

# ACTIVITIES PROGRAMME

## AUTUMN TERM 2017

Enclosed is a brief overview of the activities available to you in the Autumn term, if you want to know more, speak to the member of staff in charge, or your Tutor. In addition to the Activities Programme, there are also a range of less regular but equally valuable opportunities to get involved in life outside the classroom. Such opportunities include various School Councils, *ad hoc* events such as Hot Topics debates, Charity Events, the Partnership projects and, of course, House events including singing, drama and the Newcastle Competition.





There are over 400 activities on offer throughout the academic year available for you to select from. The activities ultimately fall into five main categories as detailed below, but each provide a number of core skills including characteristics of leadership, team work, curiosity, resilience and creativity.

	<b>EXAMPLES</b>
<b>Music</b>	Choir, Music Clubs (Jazz Band, Glee Club, Wind Band) and Theory Clubs
<b>Creative</b>	Art Clubs, Children's Book Illustrations, Drama Productions and Dance
<b>Sports</b>	Badminton, Strength & Conditioning, Horse Riding and Pilates
<b>Academic</b>	Astronomy Club, DT Club, Investment Club, Debating and Science Society, Touch Typing
<b>Community</b>	Amnesty International, Combined Cadet Force and Community Action

You need to select your activities carefully and make sure they are from different groups to ensure you are broadening your knowledge, challenging yourself and ultimately helping to prepare yourself for a future beyond Mill Hill School and The Mount, Mill Hill International.

Details of each activity are provided on the following pages.



## Activities which take place on more than one day

<b>Name of Activity:</b>	<b>Community Action</b>
Staff I/C:	JAB and RJW
Day and Time:	Lunchtimes after school
Location/Meeting point:	Various
Who is it for?	Lower Sixth

Community Action placements will be arranged around students' availability. Attendance at the Placement will be a commitment and a priority for students, however, if there is an unforeseen clash (such as a sporting commitment), students need to inform the relevant member of staff well in advance so that the Placement can be informed and inconvenience avoided.

### The Benefits of the Community Action Programme to the students are as follows:

- Enabling students to have a deeper understanding of, and response to, local community needs; the needs of the elderly; the needs of those with learning difficulties; the challenges facing local schools; the needs of underprivileged children and those with physical disabilities.
- In accordance with the Religious Foundation of Mill Hill School and the consequent demand to *'Love our neighbours as ourselves'* - coupled with the School Motto, *"Instilling values, inspiring minds"* - the Community Action Programme seeks to develop some of the higher values in Mill Hill students: compassion, generosity of spirit, empathy, commitment, responsibility, relationship building and many more.
- It is hoped that these values will accompany Mill Hill students throughout their lives as they grow into adulthood and become responsible and aware citizens.
- It will enrich the lives of the students by their engagement with various projects, enabling them to have direct experience of service to others.
- The Community Action Programme also ensures that the School is used as a resource within the community, not only through the student participation in the scheme but through the use of School buildings and facilities.

### Community Action Placements:

1. **Swimming with Oak Lodge Pupils in Mill Hill Swimming Pool.** These children have a range of learning difficulties with many suffering from autism. Oak Lodge is a specialist school in Barnet. Mill Hill students swim with the children in order to help the Oak Lodge pupils develop social skills and build relationships.
2. **IT Training in the Winterstoke Library, in conjunction with Age UK; training 'elderly learners' how to use computers.** Elderly learners benefit from one-to-one tuition from Mill Hill students. The intention is to help the elderly gain computer skills so they can be 'connected' to the outside world, by shopping online, sending emails, Skype and on-line banking. Pupils and learners follow BBC guidelines for teaching IT to elderly learners.
3. **St Paul's Junior Church of England School.** St Paul's has pupils from many different backgrounds with over 50 nationalities represented. Mill Hill students are involved in playground supervision and classroom teaching assistance. They will benefit from interaction with young pupils and adult teachers.
4. **Make Lunch Club Barnet.** The Make Lunch Club is a charity that works in underprivileged areas within Barnet and provides lunch throughout the holiday period as well as providing creative and sporting activities for the children to engage socially. If you would like to get involved then this would involve organising fun days for the pupils to visit Mill Hill and volunteering your time in the holidays down at the centre for 2-3 days.
5. **'Sarries Skills Club-for those who have autism' Monday evenings 16:45 – 18:30, Allianz Park**  
An opportunity arises for some of our Sixth Form pupils to get involved as a volunteer, with an exciting community action programme that is run down at Saracens rugby club on Monday evenings. The 'Sarries Skills Club' has been developed specifically for those who have autism and are recognised as low functioning and at the severe end of the autistic spectrum. They would really like Mill Hill pupils to volunteer and if you are interested then please fill in the form which requires parental consent.



## Activities which take place on more than one day

<b>Name of Activity:</b>	<b>Music School Activities</b>
Staff I/C, Day & Time:	Various
Location/Meeting point:	Music School
Who is it for?	All year groups

The Music School offers many musical ensembles which cater for all styles of music and levels of ability. Official sign-up takes place in the Music School foyer during the first week of every term. Please see the Music School notice board for full details of ensembles, regular rehearsal days & times, rehearsal dates and concert dates. The list of Music School ensembles is below:

### **Choral Society - Monday lunchtime 12:55 – 13:25 (All abilities including beginners)**

A large choir for all levels of ability. The choir performs one major choral work every year, joining forces with Old Millhillians and staff for the concert in March.

### **Symphony Orchestra - Monday after school – 16:35 to 18:05 (Intermediate level)**

The main school orchestra performs every term. Please see any of the Music staff to arrange an audition.

### **Big Band - Monday after school – 16:35 to 17:35 (Advanced level)**

The main jazz group performs every term. Please see any of the Music staff to arrange an audition.

### **Jazz Band - Monday after school – 16:35 to 17:35 (Intermediate level)**

A small group focusing on improvisation. Please see any of the Music staff to arrange an audition.

### **Wind Band - Tuesday Lunchtime – 12:55 to 13:25 (Beginner to advanced level)**

A large band playing popular music

### **Guitar Ensemble - Tuesday Lunchtime – 13:25 to 13:55 (Beginner to advanced level)**

An ensemble playing a variety of musical styles

### **Aural Development – Friday morning break – 10:40 to 11:05, Wednesday morning break – 10:40 to 11:05 (All abilities)**

Anyone working towards a grade exam that needs help with their aural development

### **String Ensemble - Tuesday Lunchtime – 12:55 to 13:25 (Intermediate to advanced level)**

A medium sized orchestra playing classical music

### **Glee Club - Wednesday lunchtime – 12:55 to 13:25 (No experience required)**

A group of singers singing pop music

### **Percussion Ensemble - Wednesday lunchtime – 12:55 to 13:25 (No experience required)**

An ensemble playing a variety of musical styles using percussion instruments

### **Conducting Club - Friday lunchtime – 12:55 to 13:25 (For experienced classically trained musicians)**

Good music reading skills are essential. Please see Mr Kyle to audition

### **Camerata - Thursday lunchtime – 13:15 to 13:55 (Advanced level)**

An ensemble playing advanced level music

### **Shout Band - Thursday lunchtime – 12:55 to 13:25 (Any instrument, any ability)**

No experience required. We will teach you to play

### **Corps of Drums - Friday 17:30 – 18:30 (No experience required)**

Marching band. Learn to play drum, fife and bugle.

### **Chapel Choir Tuesday and Friday 07:50 – 08:50 (Intermediate level)**

Please see Mr. Kyle to arrange an audition

### **Theory Clubs - Tuesday after school and Wednesday after school (16:30 – 17:15) and Thursday after school (15:45 to 16:30) All levels of ability.**

Whatever your level of ability, develop your theory knowledge at one of our theory clubs.



