EXTRA-CURRICULAR ACTIVITIES
Extra-Curricular Activities
2018 - 2019

The benefits of a broad and balanced education are immeasurable, and at Mayfield we place great emphasis on the range of opportunities available to girls outside the classroom to encourage personal growth and development and help them develop a strong sense of self-awareness and self-knowledge. To this end, Mayfield offers a wide range of sports, clubs, activities, music, drama, educational visits, lectures and expeditions that feed body, mind and soul, and we encourage girls to try new activities as well as develop and consolidate existing interests.

This booklet provides an overview of the extra-curricular activities on offer in 2018-19. The clubs and activities are listed alphabetically within the following categories:

- Chaplaincy
- Culture & Politics
- Duke of Edinburgh’s Award Scheme
- Performing Arts – Dance, Drama, Music
- Sport & Fitness
- STEAM – Science, Technology, Engineering, Art and Maths

For activities that incur a cost (indicated by an asterisk * in the booklet) permission will be sought from parents for this to be billed to their School account. The SOCS parent login allows parents to see the activities their daughter has signed up for.

SIGNING UP
At the back of the booklet is a sheet comprising two forms. Form 1 should be completed as a joint venture between parents and girls before school starts, highlighting which activities are of interest. If there is a charge for any of the activities selected, parents can sign to give their consent for their daughter to do them and for the charge to be put on their daughter’s account. Form 2 should be completed by the girls at School once they have seen the schedule for the term, confirmed their choices at the Activities Fair and discussed them with their form tutor. By also listing Study sessions and music practice sessions, Form 2 will make signing up for the activities on SOCS swifter and easier.

The Activities Fair on the afternoon of the first day of term provides an opportunity for girls to meet the staff running the activities and to find out more. With help from their tutor - and, for boarders, Housemistresses - girls then enrol online for their chosen activities using SOCS. Girls are strongly encouraged to sign up for a range of activities and are also required to use SOCS to sign up for Study and music practice sessions.

COMMITMENT
Commitment is an important part of our extra-curricular programme. Once girls have signed up to an activity they are expected to attend for a full term. Where an activity incurs a cost, a full term’s notice must be given if a girl is planning to give it up. In the Autumn Term, when girls might be trying out a new activity, this notice period may be reduced to half a term, except where the activity is run by an outside coach.
ACTIONS NOT WORDS GROUPS
YEARS 7-11
New for 2018, this activity is for girls who would like to be more involved in opportunities for service. Each week girls will meet for training, personal development and preparation for projects within School and in the local community, such as foodbank collections, visiting the elderly, CAFOD campaigns, environmental projects and fundraising. There are separate Lower School and Middle School groups and girls will work towards running one project once every half term. Please note this group is not suitable for Duke of Edinburgh’s volunteering as the volunteering aspect is not weekly.

CHAPS
YEARS 12-13
CHAPS is Mayfield’s Chaplaincy team, a group of Sixth Form girls of all Christian denominations who meet weekly. Each girl takes part in some form of voluntary service within the Chaplaincy, such as readers, altar servers, sacristans and charity fundraisers, and CHAPS take on leadership of prayers in the Boarding Houses and on Days of Recollection. Meetings include games, prayer, sharing, and leadership training sessions. An enrolment mass will take place on Cornelia Day, Friday 12th October 2018, where the Chaplaincy team will be presented with their CHAPS badge and hoodie.

CONFIRMATION*
YEARS 9-13
Our confirmation programme, led by the Chaplain and members of the RS Department, is for girls in Year 9 and above who wish to become full members of the Catholic Church. It is open to all boarders, and any day girls who live in the Dioceses of Arundel and Brighton or Southwark, subject to permission being granted from their own parish priest. The year begins by focusing on deepening each girl’s prayer life and relationship with God before moving into a period of Catechesis (formation in the faith). Confirmation will take place in Mayfield Chapel on 16th June 2019.
Cost: Books £20, Weekend Retreat £120

CORNELIA CLUB
YEARS 7-8
Run by Sixth Formers for Lower School girls. With hot chocolate, music and lots of chat, Cornelia Club is a great way to spend lunch time, meeting people and making friends while doing some relaxing arts and crafts.

LECTIO DIVINA
YEARS 9-13
Our Lectio Divina groups are for girls of all Christian denominations or those with an interest in learning more about the Bible. Led by the Mayfield CHAPS team we spend time reading and reflecting on a bible passage followed by a time of sharing and intercessory prayer. It is a great opportunity for those who want to deepen their faith and belong to a supportive group.

