly) and continuously for 4 lengths of a 25m pool.

Tae Kwon Do

Location: Sports Hall Gallery

Year Group: Weds: 5th and above, Saturday: all

Equipment Needed: Tracksuit

Number of Places: 20

Member of Common Room: Mr Pulham, Nick Symonds (outside coach)

Tae Kwon Do is one of the martial arts. It teaches techniques of self-defence and fighting skills, but it also teaches discipline and control, both of mind and body. Our coach is Nick Symonds a black belt and GB international. The opportunity to take (and pass) "grade" exams is accepted by most who participate. There is a charge made for this activity.

Tennis

Location: Tennis Courts

Year Group: All

Equipment Needed: PE kit and tennis rackets

Number of Places: 16 (based on selection)

Member of Common Room: Miss Ward

Throughout the academic year Mill Hill's elite players are involved in squad training with Clinton Coleman one of the best coaches in Middlesex. A small charge is made for this activity which is available on Tuesday and Thursday lunchtimes. Players will be selected from these squads to represent Mill Hill in school competitions.

Volleyball

Location: Sports Hall

Year Group: All

Equipment Needed: PE kit

Number of Places: depends on popularity

Member of Common Room: Mr Docherty

This is a new activity at Mill Hill which will test your agility, hand-eye coordination and skill to the full. Mr Docherty has won international caps in this sport so come and try it out and learn from the best!

Wine Appreciation Society

Location:

Year Group: ONLY FOR SIXTH FORM with written parental permission

Equipment Needed: None

Number of Places: Limited Numbers

Member of Common Room: Mr Watson



Wine is more popular than ever. More and more people enjoy a good glass of wine and would like to learn more about wine. One of the nice features of wine is the experience and romance around producing and drinking wine. I want to communicate these feelings to the next wine enthusiasts. The Wine Course will follow as a series of 10 units (excuse the pun)

In an encyclopaedic tour around the wine producing countries of the world we'll capture the flavour of each region's wines and recommend the best names to look out for. Everything from production and tasting to storing of wine is covered. Each of the 10 sessions is centred on a major grape variety with other important wine topics woven in where appropriate.

Yoga, Strength and Flexibility

Location: Sports Hall Bar

Year Group: Open

Equipment Needed: None

Number of Places: 10

Member of Common Room: Mr Fawcett, Miss Curtis-Rose

School yoga is open to all levels of experience and physical ability. Both strength and flexibility will be developed through a variety of simple poses. Why not come and try out this ancient form of Indian spiritual exercise and escape the noise, stress and pressure of everyday school life?