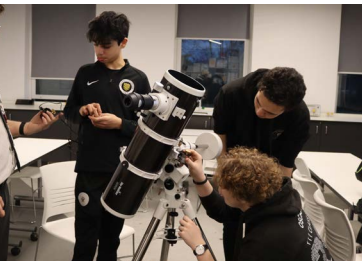




ALDENHAM
SCHOOL

Enrichment



Foreword

At Aldenham, we are proud to offer a diverse array of co-curricular opportunities, ranging from the Astronomy Club to Sailing, from Warhammer to Textiles, Golf to Debating, and from Modern Foreign Language (MFL) Club to Chess Club, and even Ancient Greek studies. These activities serve as more than just extracurricular pastimes; they are integral components of our educational framework designed to cultivate well-rounded individuals. Recent studies conducted by the Harvard Institute and the Outward-Bound organisation, have provided compelling evidence linking participation in co-curricular activities and academic achievement. These activities not only complement academic pursuits but also enhance cognitive abilities, critical thinking skills, and overall academic performance.

As parents, your support and encouragement of your child's involvement in co-curricular activities are paramount. By providing them with opportunities to explore their interests and passions, you empower them to unlock their full potential and excel academically.

With over 80 Enrichment options a week, it is important that you sit with your child and discuss the various enrichment options with them before making any decisions, reminding them they are committing to this activity for a term, (some sports may be half termly). Enrichment options are delivered as double sessions on a Tuesday and Thursday and single sessions on a Wednesday. In addition to the wide range of activities on offer, supervised prep is always available to every student. Some sport options will be run as additional training for those wanting to develop their skills in this area and therefore may be invite only to target individual needs and sports and other options will be open to all.

This brochure is designed to give you a flavour of what is on offer; this is not an exhaustive list and will vary depending on the term, the levels of interest and teacher availability.

Should you need to contact the Enrichment team, please email Enrichment@Aldenham.com.



Enrichment Descriptions

Ancient Greek

Engaging in Ancient Greek allows students to delve into the classical language and culture of ancient Greece. Students will develop critical thinking and analytical skills through the study of ancient texts, as well as improve their understanding of the roots of Western civilization. The course also enhances linguistic capabilities and offers a unique perspective on historical events and philosophies.

Art

In the Art club, students will explore various mediums such as painting, drawing, and sculpture. This creative environment fosters imagination and innovation, helping students develop fine motor skills, visual-spatial awareness, and an appreciation for aesthetics. Art also enhances problem-solving abilities and emotional expression.

Astronomy

Astronomy club provides an exciting opportunity to study the universe beyond our planet. Students will learn about celestial objects, space phenomena, and the principles of physics that govern the cosmos. This club promotes curiosity, analytical thinking, and a deeper understanding of scientific methods.

Badminton

Badminton is a fast-paced sport that improves hand-eye coordination, agility, and cardiovascular health. By participating, students will develop strategic thinking and teamwork skills, as well as enhance their physical fitness and reflexes.

Basketball

Basketball offers a dynamic environment where students can improve their physical fitness, teamwork, and strategic thinking. The sport helps develop coordination, endurance, and communication skills, fostering a spirit of collaboration and sportsmanship.



Enrichment Descriptions

Biology

Biology club delves into the wonders of living organisms and ecosystems. Students engage in hands-on experiments and field studies, enhancing their understanding of scientific principles, critical thinking, and problem-solving skills. This club nurtures a passion for the natural world and environmental stewardship.



Beginners Mandarin

Beginners Mandarin introduces students to the basics of the Chinese language and culture. Students will develop listening, speaking, reading, and writing skills in Mandarin, enhancing their cognitive abilities and cultural awareness. This club also opens doors to global opportunities.

Book Club

Book club offers a platform for students to share their love of reading and explore diverse genres and authors. Through discussions and analyses, students develop critical thinking, comprehension, and communication skills. This club also fosters empathy and a deeper appreciation for literature.

Boardgames

Boardgames club is a fun and interactive way to develop strategic thinking, problem-solving, and social skills. Students engage in various games that require planning, negotiation, and teamwork, promoting mental agility and cooperative play.