ROSARY GROUP
YEARS 7-13
The Rosary is a very popular devotion in the Catholic Church, with many people praying it daily and it often being prayed in a group. Using rosary beads, the girls are supported and guided as we reflect on the mysteries of Christ’s life and teaching. Every week the group will meet in Chapel and pray the full Rosary. You don’t need to know what to do, or to have a set of rosary beads.
BBC SCHOOL REPORT
YEARS 7-13
New for 2018. BBC School Report is a UK-wide journalism project for pupils aged 11 to 18. Pupils create the news and upload it to the school website which the BBC links to its interactive map, making their news accessible to a worldwide BBC audience. Pupils train as school reporters, learning how to identify a newsworthy story, gather information and write news items, exploring topical issues like fake news in the process. Their work is then showcased across BBC programmes in the UK on News Day in March 2019. It is also a great opportunity to raise awareness of current affairs and to discuss and debate issues in the news. This activity is particularly recommended for academic scholars.

BOOKWORMS CLUB
YEARS 7-8
Meet, read, discuss. Discover new authors and re-encounter old favourites in this book club for Lower School girls.

CARNEGIE BOOK GROUP
YEARS 9-11
Middle School pupils read from the Southern Schools Book Award Association annual list of best teenage fiction and vote for the prize-winner. This includes a trip to the final of the competition in January where they may meet the winning author. From January onwards, pupils read from the Carnegie Teenage Fiction list, shadowing the decisions of the judges until the final in June.
CREATIVE WRITING
YEAR 7-8
Working from a variety of stimuli, girls work on creative writing exercises within a small group, sharing good practice and learning how to craft their writing.

LIBRARIANS
YEARS 7-13
Girls in Years 7 and 8 can help in the Lower School Library and anyone from Years 9 to 13 is welcome to help in the Main School Library, keeping the Library in order by organising the book stock and ensuring that all Library users can find what they are looking for. Girls are encouraged to help promote activities in the Library by producing posters and taking part in competitions and events. Librarians receive a badge and house points are awarded in the summer term to those girls who have helped throughout the School year. Anyone wishing to take part needs to be willing to work as part of a team and to give up one lunchtime activity session each week. There are also occasional team meetings, which all Librarians are encouraged to attend.

MYTHS AND LEGENDS CLUB *
YEARS 7-10
Immerse yourself in the fascinating world of myths and legends. You will be looking at the stories from various cultures and creating art and craft projects, drama and storytelling all based on the monsters, gods and heroes of the Ancient World. This will be not only Greek and Roman myths, but also stories from Japan, Mexico, Australia, China and Britain. Come along and learn about how myths have influenced cultures throughout history.
Cost: £5.00 per term for craft materials

OXBRIDGE BOOK GROUP
YEAR 10-13
Designed for pupils interested in reading English Literature at Oxford, Cambridge or other highly-regarded universities. This group reads one book every month from the English literary canon and attends weekly seminar-style discussions. Excursions to the theatre or to attend lectures will take place throughout the year.
Cost: £45-£60 per year to purchase copies of books being read.

DEBATING AND DISCUSSION

COMPETITIVE PUBLIC SPEAKING
YEARS 10-11
Being able to make your case articulately and powerfully is a very useful skill, not only to support learning at School, but for later life also. In this activity girls learn to speak confidently and effectively in public. By preparing for external public speaking competitions, girls learn how to prepare and deliver speeches, but also how to enquire, respond and to react thoughtfully to others.

DEBATING SOCIETY
YEARS 12-13
The Sixth Form Debating Society meets every week and provides an opportunity for girls to hone their debating skills in a formal but fun environment. Each week four pupils have an opportunity to debate a different motion and one pupil takes on the role of chairing the debate. These roles change each week. The remainder of the group are expected to ask challenging questions and make their own contributions to the debate.

GEOGRAPHY DISCUSSION GROUP
YEARS 12-13
An opportunity for Sixth Form students to read and deliberate on topics beyond the examination specification, discussing contemporary examples of how humans interact with their environment in a variety of contexts. Geography is becoming an increasingly complex subject with even stronger links to Politics, Economics and Science and this discussion group will enable pupils to make inter-disciplinary links with their other subjects. Open to anyone studying post-16 Geography, it is of particular relevance to those considering studying Geography at university.

MODEL UNITED NATIONS
YEARS 9-13
New for 2018. In Model United Nations (MUN) participants assume the role of national ambassadors to debate and seek solutions to global issues by role-playing meetings like the Security Council and General Assembly. Pupils research, debate and try to solve some of the world’s most pressing problems. It is a fun way of gaining a better understanding of international
affairs and global politics. Furthermore, it helps girls to develop and demonstrate key skills like public speaking, teamwork and negotiation. Pupils may often find themselves having to argue from an unfamiliar perspective, developing knowledge, understanding, empathy and other key life skills. This activity is highly recommended for academic scholars.

LANGUAGES & INTERNATIONAL CULTURE

ANCIENT GREEK CLUB
YEARS 7-10
Learning Greek opens the door to the breath-taking culture of the Ancient Greeks, inventors of just about everything from Drama to Maths and Biology to Logic. As well as studying the Greek alphabet and the basics of the language you will also learn about the Trojan War and the mythology of the Greeks and their neighbours, including the Minoans, the Mycenaeans, the Egyptians, and the Persians.

