

ST TERESA'S EFFINGHAM

Prep & Senior



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INTRODUCTION

Welcome to our extra-curricular activities brochure. This is by no means exhaustive, but should give you a flavour of the wealth and range of clubs and opportunities offered at St T's.

At the Senior School, many of these activities are student-led, and the breadth and focus of activities alters depending on the interests of a particular cohort; you girls are at the heart of the action and have a voice in what we provide. If there is a club that you feel is missing, just let us know: if you have a burning passion for crochet, or wish to brush up your Cornish, there may well be a willing volunteer who can make your dream a reality!

A rounded education is an enviable asset, and the activities that you devote your time to are where you will cultivate self-discipline, people-skills, teamwork, resilience, risk-taking and a sense of humour. One of our values is Character, and this is where a depth of character begins.

Enjoy, throw yourselves in, and try everything!

Dr McShane



MUSIC CLUBS

The Music Department offers a full-range of musical activities, with excellence and inclusivity as its aims. Above all, the department is determined that the music making in the school is always a fun experience.

Individual lessons are available in a wide range of instruments, and peripatetic music teachers will help students prepare for ABRSM and Trinity music examinations. The department offers ABRSM music theory classes for all grades.

Ensembles during the year from September will include: trombone ensemble for beginners, the fanfare trumpet ensemble, the saxophone quartet, the jazz ensemble, African Drumming for beginners, flute ensemble, 'cello group, guitars for beginners, the classical trio, the Boogie Band for 6th Form, and the singing quartet.

Larger ensembles include, the **School Orchestra** and **Lower School Orchestra**, plus the **String Ensemble**.

There are numerous choirs throughout the school years, including the whole



Year 7 Choir, who perform in a whole year opera production, the wonderful **Schola Cantorum**, for all years (audition necessary) that sing at Evensong at school and Chichester Cathedral.

The Senior Choir is for Years 9–13 and no audition is needed. **The Senior Chamber Choir** is for Years 9–13 (audition needed).

Prefects organise an array of fun students groups which include a **Social Music Club** and an **All Arts Club**, incorporating Music, Drama and Literature.

The events of the school year include, termly concerts, termly soirées, a jazz evening, a classical concert, evensong, taking part in local festivals at Godalming and Leith Hill, the year 7 opera evening, the Interhouse Music Festival and the awarding of the Musician of the Year.

The biggest event is our annual choir tour. In years past, with over 40 girls, we have visited Barcelona, Verona, Vienna, Florence, Venice, Paris, Sicily, Athens, Perugia and Malta.

PERFORMING ARTS

Drama Clubs

There is a fantastic array of clubs available to the Performing Arts enthusiast – whether your passion is Musical Theatre, Dance, Design & Technology or just drama for fun we cater for all interests. Our Glee Club is very popular and our year group drama clubs in lunchtime have produced some super work.

- **Scholars' Drama Club** – We have a dedicated drama club for our Drama Scholars, to stretch and enrich our most talented performers.
- **Design and Tech Performing Arts Club** – If your interest is behind the scenes, we offer a Design & Technology Performing Arts Club, which gives an insight into the wonders of costume, lighting, sound, set design and props.
- **Dance Club** – Fun and challenging!
- **Productions** – We hold two whole-school productions per year, one of which is a musical, and the professionalism and passion of these productions is remarkable. Past productions have included *The Lion*, *the Witch and the Wardrobe*, *Les Misérables*, *A Christmas Carol*, and a fantastic tribute to musicals called *West End to Broadway*. Rehearsals for these will take place in the first two terms of the academic year.

LAMDA

LAMDA has been running successfully at St Teresa's School for many years. It is hugely popular and our students have benefitted extensively from the skills and knowledge they have learnt in LAMDA. Many have found these skills

have benefitted them in other school subjects including English Language, English Literature and Drama, but also in life skills including delivering presentations, public speaking, interviews, communication and confidence. The students' outstanding exam results are a testament to the excellent teaching they receive.

LAMDA courses on offer at St Teresa's:

- **Acting**
- **Devised**
- **Musical Theatre**
- **Verse and Prose**
- **Public Speaking**
- **Reading for Performance**

After School Performing Arts

St Teresa's Dance Company and Stage and Screen – Mark Jermin Agency

We also have a selection of after school performing arts, which include the St Teresa's Dance Company and the world-renowned Stage and Screen school with Mark Jermin Agency. Some of our budding actresses have landed parts in commercials, TV pilots, and even a feature film!

