



King's High School



CO-CURRICULAR PROGRAMME

Aspire. Achieve. Enjoy.

Aims and Ethos

At King's High, the world beyond the classroom is at the heart of our educational vision. Alongside truly exceptional Sport, Music, Drama and Art, our co-curricular programme is remarkably rich and varied, tailored to offer the very best opportunities to each and every student.

With over 230 weekly activities, in addition to our acclaimed Friday Afternoon Activity Programme, there is a wealth of opportunity to discover gifts and talents, to develop interests and passions, and to promote health and wellbeing.

Our co-curriculum is carefully designed around core themes: global citizenship, creativity and self-expression, leadership and entrepreneurship, health and wellbeing, and vital character attributes including empathy, confidence, resilience and integrity.

At the centre of our co-curricular programme is the importance of community and our work to foster a strong sense of social responsibility. With an extensive network of partnerships locally, nationally and globally, we are passionate about nurturing the socially responsible, environmentally intelligent global citizens of the future.

Whilst we are very proud of key headline achievements such as winning a national award for Excellence and Innovation in the Performing Arts and being ranked 13th nationally for sport among girls' independent schools, the core focus on the programme is on breadth and depth of engagement. Sport, Music, Drama and Art are for everyone at King's High and so, too, are all the other activities, groups and societies.

We strongly encourage every student to embrace the programme and take up at least three co-curricular activities each week.



The programme for the Autumn Term 2023

We are proud to offer over 230 co-curricular activities for the Autumn Term and the following information outlines those that are available for your daughter. We have introduced a number of after school activities to enhance the provision and would urge you and your daughter to take these up.

We recommend that your daughter takes advantage of these enrichment opportunities. It is possible for her to book in for one each lunch time and again after school. There may be some activities which will be added in the first few weeks of term. This will be communicated with parents and students and a live version of the timetable is always available on SOCS (the School Calendar, Co-curricular and Sports communication system).





Sport

Sport is an integral part of the school day for many students at King's High and this extends to our extensive co-curricular offering. Every year there are in excess of 30 different sports that students are able to enjoy. Students are encouraged to explore a wide range of opportunities from traditional activities such as Netball and Hockey through to activities such as Clay Pigeon Shooting and Fencing. Pupils can compete in a wide range of sports and enjoy others at a more recreational level should they wish.

Competitive sport

Most of our co-curricular sports offer our pupils the opportunity to compete against other schools in local, regional and national competitions. There are regular weekday and Saturday fixtures in our major sports of Hockey, Netball, Cricket, Athletics and Tennis throughout the academic year. There are additional fixtures in Football, Rugby and Badminton. Pupils are encouraged to compete up to national level in the major sports of Swimming and Water Polo. Other opportunities are available to compete or gain grades in activities such as Ballet, Street Dance and Martial Arts.

Sport for Autumn 2023

**Badminton Academy and Club • Ballet •
Boxercise • Clay Pigeon Shooting • Climbing
Club • Contemporary Dance • Cross Country
• Equestrian Club • Fencing • Fitness Suite •
Football • Gymnastics • Hip Hop • Hockey •
Hockey Goalkeeper Training • Indoor Hockey
(invite only) • Martial Arts • Netball • Open Play
Hockey • Open Play Netball • Recreational
Badminton • Senior Squads Netball Night •
Skiing (invite only) • Swimming • TAP Junior
Hockey (invite only) • TAP Junior Netball (invite
only) • TAP Senior Hockey (invite only) • TAP
Senior Netball (invite only) • TAP Strength
& Conditioning (invite only) • Tennis Winter
Squads (invite only) • Water Polo**



Talent Pathways

The Sports Department runs a Talented Athlete Programme which recognises pupils who are excelling in their chosen sporting discipline, and provides them with support and guidance to follow their sporting ambitions. Pupils on the programme have access to daily wellbeing and load monitoring; strength and conditioning training; small group sport specific training; departmental mentors and opportunities to hear talks and lectures on topics such as sports psychology and nutrition.