CHESS CLUB
YEARS 7-13
The ultimate game of strategy that transcends language and national boundaries. Mayfield Chess Club welcomes total beginners as well as chess ‘masters’.

CHINESE MANDARIN *
YEARS 7-13
Chinese Mandarin is for anyone wanting to learn more about China, its language and culture. Girls will learn some spoken and written language, explore China’s traditional culture, find out about Chinese life, celebrate its festivals, look at the arts in the form of calligraphy, and of course try some Chinese food. Individual or group lessons can be arranged for either native or non-native speakers. Tuition is available for all abilities ranging from beginners to those wanting to prepare for GCSE or A level examinations.
Cost: Dependent on lesson type

ENGLISH CULTURE CLUB (ESOL)
YEARS 7-13
A sociable club for girls with English as a second language who want to improve their knowledge of English language and culture by playing a variety of board and other games in English with friends.

FRIDAY NIGHT FILM CLUB
YEARS 7-13
Cosy down in the Hub and start your weekend with a movie. We bring the film - you bring the popcorn! There are two screenings. The first film finishes before supper and is suitable for all. Recent films include Murder on the Orient Express, Zootropolis, The Curse of the Were-Rabbit, and Star Wars. The second screening is suitable for girls in Year 10 upwards and focuses on must-see classics or Oscar and BAFTA winners that the girls may not have encountered, such as Schindler’s List, Metropolis, Robin Hood Prince of Thieves, The Killing Fields, The Italian Job and The Stepford Wives. The session ends with a short discussion about the film.

HISTORY CLUB
YEARS 7-8
Lower School History Club brings the past to life. Enjoy a range of activities, including craft and model making, video projects, role plays and more. If you like History, you’ll love this!

RUSSIAN *
YEARS 7-13
Individual or group lessons can be arranged for either native or non-native speakers. Tuition is available for all abilities ranging from beginners to those wanting to prepare for GCSE or A level examinations.
Cost: Dependent on lesson type
Duke of Edinburgh’s Award Scheme (DofE)

Available at Bronze, Silver and Gold levels, the Duke of Edinburgh’s Award Scheme is the ultimate personal development programme, combining as it does individual effort and achievement in the Physical and Skills sections with public service in the Volunteering section, and teamwork, problem-solving, independent thinking, communication and resilience in the Expedition - and for Gold the Residential - section. The Award is about starting, developing, and finishing - seeing things through to the end.

There is a separate DofE leaflet giving information about the three levels – Bronze, Silver and Gold – and explaining the commitment and time requirements of each, the activities that can be done for each section, the expedition dates, and details of how to get involved with DofE at Mayfield. This will be sent automatically to parents of girls in Years 9, 10 and 12 over the summer holidays and on request to parents of girls in other year groups.

For 2018/19, the Bronze Award will be run and delivered in-house by our experienced and qualified DofE team with weekly training sessions. Girls doing the Silver and Gold Awards will be assigned a DofE mentor to support and guide them through their Volunteering, Physical and Skills sections and their eDofE recording, but all the expedition training, practice and qualifying expeditions will be delivered externally through DofE Approved Activity Provider (AAP), Sam Sykes Ltd. There will be an information evening with Sam Sykes at Mayfield later in the year for girls undertaking Silver and Gold and their parents to talk about the expedition element of their Awards. Details of this information evening will be sent out closer to the event.

For more information about DofE at Mayfield, please contact the Director of Co-Curricular Activities, Mrs Amanda Glubb on aglubb@mayfieldgirls.org

BRONZE DUKE OF EDINBURGH’S AWARD *
YEAR 9
Cost: £150 (covers DofE enrolment, training and expedition fees)

SILVER DUKE OF EDINBURGH’S AWARD *
YEAR 10
Year 11s may also enrol for the Silver Award but need to be aware that the practice expedition is in early May and the assessed expedition runs in early July.
Cost: £330 (covers DofE enrolment, training and expedition fees)

GOLD DUKE OF EDINBURGH’S AWARD *
YEAR 12
Cost: £600 (covers DofE enrolment, training and expedition fees; payment can be made in two instalments of £300)
Performing Arts – Dance, Drama, Music

Performance activities lie at the heart of Mayfield School with many students involved in extra-curricular music, LAMDA and dance lessons, and many more taking part in regular music concerts, school drama productions, the annual Dance Show and our inter-house Music, Drama and House Song competitions. All pupils are encouraged to participate and perform, whatever their level of experience or expertise, and everyone who sings or learns an instrument is expected to join a group, ensemble or choir. A busy calendar of theatre trips, concerts, performances at venues such as Westminster Abbey and cathedrals across London and Sussex are also offered to broaden girls’ horizons.
DANCE

BALLET *
YEARS 7-13
Encouraging the development of poise, balance, strength, agility, placement, rhythm and musicality, ballet classes at Mayfield use the Imperial Society of Dance - Cecchetti. The Cecchetti method offers a complete and well-structured system of training that caters for the small child through to the professional dancer and the future teacher, covering classical ballet, character dance and free movement. All grades and abilities are catered for and girls have the opportunity to take Cecchetti exams during the year as well as enjoying the experience of dancing and performing at dance competitions and the annual Mayfield Dance Show.
Cost: £60

DANCE CLUB
YEARS 7-9 AND 10-13
Open to all girls who wish to have fun and enjoy dance, and with clubs available for each year group, girls study and develop strong technical skills and, through exploration of movement, produce their own choreographed pieces to perform at the annual Dance Show. Scholars and G&T dancers are expected to attend invitational dance, where professional choreographers and pieces are studied.