- **ISTD Exam Classes**

Other Performing Arts Extra-curricular

- **Theatre visits** to West End shows and local theatres.
- **Workshops** with prestigious theatre companies and professionals from the Performing Arts industry
- **Visiting theatre companies** performing productions at school

ART & DESIGN

The Art Department provides students with diversity in learning, within its highly supportive and multidisciplinary environment.

Students will have the opportunity to extend their knowledge and understanding of Art & Design practices through the extra-curricular programmes offered. Delivered throughout the autumn and spring terms, and on a carousel basis, the Art clubs available encompass a variety of approaches from drawing to painting, photography, textiles and ceramics.

- Year 7 Art Club
- Year 9 Art Club
- Art Scholars' Club
- Life Drawing Classes (Years 12 & 13)

All clubs take place during lunchtime, apart from our Life Drawing classes, which are held on a weekly basis and take place after school.

Art visits also form an essential part of the curriculum and provide our GCSE and A Level students with a fantastic opportunity to undertake additional research, in connection with the concepts explored. Visits include: Kew Gardens, Horniman Museum, Brighton Pavilion and Museum, V & A Museum.



SPORTS CLUBS

Training and Regular Fixtures

- Netball
- Hockey
- Invitational Indoor Hockey
- Strength & Conditioning in the fitness suite for scholars
- Badminton
- Chelsea Football Club
- Cross Country
- Swim Academy
- Hockey Goal Keeping
- ESTA Tennis Academy
- Cricket – Softball
- Tennis
- Athletics
- Rounders
- **Ski Camp** – Kids and adults, learn to ski, improve your skills or have a workout with our BASI instructor on the same simulator the US Ski Team use! (Cranmore)
- **Fitness Club for NSEA riders** – To help strengthen and condition riders away from the saddle in order to improve their riding but in a fun, engaging way, and without pressure. (Equestrian Prefect)
- **Couch to 5k Club** – Run by our Prefects
- **Students vs Teachers Sports Club** – Run by our Head Girl Team

SPORTS COMPETITIONS

(in addition to our regular fixtures)

Netball

- County Tournaments
- St Teresa's Invitational
- Tormead Invitational
- Prior's Field Invitational
- District Tournaments

Hockey

- St George's Sixes (Invitational)
- KCS Invitational Tournaments 1st XI and 2nd Vlls
- EH Cup and Plate Competitions UI8 UI6 UI4
- Indoor Schools Competitions UI6 UI8
- In2Hockey UI2 UI3
- Epsom Invitational UI2 Tournament
- St Teresa's Guernsey AC Tournament UI4 (including clubs and AC teams)
- St Teresa's Tour UI4 to Guernsey
- District hosts UI2 UI3 UI4 UI5 UI6 UI8
- Smiles Cup and Plate UI3 UI5 UI9
- Interhouse Hockey
- Interform Hockey
- Fortitude GK specialist sessions
- Tormead Invitational Tournaments UI2 UI3
- Danes Hill Invitational UI2 UI3 Tournament

Cross Country and Athletics

- District Athletics

Tennis

- Road to Wimbledon programme – This event is open to our promising UI4 players and will take the format of timed singles knock-out matches. There will be certificates for all participants, as well as prizes and a medal for the winner. This is a fantastic opportunity to play some competitive friendly matches! The winner will have the chance to progress through to the County Final and then National Finals with the last stage of the competition being held on the grass courts of Wimbledon!
- Surrey Tennis League Tournament
- St George's Tennis Festival
- Summer / Easter / October Tennis Camps

Swimming

- Surrey Relays
- ESSAS
- Surrey Individuals
- Multiple St Teresa's Galas
- CLFS Galas
- Guildford High Aquathlon
- Guildford High Biathlon
- National Aquathlon
- Modern Biathlon

Equestrian

- Pony Clubs
- Pony Days in the holidays
- Pony Birthday Parties





SCHOLARS

Scholars at St Teresa's are expected to contribute meaningfully to the life of the area in which they have been awarded a scholarship, as well as experiencing specialised pathways.