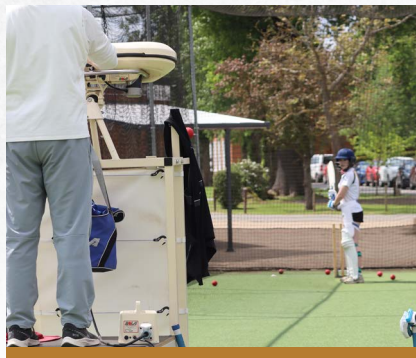
Boxercise

Boxercise combines elements of boxing with high-energy aerobic exercise. Students will improve their cardiovascular fitness, strength, and coordination while learning boxing techniques. This club also promotes discipline, stress relief, and overall physical health.

Enrichment Descriptions

Chinese GCSE

Chinese GCSE club prepares students for the General Certificate of Secondary Education (GCSE) in Chinese. Through comprehensive language instruction, students develop advanced proficiency in Mandarin, including speaking, listening, reading, and writing. This club enhances cultural understanding and academic achievement.



Charity Committee

The Charity Committee involves students in organizing and participating in charitable activities and events. Students develop leadership, organizational, and communication skills while fostering a sense of empathy, social responsibility, and community engagement.

Cricket

Cricket club provides an opportunity to learn and play the game of cricket. Students develop batting, bowling, and fielding skills, as well as strategic thinking and teamwork. This sport promotes physical fitness, coordination, and a spirit of fair play.



Chess

Chess club is a mental workout that enhances strategic thinking, problem-solving, and concentration. Students learn various tactics and strategies, improving their analytical skills and patience. This club also promotes healthy competition and cognitive development.

Enrichment Descriptions

Choir (boys, junior, chamber, all)

Choir offers a musical experience where students can develop their vocal skills and musicality. Students learn about harmony, rhythm, and performance, fostering teamwork and confidence. Choir also enhances memory, discipline, and an appreciation for music.

CCF

The Combined Cadet Force (CCF) provides military-themed training and activities, promoting discipline, leadership, and teamwork. Students participate in drills, outdoor expeditions, and community service, developing resilience, confidence, and a sense of duty.



Cross Country

Cross country club involves long-distance running, enhancing cardiovascular endurance, stamina, and mental toughness. Students develop goal-setting and perseverance, as well as an appreciation for outdoor exercise and healthy competition.



Coding

Coding club introduces students to the fundamentals of computer programming and software development. Students learn various coding languages and problem-solving techniques, enhancing their logical thinking, creativity, and technological literacy.

Enrichment Descriptions

Cookery

Cookery club teaches students the art of cooking and baking, from basic techniques to advanced recipes. Students develop practical skills, creativity, and an understanding of nutrition and food safety. This club also promotes teamwork and a love for culinary arts.

Circuit Training

Circuit training involves high-intensity workouts that combine strength training and cardiovascular exercises. Students improve their overall fitness, muscle endurance, and agility. This club promotes discipline, goal-setting, and a healthy lifestyle.

Debating

Debating club hones students' public speaking, critical thinking, and persuasive skills. Students engage in structured debates on various topics, learning to construct arguments, rebut opposing views, and communicate effectively. This club fosters confidence and intellectual growth.

Drama

Drama club offers students a chance to explore the world of theatre through acting, directing, and stage production. Students

develop creativity, confidence, and collaboration skills while honing their performance abilities. This club also enhances empathy and emotional expression.

Dance

Dance club provides an outlet for physical expression and creativity. Students learn various dance styles and techniques, improving their coordination, rhythm, and fitness. This club promotes discipline, confidence, and a love for the performing arts.



DT

Design and Technology (DT) club engages students in practical projects involving design, engineering, and craftsmanship. Students develop problem-solving, technical skills, and creativity, fostering innovation and a hands-on understanding of technology and materials.

Enrichment Descriptions

Duke of Edinburgh Award

The Duke of Edinburgh Award program challenges students through a combination of service, skills, physical recreation, and expeditions. Students develop resilience, leadership, and teamwork, as well as a sense of adventure and personal growth.