MAYFIELD SPARK WITH CATHERINE BELLINGER SCHOOL OF DANCE *
YEARS 7-13
The classes develop technique, confidence and style when performing, ready for the annual Dance Show. Any Mayfield pupil may attend the appropriate classes but registration differs for boarders and day girls. Boarders in Years 7 to 13 can attend Senior Ballet and/or Contemporary Jazz free of charge. They need to notify hmiller@mayfieldgirls.org before the first Saturday of each term to confirm their attendance. Day Girls should register with catherinbellingerschool@gmail.com as soon as possible to secure their place. Bookings are made one term in advance and require one term’s notice to withdraw. The cost is provided on application. Please note that these classes are also open to the general public.

DRAMA

ACTING WORKSHOP
YEARS 8 & 9, BY AUDITION
The club involves weekly acting workshop sessions over three terms, leading to a school production running over two evenings in June. Audition required.

DRAMA CLUB
YEAR 7
Organised and facilitated by A Level Drama and Theatre pupils, this is a fun, practical introduction to drama aimed at improving communication skills, working together, developing confidence and making new friends. In the weekly lunchtime session over the autumn and spring terms, pupils take part in drama exercises and improvisations leading to a short performance piece. No audition is required.

LAMDA *
YEARS 7-13
Pupils who take Speech and Drama lessons gain the ability to communicate effectively and clearly and to develop their confidence. Pupils work towards LAMDA (London Academy of Music and Dramatic Art) Communication and Performance qualifications in one or more of the following areas, depending on the skills they wish to develop:
• Acting - examinations are designed to develop the skills required to communicate dramatic text to an audience.
• Speaking in Public - examinations enable pupils to develop the skills necessary for effective oral communication and public presentation.
• Speaking of Verse and Prose - examinations encourage pupils to explore literature in an engaging and practical way and to develop their communication skills.
• Reading for Performance - examinations are designed to develop the skills necessary for reading aloud to an audience and devising a recital for performance.

All LAMDA lessons are charged in advance per term, based on thirty weekly half-hour lessons over the year. LAMDA exams are taken once or twice each year and carry UCAS points. Please
note that we charge for 10 lessons per term but this does not necessarily mean that the pupil will have 10 lessons per term as terms vary in length. Occasionally, a pupil may need more than thirty lessons in a year. At the end of the year we reconcile the number of lessons and a credit or charge is applied as required. For more information, or to inform us that you do not wish to pay for more than 30 lessons, please contact the Arts Administrator, Jessica Ainsworth (jainsworth@mayfieldgirls.org)

Cost: £224 per term for monologue lessons (solo); £148 per term for duologue lessons (with partner).

UPPER SCHOOL PLAY
YEARS 10-12
Preparing for the Upper School production requires committed attendance during the autumn term. Rehearsals take place in the Concert Hall, Monday to Thursday during A2. The number of rehearsals required depends on the individual’s role within the play.

MUSIC

Examination Support
MUSIC AURAL (GRADES 1-8)
YEARS 7-13
These classes, which focus on improving specific skills and give practice of the aural tests, are essential for girls who are preparing to take instrumental or vocal exams with ABRSM and Trinity.

MUSIC THEORY
YEARS 7-13
Any girl wishing to take ABRSM Grade 6 or above needs to pass Grade 5 theory. This class guides pupils through the material for the exam, but is also useful for any girl who wishes to improve their general music theory knowledge. One hour of additional study per week is recommended.

Individual Music Tuition *
YEARS 7-13
Individual instrumental lessons are available from beginner to Diploma level. Tuition is currently offered for the following instruments, but provision can be made for any instrument not listed: bassoon, cello, clarinet, double bass, drum kit, flute, guitar, harp, oboe, organ, percussion, pianoforte, recorder, saxophone, trumpet, viola, violin and voice.

EXAMS: Associated Board, Trinity, and London College of Music examinations are available at the end of each term and musicians are encouraged to participate in School concerts throughout the year as well as the Inter-House Music Competition. Music examinations at higher grades attract UCAS points for university entrance.

PRACTICE: Pupils in Years 7-9 will be expected to sign up to regular practice slots at the beginning of each term in order to be able to make progress on their instruments.

INSTRUMENT HIRE: Instruments may be hired from the School, subject to availability, with costs varying according to the instrument.

