



EFFINGHAM
SIXTH FORM

CO-CURRICULAR STUDENT GUIDE

2025 - 2026 Autumn Term

CO-CURRICULAR GUIDE

This guide is designed to enable you to explore our co-curricular clubs. To make it as easy as possible for you to find the clubs that you are most interested in, all of the clubs are organised into the following co-curricular categories:

- Life Skills
- Academic Support
- Performing Arts
- Music
- Sport
- Academic Enrichment
- Wellbeing & Learn A New Skill

Next to the club description box you will find useful information about the club such as, the time of the club, the location of the club and the level of commitment that the club requires. We want to offer you flexibility within the co-curricular programme and therefore, you will have the option to book onto different clubs every term. To allow you to plan your clubs in advance and to make sure that you do not have any clashes, this guide also contains information about the duration of the club and which academic term that it will be on offer. Read the guide carefully to make sure that you select the right clubs for you and then you can book onto your club using the Co-Curricular Microsoft Booking Form which will be sent out to pupils in September.

Scholarships

If you are a school scholar you should aim to be undertaking at least one activity relating to your scholarship area. The keys below will show you what activities will relate to your scholarship area.



Academic Scholar



Tennis Scholar



Sports Scholar



Equestrian Scholar



Music Scholar



Performing Arts Scholar

LIFE SKILLS CLUBS

CCF

Mr M Stephens

Co-Curricular Category: Life Skills

Cadet life is all about challenge, excitement and adventure. Cadets have many opportunities, including UK and overseas camps, leadership courses, air experience flights and pilot training. The focus is always on enjoying yourself while improving your skills.

Weekly: Monday

After School

Outside John Bosco

Whole School Year

High Commitment

DEI Ambassadors Club

Miss A Burgess

Co-Curricular Category: Life Skills

Diversity, Equality & Inclusion Ambassadors Club, linking to events of culture and diversity, inclusion & equality throughout the school calendar: Diwali, Lunar New Year, Ramadan, Disability Awareness & Pride etc.

Fortnightly: Monday

Lunchtime 2

Room 24

Whole School Year

High Commitment

Senior Debate Club

Mrs C Stubbs

Co-Curricular Category: Life Skill

Preparation for Rotary competition. This is a well respected debating competition. Come all and improve your communication skills.

Weekly: Wednesday

Lunchtime 2

Room 41

Autumn & Spring Terms

High Commitment

ACADEMIC SUPPORT CLUBS

Spanish Clinic

Mrs M Gonzalez-Weekes

Co-Curricular Category: Academic Support

A chance to improve your Spanish Skills. Come with any work or aspects of the topic which you are finding challenging. Let's work together to improve your grade.

Weekly: Monday

Lunchtime 1 & 2

Room 22

Whole School Year

Flexible Commitment

A Level Dance Clinic

Mrs E Ossai

Co-Curricular Category: Academic Support

A Level Dance Clinic is a drop-in club that students may choose to attend to support their academic studies.

"Life is short, so go for things you enjoy." – Darcey Bussell

Weekly: Monday

Lunchtime 2

M5

Whole School Year

Flexible Commitment

Drama Support

Miss C Pitchford



Co-Curricular Category: Performing Arts

Drama support offers students support, help and advice with the theory and written aspect of Drama. 'The most effective way to do it is to do it' Amelia Earheart.

Weekly: Monday

Lunchtime 1 & 2

M4

Whole School Year

Flexible Commitment

Sixth Form Maths Clinic

Miss L McDowall

Co-Curricular Category: Academic Support

This is a support session that is open to all students who wish to achieve the highest grade in the A Level exam. Sessions will focus on exam technique, as well as topics for specific revision. Please be aware that if you are advised to attend this session by your Maths teacher, your attendance will be expected every week.

Weekly: Wednesday

Lunchtime 1 & 2

Maths Classrooms

Whole School Year

Flexible Commitment

ACADEMIC ENRICHMENT CLUBS

Eco Team - KBR Talks

Miss S Bird



Co-Curricular Category: Academic Enrichment

Opportunity to take part in KBR's One Ocean programme for schools focusing on STEM learning and environmental action. Lectures and workshops lead by KBR staff.