GENERAL ACADEMIC CLUBS

- **Computer Science / Coding Club** (Mr Field)
- **Public Speaking Club** – Year 10 and above (Mrs Stubbs)
- **Virtual Investment Club** – Learning about money management and the stock market (Mr Neate)
- **EAL Clinic** – The EAL clinic is a chance for any overseas student to come with any questions or queries about English grammar or vocabulary. If you are confused by present perfect or don't know the difference between 'affect' and 'effect', this is the place for you! (Mr Norris)
- **Debating Club** – Run by our Debating & Public Speaking Prefect
- **GCSE Art Introduction Club for Year 9s** – Run by our Art Prefect, it's a relaxed and fun intro to the joys of GCSE art.
- **Literary Salon for avid readers** – If you have a passion for literature, this club is for you. Come prepared with the book you are reading and be prepared to discuss! (Dr McShane)
- **A-Level Maths Clinic** – To improve maths knowledge for A Level students
- **Enrichment Society** – Weekly lectures on a range of subjects. "Learning for learning's sake" – academic scholars are required to attend 3 per term. All very welcome!
- **Oxbridge Society** – For those interested in either of these universities, from Year 10. (Dr Poffley and Dr McShane)
- **Ancient Greek** – For those who fancy giving another ancient language a whirl! (Dr McShane)

Visiting lecturers for various enrichment activities including brain dissection, aimed at Psychologists, Biologists, G&T and Enrichment students.



SCIENCE

Science Clubs

- **MedSoc** (Y10–13) For students interested in studying medicine at university (Dr Evans)
- **Year 7 Science Club** – Fun experiments on a Friday lunchtime
- **Spectroscopy in a Suitcase** – Sixth Form enhancement
- **STEM Club** (Y9–11) A fascinating club for all the Science, Technology, Engineering and Maths students
- **BioSoc** (Y9–13) We discuss new developments in biology, with presentations from teachers, students and outside speakers. We also do practical activities that extend students' learning beyond the curriculum
- **Drop-in clinics for all sciences** – GCSE and A Level to improve grades

Science Competitions

- **Top of the Bench Competition** (Y9–11)
- **Chemistry Olympiad**
- **Physics Olympiad**
- **Biology Olympiad**
- **Biology Intermediate Olympiad**
- **Biology Challenge**
- **Cambridge Chemistry Challenge**
- **SATRO** (Y10–11)

Science Trips

- **Chemistry Analyst Trip & Competition**
- **Salters Festival**
- **GCSE Science Live**
- **A-Level Chemistry Live**
- **A-Level Biology Live**
- **Greenwich Observatory** (Year 8)
- **Kew Gardens** (Year 9)
- **European Space Camp** (Y8–13)
- **Thorpe Park STEM Fair** (Y7)
- **Biology Field Trip** (Y13)
- **Science Week**
- **Biology Week**



MODERN FOREIGN LANGUAGES (MFL)

Clubs

- **Conversation Clubs** offered by the Spanish & German Departments
- **Y9 Language Leaders Club** – Prepare mini lessons in French/Spanish/German and teach them to younger pupils (Y7 and Prep) (Ms Eleftheriou)
- **Language Café**
- **MFL Film Club** – French, German, Spanish on a rota in KS3
- **MFL Scrabble Club** – KS3 / KS4
- **French Poetry or Book Club** at KS4/KS5
- **Flamenco Club**
- **Bella Italia** – Basic conversation, Italian culture (music, films etc.)
- **MFL Clinics / Support**
- **German Speaking and GCSE Clinic for KS4** (lunchtime)
- **German Club** – A breakfast club for conversation, support in any German work, German culture
- **Spanish GCSE Clinic**
- **French GCSE Clinic**

Events

The MFL department celebrates **European Day of Languages** every September 24th with various activities, including **Café Europe** and **Salsa / Flamenco dancing**. We have also run **The Great European Bake Off** and **A Eurovision Song Contest**.

In past years we have invited the Onatti Theatre (or similar European Theatre Company) to St Teresa's to perform a play in the target language with lots of student participation. The last theatre event took place at Cranmore as a joint activity.

Last year the MFL and Latin departments organised a mini Christmas carol sing-a-long in the Chapel.

Trips

- **Christmas Market trip to Cologne**
- **Day Trips to Boulogne**
- **Homestay Trips to France**
- **Residential Trips to Barcelona**



JUST FOR FUN!