TIMETABLE & CHARGING: The School undertakes to provide 30 half-hour lessons per year. Years 7 to 10 rotate out of academic lessons while girls in Years 11 to 13 have a fixed time in study periods, lunchtime or after school. All extra-curricular music lessons are charged in advance per term, per instrument. The price is based on the pupil having 30 half-hour lessons over the academic year; we charge for 10 lessons per term but this does not necessarily mean that a pupil will have 10 lessons every term, as each term varies in length. Occasionally, a pupil may require more than 30 lessons in a year to prepare them effectively for grade exams. At the end of each term the number of lessons is reconciled and a credit or an additional charge made as required. For enquiries or more information, please contact the Arts Administrator, Jessica Ainsworth (jainsworth@mayfieldgirls.org).

SCHOLARSHIPS: Pupils in possession of Music or Choral Scholarships are entitled to free lessons on one or two instruments, depending on the scholarship. For more details on Scholarships, please contact the School Registrar, Shirley Coppard (scoppard@mayfieldgirls.org) or the Director of Music, Dr Matthew Ward (mward@mayfieldgirls.org).

Instrumental Groups
FLUTE GROUPS
YEARS 7-13, BY AUDITION
This is an opportunity for flute players to play in a small ensemble and prepare music for concert performances. Two groups are available, one for lower grades and one for more advanced students.

ORCHESTRA
YEARS 7-13
The orchestra performs in the main School concerts throughout the year and is open to girls playing an instrument at Grade 3 standard or above. The repertoire is wide, spanning from classical to film music, both in original scoring and arrangements allowing all to participate at their own level. Girls having individual music tuition at the appropriate grade are strongly encouraged to join orchestra to develop their skills and enjoy the camaraderie of playing and performing music as a group.
SAMBA GROUP
YEARS 7-13
New for 2018, this is an opportunity to learn to perform one of the most exciting musical styles in the world. As well as learning to play samba, both standing and marching, girls will get the opportunity to contribute to the composing and leadership of performances. Please contact the Director of Music, Dr Matthew Ward (mward@mayfieldgirls.org) if you would like to participate.

STRINGS GROUP
YEARS 7-13
This small ensemble of mixed strings plays a broad repertoire to suit the combination of instruments and levels of abilities of its members, and performs regularly at the School’s orchestral concerts and other events. It is strongly recommended that girls taking individual strings lessons join Strings Group to develop their playing and performance skills.

Voice
CHAPEL CHOIR
YEARS 7-13, BY AUDITION
The Chapel Choir provides music at all School liturgies, including Sunday mass, weddings, confirmations and carol services, as well as taking part in occasional performances at venues including Arundel Cathedral and the Oxford Oratory. Any boarding girl is welcome to join Chapel Choir, but boarders who have singing tuition are required to sing in this choir when in School over the weekend; day girls are very welcome to join but need to be aware there is a significant weekend commitment, including a regular Sunday commitment between 10:30-12:30.

LOWER SCHOOL CHOIR
YEARS 7-8
This choir involves all girls in Years 7 and 8, introducing them to choral technique and repertoire covering traditional, classical and popular music, and then performing at School concerts and prize-giving. Choir practice takes place weekly during Lower School tutor time.

SCHOLA CANTORUM CHOIR
YEARS 7-13, BY AUDITION
Mayfield’s flagship choir, Schola combines the voices of our most able and enthusiastic singers and performs at high-profile events within School and at prestigious venues such as Westminster Cathedral and Westminster Abbey, as well as undertaking tours overseas and at home. Schola also perform with the Mayfield Festival Choir in large-scale orchestral performances during the Mayfield Festival. A highlight of the 2018-19 academic year will be the Schola tour to Rome in April which will include singing in St Peter’s Basilica. For further information about Schola, please contact the Director of Music, Dr Matthew Ward (mward@mayfieldgirls.org).
All girls participate in Physical Education throughout their time at Mayfield and all are able to trial for a place in sports squads. Currently, we offer squads in athletics, cricket, cross-country, hockey, netball, swimming and tennis but are keen for every girl to take part in at least one extra-curricular physical activity per term, whatever their level and interest.

**ATHLETICS**
**YEARS 7-13**
Athletics clubs run during the summer term and involve both general athletics practice for all squad athletes and individual event-specific coaching and training sessions for track, jumps and throwing events. There are additional track fitness training sessions for girls wanting to work on their running technique, general fitness, speed and stamina. Students compete in a range of fixtures against local, regional and national competitions.

**BADMINTON**
**YEARS 8-13**
An outstanding opportunity to train with Olympian, Heather Olver (Rio 2016). Experienced players in Years 9 to 13 can trial to attend the Badminton Development Academy on a Friday evening with Heather. A free beginners’ Badminton session is also available for pupils in Years 8 to 10.
Cost: for Academy only. For details contact hmiller@mayfieldgirls.org

**CRICKET**
**YEARS 7-13**
Building on fitness, skills, tactics and game-play covered in curriculum cricket lessons, extra-curricular cricket offers additional training for girls wanting to play competitively in the School cricket teams or who just want to gain further experience in the sport. During the winter an indoor session is offered.

