



LeicesterHigh
SCHOOL
FOR GIRLS



Enrichment



Welcome to Leicester High School for Girls' Enrichment Programme

A world of opportunities designed to make your school experience truly extraordinary. Enrichment is integral to Leicester High School for Girls' educational experience. Students will have access to a range of opportunities that support personal growth, bringing practical skills and a sense of excitement to their school day.

Why Choose the LHS Enrichment Programme?

- Create lifelong memories.
- Shape you into a well-rounded individual.
- Provide enjoyable experiences that enhance personal growth.
- Set you apart from others, boosting your UCAS application.

The Five Themes

Our clubs are organised into five exciting themes, and we encourage all students to explore a club from each theme throughout the year. Those who embrace all five will be honoured with the prestigious LHS Enrichment Award at our Summer Prize Giving ceremony.

Theme 1:

Physical Activity and Sport

- Improve overall health and fitness.
- Develop leadership and communication skills through competitive sports and physical activities.
- Nurture creativity, imagination, and freedom of expression.
- Encourage students to create, perform, and design, enriching their lives in substantial ways.

Theme 2:

Creativity and Expression

- Provide opportunities to develop your creativity, imagination and freedom of expression.
- Develop your ability to create, to perform and to design.
- Provide space to think creatively, giving expressive shape to ideas, and communicating those ideas imaginatively.

Theme 3:

STEM (Science, Technology, Engineering, and Mathematics)

- Develop scientific, technological, engineering, and mathematical skills.
- Cultivate critical thinking, problem-solving, and teamwork abilities.

Theme 4:

Environment and Community

- Expand knowledge and understanding of the environment and community.
- Learn how to make a positive impact on the environment and within your community.

Theme 5:

Personal Development and Wellbeing

- Enhance personal skills and wellbeing.
- Improve health while learning or developing new skills.

At LHS, we're dedicated to helping you thrive academically, personally, and beyond. Join us on this enriching journey and unlock your full potential!



Physical Activity and Sport

Badminton

● To familiarise members with the rules, strategy, and skills of badminton, encouraging participation in both singles and doubles games, and encouraging the potential for school representation in fixtures.

Couch to 5K Club/Running

● This club aims to guide participants in gradually building up their running endurance over 9 weeks in a supportive and enjoyable way.

Cricket Club

● The club focuses on educating students about cricket rules, fostering teamwork, and honing tactical knowledge, preparing them for the game as part of a team.

Dodgeball Club

● To teach dodgeball rules, develop teamwork skills, and instil a sense of unity while playing the game as a team.

Football Club

● Designed to instruct students in football regulations, cultivate tactical understanding, teamwork, and offer opportunities for intra-school competition.

Gymnastics Club

● An exploration of various gymnastics skills and techniques.

Hockey Club

● To impart hockey rules, nurture tactical acumen and teamwork, enabling members to play effectively as part of a team.

Just Dance Club

● A lively and enjoyable way to get active through dance.

Netball Club

● To instruct members in netball rules, develop tactical awareness, teamwork skills, and facilitate team play.

Pétanque

● Offers an engaging recreational activity that promotes teamwork, skill development, and social bonding in an inclusive environment.

Road to Wimbledon Tennis Competition

● The Road to Wimbledon, which features juniors from over 750 clubs and schools, is in three stages and encourages boys and girls of all standards to play and enjoy competitive tennis.

“However you exercise, we think that’s worth celebrating”

THIS GIRL CAN



Rounders Club

- To acquaint members with the rules and regulations of rounders, foster tactical understanding, teamwork, and proficiency in playing the game as part of a team.

Rugby Club

- This club is dedicated to educating students about rugby rules, cultivating tactical insight, teamwork skills, and competence in playing the game as part of a team.

Sports Leaders Club

- Designed to nurture leadership skills and provide instruction on coaching in a sports context, emphasising the development of valuable life skills such as communication, organisation, and leadership through pre-registered participation.

Table Tennis Club

- To instruct participants in table tennis rules, develop tactical awareness, teamwork skills, and competence in both singles and doubles matches.

Tennis Club

- The aim of this club is to teach tennis rules, foster tactical knowledge, teamwork skills, and proficiency in both singles and doubles tennis matches.

Trampolining Club

- To prioritise safety on the trampoline while enhancing trampolining skills, with opportunities for pupils to master the creation of a 10-bounce routine.