Fortnightly: Thursday

Enrichment Lesson

Room 35

Whole School Year

High Commitment

MEDSOC

Dr S Evans



Co-Curricular Category: Academic Enrichment

MedSoc is a fantastic club for students to come together who are curious about or aspiring to a career in medicine or other healthcare fields. It's student-led and designed to provide invaluable insights on current hot topics as well as provide support for any medical applications i.e. interview practice and examination preparation.

Weekly: Tuesday

Lunchtime 2

Room 28

Whole School Year

High Commitment

Art of Dissection

Miss R Skilbeck



Co-Curricular Category: Academic Enrichment

Students will carry out dissections and learn how to complete biological drawings of their specimens. The club will be available for 10 students only so be quick to ensure you do not miss out!

Weekly: Thursday

Lunchtime 2

Room 29a

Autumn Term

High Commitment

PERFORMING ARTS CLUBS

Saltare at St Teresa's

Mrs E Ossai



Co-Curricular Category: Performing Arts

Saltare at St Teresa's is a competition dance team that trains and prepares choreography for UK wide competitions and performances. "The dance has something to say which cannot be expressed in words or in any other way than dancing". Doris Humphrey

Weekly: Tuesday

After School

M5

Whole School Year

High Commitment

Musical Theatre/Dance

MT Captain



Co-Curricular Category: Performing Arts

Musical Theatre Club is for anyone and everyone who loves Musical Theatre. Whatever your ability or experience, everyone is welcome. "This is not a moment, it's a movement" Hamilton.

Weekly: Thursday

Lunchtime 2

M5

Autumn & Spring Terms

Flexible Commitment

Street Dance

Dance Captain



Co-Curricular Category: Performing Arts

Street Dance is a club for students in all years who want to learn and perform street and commercial choreography. "Every day brings a chance for you to draw in a breath, kick off your shoes and dance" Oprah Winfrey.

Weekly: Friday

Lunchtime 2

M5

Autumn & Spring Terms

Flexible Commitment

Edinburgh Fringe Production Company

Miss J Hansen



Co-Curricular Category: Performing Arts

Join our company as we prepare to perform at the world-famous Edinburgh Fringe Festival in August 2026. Open to auditioned members only, this club requires commitment to a full year of rehearsals, fundraising, and performance. A unique opportunity to be part of something unforgettable.

Weekly: Tuesday

Lunchtime 2

M4

Autumn Term

High Commitment

PERFORMING ARTS CLUBS

The Show Must Go On

Mr C Manson-Lane



Co-Curricular Category: Performing Arts

Love theatre? Each week we bring the best of the West End and Broadway to our Drama Studio. Come and enjoy top-quality productions in a relaxed setting – perfect for anyone who enjoys great storytelling on stage.

Weekly: Friday
Lunchtime 1
M4
Whole School Year
Flexible Commitment

Production Rehearsals

Miss J Hansen



Co-Curricular Category: Performing Arts

Production rehearsals are for students who have successfully auditioned for the whole school productions. They will not be required to attend rehearsals every day of the week. Auditionees are asked to complete an availability sheet at auditions and we create a rehearsal schedule around that. The rehearsal schedule is sent out at the beginning of the rehearsal process. 'The play's the thing' Hamlet, William Shakespeare

Daily: Everyday
After School
MH/M4
Autumn & Spring Terms
High Commitment

Stage Bright

Mr M Bradford



Co-Curricular Category: Performing Arts

Stage Bright is our impressive lighting club and is for any student, whatever their knowledge, experience or ability, to come and learn, create, design and work with our fabulous stage lighting. You can then apply this to Drama performances, productions, lessons, the Interhouse Arts Festival; or anything that involves stage lighting. 'The art of lighting the stage consists of putting light where you want it and taking it away from where you don't want it' Max Reinhardt.