- **Board Games Club** – Scrabble, Trivial Pursuit, Cluedo, Monopoly, Uno and others – open to all year groups (Dr Poffley & Miss Pitchford)
- **Yoga Club** – KS3 relax and feel happy in your lunch break; KS4 beat exam stress; KS5 health & wellbeing in enrichment lesson (Miss Pitchford)
- **Gardening Club** – Grow your own veg in our greenhouses with the Head Girl Team
- **Ballet Club** – Come and dance, just for fun, run by our Prefects
- **Drama and Film Club** – Run by our Prefects
- **Social Swimming Club** – Run by our Prefects, a fun splash in our pool!
- **Mindfulness** – For all years, improves wellbeing, calm and relieves exam stress.

WORLD SCHOLAR'S CUP

Y7 & 8, Ms Hobkinson

It is an international cross-curricular academic competition which involves students competing in teams of 3 in the following disciplines:

- Team debate
- Collaborative writing
- Scholars' Bowl
- Scholars' Challenge

Each year a new curriculum is published on a new theme. This year's theme was 'A world renewed'. The curriculum covers the following subject areas:

- Science and Technology
- Literature and Media
- Art and Music
- History
- Social Sciences

The club is open to anyone with a curious mind who enjoys learning and helps to develop confidence in public speaking as well as critical thinking skills. Teams compete first in a regional round and if they are successful then qualify to compete at a global round. Finally, the most successful teams are invited to compete at the Tournament of Champions held at Yale University.

COMBINED CADET FORCE (RAF)

Mrs Pearson

NEW!
FROM
JANUARY
2022

We are delighted to announce a new and exciting initiative at St Teresa's and Cranmore – the CCF (RAF)! The CCF (RAF) is based at 200 schools and colleges across the UK, where you can take part in Royal Air Force training and activities as part of your school life. You'll develop your confidence, responsibility, self-reliance, resourcefulness, endurance, and sense of service to the community. These qualities are vital to your success in whatever you do when you leave school or university.

Our headteachers have overall responsibility, but as a cadet you are a very real part of the Service – CCF is a partnership between St Teresa's, Cranmore and the Ministry of Defence. The Services all provide resources and training expertise for each CCF unit, and the RAF is no exception.

Cadets meet once a week throughout term time, after school for one-and-a-half hours. In the school holidays you'll also have the chance to attend an annual camp at an RAF base to experience Service life up close.

Activities include gliding, air experience flights, Air Cadet Pilot Scheme, virtual reality simulators, adventure training, shooting, sports and great fun. We also plan to have a Cadet Marching Band – watch this space! Cadets can earn BTEC and DofE Awards and will learn leadership and discipline skills that will stand them in great stead in their careers.



DUKE OF EDINBURGH AWARD

Mr Stephens

The Duke of Edinburgh Award is a highly valued extra-curricular opportunity at St Teresa's. Every year students undertake Physical, Skill and Volunteering activities which help the local community and help students develop their skills. At St Teresa's we offer D of E at Bronze, Silver and Gold levels. Unlike many other schools, we also offer the opportunity of completing canoeing expeditions at Silver and Gold level.

Physical

Students must undertake a physical activity and improve their performance over a given time period. This could be anything from learning a team sport, to learning an individual sport, or even taking up walking for a few months to improve personal fitness.

Skill

Students are required to undertake a skill for a set period. This can be anything from chess to learning a new language. It is aimed at broadening an individual's skill set and widening their extra-curricular outlook.

Volunteering

Students are required to do volunteering for a set period. This should be aimed at helping their local community. This can be anything from helping at a local food bank to completing volunteering online.

Expeditions

Students have the opportunity to undertake a walking expedition at Bronze level. They can either undertake a canoeing or a walking expedition at Silver and Gold levels.



BOARDING ACTIVITIES

Our Boarders are treated to a vast array of activities and excursions at weekends, organised by our wonderful boarding team. In the past these have included day trips to **Harry Potter Studios, Covent Garden, Thorpe Park, Chinatown** and **Canterbury Cathedral**, among others. The girls have regular access to our local town for shopping and eating out. In addition, we take the girls to escape rooms, trampoline parks, ten pin bowling and theatre shows throughout the year. Our annual highlight is the trip to **Christmas at Kew** – an unmissable and atmospheric evening! At school, the boarders partake in lots of fun activities including dance club, keep fit club, social



swimming, board games, puzzling club, arts and crafts and the girls also host regular International Supper evenings cooked by the students themselves! A favourite choice for Saturday evenings is marshmallows round the campfire... Boarding at St Teresa's is huge fun.