Trips

The sports department runs regular tours and trips. These include junior sports tours in Hockey and Netball in Key Stage 3 to locations such as Jersey and Barcelona. There is a tour to South Africa planned for next year where students enjoy the experience of playing sport in another country as well as being exposed to a different culture. Other trips include visits to watch elite level sport.

Music

Choirs

Singing together starts right from the earliest years and there is a choir to suit everyone. There are two King's High chamber choirs: one for Years 7-9 and one for Year 10 and above. For advanced singers there is the chance to join the Foundation Chamber Choir in collaboration with the boys from Warwick School, which opens out the broader choral repertoire written for Soprano, Alto, Tenor and Bass.

Orchestras

The King's Sinfonia is a full orchestra for Years 7-11 and the more advanced orchestral players are encouraged to join the Foundation Symphony Orchestra in collaboration with Warwick School. This orchestra has recently performed at Birmingham's Symphony Hall on invitation from Music for Youth. There is also a Foundation Wind Orchestra that regularly wins awards.

Other ensembles

In addition to the large groups there are wind, brass, strings, rock and jazz groups. There is also the opportunity to play in smaller chamber music ensembles, including Baroque Cantata groups, wind and string quartets and piano duets. Pupils are encouraged to form their own groups, to write their own pieces and songs and are given the platform to perform.

Performance opportunities

During the school year there are many opportunities to perform for all ages.

There are three large-scale concerts each year held in the Warwick Hall. Solo instrumentalists can demonstrate their progress in our Musical Horizons series, whilst the finest performers may be offered the chance to perform a full solo recital for the public, either at St Mary's Church in Warwick or in our fabulous new Auditorium at school. We also host a Young Musician of the Year competition each February. Our Friday Live series has been a hugely popular opportunity to perform informally during lunchtimes.

In addition, there are Foundation Concerts featuring the Foundation Symphony, Wind Orchestras, Foundation Chamber Strings and Foundation Percussion Ensemble. Musicians also enjoy supporting the drama department in their excellent and varied musical theatre productions each year, bringing a multi-disciplinary approach to our musical creativity.

Musical highlights of the year always include The Landor Carol Service and the Service for the Commemoration of Benefactors where the school gives thanks for its wide and generous community. These events feature young and older musicians, often playing and supporting each other. Older musicians often perform in assemblies for the younger pupils, helping to foster the sense of continuous development and mutual inspiration and support.

Music for Autumn 2023

A-Strings • Aural Skills • Blue Lagoon Jazz Band • Brass Company with WS • Unity Brass • Foundation Chamber Strings • Clarinet Ensemble • Composition Club • Double Reed Ensemble • Flute Choirs • Foundation Chamber Choir (invite only) • Foundation Symphony Orchestra (invite only) • Foundation Wind Orchestra (invite only) • Jazz Lab with WS • Junior Chamber Choir (by audition) • Junior Choir • KHS Big Band – Jazz (invite only) • King's Sinfonia • Little Big Band with WS • Masterclass Series • Music Theory • Organ Clubs • Percussion Ensemble (invite only) • Foundation Percussion Ensemble • Recorder Ensemble • Saxophone Ensemble • Senior Chamber Choir (by audition) • Baroque Quadro • Madrigal Group • Songwriting Club • Music Technology Club • Senior & Junior Cantata • String Quartets • Piano Duet club

Masterclasses, talks and concert visits

The music department also offers extra educational experiences with performance classes, masterclasses, lectures and workshops led by the very best performers, teachers and composers, including in recent years: Steve Bell, Kate Romano, Darren Bloom and Lynn Arnold. Trips to see concerts and operas feature each year, including English National Opera (London) and City of Birmingham Symphony Orchestra.

Drama

We run Drama clubs at lunchtimes which all year groups can access. Clubs are open to all and are led by our Graduate in Residence, our talented Drama staff and the Student Drama Ambassadors. Students enjoy Drama games, activities and workshops as they hone performance skills and build towards smaller performance pieces. We also offer a bespoke club (A.C.T.) for students who are interested in working in design or stage management. There are also activities run jointly with Warwick School which are open to all including A.C.T on Friday lunchtime and the Bridge House Young Company.