## Activities which take place on more than one day

**Name of Activity:** **Fives**  
**Staff I/C:** STP, AR, SFW, JAT  
**Day and Time:** Mon, U15 16:45, Tues Sen +U16, 16:45 Wed U14 16:45, Thursday Fixtures Thursday pm  
 Mon 13:00 Girls Fives Session  
**Location/Meeting point:** Fives Courts (MHS)  
**Who is it for?** All year groups  
**Open to players of all ability.** See ASR or STP for details or go along and try it....

**Name of Activity:** **Gym Fitness Suite**  
**Staff I/C:** Various  
**Day and Time:** Mon 16:45, Tues 13:00, Wed 13:00, Thurs 13:00, Thurs 15:45 (Girls only), Fri 16:00  
**Location/Meeting point:** Fitness Suite (Sports Hall, MHS)  
**Who is it for?** All year groups  
 The Fitness Suite is available to pupils in all year groups but only if they have been through the Mill Hill gym induction programme (for the Fourth Form this is part of the Friday "Martlet" programme and the facility is accessible to you from Christmas onward). The Fitness Suite is supervised and advice will be available but pupils are expected to follow their own programme of exercise.

**Name of Activity:** **Hockey (girls)**  
**Staff I/C:** SH  
**Day and Time:** Mon Senior 16:45, Wed U14 16:45, Thurs U15 16:45  
**Location/Meeting point:** Astro (MHS)  
**Who is it for?** All year groups  
 Hockey is the girls' major sport this term. As well as your games lesson, hockey teams also practice at least once a week in preparation for a full programme of (mostly) Saturday fixtures. If you are selected for a team squad you are required to attend these sessions.

**Name of Activity:** **Indoor Cricket Nets**  
**Staff I/C:** SP, Liam Oakes (Graduate)  
**Day and Time:** Wed U14 13:00 – 13:50, Wed U15 16:45 – 17:45, Thurs U14 girls 15:45 – 16:45, Fri Seniors 16:00 - 17:45  
**Location/Meeting point:** Sports Hall Gallery (MHS)  
**Who is it for?** All year groups  
 (Girls session for Lower School on a Thursday after School). Pupils will be invited to attend. Aimed at our talented team players, there are specific days set for year groups. Sessions will focus on honing bowling, batting and fielding skills.



## Activities which take place on more than one day

**Name of Activity:****Rugby**

Staff I/C:

Various

Day and Time:

U15 16:45 Wednesday, all others 16:00 Thursday

Location/Meeting point:

Various (MHS)

Who is it for?

All year groups

Rugby is the boys' major sport this term. As well as your games lesson, rugby teams also practice at least once a week in preparation for a full programme of (mostly) Saturday fixtures. If you are selected for a team squad you are required to attend these sessions.

**Name of Activity:****Strength and Conditioning**

Staff I/C:

CL, LO, LM (Grads)

Day and Time:

Monday, Tuesday and Thursday 13:00 – 13:45

Location/Meeting point:

Free Weights Gym (MHS)

Who is it for?

All year groups not only those that have received their Mill Hill School gym induction.

These sessions will allow students to build a training programme specific to their sporting needs and receive 1-to-1 coaching from experienced coaches many of whom have experience in professional rugby, football and cricket.

**Name of Activity:****Swim Team**

Staff I/C:

Mr. Clarke, LO, LM (Grads)

Day and Time:

16:30 on Monday and/or Wednesday

Location/Meeting point:

Swimming Pool (MHS)

Who is it for?

All year groups

The swim team has a number of fixtures and galas throughout the school year and regular training is important preparation.

**Name of Activity:****Teamwork and Leadership**

Staff I/C:

Various

Day and Time:

Friday 16:00

Location/Meeting point:

The Quad (MHS)

Who is it for?

Removes

All pupils in the Removes are involved in this programme. Options were selected at the end of the summer term. There is a wide variety of options (Army, RAF, Navy, Enterprise Education Group, Topical Presentations, Dance, Sports Leaders). The underlying theme of all is to develop teamwork and leadership skills. (more detail available under Friday's activities)



## MHS and MMHI Activities

### Monday

**Name of Activity:****Art Club**

Staff I/C:

LHER

Day and Time:

Monday 16:45-17:45

Location/Meeting point:

Art 3 (MHS)

Who is it for?

Remove, 5th Form, Lower Sixth and Upper Sixth

This club is an opportunity for Art students in Remove, 5th Form, Lower Sixth and Upper Sixth to work independently. Occasionally we will discuss artworks together as a group if this would be beneficial, as well as doing one-off skills based activities for those interested. Upper Sixth and 5th form (exam years) will have priority if numbers are higher than 15.

**Name of Activity:****Astronomy Club**

Staff I/C:

CMW, AGVM

Day and Time:

Monday 16:40-17:40 (Later on observation evenings)

Location/Meeting point:

Physics Lab 4 (MHS)

Who is it for?

All year groups – sessions are for beginners and intermediate

*"Space is big. You just won't believe how vastly, hugely, mind-bogglingly big it is. I mean, you may think it's a long way down the road to the chemist's, but that's just peanuts to space."* - Douglas Adams. Learn to observe and understand the heavens with your naked eye, optical, and radio telescopes. The Astronomy club follows the GCSE Astronomy curriculum, and you will be able to sit a GCSE Astronomy exam after two years earning a rare qualification which demonstrates a keen interest in science. See the big picture on Mondays after school.

**Name of Activity:****Badminton Club**

Staff I/C:

SMCI

Day and Time:

Monday 13:00 – 13:45

Location/Meeting point:

Sports Hall (MHS)

Who is it for?

All year groups

Racquets are available but please bring your own if you have one. There are four courts and, depending on numbers, a mixture of doubles and singles matches will be played. Players of all standards are welcome, basic coaching is available for beginners. So, come down and either learn a new sport or practice your skills. Please remember that full school PE/games kit is required.



## MHS and MMHI Activities

**Name of Activity:** **Biology Olympiad**

Staff I/C: MEJ  
Day and Time: Monday 13:00  
Location/Meeting point: Laboratory Bio 2 (MHS)  
Who is it for? Sixth Form

Open to our Sixth Form pupils the British Biology Olympiad is a highly recognised international competition coordinated by the Royal Society of Biology, consisting of two one hour multiple choice papers taken online under staff supervised exam conditions. The course challenges and stimulates pupils with an interest in Biology to expand and extend their talents. It enables students to demonstrate their knowledge and to be publicly recognised by the award of medals and certificates. It is hoped that competing in the Olympiad will encourage students already interested in this valuable, wide-ranging and rewarding subject to continue their study beyond A-level.

**Name of Activity:** **Chess**

Staff I/C: MJC  
Day and Time: Monday 13:00 – 13:45  
Location/Meeting point: Maths 4 (MHS)  
Who is it for? All

Come along to learn or develop your chess skills.

**Name of Activity** **Children's Book Illustration**

Staff I/C: JSLY  
Day and Time: Monday 13:10 – 13:55  
Location/Meeting point: E2 (MHS)  
Who is it for? All year groups

An opportunity for beginners to practice and develop drawing and illustration skills.

**Name of Activity:** **Cross Country Running**

Staff I/C: LEF  
Day and Time: Monday 16:45  
Location/Meeting point: Quad (MHS)  
Who is it for? All year groups

Meet at the Monitors' Box (Quad near the Loggia - linking the School House Building and The Marnham. Open to all who want to improve their fitness/speed/stamina but those coming should have a basic level of fitness where they are able to run for at least 20minutes/2miles without stopping. The sessions will vary between those that work on specific aspects of running and those which are a straightforward cross country run always incorporating proper warm-ups.