Weekly: Thursday
Lunchtime 1
MH/M4
Whole School Year
High Commitment

Sound Club

Design Student/Miss J Hansen



Co-Curricular Category: Performing Arts

Sound Club is an excellent club for anyone interested in sound, music or sound effects in the world of theatre and film. No experience necessary, just an interest in the power and fun of sound. 'How much time do we have to do something great?' Tick Tick Boom, Jonathan Larson.

Weekly: Monday
Lunchtime 2
MH/M4
Whole School Year
High Commitment

MUSIC CLUBS

Symphony Orchestra

Mrs C Yalden



Co-Curricular Category: Music

Orchestral players approximately Grade 4 level and above. By invitation only. The Orchestra will perform in several concerts during the year.

Weekly: Thursday

After School

MH/M3

Whole School Year

High Commitment

Schola Cantorum

Mrs C Yalden



Co-Curricular Category: Music

You will learn challenging liturgical music in this flagship choir. Schola takes a prominent role in the Carol Service and sings for termly Evensongs in school. Schola will be singing Evensong in Chichester and Winchester Cathedrals during the year.

Weekly: Friday

After School

Chapel

Whole School Year

High Commitment

String Ensemble

Miss Hull



Co-Curricular Category: Music

Open to players of bowed string instruments. String Ensemble will perform at various concerts during the year.

Weekly: Thursday

Before School

M3

Whole School Year

High Commitment

Concert Band

Mrs Haysted



Co-Curricular Category: Music

Open to wind and brass players. Concert Band will perform at various concerts during the academic year.

Weekly: Wednesday

Lunchtime 1

M3

Whole School Year

High Commitment

MUSIC CLUBS

Music Theory

Mrs C Yalden



Co-Curricular Category: Music

Drop in and get some help with your music theory. Particularly useful if you are working towards Grade 5 theory. Open to all who wish to improve their music theory skills.

Weekly: Friday

Lunchtime 2

M2

Whole School Year

Flexible Commitment

Vox Pop!

Miss Hull/Mrs C Yalden



Co-Curricular Category: Music

Choir open to all who would like to sing. No auditions necessary but you do need to commit to regular attendance. Those going on the Music Tour in February MUST ATTEND. Repertoire will be mostly light hearted and upbeat. Will also prepare Christmas items in the Autumn Term.

Weekly: Tuesday

Lunchtime 2

M2

Autumn & Spring Terms

High Commitment





INDIVIDUAL MUSIC LESSONS

Unlock your musical potential at Effingham Sixth Form with personalised one-on-one music lessons! Whether you're a beginner or looking to refine your skills, our experienced and passionate instructors are here to guide you every step of the way. From mastering an instrument to developing your vocal talent, our lessons are tailored to suit your needs and goals. A wide range of lessons are on offer, including singing and instrumental lessons. We provide music lessons for most musical instruments.

Participating in individual lessons will open up many opportunities for you, not only in A Level Music, but also in areas such as concerts, Schola Cantorum, school productions, and much more.

If you are interested in undertaking individual music lessons, whether for singing or an instrument, please email: c.yalden@st-teresas.com



SPORTS CLUBS

Netball Shooting

PE Staff



Co-Curricular Category: Sports

A chance to work on your netball shooting accuracy.

Weekly: Everyday

Breaktime

Netball Courts

Autumn & Spring Terms

Flexible Commitment

Senior Goalkeeper Club

PE Staff



Co-Curricular Category: Sports

Practice for goalkeepers. Improve your match performance.

Weekly: Monday & Thursday

Lunchtime 1 & 2

Astro Turf

Autumn & Spring Terms

Flexible Commitment

U15-U18 Hockey Club

PE Staff



Co-Curricular Category: Sports

A chance to improve your hockey skills and represent the school in hockey fixtures.

Weekly: Tuesday

After School

Astro Turf

Autumn & Spring Terms

High Commitment

U15-U18 Netball Club

PE Staff



Co-Curricular Category: Sports

A chance to improve your netball skills and represent the school in netball fixtures.