**FENCING**
**YEARS 7-13**
A summer Olympic sport, fencing is also one of the five Modern Pentathlon disciplines. Girls learning épée fencing will develop speed, improved reaction times, body awareness and co-ordination, balance, and concentration, so benefiting from both physical and mental training. Run by a professional fencing coach, classes comprise warm up, stretches, reaction games, foot movements, technique and bouting.
Cost: £130 per term plus £35 one-off kit cost, plus additional charge for any Awards taken.
FITNESS ROOM
YEARS 8-13
A variety of lunchtime and after-School sessions are provided, aimed at building up base fitness or maintaining a healthy lifestyle, as well as sessions for girls who are required to maintain a good standard of fitness. Girls are given a personal exercise program, reviewed on a termly basis, according to their level of fitness, sport and experience of using the Fitness Room.

HOCKEY
YEARS 7-13
Building on fitness, skills and match play covered in curriculum hockey lessons, extra-curricular hockey offers additional training both for girls wanting to play competitively in the School hockey teams and those who just want to gain further experience in the sport. Girls have the opportunity to compete in fixtures locally, regionally and nationally.

KICK BOXING *
YEARS 12-13
Taught by a qualified instructor, the emphasis is on technique, enjoyment and fitness, although girls can do their gradings if interested.
Cost: Tuition £70 per term plus one-off charge of £5 for hand wraps and £30 annual payment for insurance. Gradings extra.

NETBALL
YEARS 7-13
An opportunity for girls of all abilities and experience to improve their skills, game play and specific fitness. There are open netball clubs for different age groups with elite training sessions for selected girls. Each squad trains twice a week from September to March.

PERSONAL TRAINING *
YEARS 7-13
The focus of the personal training sessions is strength and conditioning targeted LTAD (Long Term Athletic Development). The sessions focus on each girl’s individual requirements as well as guiding them through injury prevention and nutritional advice for training and competitions. This is important for the physical well-being of any pupil, not just high-performing sportswomen.
Cost: £20 per session

RIDING *
YEARS 7-13
Riding is available to all girls at Mayfield, from those just beginning to experienced riders aiming to compete nationally and internationally.

Mayfield Equestrian Squad
Our squad competes at all levels from grass roots to Open Championship level in dressage, show jumping, hunter trials, jumping with style and eventing, and all riders are encouraged to join the Mayfield Equestrian Squad to compete for the School at whatever level and in whatever disciplines they choose. There is also scope to compete outside School and many pupils compete at affiliated competitions in the three main disciplines including several girls who participate in Junior Regional Novice eventing. Riders are taught in groups according to ability and lessons take place during lunchtimes and after School; competitions are usually held at weekends.
Cost: £360 per year

Keep your horse at School
Our stables offer the ultimate convenience for combining riding with studies. Boasting extensive stabling and grazing, off road hacking and indoor and outdoor arenas, it offers direct access to the School’s cross country course, lessons, clinics and competitions.
Cost: Each stabling package is tailored to the needs of each individual girl and horse.

Loan or share a horse or pony
We offer a loan scheme to girls who do not own their own horse or pony but would like to develop their riding and stable management skills further by having access to a horse that is kept as if it were their own, under the supervision of Mayfield staff. Horses are available as a full loan or a part share, subject to availability. For further details and to discuss individual requirements please contact the Director of Riding, Jill Barker (jbarker@mayfieldgirls.org) and Susan Bowles (sbowles@mayfieldgirls.org)
Cost: On request. Based on individual requirements.

Learn to ride
Beginner and novice riders can enjoy weekly riding lessons on safe schoolmaster horses and ponies at Wellgrove Riding School. For more information and costs, please contact the School Office Manager, Katie Towers (ktowers@mayfieldgirls.org)
RUNNING CLUB
YEARS 7-13
Aimed at building or extending fitness, Running Club provides opportunities for girls of any experience and ability who enjoy running a variety of distances over different terrains, or who would like to get started. Primarily based outdoors, some sessions may take place in the fitness room or gym to give exposure to different techniques or training.