REGULAR TRIPS

- **Annual Ski Trip** – Destinations including Europe and North America (Mr Norris)
- **Y11 Water Sports Fun Day**
- **Y9 Fun Day to PGL / Chessington / Legoland**
- **Y9 Residential Teambuilding in summer term**
- **PGL Teambuilding Residential Trips** for various year groups
- **Overseas Choir Trips** – Previous destinations have included Venice, Prague, Barcelona, Sicily, Malta, Athens and Verona (Mr Caister)
- **Junior and Senior Challenge Expeditions** – Destinations have included Morocco, Slovenia, Iceland, Peru, Alaska and Cambodia
- **Cultural Visits and Theatre Trips** – Destinations have included Ironbridge, Berlin, the Somme, Stratford-upon-Avon
- **MFL Home Stay Visits**
- **Academic Day and Overnight Trips** including A-Level Biology trip to Isle of Wight, Geography field trip to Dorset, Y7 trip to Docklands, Y9 to Globe Theatre
- **Classics Trip to Rome & Pompeii for Year 8** (Dr McShane)
- **European Space Camp** (Mr Garlic)
- **Sixth Form Trip to New York or Paris** (Miss Pitchford)
- **Sixth Form Christmas Trip** – Ice-skating at Somerset House
- **UCAS Convention** at Surrey University
- **University Open Day** at Royal Holloway University
- **EPQ Research Trip** to Southampton University



DYNAMIC ADVENTURES TRIPS

Miss Kay

St Teresa's and Dynamic Adventures have been collaborating on adventure expeditions for over 22 years to help fulfil the girls' sense of wanderlust around the world. The trips are designed to stretch and challenge our students beyond the classroom whilst experiencing the awe and wonder of our beautiful planet. Trips become progressively more challenging as the girls progress through the school, with the final senior trip option offering the opportunity to volunteer on a conservation project or local community project, as well as lots of relaxation and sampling local culture and traditions.

- In Years 7 & 8 the girls are offered locations such as Slovenia, Corsica or Flaine for 5–7 days.
- Years 9 & 10 have a 7–10 day trip to Iceland, Montenegro and other locations.
- Years 11, 12 & 13 are offered a 14–21 days expedition to locations such as Alaska, Canada and Costa Rica. The girls have more input in the planning of this trip and get the opportunity to work with Dynamic Adventures in the lead up to the expedition at their headquarters in Dartington Hall, Devon.



ECO COMMITTEE

For all years and students interested in the environment

Meet weekly to discuss and debate current issues and look at solutions for our community. We have been awarded the Eco-Schools Silver award and are constantly looking at practical steps to adopt a more sustainable lifestyle.



INTRODUCTION

Welcome to the Prep School section of the extra-curricular activities brochure. As part of our ethos, St Teresa's Prep school offers a wide range of extra-curricular clubs so that our girls can discover and develop their gifts and talents. From sport and music to chess, technology, dance and many more, our aim is to provide something that will be of interest to each and every child, and that challenges the girls outside of the classroom in areas that they may not have experienced or thought to try before.

From a practical point of view, your daughter can be taken care of at St Teresa's from 8.00am until 6.00pm from Monday to Friday, either in one of our before or after school clubs, during after school 'Study' time or in our fully supervised After School Care provision, where the girls can complete their homework, read or take some time to relax with their friends before heading home.

Mrs Sarah Conrad



SPORT

Physical education is an important part of life at St Teresa's. All of the girls enjoy taking part in a variety of sports during and outside of curriculum time. Our aim at St Teresa's is for your daughter to love being active and take that enthusiasm for sport into her life outside of school.

Our wide breadth of extra-curricular sporting activities is available for everyone, regardless of ability. Our top sportswomen are stretched and challenged in their particular fields whilst other girls are given opportunities to play and enjoy sport at a level appropriate to them. This year, we have partnered with

Guildford Hockey Club, Chelsea Football Club and Guildford Swimming Club to provide additional top-level coaching for the girls. We have our own **Equestrian Centre** and stables (complete with horses!) at St Teresa's and **Effingham Schools Tennis Academy (ESTA)** coach our girls in tennis at every level at our dedicated Tennis Academy.