## MHS and MMHI Activities

**Name of Activity:** Design Ventura Competition

Staff I/C: WHC, SLM  
Day and Time: Monday 13:15 and Wednesday 16:45  
Location/Meeting point: ICT Room (MMHI)  
Who is it for? Fourth Form, Remove, Fifth Form (Years 9 – 11)

Pupils will have the opportunity to take part in the London Design Museum’s annual design competition, Design Ventura. Students are challenged to design a new product for the Design Museum Shop with the winning product manufactured and sold at the shop. The programme is supported by workshops and visits to the Design Museum and offers young people a chance to develop design thinking, creative and business skills. The MMHI Ventura Design team will decide how to allocate the Design process over the two sessions leading up to submission in November this year. (Session A Monday lunchtime Session B Wednesday lunchtime)

**Name of Activity:** Fourth Form Sports Scholars Sessions

Staff I/C: AML, Graduates  
Day and Time: Monday 15:45 – 16:45  
Location/Meeting point: PE1 (MHS)  
Who is it for? Fourth Form

Extension activities for the Sport Scholars and Sub Sports Scholars. Within these sessions we aim to push you beyond the standard curriculum offered at MHS. You will be meeting Sports Psychologists, Strength and Conditioning coaches and professional athletes, whilst devising personal targets and trying a variety of ‘new sports’.

**Name of Activity** Gym

Staff I/C: SR  
Day and Time: Monday 13:00 – 13:45  
Location/Meeting Point: Fitness Suite (Sports Hall, MHS)  
Who is it for? Lower School pupils

An opportunity to develop your fitness either cardiovascular or strengthening gym equipment

**Name of Activity:** Gym - Strength and Conditioning

Staff I/C: ATM, CMM, Cieran Lee and Luke Mathers (Graduates)  
Day and Time: Monday 13:00 – 13:45 and 16:45 – 17:30 and Tuesday 13:00 – 13:45  
Location/Meeting point: Free Weights Gym (Sports Hall MHS)  
Who is it for? Sixth Form

Open to Fifth and Sixth Form pupils this activity will give you an opportunity to use the free weights gym under supervision. In particular this is aimed at pupils wishing to develop their athletic performance but recreational users are welcome.



## MHS and MMHI Activities

**Name of Activity:** Maths Society

Staff I/C: WA  
Day and Time: Monday 13:00 - 13:45  
Location/Meeting point: M5 Maths Department (MHS)  
Who is it for? All year groups

Maths Society is a thriving discussion and presentation forum, consisting of a group of pupils who share a passion for Mathematics. Sessions often involve exploring and discussing interesting out-of-curriculum problems/puzzles. Pupils also have opportunities to present a topic that shows use of Maths in real life or in other subject areas. Open to all year groups.

**Name of Activity:** Model United Nations

Staff I/C: MD, CEA  
Day and Time: Monday 13:00 – 13:45  
Location/Meeting point: History Dept. (MHS)  
Who is it for? Principally Sixth Form but others welcome

Aimed at sixth form but open to younger students, the MUN activity will help you to develop an understanding of the workings of the Model United Nations and develop your skills of presentation and debate. We attend a schools' Model United Nations conference in March at Haileybury school and spend the sessions preparing for that event.

**Name of Activity:** Music Tech

Staff I/C: DLD  
Day and Time: Monday 13:15  
Location/Meeting point: Music Room (MMHI)  
Who is it for? All year groups

Maybe you have an Apple Mac and experimented on GarageBand but never really understood what it's for or how it works? Attend Music Tech club on a Thursday to learn the basics and become a Hip-hop/ R'n'B/Pop sensation in just a few short weeks

**Name of Activity:** Physics GCSE Olympiad

Staff I/C: LEF, YY  
Day and Time: Monday 13:00 – 13:45  
Location/Meeting point: Physics Lab 3 (MHS)  
Who is it for? Removes and Fifth Form

Open to Remove and Fifth formers the British Physics Olympiad is a highly recognised international competition, consisting of a one hour written paper. Lunchtime sessions seek to prepare for the paper, usually sat in the Spring Term. High scoring candidates could achieve Gold, Silver or Bronze standard, all will receive a certificate of participation. Excellent for those with an interest in studying Physics at A-level and beyond as the questions are of a similar layout to Physics aptitude tests set as entry to Oxford and Cambridge. Superb evidence of going beyond the curriculum when writing a UCAS statement.



## MHS and MMHI Activities

**Name of Activity:** **Politics for Oxbridge**

Staff I/C: DWH

Day and Time: Monday 12:50

Location/Meeting point: GP1 (MHS)

Who is it for? Upper and Lower Sixth Form

The session is for those who intend to apply to read a Politics related subject at Oxford or Cambridge. Both Upper and Lower Sixth are welcome to attend

**Name of Activity:** **Recreational Sport for All**

Staff I/C: JGRB

Day and Time: Monday 13:15 and Wednesday 13:15

Location/Meeting point: Gym/Tennis Courts (MMHI)

Who is it for? All year groups

An informal sports session to blow off steam during lunchtimes at MMHI.

**Name of Activity:** **Spanish Debating (for competition)**

Staff I/C: ABM

Day and Time: Monday 13:00 – 13:45

Location/Meeting point: L7 (MHS)

Who is it for? Sixth Form

Spanish debating in pairs for non-natives; pupils research and prepare a current affair controversial topic to debate. There is a 3 minute presentation before the 'fight', two judges award points for quality of language, pronunciation, content and debating skills. The two winning teams will represent Mill Hill School at the National Independent School Spanish Debating Competition that takes place at Westminster School next year.

**Name of Activity:** **Street Dance**

Staff I/C: Sarah Stanley and Ezzy Nzewi (External instructors)

Day and Time: Monday 16:45 – 17:45 (TBC)

Location/Meeting point: Dining Room (MMHI)

Who is it for? All Year groups – **There is a cost of £10.00 per pupil per session.**

In our street dance classes, we will be practising authentic social street dance styles such as popping, locking, krump, house, vogue, breaking and whacking. Our focus will be on learning new ways of moving our bodies, growing confident in our bodies and our bodies' abilities to move. Each term we will learn a choreographed dance, incorporating the moves that we practise every week. We will be welcoming you into street dance culture with the opportunity to carry on dancing with our company, attending workshops, training sessions and events if you wish.

**Name of Activity:** **Table Tennis Club**

Staff I/C: SMCI with an external coach

Day and Time: Monday 13:00 – 13:45

Location/Meeting point: Sports Hall (MHS)

Who is it for? All year groups

A professional coach will be leading the session to develop your Table Tennis skills



## MHS and MMHI Activities

**Name of Activity:** Tedx Drop Mill Hill

Staff I/C: LEM  
Day and Time: Monday 13:00 – 13:45  
Location/Meeting point: McClure House Office (MHS)  
Who is it for? All year groups

This is a drop-in session to complement the TEDx Mill Hill programme. Pupils can visit Ms. Miller to hand-in, run through or practice draft scripts or discuss ideas and presentation points. More information about the programme itself is available on Firefly.

**Name of Activity:** Yoga

Staff I/C: SLP  
Day and Time: Monday 16:45  
Location/Meeting point: Gym (MMHI)  
Who is it for? All year groups

Open to all, beginner level Hatha and Vinyasa yoga to connect body, mind and breath.

## Tuesday

**Name of Activity:** Aikido Club (Martial Arts)

Staff I/C: JPG  
Day and Time: Tuesday 16:45 – 17:45  
Location/Meeting point: Drama 3 Studio (MHS)  
Who is it for? All year groups

Tracing its origins to the time and techniques of the Samurai, Aikido is an elegant and complex martial art. Training in Aikido is challenging however dedicated training can improve fitness, mental health and promotes resilience. Committed and respectful students are invited to join.

**Name of Activity:** Arkwright Scholarship (DT)

Staff I/C: BDB  
Day and Time: Tuesday 12:50-13:30  
Location/Meeting point: Graphics Room in DT (MHS)  
Who is it for? Fifth Form

This club is open to any Fifth Form pupil wanting to get involved with the prestigious Arkwright Scholarship Award (Engineering). Practical activities and individual study tasks will be set and pupils will also be involved in designing and building an ambitious project of their own choosing - attending at least two Saturday morning sessions to ensure work can be completed. In January pupils will sit an external exam which, if completed successfully, will lead to an interview at a prestigious University (Brunel, Imperial), and the potential award of a Sixth Form scholarship. Open to Fifth Form only.