Volleyball Club

- This club aims to educate members on volleyball rules, cultivate tactical understanding, teamwork skills, and proficiency in playing the game as part of a team.

Creativity and Expression

Art Club

- In this enrichment activity we will be developing our artistic flair and artistic skills.

A-Level Composition Aid

- For those students taking A-Level music to work on their composition coursework.

Baroque Ensemble

- An opportunity to enjoy playing music with your peers and to take part in performances.

Craft Club

- In this club you will learn different skills and techniques involved in art and design. Come and get creative!



Creative Writing Club

- An exciting opportunity for all budding writers to develop their imaginative writing skills. For students of all abilities who have an interest in writing creatively in a variety of forms such as fiction and poetry and will provide a collaborative work space for members to write, share ideas and provide feedback on each other's work. We will use different themes, images and texts as inspiration for writing, as well as developing creative expression, figurative language concepts and technical accuracy skills.

Dance Disco

- Come and have a boogie during lunchtime. Relax and unwind during a break from your studies.

Drama Exam Rehearsal

- An opportunity for GCSE and A-level Drama students to rehearse for your upcoming exams.

Grade 5 Theory Club

- For students wanting to work towards taking their grade 5 theory exam.

GCSE Composition Aid

- This club is for GCSE music students to spend time working on their composition coursework.

Junior Choir

- This club is open to all girls in years 6-8 who enjoy singing, and want the opportunity to develop their voice as part of the School choir.

Junior Orchestra

- An ensemble open to anyone who plays a brass, woodwind or string instrument, from beginner to Grade 2.

LHS Concert Orchestra

- An ensemble open to anyone who plays a brass, woodwind or string instrument and drummers also welcome! You should ideally be above grade 1 in standard to join.

Music Chamber Ensemble

- Welcoming instrumentalists at Grade 3 level and above, the club encourages collaboration and musical excellence through ensemble performances.

Music Theory Club

- Designed for individuals working towards achieving Grade 5 in music theory, this club provides a supportive environment to enhance their theoretical knowledge, deepening their understanding of musical concepts and paving the way for advanced musical pursuits.

Photography Club

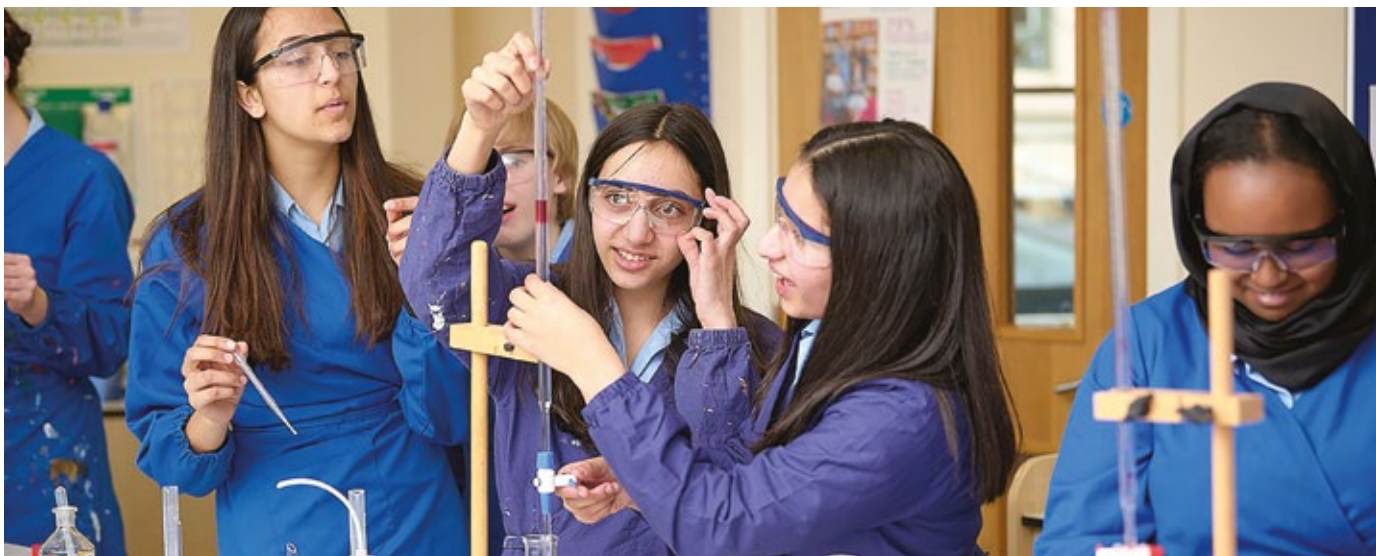
- To learn fun and creative ways to take, edit and manipulate photographs through digital and art processes.