Drama for Autumn 2023

- Drama Clinics
- “The Great Gatsby” Rehearsal – Senior Production (by audition)
- KS3 Drama Clubs
- KS3 Musical Theatre Club
- KS4 & KS5 Drama Club
- KS4 & KS5 Musical Theatre Club
- ACT Club
- KS4 Drama: Developing body and voice
- ISA Performance Troupe
- Writing for Theatre

Productions

Every year, the department offers students numerous opportunities to perform including producing three full scale productions staged in either the Bridge House Theatre or Warwick Hall. These are very popular, so casting is done by audition. There are opportunities for actors, crew, hair & makeup as well as leadership roles for older students in directing, choreography and stage management. Recent productions have included: Junior productions (Summer Term): Alice’s Adventures In Wonderland, Aladdin, Fantastic Mr Fox, Macbeth & Bugsy Malone. Middle-school productions (Spring Term – joint with Warwick School): Chaos, Mary Poppins, The Curse of Cranholme Abbey & Gargantua (entered into the National Theatre Connections Festival) Senior productions (Autumn Term – joint with Warwick School): Jesus Christ Superstar, Everyman, Little Shop of Horrors, A Midsummer’s Night Dream & Les Miserables. Our Year 7 Play in a Day and sixth Form directed plays are also highlights.

There are also opportunities to showcase performances to wider audiences with invited industry specialists. We run numerous theatre trips and visits and are incredibly fortunate to have The Bridge House Theatre on site offering a range of professional performances that are easily accessible to our students. In addition, we visit local theatres such as Warwick Arts Centre and the Royal Shakespeare Company, as well as venturing to London to view West End productions. Recent shows have included Machinal, Woman In Black, The Curious Incident of the Dog in the Nighttime, War Horse, The Mousetrap and The Tempest. We have also organised residential trips to London and New York where, as well as soaking up the culture of these vibrant cities, students participate in theatre workshops and see a variety of shows.



Masterclasses/series of talks

We are lucky to have a range of “friends” of the department including many alumnae who work within the performing arts industry who hold talks and workshops for our students. Not only does this develop students’ performance and technical skill set, but it widens their understanding of the industry. Past talks and workshops have been given by Gecko Theatre, Sir Michael Attenborough, Paapa Essiedu, John Caird, Patrick Robinson and alumnae including Sophie Turner, Nadia Parkes and Ronay Poole.

Art

Co-curricular Art continues to be extremely popular and successful across all age ranges. We offer, to name a few: Year 8 jewellery making, KS3 crafts club, Year 9 drop-in, KS3 Art club, GCSE support and extension (both at lunch and after school), Procreate club and Creative competition clubs for all years. A Level students have free access to the department and can work in the designated sixth form studio whenever they have study periods and after school. Art Ambassadors will deliver Art for Wellbeing with activities for younger students three days per week.

The Da Vinci Society, now in its third year, continues to go from strength to strength as the leaders of the society run weekly workshops, talks and discussions for all years. This year we have had a record number of leaders participate in the planning and delivery of the sessions, and the younger girls have thoroughly enjoyed attending the school's creative society and we are planning more for next year.

Every year, the department hosts a joint exhibition with Warwick Preparatory School. This year was such a wonderful event whereby we collaborated with Warwickshire Open Studios for the second year running. This resulted in a wonderful Friday evening and busy Saturday morning, where the general public and girls with their families, enjoyed the artwork on show – a true celebration of the academic year.