Weekly: Monday

After School

Netball Courts

Autumn & Spring Terms

High Commitment

SPORTS CLUBS

Senior Swim Squad (Invitational)

PE Staff



Co-Curricular Category: Sports

This is an invitational club for squad swimmers which runs twice a week (Monday after school and Thursday before school 7- 8am).

Weekly: Monday (After School)

Thursday (Before School)

Swimming Pool

Whole School Year

High Commitment

Senior Indoor Hockey Club

PE Staff



Co-Curricular Category: Sports

A chance to improve your knowledge and skills for indoor hockey. All welcome!

Weekly: Tuesday

Lunchtime 1 & 2

Sports Hall

Autumn & Spring Terms

Flexible Commitment

Senior Fitness/Running club

PE Staff



Co-Curricular Category: Sports

A chance to improve your overall fitness and start the day as you mean to go on!

Weekly: Friday

Before School

Gym/Field

Autumn & Spring Terms

Flexible Commitment

Senior Netball League

PE Staff



Co-Curricular Category: Sports

A chance to improve your netball skills and play some extra netball with your peers.

Weekly: Friday

Lunchtime 1

Netball Courts

Autumn & Spring Terms

High Commitment

SPORTS CLUBS

Senior Swimming Club (open to all)

PE Staff



Co-Curricular Category: Sports

A chance to increase your fitness and improve your swimming technique. All welcome!

Weekly: Tuesday

After School

Swimming Pool

Whole School Year

High Commitment

Locker 27 Strength and Conditioning (Sports Scholars) (With Senior School)

PE Staff



Co-Curricular Category: Sports

Runs three times a week, Tuesday and Wednesday mornings 7.15-8am and after school on a Thursday. A chance for Sports Scholars to demonstrate their commitment to the programme and work on their strength and conditioning to support their sport performance.

Weekly: Tuesday & Wednesday (Before School)

Thursday (After School)

Gym

Whole School Year

High Commitment

Locker 27 Strength and Conditioning (Sports Scholars) (Sixth Form Only)

PE Staff



Co-Curricular Category: Sports

A chance for Sports Scholars to demonstrate their commitment to the programme and work on their strength and conditioning to support their sport performance.

Weekly: Tuesday

Before School

Sixth Form Gym

Whole School Year

High Commitment

Senior Hockey League

PE Staff



Co-Curricular Category: Sports

A chance to improve your hockey skills, have some fun and make new friends.

Weekly: Wednesday

Lunchtime 2

Astro

Autumn & Spring Terms

Flexible Commitment

SPORTS CLUBS

Senior Football Club

PE Staff



Co-Curricular Category: Sports

Football training session for specific teams and/or a fixture within their teams. Performance and participation which includes skill progression, tactics and match play. Everyone welcome!

Weekly: Wednesday
(Lunchtime 1 & 2)

Friday (After School)

Astro/Field

Autumn & Spring Terms

Flexible Commitment

U15-U18 Hockey Club (Invitational)

PE Staff



Co-Curricular Category: Sports

A chance to improve your knowledge and skills for hockey and participate in school fixtures.

Weekly: Wednesday

After School

Astro

Autumn & Spring Terms

High Commitment

Senior Swim Squad (Invitational)

PE Staff



Co-Curricular Category: Sports

Thursday morning training for boys & girls to improve their technique, fitness and times.

Weekly: Thursday

Before School

Swimming Pool

Autumn & Spring Terms

High Commitment

Senior Water Polo Club

PE Staff



Co-Curricular Category: Sports

Our Water Polo Club offers students the opportunity to develop their swimming, teamwork and tactical skills in this fast-paced and physically demanding sport. Suitable for all abilities, the club provides regular training sessions.

Weekly: Wednesday

After School

Swimming Pool

Whole School Year

Flexible Commitment

SPORTS CLUBS

Senior Indoor Badminton Club

PE Staff



Co-Curricular Category: Sports

Badminton Club welcomes players of all abilities, offering a fun and active environment to develop skills, fitness, and match play. Sessions focus on technique, strategy, and friendly competition.