School Show Rehearsal Senior Choir

- In this enrichment activity we will be team-building and rehearsing the scenes for upcoming School shows.

‘Art washes away from the soul the dust of everyday life’

PABLO PICASSO



Senior Choir

- This club is open to all girls in years 9-13 who enjoy singing, and want the opportunity to develop their voice as part of the School Choir.

Shakespeare Festival Rehearsal

- To support preparations for the LHS performance at the Shakespeare Festival.

Year 9 Mural

- Working with Mr Rose and Madame Wheeler to create a mural.

STEM

Astronomy GCSE Club

- Are you interested in Space? Or learning what there is to view in the night sky? This is not alien hunting but is learning about real astronomy.

Biology Aid

- Extra science sessions, to help those students who require more assistance in their science learning journey, or for those students who wish to develop their scientific knowledge.

Chemistry Aid

- Extra science sessions, to help those students who require more assistance in their science journey, or for those students who wish to develop their scientific knowledge.

Computing Aid

- Extra Computing lessons to help those who need support.

Cosmetic Chemistry

- Learn how to make cosmetic and bathtime products out of natural materials (as far as possible). Examples may include bath bombs, dandelion salve (great for dry skin) and natural soaps. We will explore aromas and research why some are more appealing than others.

Gaming Club

- Students from year 6 to 9 can build skills like collaboration, creative problem-solving, communication and systems thinking, by engaging with Minecraft activities and challenges!

LHS Online

- Learn about online design and publishing. Develop the School's online Student Hub and create online material.

Maths Aid

- Extra maths sessions, to help those students who require more maths.

Maths Problem-Solving Club

- This club is dedicated to engaging students in advanced mathematical problem-solving, encouraging critical thinking, tackling challenging mathematical concepts and puzzles.

“The good thing about science is that it's true whether or not you believe in it”

NEIL DEGRASSE TYSON



Physics Aid

- Extra Physics sessions to help those students who need extra support on any topic.

Physics Olympiad

- The aim of this club is to prepare Year 12 Physics students for the Olympiad coming up in March.

Python Programming

- This is an exciting opportunity to learn how to program in Python. If you have chosen Computer Science at GCSE then you will find this 5 week Python programming enrichment very useful to give you a head start and enhance your programming skills ready for September!

Robotics Club

- This club continues to develop programming knowledge using SPIKE to drive and control Lego robotic buggies. The aim is potentially to enter robot competitions. In addition we will start to look at environmental projects we can do around school.

Science Aid

- Extra science sessions, to help those students who require more assistance in their science learning journey, or for those students who wish to develop their scientific knowledge.



STEM Club

- A mixture of Science and Engineering with Technology and Maths elements. Come and have some fun while learning about STEM careers and modern day uses, bring your lab coat!

Environment and Community

Amnesty/Human Rights/Equality

- A club that explores the importance of Human Rights through Amnesty International, looking at issues of inequality at home and abroad through student-driven investigation, case studies and school fundraisers.

Alice Ruggles Trust

- The Alice Ruggles Trust exists to raise awareness of stalking (including coercive control). This volunteering group provides support to this important cause.

DofE Club

- Preparation for the bronze/silver/gold DofE practice and qualifying expeditions and help with submitting evidence on DofE in order to complete the award. Girls would need to attend the club before an expedition to ensure that their group equipment is packed.



“Alone we can do so little; together, we can do so much.”

HELEN KELLER

LHS Wombles

- Wombles head out into the streets around school to do a litter pick. We are easily identified by our high visibility jackets and well equipped with litter grabbers, gloves and bags. Our aim is to make our bit of Leicester a tidier and more attractive place. We have already attracted praise from passers by for the work we are doing.

Guinea Pig Club

- Learn about and help care for our LHS Guinea Pigs.

Model United Nations Club

- Students will find out about the aims of the United Nations, their work in different parts of the world and learn more about global politics. Students will also have the opportunity to discuss and share their own ideas.

Nature Appreciation

- A walk for Year 5, Year 6 and 7 around the botanical gardens, bringing a packed lunch to have whilst there. This will be limited to 12 girls per week on a weekly sign-up basis.