## MHS and MMHI Activities

**Name of Activity:** Basketball

Staff I/C: AL  
Day and Time: Tuesday 16:45 – 17:45 and other days  
Location/Meeting point: Sports Hall (MHS)  
Who is it for? All pupils

The aim of Tuesday Afternoon Basketball is to make it accessible to everyone who is keen to improve their skills, teamwork and aim to make the school basketball team. The session will be broken down into two distinct parts. First, we will practice movement, ball handling/passing and then lead to set plays, both individually and in small groups. Secondly, we will play full court games, all while developing our game and preparing for upcoming fixtures.

**Name of Activity:** Biology/Dissection Club

Staff I/C: MEJ, ADR  
Day and Time: Tuesday 13:00  
Location/Meeting point: Laboratory Bio 1 (MHS)  
Who is it for? All year groups

Open to all pupils this activity begins in the first term with dissecting organs and whole organisms allowing pupils to learn new skills and explore the structures and functions at a macro and micro level. Run in association with the art department pupils often use this activity to develop ideas and provide evidence for the evolution of the art that they produce.

In the second term the focus is on the **Junior Biology Olympiad**, which is a competition open to pupils in the Remove and Fifth form. This provides preparation for an online competition of two 30 minute papers with questions set on the school curriculum, but also rewarding those students whose knowledge of the subject has been increased by reading books and magazines, watching natural history programmes, taking notice of the news media for items of biological interest, and who are generally aware of our natural flora and fauna. Successful individuals are publically recognised through the awarding of medals and certificates.

**Name of Activity:** Business Society

Staff I/C: MSS  
Day and Time: Tuesday 13:00 – 13:45  
Location/Meeting point: B2 (MHS)  
Who is it for? Business A Level pupils

An opportunity for Business A Level pupils to raise their awareness of the happenings in the business world and to increase their knowledge of the current trends across industries. This will be achieved through talks and discussions with business professionals and by completing a range of skills based activities.

**Name of Activity:** Creative Thinking

Staff I/C: KJH  
Day and Time: Tuesday 13:15  
Location/Meeting point: Physics (MMHI)  
Who is it for? All year groups

*Creative thinking* means *thinking* about new things or *thinking* in new ways. *Creative* people can devise new ways to carry out tasks, solve problems, and meet challenges. Creative thinkers bring fresh perspectives. This club is an opportunity to develop creative thinking skills for the 21<sup>st</sup> century.



## MHS and MMHI Activities

**Name of Activity:****Drama Activities**

Teacher I/C: DSP, PW, ALM  
Day and Time: Tuesday 16:45 – 17:45  
Location/Meeting point: Theatre and Drama Studio (MHS)  
Who is it for? All year groups

This is protected time for Drama and will be used to focus on House Drama plays, a Fourth Form play and other School Productions. This activity is only open to pupils who have **auditioned** and been **accepted** for productions planned for the Fourth Year, their House Plays and other productions planned for later in the year.

**Name of Activity:****DT Gifted and Talented**

Staff I/C: BDB  
Day and Time: Tuesday 13:50 (from October half term)  
Location/Meeting point: DT Dept. (Computer Room, MHS)

The club involves pupils in entering a national technology based competition (Teen Tech), plus any other external events which might be of interest. All lower school pupils are encouraged to get involved and the ten Fourth Form pupils that demonstrate the most positive engagement will also be invited to attend the hands on Teen Tech Exhibition in November. Details of this activity will be announced in DT lessons and on the DT noticeboard just before we break up for half term.

**Name of Activity:****Economics for Oxbridge**

Staff I/C: VGM  
Day and Time: Tuesday 13:15 – 13:50  
Location/Meeting point: B3 (MHS)  
Who is it for? Sixth Form

The session is for those who intend to apply to read an Economics related subject at Oxford or Cambridge. Both Upper and Lower Sixth are welcome to attend

**Name of Activity:****Football for Girls**

Staff I/C: Larissa Robson (Graduate), AL  
Day and Time: Tuesday 13:00 – 13:45  
Location/Meeting point: Astro (MHS)  
Who is it for? All year groups

This is a new activity welcoming all girls of all ages and abilities. There will be lots of fun games to develop football technique and knowledge. Come and have a go!

**Name of Activity:****Geog Soc**

Staff I/C: NRH  
Day and Time: Tuesday 12:55  
Location/Meeting point: G4 (MHS)  
Who is it for? All year groups

An opportunity to investigate current affairs, from the EU referendum to recent volcanic eruptions. This is a pupil-led activity and will involve talks, presentations and debating.



## MHS and MMHI Activities

**Name of Activity** **Golf**  
Staff I/C: DMH  
Day and Time: Tuesday 16:45 – 18:30  
Location/Meeting point: Sports Hall Carpark (MHS)  
Who is it for? All year groups  
Pupils are taken to the local Metro Golf Centre to practice on the driving range and the short games facilities

**Name of Activity:** **Library Assistant and/or Scrabble Club**  
Staff I/C: EAG  
Date and Time: Tuesday lunch (or other by arrangement)  
Location/Meeting point: Piper Library (MHS)  
Who is it for? All year groups  
**Library Assistant** This involves learning how the Dewey systems works, shelving books, learning how to catalogue the library stock and how the library database operates.  
**Scrabble Club** This activity needs at least 2 people, but it doesn't matter if you haven't played before. I will oversee the game, or sometimes join in and it is an excellent way to develop your vocabulary.

**Name of Activity:** **Netball pre-season**  
Staff I/C: HK, RLJ  
Day and Time: Tuesday 13:00 – 13:45  
Location/Meeting point: Sports Hall (MHS)  
Who is it for? All year groups  
This is an opportunity for girls from any year group to complete some Netball in the pre-season. It is fundamentally aimed at A and B team players so they are prepared for the season in January. The sessions will be indoors and are likely to be game- based fun.

**Name of activity:** **Politics Society**  
Staff I/C: DWH  
Day and time: Tuesday 12:50  
Location/Meeting point: GP1 (MHS)  
Who is it for? Sixth Form and Fifth Form  
Politics Society provides a weekly opportunity for the key political issues of the day to be discussed in an informal way. The pupils set the agenda and pupils of all ages and political persuasions are encouraged to attend.

## MHS and MMHI Activities

### **Name of Activity**                      **Physics / Engineer Advanced Project**

Staff I/C:                                  CMGW, YY  
Day and Time:                              Tuesdays 12:55 alternate weeks with Physics Olympiad and workshop:  
Location/Meeting point:                  Physics Lab 1 (MHS)  
Who is it for?                                Sixth Form

This Advanced Project group is for those in U6 who have signed up via the UCAS Physics and Engineering workshop in Summer term; those in L6 who have an interest in either of those degree disciplines can also express interest and partake in this group. Please be aware that this involved a large amount of self-directed work outside of school time, and a presentation to peers and teachers at the end. Sessions will occur in groups but also individual consultations as time and progress dictates.

### **Name of Activity:**                      **Physics Olympiad and Workshop (A-level) Alternate weeks**

Staff I/C:                                  CMGW, YY  
Day and Time:                              Tuesdays 13:00 alternate weeks with Advanced Project (see below)  
Location/Meeting point:                  Physics Lab 1 (MHS)  
Who is it for?                                Sixth Form

There are few things so fine as the satisfaction of solving a particularly knotty problem. The Physics Olympiad Club will give you a chance to hone your analytical and lateral thinking skills. We practice Physics Olympiad problems and provide a good preparation for competing in the British Physics Olympiad. Whet your mind on Tuesday Lunchtimes.