We have weekly fixtures for Years 3–6 against local schools in our main sports, which are hockey, netball, swimming, athletics, tennis and cricket. There are also opportunities to compete in cross country races, biathlons, aquathlons, football matches and horse riding competitions throughout the year.



Canoe Club

Canoe Club is a highlight of the Summer Term where the girls take to the water each week at Addlestone Canoe Club. This is led by our Head of PE who represented Great Britain in the 2009 Canoeing World Championships.

Gymnastics Club

The gymnastics club caters for all abilities, with the girls divided into groups according to their level. This enables each child to reach their full potential. All are welcome to join.

Guildford City Swim Club

Guildford City Swim Club was established in 1889 in association with the University of Surrey, a Swim England National Performance Centre. It is one of the largest and most successful swimming clubs in Great Britain and we are privileged to have their coaches at St Teresa's training our swim squads.

Chelsea Football Club

Chelsea FC Foundation's qualified coaching staff provide fun and safe sessions designed to help each individual improve their technique while having fun with their class mates.

Individual ball work, team activities and small sided matches make up each session.

Guildford Hockey Club

Guildford Hockey Club has long been known by its members and friends as a great place to play. They are a collection of people who have come together through a love of sport and in particular enthusiasm for the fast-paced, skilful game of hockey. Their coaches visit St Teresa's to provide the girls with top class hockey coaching.



DANCE

The girls can take ballet, tap and street dance lessons with **Inspire Academy of Dance** where lessons are designed to:

- nurture self-confidence;
- facilitate the children with the best possible training alongside enjoying every class;
- provide a happy and safe environment;
- inspire creativity;
- encourage a love of dance.

The Academy provides an excellent team of teachers many of whom have trained at some of the premier dance and stage schools in the country and have even performed on the stage in the West End.



MUSIC

The music department in the Prep School offers something for everyone, whilst striving for excellence and high standards. During an academic year, all children will take part in school events at Harvest and at Christmas. There is a Spring Concert for all girls in Upper Prep and an Easter Treat performance for Lower Prep girls; Year 5 and Year 6 girls perform in an end of year musical working in conjunction with the Drama Department.; and Year 6 girls are prepared for Music Scholarship auditions to the Senior School in January.

Classroom lessons are based around singing and practical music making giving each individual the chance to shine and progress. Year 3 girls learn the recorder and other year groups will be introduced to ukuleles and Djembe drums. Individual instrumental lessons are given by an experienced team of teachers who are also performing musicians. Lessons are available on a wide variety of instruments including bassoon and drum kit. ABRSM examinations are available at school every term. All girls are encouraged to learn a musical instrument.

Theory of Music Clubs

These clubs give the girls the opportunity to enhance their musical knowledge and complement their instrumental tuition. Each club is tailor made to a particular Grade so that the girls are challenged and moved on in their learning.

Orchestra

The orchestra is open to all girls who have achieved Grade 2 or above in their instrument. It is a wonderful opportunity for the girls to play in an ensemble and develop skills such as sight reading, playing in parts and following a conductor. There are numerous opportunities to perform throughout the year complemented by workshops with professional musicians and ensembles such as the Royal Holloway Orchestra.

String Orchestra

This is the perfect start for our string players before they move on to the full orchestra. Led by one of our resident string specialists, it caters for beginner strings as well as those who have taken grade examinations on violin, viola and 'cello. Parts are tailored to the girls' ability and this helps them to develop and achieve at their own level whilst aspiring to more challenging music.

String Quartet

There is currently a Year 4 quartet who are exploring the first stages of ensemble playing and working as a musical team. Other small groups are established according to the musical needs of the girls. These may vary from year to year.

Wind Band

Run by one of our woodwind specialists, this group enables wind, brass and percussion players to learn about ensemble playing and experience the joy of playing and learning in a group. Girls are put into the group as soon as staff feel they are ready and do not have to take any examinations before joining. As with String Orchestra, this is an excellent introduction to ensemble playing which helps to develop team work and musicality.

Chamber Choir

This is an auditioned choir for Years 5 and 6. It is aimed at those girls who have an excellent sense of pitch and harmony and can cope with a more challenging repertoire that includes singing in parts. Members of the Chamber Choir have recently had opportunities to attend workshops

with professional musicians eg Voces8 and John Rutter. The choir takes part in local and national competitions.