SWIMMING & LIFEGUARDING
YEARS 7-13

Advanced Swim Coaching *
Run by Sharon Wheeler, Head Coach at Beacon Swimming Club, these sessions are for dedicated swimmers who want to be part of the squad and are ready to be pushed harder than our club sessions allow. Girls must be able to swim three strokes, be prepared to swim over distances of greater than 1000m and can select from one to four sessions per week.
Cost:
Session 1 Monday 06:45-07:45 - £60 per term
Session 2 Tuesday 06:45-08:00 - £60 per term
Session 3 Tuesday 16:15-18:00 - £96 per term
Session 4 Friday 16:15-18:15 - £96 per term

Beginners’ Lessons *
These lessons cover work on all four strokes and water skills and are perfect for girls who need to improve their basic technique or their water confidence. Suitable for girls with no experience at all, up to those who cannot swim 50m unaided, including those who are unable to swim with their face in the water.
Cost: £120 per term

Swim Club – Improvers & Squad training
These open sessions are for swimmers of all abilities who want to improve their fitness or technique including stroke, speed, starts and turns. Mayfield has a successful competitive swimming squad with teams competing in Junior, Inter and Senior School galas; girls wanting to be considered for the School swimming squad must attend at least two sessions a week. Girls wishing to join this club must be able to swim two recognisable strokes and a minimum of 100m unaided. Squad swimmers are expected to swim three to four recognised strokes in order to be considered for the team.

NATIONAL POOL LIFEGUARD QUALIFICATION (NPLQ) *
YEARS 11-12
Aimed at pupils in Years 11 and 12 who are 16 on the day of assessment, this nationally-recognised qualification run by the Royal Life Saving Society (RLSS) enables girls to gain work experience - and income - while at School or university. Once qualified, girls have the opportunity to apply to lifeguard during PE lessons and during our community swimming programme (Mondays and Wednesdays 18:15-20:15, and Fridays 18:30-20:00). Criteria such as swimming ability apply but interested girls should speak to Mrs Whitby for more information. Girls can also have a trial session before committing themselves to the course. Please note that the course runs during the final week of the summer holidays in readiness for the new School year and that any spare spaces may be offered to young people who do not attend Mayfield.
Cost: Approx. £220

TENNIS *
YEARS 7-13
Girls can sign up for private tennis coaching which is delivered all year round by South Coast Tennis Coaching. Please note that girls sign up once for coaching throughout the autumn and spring terms, and then again in the summer term.
Cost: Individual £272 per term, Pairs £152 per term
ASTRONOMY CLUB
YEARS 9-13
As Douglas Adams said: “Space is big. Really big.” Find out about some of the amazing things discovered in the universe from moons within the solar system that may harbour life, to the most extreme objects in the universe such as quasars and supermassive black holes.

CODING WITH MINECRAFT
YEAR 9-11
With over 122 million copies sold, Minecraft is one of the most popular apps of all time. Code Builder for Minecraft allows pupils to explore and create; partnering with familiar learn-to-code platforms like ScratchX, Tynker and Microsoft MakeCode, girls will improve computational thinking, logical thought, patience and perseverance. Using either the visual block-based editor or the JavaScript editor, girls will develop skills such as planning, designing, building, creating and testing and build programs that will spawn animals, construct buildings, alter game settings, or interact with personal agents. Girls should bring their own device to the sessions - either Windows 10 or MacBook running at least High Sierra.

CHEMISTRY CLUB - A TOPICAL DISCUSSION GROUP
YEARS 12-13
This group is designed to give pupils studying Chemistry at AS or A Level an opportunity to explore topics beyond the examination specifications. Students are encouraged to take an active role in preparing and contributing to the discussions, including undertaking research and making presentations.

COOKERY CLUB *
YEARS 7-8 AND YEARS 9-11
In these two age-targeted clubs, girls will build on the skills acquired during curriculum time and produce a range of quick-to-make, tasty, seasonal sweet and savoury dishes.

Cost: £7.50 per term

DISSECTION CLUB
YEARS 11-13
Explore Biology in more detail, researching and dissecting organs such as the heart, lungs, kidneys and eyes – and discussing their structure and function - and organisms such as worms and rats. The club focus on researching the methods used to dissect, the ethical issues surrounding this, the techniques of dissection, and making technical drawings with labels and annotations. This opportunity for girls to develop and broaden their knowledge, skills and understanding is particularly beneficial for university admissions interviews. Students must feel comfortable working with the tissues and organisms described.
FARM CLUB
YEARS 7-9
Now in its fourth year, Lower School Farm Club is broadening its horizons with a variety of livestock over the year: chickens, quail, sheep, goats, cows, and possibly some alpacas. Girls are involved in the daily care of the animals and learn farm husbandry. They also look at issues such as sustainable farming methods and the importance of obtaining locally-sourced food. Although we will not be keeping pigs this year the club’s motto remains ‘from pig to plate’!

FILM-MAKING CLUB
YEARS 7-13
New for 2018. Learn all about the process of film making, from concept and storyboards to end product.

LASER CUTTING CLUB *
YEAR 8
Design and make simple jewellery and small items on the laser cutter on this six-week course.
Cost: £10

MATHS TEAM CHALLENGE CLUB
YEARS 7-13, BY INVITATION
The Maths Team Challenge Club is an opportunity for pupils to experience challenging mathematics and develop their problem solving, teamwork and leadership skills. There is a possibility of participating in a UKMT national competition. Participation is by invitation.