### **Name of activity:**                      **Pilates**

Staff I/C:                                  Hannah Mattinson (Graduate)  
Day and Time:                              Tuesday's and Friday's 13:00 to 13:45  
Location/Meeting point:                  PE2 (MHS)  
Who is it for:                                All year groups

Miss Mattinson will teach a class consisting of various strengthening, stability and flexibility based exercises based upon the techniques of Joseph Pilates as well as her own knowledge of body conditioning and development from professional dance training.

### **Name of Activity:**                      **Remove Sports Scholars Sessions**

Staff I/C:                                  AML, TJV, LR, CL  
Day and Time:                              Tuesday 15:45 – 16:45  
Location/Meeting point:                  PE1 (MHS)

Extension activities for the Sport Scholars and Sub Sports Scholars. Within these sessions we aim to push you beyond the standard curriculum offered at MHS. You will be meeting Sports Psychologists, Strength and Conditioning coaches and professional athletes, whilst devising personal targets and trying a variety of 'new sports'.

### **Name of Activity:**                      **Rubik's Cube Club**

Staff I/C:                                  CY  
Day and Time:                              Tuesday 16:45  
Location/Meeting point:                  Millin (MMHI)  
Who is it for?                                All year groups

A group for pupils who enjoy solving Rubik's cubes and other twisty puzzles.





## MHS and MMHI Activities

**Name of Activity:** Spanish Theatre

Staff I/C: MSF  
Day and Time: Tuesday 13:20 – 13:55  
Location/Meeting point: L6 (MHS)  
Who is it for? A Level students

This activity prepares the A-level students for the theatre competition. The study of the text and the performance will help them to improve their understanding of literary texts, their pronunciation of Spanish and their range of vocabulary. It is also great fun and a team work!

**Name of Activity:** Zumba

Staff I/C: EM  
Day and Time: Tuesday 16:45  
Location/Meeting point: Gym (MMHI)  
Who is it for? All year groups

Pretty much the most awesome workout ever. Dance to great music, with great people. Release stress and get fit without even realising it.

## Wednesday

**Name of Activity:** Art Life Class

Staff I/C: ADR, HRM  
Day and Time: Wednesday 16:45-17:30  
Location/Meeting point: Art 1 (MHS)  
Who is it for? Fifth Form to Upper Sixth (invite only)  
Drawing and painting from a nude model

**Name of Activity:** Basketball for Girls

Staff I/C: AL, Laurisa Robson (Graduate)  
Day and Time: Wednesday 13:00 – 13:45  
Location/Meeting point: Sports Hall (MHS)  
Who is it for? All year groups

The aim of Wednesday lunch Basketball is to make it accessible to everyone in the school who is keen to improve their skills or to try out this fast pace sport for the first time. The session is broken down into two distinctive parts. First, we practice ball-handling, shooting, defence and offence drills for 15 minutes, both individually and in small groups and then we play mini games (3 on 3) usually, the winner stays on court until they are defeated.



## MHS and MMHI Activities

**Name of Activity:****Colour Me Calm**

Staff I/C:

VSD

Day and Time:

Wednesday 13:00 – 13:45

Location/Meeting point:

L2 (MHS)

Who is it for?

All year groups

Need some 'headspace'? Come and relax for 30 minutes out of a busy week. All materials provided

**Name of Activity:****Computer Games Club**

Staff I/C:

PJK

Day and Time:

Wednesday 16:45 – 17:45

Location/Meeting point:

M7 (MHS)

Who is it for?

Lower School

This club is a great way to learn various team building skills. There are a variety of games that we play, but often this is also an opportunity for pupils to come and discuss the latest issues in the gaming industry. Spaces are limited but there is no need to bring any additional equipment unless you want to!"

**Name of Activity:****Cookery**

Staff I/C:

SB

Day and Time:

Wednesday 16:40

Location/Meeting point:

Food Technology Room (MMHI)

Who is it for?

All year groups

Come and learn some key cookery skills in these hands on, fun cookery sessions. Benefits to you: equips you with an important skill for life, develops confidence, organisation and team-work skills.

**Name of Activity:****Creative Writing Club**

Staff I/C:

AJP

Day and Time:

Wednesday 13:15

Location/Meeting point:

Cozens (MMHI)

Who is it for?

All year groups

A weekly opportunity to work on creative writing and to explore a range of genres including poetry, prose and film/play scripts.

**Name of Activity:****Debating Society**

Staff I/C:

LEM, SB, DK

Day and Time:

Wednesday 13:00 – 13:45

Location/Meeting point:

L5 (MHS)

Who is it for?

All year groups

Open to all year groups, this society is about the passion for debating, freedom of speech and critical thought. We welcome anyone to take part, regardless of whether you have had any previous experience or what academic disciplines you study. We will run in-school debates on topical and controversial issues which you will have the opportunity to research and develop expert knowledge on the motion. Our workshops will run each week and are a great way to develop your debating, public speaking and analytical skills.



## MHS and MMHI Activities

**Name of Activity:****First Aid**

Staff I/C: School Nurse (AW, RK)

Day and Time: Wednesdays at 16:30

Location/Meeting point: G3 (MHS)

Who is it for? All year groups

The School Nurse will teach you the basics of First Aid. Those who complete the course will be awarded the St Johns Ambulance First Aid certificate.

**Name of Activity:****Horse Riding**

Staff I/C: BKH

Day and Time: Wednesday 16:45– 18:15

Location/Meeting point: Car Park (MHS)

Who is it for? Lower School

We will be visiting the nearby London Equestrian Centre which is run by an Old Millhillian. The sessions will accommodate beginners and intermediate level riders. There will be an additional cost of £30.00 per pupil for each session and parental permission will be required.

**Name of Activity:****Music Theory Club**

Staff I/C: DLD

Day and Time: Wednesday 13:15

Location/Meeting point: Music Room (MMHI)

Who is it for? All year groups

An opportunity to practice and to learn more about music theory in a relaxed and supportive environment.

**Name of activity:****Salsa Club**

Staff I/C: KJH, JCG

Day and Time: Wednesday 13:15

Location/Meeting point: Gym (MMHI)

Who is it for? All year groups

Introduction to Salsa on one, Cha Cha Cha and Salsa Rueda, covering the basic steps for each style, beginners' combinations and partner work.

**Name of Activity:****Senior Sports Scholars Sessions**

Staff I/C: AML, HM, CL, LO

Day and Time: Wednesday 15:45 – 16:45

Location/Meeting point: PE1 (MHS)

Who is it for? Fifth and Sixth Form

Extension activities for the Sport Scholars and Sub Sports Scholars. Within these sessions we aim to push you beyond the standard curriculum offered at MHS. You will be meeting Sports Psychologists, and professional athletes, whilst devising personal targets and trying a variety of 'new sports'. **However, the major focus for these sessions will be developing knowledge and understanding of sport specific Strength and Conditioning.**



## MHS and MMHI Activities

**Name of Activity:** **Stretching to De - Stress**

Staff I/C: REB  
Day and Time: Wednesday 13:00 – 13:45  
Location/Meeting point: H3 (MHS)  
Who is it for? All year groups

Using the principles of ballet, Pilates and ballroom dancing, this workshop will help you learn a programme of stretches that will help you combat stress, establish excellent posture, improve core strength and balance and feel more relaxed.

**Name of Activity:** **Touch Typing**

Staff I/C: JB  
Day and Time: Wednesday 13:00 – 13:45  
Location/Meeting point: Script (MHS)  
Who is it for? Remove and Fifth Form

Touch typing gives you a huge advantage in school and in life. You can improve your typing speed and accuracy using step-by-step video teaching. This course can increase your efficiency by up to 63%

## Thursday

**Name of Activity** **Amnesty International**

Staff I/C: HJL  
Day and Time: Thursday 15:45 - 16:45 (week B)  
Location/Meeting point: M3  
Who is it for? All year groups

Amnesty International is co-run by pupils and teachers. Previously, pupils have taken an active part in Amnesty campaigns, looking at issues involving the death penalty and human rights. This has been a very popular society – Mill Hill pupils are passionate about helping others and taking an active part in global issues. Ms. Lee will be running the society from 2017 and hopes to encourage many pupils to take part.