Young Voices Choir



This choir is open to all girls in Years 5 and 6 who enjoy singing, regardless of ability. The repertoire is varied but includes pop and rock styles as well as introducing the girls to some more traditional pieces. The aim of the choir is to perform at the O2 Arena as part of the Young Voices concert series.

St Teresa's Singers



This choir is open to all girls in Years 2, 3 and 4 and like the Young Voices Choir, is for girls who enjoy singing, regardless of ability. The repertoire is varied and includes a wide variety of songs with seasonal themes, actions and messages. There will be an opportunity for the choir to perform within the school environment.



FOREST SCHOOL

One of the benefits of our fantastic location is our proximity to nature and woodland. At Forest School, the girls visit our dedicated Forest School area and experience a variety of activities and woodland skills such as whittling, fire building and lighting, den building and studying and exploring the flora and fauna. The girls build resilience and a love for nature and wildlife.





THERE'S SOMETHING FOR EVERYONE!

Each class teacher offers an extra-curricular club and these are a great opportunity for the girls to try something different that they may not have experienced before.

- **Technology Club** is a fun way for the girls to extend and apply their knowledge of technology. Amongst other things they learn and develop their coding skills and try their hands at stop motion animation. The girls grow in confidence and learn some essential skills that they can use in all areas of their lives.
- All girls are welcome at our **Chess Club**. If they've never tried chess before they can learn the basics, while the more experienced girls develop and hone their skills. The girls play against one another in fun matches and there are also opportunities to compete against other local schools and chess clubs.



- At our **Debating and Public Speaking Club** the girls are encouraged to think critically about current affairs and topics of particular interest to them. They work in teams, formulating their arguments and writing their own speeches. They work on their presenting and debating skills, growing in confidence and poise. Each term culminates in an opportunity to speak in front of an audience or take part in a debate.





- **Our Eco and Gardening Club** highlights the values and importance of looking after nature and our planet. It is also an opportunity to learn some of the basics of gardening, planting, growing and garden maintenance in our beautiful school grounds.
- We have a very successful **LAMDA** programme where the girls can have LAMDA lessons (either Verse and Prose and/or Acting) working towards their LAMDA examination. We find that studying for and taking a LAMDA examination helps build confidence in public speaking and makes the girls more resilient.
- In **Helping Hands Club**, the girls explore ways in which they can help out in the community, with charities and in the wider world. These activities are the perfect way to develop the values of compassion, character and community.
- **Our Quiz and Games Club** aims to broaden general knowledge, inspire learning, reinforce teamwork and encourage strategic thinking in a fun, friendly atmosphere.
- In **Problem Solving Club**, the girls explore patterns, attempt challenges and solve problems with a mathematical twist.
- **Our Poetry and Literature Club** enables the girls to explore different genres of poems as well as extracts from both popular and classic books. They learn about classic and modern authors and poets and perform poetry, discuss literature and creating writing of their own.
- We also have an **Art Club** and an **Art & Photography Club** where the girls can learn a variety of skills and crafts, with some fabulous end results.



Our wide and diverse curriculum is enhanced and supported with a very wide range of workshops, trips and visits outside of school, including museums, farms and exhibitions.

Girls in Upper Prep develop their independence and gain valuable experience through our exciting residential trip programme. Years 3, 4 and 5 stay away from home for several days in the UK whilst Year 6 enjoy a wonderful week away in France where they stay in a beautiful chateau! All these experiences teach the girls team building and social skills which they will need in later life.

Through our extra curricular clubs and groups the girls learn new skills, improve their fitness, find new hobbies and passions, make new friends and challenge themselves. This all takes place at St Teresa's during the school day. At St Teresa's, passions and interests are sparked and horizons are broadened both inside the classroom and out.

AFTER SCHOOL CARE

Our After School Care provision means that the girls can stay at school until 6pm which is a great asset to our working parents. Some families use this facility every day whilst others use it on an 'ad hoc' basis; we are extremely flexible so just let us know when you would like your daughter to attend. There is no charge for this provision.

Girls in Lower Prep take part in a range of different fun-filled activities, often themed around something topical; girls in Upper Prep have the opportunity to finish homework, read or take part in more informal activities such as board games or crossword puzzles.

ST TERESA'S EFFINGHAM

DAY & BOARDING SCHOOL FOR GIRLS

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