Excel Olympics

Excel Olympics challenges students to develop their proficiency in Microsoft Excel through various competitions and projects. Students enhance their data analysis, problem-solving, and technical skills, preparing them for academic and professional success.

EPQ

The Extended Project Qualification (EPQ) allows students to undertake an independent research project on a topic of their choice. Students develop research, critical thinking, and time management skills, culminating in a presentation and written report. This club fosters intellectual curiosity and academic rigor.

Film Club

Film club provides a platform for students to watch, analyze, and discuss films from various genres and cultures. Students develop critical

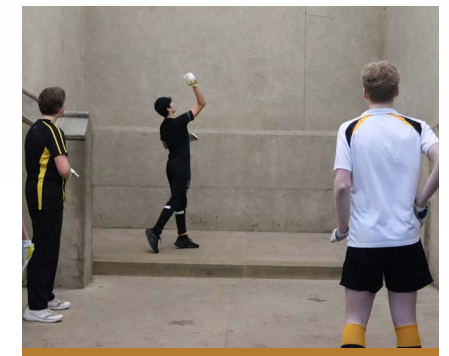
thinking, media literacy, and an appreciation for cinematic arts. This club also fosters creativity and cultural awareness.

Football

Football club offers students the chance to play and improve their skills in one of the world's most popular sports. Students develop physical fitness, teamwork, and strategic thinking. This sport promotes discipline, coordination, and a spirit of fair play.

Fives

Fives is a handball game played in an enclosed court, promoting agility, coordination, and reflexes. Students develop strategic thinking and physical fitness through fast-paced gameplay. This club fosters sportsmanship and quick decision-making.



Enrichment Descriptions

Gym

Gym club provides access to fitness equipment and training programs to improve strength, endurance, and overall health. Students develop personalized fitness routines, discipline, and a commitment to a healthy lifestyle. This club promotes physical and mental well-being.

Golf

Golf club offers students the chance to learn and play golf, enhancing their precision, patience, and concentration. Students develop strategic thinking and physical coordination, as well as an appreciation for the outdoors. This sport promotes sportsmanship and relaxation.



Hockey

Hockey club provides students with the opportunity to learn and play field hockey. Students develop physical fitness, teamwork, and strategic thinking, as well as coordination

and agility. This sport promotes discipline, sportsmanship, and a love for active play.

Jazz Band

Jazz band offers musically inclined students the chance to explore jazz music through performance and improvisation. Students develop instrumental skills, musical theory, and creativity, as well as teamwork and confidence. This club fosters a deep appreciation for jazz and musical collaboration.

Junior Production

Junior Production involves younger students in staging a theatrical performance, from acting to set design. Students develop creativity, confidence, and teamwork skills while honing their performance abilities. This club also enhances organizational skills and a love for theatre.

Maths

Maths club offers students the opportunity to explore advanced mathematical concepts and problem-solving techniques. Students engage in competitions and collaborative projects, enhancing their analytical skills and logical thinking. This club promotes a passion for mathematics and academic excellence.

Enrichment Descriptions

Media

Media club allows students to explore the world of journalism, film, and digital media. Students develop skills in writing, editing, and multimedia production, fostering creativity and communication. This club enhances media literacy and critical thinking.

MFL

Modern Foreign Languages (MFL) club encourages students to practice and improve their skills in various languages. Students engage in language games, cultural activities, and conversations, enhancing their linguistic abilities and cultural awareness. This club promotes global understanding and communication.

Mindfulness

Mindfulness club introduces students to practices that promote mental well-being, such as meditation and relaxation techniques. Students develop stress management, focus, and emotional regulation skills, fostering a sense of inner peace and resilience.

MUN (Model United Nations)

Model United Nations (MUN) simulates the workings of the United Nations, allowing students to debate global issues and represent

different countries. Students develop public speaking, research, and diplomacy skills, fostering a deeper understanding of international relations and global citizenship.

Partnerships

Partnerships club focuses on building connections with local organizations and communities through service projects and collaborative initiatives. Students develop leadership, communication, and organizational skills, promoting social responsibility and community engagement.

Netball

Netball club offers students the chance to learn and play this fast-paced team sport. Students develop physical fitness, coordination, and teamwork, as well as strategic thinking. This sport promotes discipline, sportsmanship, and a love for active play.