Weekly: Thursday

Lunchtime 2

Sports Hall

Autumn & Spring Terms

Flexible Commitment

Senior Netball Shooting Club

PE Staff



Co-Curricular Category: Sports

The Netball Shooting Club is designed to help players improve their accuracy, technique, and confidence in shooting. Open to all levels, the sessions provide focused drills and personalised coaching to enhance performance during matches.

Weekly: Thursday

Lunchtime 2

Netball Courts

Autumn & Spring Terms

Flexible Commitment

Sixth Form Strength and Conditioning

PE Staff



Co-Curricular Category: Sports

Sixth form only S & C session to support their sport performance.

Weekly: Friday

Before School

Sixth Form Gym

Autumn & Spring Terms

High Commitment

U18 Rugby Club - Boys Only

PE Staff



Co-Curricular Category: Sports

The Rugby Club offers pupils the chance to develop their skills, fitness, and understanding of the game in a supportive and competitive environment. Suitable for all abilities, the club provides regular training sessions and opportunities to compete in fixtures throughout the season.

Weekly: Thursday

After School

Field

Autumn & Spring Terms

High Commitment

WELLBEING & LEARN A NEW SKILL CLUBS

Faith in Action

Mr S Jakubowski

Co-Curricular Category: Wellbeing

This group aims to gather together and to put our Faith into Action. We will look at ways at encouraging charity, serving others and in helping the most vulnerable in our society. Activities will include writing to MPs, visiting the elderly and leading assemblies. We will also work towards a Faith in Action award. If you are interested in drawing closer to God and to others, then this is an activity for you. Join the Mission.

Weekly: Tuesday

After School

Room 9

Autumn Term

High Commitment

Sound Bath and Meditation

Miss L Weller

Co-Curricular Category: Wellbeing

Let your stress melt away with a therapeutic sound bath. Discover the soothing power of crystal singing bowls, and let the sonic vibrations create a sense of peace, tranquillity and well-being.

Weekly: Wednesday

Lunchtime 2

Room 33

Whole School Year

Flexible Commitment



EFFINGHAM SCHOOLS
TENNIS ACADEMY

EFFINGHAM SCHOOLS TENNIS ACADEMY

Thursdays: 17:30 - 18:30

Performance Group (invitational) - Wednesdays: 18:15 - 19:45

Boarders' Groups: Tuesdays - 17:15 - 18:15 & Wednesdays: 17:30 - 18:30

There is an additional cost associated with this activity.
Please email: esta@effinghamschools.org for more details.





ST TERESA'S EQUESTRIAN

TERMLY PRIVATE RIDING LESSONS

If you are interested in riding lessons during term time, please contact equestrian@st-teresas.com. Half-hour lessons are available from 4pm until 7.15pm.. We require all students to be registered on the booking system we use, EC Pro. This is easy to do through the Equestrian website STE Introduction | St Teresa's School Effingham. Once registered, we will then contact you about ad hoc lessons.

STABLE MANAGEMENT LESSONS

If you are interested in learning more about how to care for a pony, stable management lessons are available. They are a great introduction to all things equestrian. Stable Management lessons are available on the following days and times:

Saturday: 13:45 - 14:45

SESSIONS

Wednesday: 17:00 - 18:00

Friday: 17:00 - 18:00



We teach — **LAMDA** — Exams & Qualifications

BOOST YOUR UCAS POINTS WITH LAMDA

LAMDA exams offer a chance to gain recognised qualifications, boost UCAS points, and refine your technique in Acting, Public Speaking, Musical Theatre, and Verse and Prose. But most of all, it's about building confidence and embracing the joy of performance in a supportive environment.

Benefits of LAMDA

LAMDA is beneficial to a wide range of students. It appeals to Drama A Level students looking to broaden and refine their skills to support their academic studies, particularly in examination performance. LAMDA is also extremely beneficial to EAL students looking to improve their spoken English. One of the most beneficial and attractive aspects of LAMDA examinations is that students gain valuable UCAS points from the exams they take.

For more information on LAMDA, please email: j.hansen@st-teresas.com