**Name of Activity:** **Art - Belmont Gifted and Talented**

Staff I/C: ADR  
Day and Time: Thursday 16:00 – 17:00  
Location/Meeting point: Art 1 (MHS)  
Who is it for? Sixth Form (invite only)

Run by Sixth Formers, Belmont gifted and talented pupils will learn about drawing and Art History.

## MHS and MMHI Activities

**Name of Activity**

Staff I/C:

Day and Time:

Location/Meeting point:

Who is it for?

**Board Games Club**

CMW

Thursday 15:45 - 16:45

Physics Lab 4 (MHS)

All year groups

The Board Game cupboard in Phys 4 currently contains 74 very different board games (and a deck of playing cards). Come along and learn to cooperate, compete, bluff, deduce, negotiate, strategise, construct, demolish, invent, compose, and improvise with your team-mates and/or opponents. There is a lot more to board games than Monopoly (we don't even have a copy!), and you could play a different game every week all year long without ever rolling a die then moving that number of spaces on a board. Find out what you have been missing at the Board Game Club on Thursdays after school.

**Name of Activity:**

Staff I/C:

Day and Time:

Location/Meeting point:

Who is it for?

**Business Studies EAL support**

MSS

Thursday 15.45 – 16:45

B2 (MHS)

Lower Sixth EAL Business Studies pupils

Open to Lower Sixth EAL pupils studying A Level Business Studies. The session will provide additional support for overseas boarders who are adjusting to the demands of the course.

**Name of Activity:**

Staff I/C:

Day and Time:

Location/Meeting point:

Who is it for?

**Choir (MMHI)**

DLD

Thursday 13:15

Music Room (MMHI)

All year groups

An informal, open and friendly environment for anybody who is interested in singing in a group perhaps for the first time. Come and share your talent. Members of the choir will be invited to suggest songs they would like work on.

**Name of Activity:**

Staff I/C:

Day and Time:

Location/Meeting point:

Who is it for?

**Creative Writing**

DTB, EK

Thursday 16:30

Atkinson House (MHS)

Open to pupils of all ages

The Creative Writing Group has been in operation for several years and pupils have enjoyed the opportunity to explore a range of genres. Typically, in any given week, a pupil will bring along a piece of work that he/she has written and present it to the group. We will then spend time discussing influences and inspirations and other members of the group will have the chance to respond to the work. Poetry has been a popular genre but we also welcome prose offerings and even play/film scripts.



## MHS and MMHI Activities

**Name of Activity:** Cricket for Girls

Staff I/C: SP  
Day and Time: Thursday 16:45 – 17:45  
Location/Meeting point: Sports Hall (MHS)  
Who is it for? Fourth Form

An opportunity for girls to develop their cricket skills starting with tape balls, a slightly lighter weight style than the conventional cricket ball.

**Name of activity:** Dance

Staff I/C: Hannah Mattinson (Graduate)  
Day and time: Thursday 13:00 – 13:45  
Location/Meeting point: Sports Hall Gallery (MHS)  
Who is it for: All year groups.

Miss Mattinson will be teaching a contemporary dance class based on her experience of working with a range of choreographers whilst studying at London Contemporary Dance School. Each term a different theme will be explored. The emphasis will be placed on FUN with a fast paced, physical and exciting class with the potential for performances should there be interest.

**Name of Activity:** Design & Technology Club

Staff I/C: BDB, CMM, JSSM  
Day and Time: Thursday 15:45 – 17:30  
Location/Meeting point: DT Department (MHS)  
Who is it for? All year groups studying DT

Extend/develop class project work or produce your own designs, experiment with 3D printing or laser cutting and make your brilliant idea a 3D reality. Why not form an entrepreneurial group and get prototyping? All the facilities, resources and creative/technical expertise contained in the Department are available to support you. Open to all year groups either as a regular event or a drop-in activity.

**Name of Activity:** Developing Speed

Staff I/C: Cieran Lee (Graduate)  
Day and Time: Thursday 12:50 – 13:35  
Location/Meeting point: Astro (MHS)  
Who is it for? All year groups

These sessions will have a sole focus on developing acceleration and speed in all students that participate. This will be achieved by using a wide spectrum of training modalities such as movement/sprint mechanics, ballistics, plyometrics and resistance exercises. Throughout term the programme will shift focus into different ideals of speed to become quicker in linear running, change of direction and repeated sprint ability. This approach will develop more rounded athletes with a plethora of new skills which in turn will benefit performance regardless of sport. Monitoring of progress will be obtained via initial and end of term testing.



## MHS and MMHI Activities

**Name of Activity:**

**Drama Activities**

Staff I/C: DSP, PW, ALM  
Day and Time: Thursday 15:45 – 16:45  
Location/Meeting point: Theatre and Drama Studio (MHS)  
Who is it for? All year groups

This is protected time for Drama and will be used to focus on House Drama plays, a Fourth Form play and other School Productions. This activity is only open to pupils who have **auditioned** and been **accepted for** productions planned for the Fourth Year, their House Plays and other productions planned for later in the year.

**Name of Activity:**

**French News and Debate**

Staff I/C: VSD  
Day and Time: Thursday 12:50 – 13:35  
Location/Meeting point: L2 (MHS)  
Who is it for? Sixth Form

AS and A2 pupils studying French are strongly advised to attend these sessions, which will help you improve your speaking and debating skills as well as increase your knowledge of French culture and society

**Name of Activity:**

**Girls' Gym**

Staff I/C: LEM  
Day and Time: Thursday 16:00 – 16:45  
Location/Meeting point: Fitness Suite (MHS)  
Who is it for? Girls in all year groups

Open to girls (girls only) in all year groups, this session offers the chance to complete cardio workouts, resistance training, weight work or general fitness activity. There is no set requirement or necessary fitness levels needed, it is just a good opportunity to release some stress, improve your health and get fit. Tailored exercise programmes can be constructed for you, if you would like, and group workouts often occur at the request of students. It is a good environment to have fun and get fit in equal measure.

**Name of Activity:**

**Golf**

Staff I/C: RWS  
Day and Time: Thursday 16:45 – 18:30  
Location/Meeting point: Sports Hall Carpark (MHS)  
Who is it for? All year groups

Pupils are taken to the local Metro Golf Centre to practice on the driving range and the short games facilities



## MHS and MMHI Activities

**Name of Activity:** 1807 Hist Soc

Staff I/C: MD  
Day and Time: Thursday 13:00  
Location/Meeting point: H1 (MHS)  
Who is it for? Sixth Form and keen Fifth Form

Aimed at sixth formers who are interested in studying History or History related degree courses at university, but with keen fifth formers welcome, the 1807 Hist Soc provides an opportunity to discuss historical topics, issues and theories beyond the confines of the taught syllabuses and produce a magazine, The 1807, that provides students with a platform to showcase their interests.

**Name of Activity:** Investment Club

Staff I/C: PJSH  
Day and Time: Thursday 13:00 – 13:45  
Location/Meeting point: B1 Favell (MHS)  
Who is it for? Open to all Sixth formers.

Interested in the financial markets or keen to learn how to deal in stocks and shares? Then this club is for you. You will be introduced to the world of investment and the reasons behind the fluctuations in share prices. You will also learn how to buy and sell stocks and shares and you will run your own portfolio to experience the reality of investment decisions.

**Name of Activity:** League of Legends

Staff I/C: PJK  
Day and Time: Thursday 15:45 – 16:45  
Location/Meeting point: M7 (MHS)  
Who is it for? All year groups

This activity requires your own laptop and mouse as it run in M7. This activity has a limit on the number of pupils attending and is on a first come first served basis. Please see PJK for sign up details; "League of Legends" must be able to run smoothly on your laptop it must be WIFI enabled.