Photography

Photography club teaches students the art and technique of photography, from camera basics to advanced editing. Students develop creativity, visual storytelling, and technical skills, capturing and sharing their unique perspectives. This club fosters an appreciation for visual arts and self-expression.

Enrichment Descriptions

Outreach

Outreach club involves students in community service and social initiatives, promoting empathy, leadership, and civic responsibility. Students engage in various projects that benefit local communities, developing a sense of compassion and active citizenship.

Orchestra

Orchestra offers students the opportunity to perform classical and contemporary music in a large ensemble. Students develop instrumental skills, musical theory, and teamwork, as well as an appreciation for orchestral music. This club fosters discipline, confidence, and artistic collaboration.

Scholars (Music)

The Scholars (Music) program provides advanced musical training and opportunities for talented students. Students receive specialized instruction, perform in elite ensembles, and develop their musical abilities to a high standard. This program fosters excellence, discipline, and a deep appreciation for music.

Rock Band

Rock band club allows students to form bands and perform rock music. Students develop instrumental skills, stage presence, and teamwork, as well as creativity and musical expression. This club fosters confidence, collaboration, and a love for contemporary music.

Sailing

Sailing club teaches students the skills of sailing, from basic techniques to advanced maneuvers. Students develop physical fitness, coordination, and strategic thinking, as well as a sense of adventure and environmental awareness. This sport promotes teamwork, resilience, and a love for the water.



Enrichment Descriptions

School Council

School Council involves students in school governance, allowing them to represent their peers and contribute to decision-making processes. Students develop leadership, communication, and organizational skills, fostering a sense of responsibility and active citizenship.

Sixth Form Cookery

Sixth Form Cookery offers older students advanced culinary training, from gourmet recipes to complex techniques. Students develop practical skills, creativity, and an understanding of nutrition and food presentation. This club promotes teamwork and a passion for culinary arts.

Stage Crew

Stage Crew involves students in the technical aspects of theatre production, including set design, lighting, and sound. Students develop practical skills, problem-solving, and teamwork, contributing to successful performances. This club fosters a behind-the-scenes appreciation for the performing arts.

Senior Production

Senior Production allows older students to stage a major theatrical performance, from acting to directing. Students develop creativity, confidence, and collaboration skills while honing their performance abilities. This club also enhances organizational skills and a love for theatre.

Supervised Prep

Supervised Prep provides a structured environment for students to complete homework and study. Students develop time management, discipline, and academic skills, receiving guidance and support from teachers. This club promotes academic achievement and responsibility.

Squash

Squash club offers students the chance to learn and play this fast-paced racquet sport. Students develop physical fitness, coordination, and strategic thinking, as well as agility and reflexes. This sport promotes discipline, sportsmanship, and a love for active play.

Enrichment Descriptions

STEM

STEM club engages students in science, technology, engineering, and mathematics projects and competitions. Students develop critical thinking, problem-solving, and technical skills, fostering innovation and a passion for STEM fields. This club promotes academic excellence and curiosity.



Table Tennis

Table Tennis club provides students with the opportunity to learn and play this fast-paced game. Students develop hand-eye coordination, reflexes, and strategic thinking. This sport promotes physical fitness, concentration, and a love for active play.

Tennis

Tennis club provides students with the opportunity to learn and play tennis. Students develop physical

fitness, coordination, and strategic thinking, as well as agility and reflexes. This sport promotes discipline, sportsmanship, and a love for active play.

Textiles

Textiles club teaches students the art and technique of working with fabrics, from sewing to design. Students develop creativity, fine motor skills, and practical abilities, creating various textile projects. This club fosters a love for fashion and artistic expression.

Yoga

Yoga club introduces students to the practice of yoga, promoting physical fitness, flexibility, and mental well-being. Students develop relaxation, focus, and emotional regulation skills, fostering a sense of inner peace and resilience.

Warhammer

Warhammer club offers students the chance to engage in tabletop miniature wargaming, promoting strategic thinking, creativity, and social interaction. Students develop skills in model building and painting, as well as tactical gameplay. This club fosters a sense of community and imaginative play.