MAYFIELD MED SOC
YEARS 11-13
This is an opportunity for girls considering a career in any branch of medicine or healthcare to discuss what is involved in applying for medicine and help prepare for interview, whether panel or MMI. Girls will be encouraged to research emerging technologies and areas of medicine they are interested in to present to the group. Guest speakers will also be invited to share their experiences of life in a medical field.

MESSY (MAYFIELD ENVIRONMENTAL & SUSTAINABILITY SOCIETY)
YEARS 7-13
The aim of MESSy is to build on the successful initiatives it has introduced to School life in recent years. Girls will continue to research ways in which the School community can become more environmentally friendly and raise awareness throughout the School about ways of reducing both our individual and collective environmental impact. We aim to undertake long-term projects and therefore girls are required to commit to meetings throughout the year. MESSy will also form the foundation for an Eco-Committee so Mayfield can remain on track for full Eco-Schools accreditation, aiming to move from Bronze to Silver Award this year (www.eco-schools.org.uk). Girls from all year groups are very welcome; particularly from Years 9 to 13. Most of the meetings will be led by members of the Sixth Form.

SCIENCE CLUB *
YEARS 7-9
For girls who want to try their hand at making alien blood, concocting bath bombs, and building rockets. (Autumn Term only)
Cost: £2

TEXTILES
YEARS 9-13
An opportunity to be creative and ambitious in your designs, and gain insight and understanding of the principles and skills of the textile and fashion industry. Suitable for girls of any age, ability or skill level who enjoy textiles as a hobby or who wish to take their study of textiles further. Girls have the opportunity to join trips to museums and galleries, and attend workshops with artists and makers. Past activities have included visits to The Royal School of Needlework, the Stitching and Knitting Show, Graduate Fashion Week, the V & A, the Design Museum, the Fashion and Textiles Museum, the Barbican, plus a workshop with textile artist, Anne Kelly.

Over the course of the year girls will cover:
- principles of fashion design
- research and design development
- an understanding of technological developments
- fashion and technical illustration
- pattern drafting and adaptation
- construction and adaptation of a toile
- fabric awareness and selection
- construction of final garment
- professional garment finishing and care
- organising and taking part in the annual Fashion Show

Cost: £135 per term (+ fabric costs + trips)
As well as a broad and comprehensive curriculum and a rich extra-curricular offering to inspire and motivate, Mayfield offers further activities to help girls develop their subject understanding within the classroom, to appreciate the relevance of their studies beyond the classroom, and to encourage their exploration and discovery of self and the wider world.

LECTURES AND DINNERS
Mayfield runs a wide-ranging enrichment programme each year, including author visits, Scholars’ Dinners, careers insight events, and the Cornelian Lecture programme, which starts in September with a talk by double Olympic skeleton champion, Lizzy Yarnold, MBE. These events provide an opportunity for girls (and parents and OCs) to meet, listen to and question experts in their respective fields, gaining understanding of an eclectic range of topics and subject areas.

SUBJECT CLINICS
Curriculum subject departments run regular drop-in clinics for pupils to provide help and support. Girls wishing to attend a clinic are free to turn up but if they need to miss another activity to do so, they will be expected to seek permission from the member of staff whose activity they are missing.

REVISION CLUBS
At certain times of the academic year, some departments also run revision clubs, focusing on particular topics and aimed at specific year groups. As with the subject clinics, the expectation is that pupils wishing to attend these revision sessions, will still fulfil their commitments to their regular extra-curricular activities.

TRIPS, VISITS AND EXPEDITIONS
Girls at Mayfield benefit from a wide array of day trips and residential experiences in the UK and overseas. Some are directly linked to classroom activities such as visits to the theatre and museums, Geography field trips, and visits to St Albans, Canterbury or the Houses of Parliament. Others, such as the annual Lourdes trip, exchanges with Mayfield’s sister schools in Ireland and the USA, Duke of Edinburgh’s expeditions, visits to outdoor activity centres, and sports tours have a broader educational remit. All are aimed at expanding the girls’ horizons and developing body, mind and soul.
Mayfield Extra-Curricular Activities 2018-19

Complete this at School once you have seen the schedule for the term, confirmed your choices at the Activities Fair and discussed with your form tutor and/or Housemistress. Use this form to help you sign up on SOCS. Remember to include any Study sessions and music practice sessions.

**Form 1**
Complete this with your parents before school starts.

<table>
<thead>
<tr>
<th>NAME OF PROPOSED ACTIVITY</th>
<th>COST</th>
<th>PARENTS</th>
<th>OFFICE USE ONLY</th>
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<tr>
<td>Example: Hockey</td>
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<td>Example: LAMDA</td>
<td>£224 p/term</td>
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**Form 2**

Complete this at School once you have seen the schedule for the term, confirmed your choices at the Activities Fair and discussed with your form tutor and/or Housemistress. Use this form to help you sign up on SOCS. Remember to include any Study sessions and music practice sessions.

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<tr>
<th>BEFORE SCHOOL</th>
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Educating girls to respond to the needs of the age

Cornelia Connelly, Founder