**Name of activity:** Maths Aptitude test

Staff I/C: HJL  
Day and time: Thursday  
Location/Meeting point: M3 (MHS)  
Who is it for? Years 12 & 13

Preparation for Oxford Mathematics Aptitude Test. It requires A-Level Maths C1 and C2 knowledge but the questions are of a different style. You are required to apply your knowledge to solve problems you haven't seen before. Anyone is welcome, even if they are not taking the MAT. We will be going over past papers.



## MHS and MMHI Activities

**Name of activity:** **Politics and Current Affairs Club**

Staff I/C: AJP  
Day and Time: Thursday 13:15  
Location/Meeting point: Cozens (MMHI)  
Who is it for? All year groups

A weekly opportunity for the key political issues and events of the day to be discussed in an informal way. The pupils set the agenda and pupils of all ages and political persuasions are encouraged to attend.

**Name of Activity:** **Raspberry Pi club**

Staff I/C: LAM, JB  
Day and Time: Thursday 15:50 – 17:45  
Location/Meeting point: WSL (ICT3, MHS)  
Who is it for? All year groups

This is your opportunity to get involved in digital electronics using the Raspberry Pi. After a few weeks of tutorials (e.g. programming Minecraft: Pi Edition, creating a digital camera, etc.) you are open to build your own physical creations. Example projects include bedroom alarm monitoring system; reaction testing game; home automation; techno-bird box (wildlife monitor). Projects are mainly limited by your imagination and ability.

**Name of Activity:** **Robotics Club**

Staff I/C: BDB  
Day and Time: Thursday 12:50 – 13:45  
Location/Meeting point: DT Department, Electronics Room (MHS)  
Who is it for? Lower School

An introduction to basic programming using a Picaxe chip. Pupils will engage with practical activities under the guidance of Joshua Denis (U6). At the end of the unit pupils will be able to take home a working prototype which they will have constructed. Open to Fourth Form and Remove pupils with an interest in technology.

**Name of Activity:** **Science Club**

Staff I/C: BKE  
Day and Time: Thursday 13:00 – 13:45  
Location/Meeting point: Bio 3 (MHS)  
Who is it for? Lower School

Join the science club if you would like to be part of a group of students that get to explore and experiment on scientific ideas that aren't taught in the classroom. You will get the opportunity to choose and plan what you would like to do. Some examples include making coke bottle rockets, making slime, dissecting organisms and much more.

**Name of Activity:** **Science Society**

Staff I/C: LJS, KR D, GNS  
Day and Time: Thursday 13:00 – 13:45  
Location/Meeting point: Science Department (MHS)  
Who is it for? All year groups

Come along to complete a variety of exciting investigations into all four strands of science that are offered at Mill Hill.



## MHS and MMHI Activities

### **Name of Activity:** Spanish Cinema Club

Staff I/C: ZC  
Day and Time: Thursday 16:00 – 17:00  
Location/Meeting point: L12 (MHS)  
Who is it for? All year groups

This club is for students who are interested in improving their Spanish listening skills, the culture of the Spanish speaking countries or independent cinema in general. Although it is a good opportunity for Spanish students, it is opened to everyone in the school. As the movies have English subtitles, no knowledge of Spanish is required. Popcorn and soft drinks provided

### **Name of Activity:** STEM Club (Maths)

Staff I/C: WA  
Day and Time: Thursday 13:00 - 13:45  
Location/Meeting point: M5 Maths Department (MHS)  
Who is it for? All year groups – Focused on Lower school

Opportunity to achieve the British Science Association's - CREST Bronze, Silver or Gold Award, specifically for Science, Technology, Engineering and Mathematic project (STEM). CREST Awards is endorsed by UCAS for inclusion in personal statements.

### **Name of activity:** TED Talk Club

Staff I/C: HB  
Day and Time: Thursday 13:15  
Location/Meeting point: Cozens (MMHI)  
Who is it for? All year groups

A weekly opportunity to watch and discuss TED Talks in an informal way.

### **Name of Activity:** Tennis Squad

Staff I/C: SJW, GK  
Day and Time: Thursday – 16:00 – 17:30  
Location/Meeting point: Meet on the Tennis Courts, MHS (Runs first half of Autumn Term, second half of Spring Term and all Summer)  
Who is it for? Intermediate players and above

Aimed at the more experienced players, this is for pupils who currently play at a good level and who are wanting to play Team Tennis for the School. Some sessions are run by an external LTA Qualified coach as well as Miss Ward and Miss Kleimberg (Both LTA qualified). If the levels and interest dictate then some extra sessions may be offered at Totteridge Tennis Club under floodlights.

### **Name of Activity** Theology Society

Staff I/C: NFF  
Day and Time: Thursday 13:00 – 13:50  
Location /Meeting point: RS2 (MHS)  
Who is it for? All year groups

for all year groups, co-run with Sixth Formers, available to all [whether you do the subject or not], speakers will be coming in as well, discussions relating to Theology, Philosophy, Ethics and current events.



## MHS and MMHI Activities

### Friday

**Name of Activity:** Army  
**Staff I/C:** AN plus other staff  
**Day and Time:** Friday 16:00 – 17:30  
**Location/Meeting point:** Quad (MHS)  
**Who is it for?** Removes and above (Training and Leadership option, T&L)

The Army section provides an opportunity for cadets to take part in activities such as shooting, skill at arms, first aid, navigation, drill and fieldcraft. Cadets also have the opportunity to attend a number of residential camps to experience tactical 24hr exercises, obstacle courses and some adventurous training. Membership of the CCF facilitates the development of self-reliance, leadership, self-discipline and teamwork and provides an excellent insight into military life especially for those with an interest in the Armed Forces. Experienced and competent senior cadets are given important leadership roles and are integral to the smooth running of the CCF programme.

**Name of Activity:** Art Gifted and Talented (G&T)  
**Staff I/C:** LHER, HRM  
**Day and Time:** Friday 12:50 – 13:15  
**Location/Meeting point:** Art 3 (MHS)  
**Who is it for?** 4th form (invited)

This club is for art students in the 4th form who have a particular love of Art. Pupils who are perceived as particularly gifted and talented in Art will be invited to the club. We will discuss current exhibitions and the meanings behind artists' work. We will also have presentations from exam art students. The aim is to share creative ideas, bond with like-minded peers and get inspired by professional artists and designers.

**Name of Activity:** Basketball  
**Staff I/C:** AL  
**Day and Time:** Friday 13:00 – 13:45  
**Location/Meeting point:** Sports Hall (MHS)  
**Who is it for?** Remove and Fourth Form but others welcome

The aim of Friday lunch Basketball is to make it accessible to everyone in the lower school who is keen to improve their skills or to try out this fast pace sport for the first time. The session is broken down into two distinctive parts. First, we practice ball-handling, shooting, defence and offence drills for 15 minutes, both individually and in small groups and then we play mini games (3 on 3) usually, the winner stays on court until they are defeated.

**Name of activity:** Cheer Leading  
**Staff I/C:** Laurisa Robson (Graduate)  
**Day and Time:** Friday 13:00 – 13:50  
**Location/Meeting point:** Sports Hall Gallery (MHS)  
**Who is it for:** All year groups

A brand new club that welcomes both boys and girls. Learn the basics of being a cheerleader including stunting, jumps, pyramids, dance and tumbling. We will create a routine to perform by the end of the year and lots of fun games along the way.



## MHS and MMHI Activities

**Name of Activity:****Cookery**

Staff I/C:

SJB

Day and Time:

Friday 16:30

Location/Meeting point:

Food Technology Room (MMHI)

Who is it for?

All year groups

Come and learn some key cookery skills in these hands on, fun cookery sessions. Benefits to you: equips you with an important skill for life, develops confidence, organisation and team-work skills.