Peer Mentor Club

- Come along and develop your Peer Mentor skills to help others.

Social Impact Society

- A group looking at the impact our school community has on others. Considering and running projects which will have a positive impact on the world around us - both locally and further afield.

Stick Insect Club

- In this club, you will learn how to care for the school's stick insect population by collecting eggs, understanding their dietary needs, and handling them properly. Additionally, you'll have the chance to participate in stick insect races, explore various insect species, and optionally create your own cage to take home some stick insects.

Young Enterprise Club

- Year 10 only. Pupils spend the academic year running their own student business. The team create a product and then will have to manage marketing, sales, inventory and finance for their company.

Personal Development and Wellbeing

British Sign Language

- To teach and promote the use of BSL, facilitating communication and understanding between hearing and deaf individuals while encouraging a supportive and inclusive environment.



Chess and Board Games Club

- Those new to chess and those already able to play to a good standard. Come along to play chess and board games with others, learn more about the games, and take part in fun challenges and competitions.

Debating Club

- The club aims to teach members the skills required for effective debate, including the ability to consider and articulate both sides of an argument while effectively conveying their own viewpoints.

First Aid Club

- In this club you will have the opportunity to develop your knowledge of basic first aid, and develop skills within this area.

Food Club

- The purpose of the Food Club is to explore culinary interests, share culinary experiences, and learn about various aspects of food, including cooking, culture, and nutrition.

French Links Club

- The aim of the club is to create a community where members can explore the French language, culture and connections for all things French.

French Club

- Expand your French vocabulary through conversation with your peers.

Geography Aid

- Extra Geography sessions, to help those students who require more help in Geography or have the desire to develop their geographical knowledge.

German Club

- Interested in a taste of German? You'll learn some greetings and introductions, how to order snacks, sing a song or two and get to know more about Germany with some great places to visit. Bis bald!

Historical Film Club

- Watching historical films to complement and inspire interest in new areas of the curriculum.

Historical Reading Club

- In this club you will have the opportunity to read and have a discussion about historical novels.

History Lecture Series

- Complete a History project and present your findings to your peers.

History Aid

- Gain support with exam skills and revision techniques in History.

Languages Club

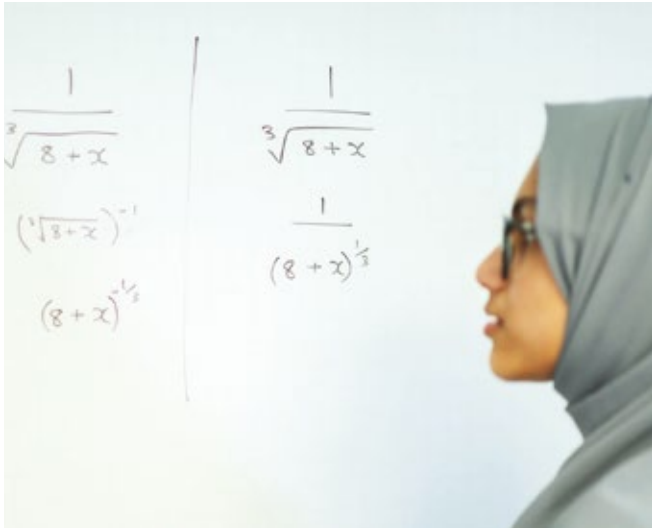
- Extra languages sessions for those students who require more help in languages or have the desire to develop their linguistic knowledge.

Mah-Jong Club

- Those new to Mah-Jong and those already able to play to a good standard. Come along to play with others, and learn more about the game. Pupils are taught how to play the game and score.

Mandarin Club

- In this club you will have the opportunity to learn Mandarin with native speakers of the language.



Medics Club

● Learn about the ins and outs of pursuing a career in medicine. There will be presentations and small group problem-solving tasks on the different specialities; life at medical school; diseases affecting different parts of the body. We are also hoping to bring in guest speakers next term such as: medical students, doctors etc, to give their own perspectives and hopefully inspire those considering medicine as a prospective career path.

Sewing Club

● Learn the practical and fun art of sewing.

Spanish Natter club

● Expand your Spanish vocabulary through conversation with your peers.

Dungeons and Dragons

● The club offers students a platform to develop critical thinking, teamwork, and creativity through collaborative role-playing adventures in an imagined world.

Year 6 Spelling Bee

● Practice your spelling skills.

“You are your best investment”

UNKNOWN





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#weareLHS