Masterclasses/series of talks

This year, the department welcomed JP Gregory, Head of Exterior Design at Lotus Tech who gave an empowering talk on the car industry. JP talked to a full room of students, varying in age from Year 7 through to Upper Sixth who were keen to know more about this male dominated world. The insight provided regarding the timeline of events concerning car design was fascinating and illustrated the enormous range of roles and jobs involved in order for the final car design to be taken to fabrication. Dr Mike Barwell provided a series of Art History lectures to girls of all ages encouraging mnemonics to be used within their learning in order to aid memory. This was fascinating and illustrated how Dr Barwell personally remembers dates, artists, movements and titles. KS4 and KS5 students learnt how they could also put this into practice regarding revision techniques. Inspire Art was launched 3 years ago and in this time, we have welcomed an incredibly diverse and inspiring range of speakers such as; Philip Mould OBE, Barbara Walker MBE, Mark Adlington, Minty Sainsbury, Rebecca louse-Law, Branding Design, Graphic Design, Angela Gordon-Webb to name a few. We are also lucky to welcome back old girls to the department who have shared their university experiences with current students. Such talks are incredibly powerful and uplifting; Libby Feller talking on Foundation Art & Design at Loughborough and Amber Parr discussing her first year at Cambridge reading Architecture.



Art Visits & Trips

Year 8 visited Birmingham Botanical Gardens in October to support the Cultural Pattern project. The girls drew from nature and created wonderful hand-made sketchbooks of their findings.

Year 10 visited the Ashmolean Museum in the summer term whereby the students drew from life; looking at the sculptures and figurative exhibits to support their Figure project and others studies the objects and still life paintings.

Year 11 will visit The National Gallery and The National Portrait Gallery in September in order to add further contextual research to their GCSE projects.

Again, more is planned for next year as part of the new culture programme.



Wellbeing

Our co-curricular programme nurtures the personal growth and development of our students by building confidence and developing key skills and attributes. Research has linked participation in co-curricular activities to wellbeing, offering opportunities for interpersonal connection. In addition to the plethora of activities which contribute to wellbeing, we have:

- Art for Wellbeing clubs
- Beekeeping
- Book clubs
- Christian Forum with Warwick School
- Daily Down Time clubs – students can drop in whenever they are free
- Gardening
- Happy Hens!
- Knit and natter
- Quiet contemplation

Many more will be developed by Sixth Formers over the term so encourage your daughter to get involved!

Volunteering

Students are encouraged to take an active role in various community-based initiatives. King's High pupils work with the 'Kissing it Better' charity, which works to make a difference to those in care or in hospital. They visit Warwick Hospital and entertain patients before sharing conversations and memories. For one of our Friday afternoon activities King's and Warwick School students take a First Aid course, and study a further course, aimed at developing caring skills and empathy. We have a special relationship with our neighbours at Park View Nursing Home, Warwick and students enjoy visiting, to entertain and play games with the residents. In addition, we work in charity shops and local schools. This year we have particularly enjoyed our time working with Evergreen Special School.

During the pandemic we continued our links. Even though we were unable to visit our elderly friends, we maintained links via Zoom and produced quizzes, artwork and cards to send good wishes. Caty Oates, Project Director for Kissing it Better, described King's as 'a rapid response organisation', ready to react quickly to any requests to support the elderly in care homes or patients in Warwick Hospital and the Rehabilitation Hospital. We are extending this involvement to students in Key Stage 3 with a KiB club in which we will produce crafts and resources to be given to those in hospital and in nursing care.

Do encourage your daughters to get involved in the offering.

What to do now

The SOCS online sign up will open on Wednesday 6 September at 7pm

- 1.** Once you have agreed the activities of interest, please log in to the SOCS website to register. Your login to SOCS is via the Parent portal.
- 2.** To find the activities you would like to enrol your daughter in, please select 'activities' from the menu. You will only be shown the activities which apply to your daughter's year group.
- 3.** Some activities may be 'invitation only'. If your daughter is interested in these, she may need to audition or she will be given information on how she might apply in September. Some activities are very popular and become 'full' very quickly. If your daughter is disappointed at not securing a place on one of these clubs, please register in the 'waiting list' section for the club or email Mrs Gray s.gray@kingshighwarwick.co.uk who is our Co-curricular Administrator, who will let you know when a place becomes available. In the meantime, another club should be selected.
- 4.** Most activities are provided by King's staff – some which are provided by external coaches or teachers will incur a charge. These are highlighted in yellow on the programme and the cost is detailed in SOCS. These are charged in arrears on your daughter's next bill. Mrs Harris, our Head of Learning Support, will talk to individuals in September about 'Boost' sessions which run in lunch time.





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