**Name of Activity:****Dance**

Teacher I/C:

BP

Day and Time:

Friday 16:00 – 17:00

Location/Meeting point:

Recital Hall (Music School, MHS)

Who is it for?

Removes (T&amp;L) though Fifth Form may opt in

Pupils will work as a team to create a competitive and well-constructed routine. In your squad, you will choose from a range of various styles and genres and will incorporate a specific dance style (i.e. hip-hop, jazz or lyrical) technical work (leaps, turns, kicks, splits, jumps) to best suit your music choice and squad dynamics. You will then put together your routine, practice it and ultimately perform it.

**Name of Activity:****English Society**

Staff I/C:

EK, JSLY

Day and Time:

Friday 13:00 – 13:45

Location/Meeting point:

Library (MHS)

Who is it for?

All year groups

English Society: We meet weekly in the Library to discuss a range of texts, writers and literary issues. Anyone with an interest in and passion for literature is very welcome. Tea, cake and sandwiches provided. Ad hoc attendance is also permitted.

**Name of Activity:****Enterprise Education Group**

Staff I/C:

JS, TTI

Day and Time:

Friday 16:00 – 17:00

Location/Meeting point:

Winterstoke Library (MHS)

Who is it for?

Removes (T&amp;L)

Enterprise Education uses practical projects to give you first-hand experience of running your own business. In the first term, you will learn about the principles of business and then apply them through an Apprentice-style challenge, culminating in a Christmas bazaar. In the Spring term, we'll involve you in the national competition "Tenner Challenge", sponsored by Young Enterprise, in which you have to see how much you can make in a month, from an initial investment of £10. In the summer term, you will be exposed to events management of a different kind, through your involvement in the organisation of stall for the Mount Mill Hill Summer Fair, raising as much money as possible for charity.



## MHS and MMHI Activities

**Name of Activity:** EPQ skills  
**Staff I/C:** REB  
**Day and Time:** Friday 13:00 – 13:45  
**Location/Meeting point:** H3 (MHS)  
**Who is it for?** Sixth Form

Weekly sessions on key skills for research projects. Compulsory for those doing an Extended Project Qualification but optional enrichment if you would like to improve your time management, research skills, critical thinking, referencing, reasoning, argument or analysis (and more!).

**Name of Activity:** History HAT Group  
**Staff I/C:** MD  
**Day and Time:** Friday 13:00 – 13:45  
**Location/Meeting point:** H1 (MHS)  
**Who is it for?** Sixth Form

This group is aimed at sixth formers who are considering studying History or related subjects at university. We spend time practising History Aptitude Tests and analysing unseen documents by way of preparation for the increasingly competitive entry to top university courses.

**Name of Activity:** Inter – House General Knowledge  
**Staff I/C:** ARH  
**Day and Time:** Friday 12:50 – 12:45  
**Location/Meeting point:** C3 Classics (MHS)  
**Who is it for?** Lower School

This tournament will run from November 2017 (after half-term). Teams of FOUR are organised on a House basis. Each round will have three contests (involving six Houses). Your Head of House will help in selecting a team...

**Name of Activity:** Life Sciences Research Projects  
**Staff I/C:** SB  
**Day and Time:** Friday 16:00 – 17:00  
**Location/Meeting point:** Bio 1 (MHS)  
**Who is it for?** Sixth Form

An opportunity for pupils to work in small groups to develop extended research projects of their own design. If projects involve animal behaviour, pupils may be required at other points during the week to care for their animals. The activity is particularly recommended to Sixth Form pupils considering applications for life science or psychology at university, but pupils from all years with an interest in Biology/Psychology are welcome.



## MHS and MMHI Activities

**Name of Activity:** **The Martlet Programme**  
**Staff I/C:** MJC, SW plus staff and Graduates  
**Day and Time:** Friday 16:00 – 17:30  
**Location/Meeting point:** The Quad (MHS)  
**Who is it for?** Fourth Form

The Fourth Form year group is divided into groups and each week pupils will participate different activities testing skills and initiative. Activities include Tae Kwon Do, drumming, orienteering, mountain biking plus learn about some of the School's key historical facts. Pupils will need PE kit for some sessions so please read the timetable carefully

**Name of Activity:** **Maths Challenge**  
**Staff I/C:** LRS  
**Day and Time:** Friday 13:10 – 13:55  
**Location/Meeting point:** M2 (MHS)  
**Who is it for?** Lower School

Students will have opportunities to apply and improve their Maths skills by solving challenging problems or puzzles and participating in Maths competitions.

**Name of Activity:** **Navy**  
**Staff I/C:** TBC  
**Day and Time:** Friday 16:00 – 17:30  
**Location/Meeting point:** The Quad (MHS)  
**Who is it for?** Removes (T&L) and above

The Navy activities include: drill, chart work, knot tying, command tasks, team-building exercises and much more. There will also be the opportunity to go sailing and powerboating and gain qualifications.

**Name of activity:** **Pilates**  
**Staff I/C:** Hannah Mattinson (Graduate)  
**Day and Time:** Tuesday's and Friday's 13:00 - 13:45  
**Location/Meeting point:** PE2 (MHS)  
**Who is it for:** All year groups

Miss Mattinson will teach a class consisting of various strengthening, stability and flexibility based exercises based upon the techniques of Joseph Pilates as well as her own knowledge of body conditioning and development from professional dance training

**Name of Activity:** **RAF**  
**Staff I/C:** AR  
**Day and Time:** Friday 16:00 – 17:30  
**Location/Meeting point:** The Quad (MHS)  
**Who is it for?** Removes (T&L) and above

A leadership activity the opportunity to fly in RAF aircraft, develop leadership skills with a variety of activities, shoot rifles, practice skills on a flight simulator, learn about first aid and develop many more valuable skills for life.



## MHS and MMHI Activities

**Name of Activity:** Royal Society of Chemistry Olympiad

Staff I/C: GNS  
Day and Time: Friday 13:00 – 13:45  
Location/Meeting point: Chemistry 5 (MHS)  
Who is it for? Sixth Form

This UK competition is an opportunity to stretch and challenge post-16 Chemistry students by testing their chemical knowledge. It is a challenging written test of chemical knowledge and application of knowledge in interesting scenarios.

**Name of Activity:** Sports Leaders

Staff I/C: DLT, JB, plus Graduates  
Day and Time: Friday 16:00 – 17:30  
Location/Meeting point: Sports Hall (MHS)  
Who is it for? Removes (T&L)

Sports leaders is an opportunity for remove pupils who have selected this activity to develop their leadership skills through the medium of sport. Pupils will have an opportunity to plan, lead and evaluate sports sessions amongst peers, work closely with Belmont and Grimsdell in organising their sports days and other sporting activities, plus pupils will have the opportunity to work with the Panathlon Challenge, a charity that provides swimming opportunities for disabled children.

**Name of Activity:** Topical Presentations/Current Affairs

Staff I/C: DTB  
Day and Time: Friday 16:00 – 17:00  
Location/Meeting point: E3 (MHS)  
Who is it for? Remove pupils (T&L)

Remove pupils have the opportunity to end the week by joining this relaxed group to pore over some of the biggest stories in the news. This might include anything from the US elections to reality TV, from mental health care to Twitter meltdowns. Pupils will be given the chance to choose their own topic to present to the rest of the group. Conversation is often animated and pupils will learn how to debate, persuade and engage with others.

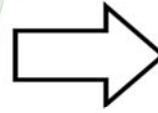
**Name of Activity:** Yoga Nidra

Staff I/C: SLP  
Day and Time: Friday 13:15  
Location/Meeting point: Gym (MMHI)  
Who is it for? All year groups

Yoga Nidra or Yogic sleep is the ultimate relaxation and is a fantastic way to release tension and stress. NB: Sportswear not required.



**Absorb**  
Knowledge



**Do**  
Practice



**Connect**  
to life and work