



Manchester  
High School  
for Girls

Manchester High School for Girls  
Extra-curricular Activities



# Welcome



The broad and enriching extra-curricular programme at Manchester High School for Girls aims to foster independence, creativity, confidence, empathy and the development of passions and interests that will last far beyond our pupils' school years.

We want to provide our pupils with the opportunity to excel in activities in which they may already have demonstrated a particular aptitude, but we are also here to encourage them to explore activities they have yet to try and, hopefully, discover an area which they love. The aim of our extra-curricular programme is therefore simple; we want girls to have fun, discover lifelong interests and become well-rounded individuals.

By facing new challenges in an environment where risk-taking is nurtured and supported, pupils learn to work in teams, to take the initiative and lead. They become resilient, versatile and adaptable young women who can demonstrate the relevance of their extra-curricular experiences and can go on to thrive at university, in the workplace and their community.

At Manchester High School for Girls, we pride ourselves on the range of activities on offer; we encourage our pupils to make the most of the fantastic opportunities available to them.

**Mrs Helen F Jeys**  
Head Mistress



# Extra-Curricular and Enrichment Activities in the Preparatory Department

We provide numerous enrichment opportunities for pupils to thrive beyond the curriculum. Whether creative, musical or sporting, these opportunities enable our pupils to find their talents, encourage ambition and extend existing abilities.

## Developing Personal and Social Qualities

In the Preparatory Department we provide a number of exciting enrichment opportunities both inside and outside the classroom. For our Infants, they have weekly Forest school/Outdoor Education sessions.

Girls in the Juniors take part in our Enrichment programme. This allows girls to develop a wide range of new skills and takes place during the school day on a Tuesday for Lower Juniors and a Wednesday for Upper Juniors. Examples of activities include cookery, animation, STEM, coding, outdoor education and textile design. Pupils will spend five weeks completing a particular activity before the carousel will rotate.

Teaching life-skills and encouraging character building have always been important objectives within education, but often these skills can be forgotten. Now more than ever, developing a thriving Enrichment programme is an essential part of promoting academic attainment and employability in the future; teaching young people the skills they need to make good choices well beyond the classroom.

## Prep offers the following courses during Enrichment:

- ..... Forest School
- ..... Outdoor Education
- ..... STEAM: The Science of Ice Cream / Coding Robots / Fashion Design
- ..... Journalistic Writing
- ..... Yoga
- ..... Fairground Design
- ..... Musical Composition



Below is a recent extra-curricular timetable for the Preparatory Department:

	BEFORE SCHOOL	LUNCHTIME	AFTER SCHOOL
<b>MONDAY</b>	Choir - Years 3-5	Hockey - Years 3 to 6 Strings - Years 3 to 6 Mindfulness - Years 1 & 2 Dough Disco - Years 1 & 2 Film Club - Years 3 & 4	Hockey - Years 4 to 6
<b>TUESDAY</b>		Games Club - Years 1 & 2 Rock Climbing - Year 2 Tennis - Year 2 Board Games - Years 3 & 4 Reading Club - Years 3 & 4 Cross Country - Years 3 to 6 'Chess Club - Years 5 & 6	Quiz Club - Years 3 to 6 Taekwondo - Years 4 to 6
<b>WEDNESDAY</b>		Ballet - Years 1 to 4 Roots and Shoots Eco-Activism - Years 3 & 4 Year 5 & 6 Football	Netball - Years 5 & 6
<b>THURSDAY</b>	Prep Orchestra - Years 2 to 6	Swimming Club - Years 3 & 4 Science Club - Years 5 Netball Club - Years 5 & 6 Book Club - Year 6	
<b>FRIDAY</b>	Year 5 Choir	Hama Beads - Years 1 & 2 Infant Choir - Years 1 & 2 Netball Club - Year 3 & 4 Sewing Club - Years 5 & 6 Water Polo - Years 5 & 6	Football - Years 2 to 6



# Action & Adventure

Students are encouraged to challenge themselves both physically and emotionally through a range of outdoor pursuits and residential adventures.



### Outdoor Pursuits

Spending time in the natural environment brings huge benefits and each cohort will have several opportunities for residential trips throughout their MHSG life. For children in Key Stage 3, this includes trips to the Lake District whilst older students have the chance to participate in a Lowland Leader's qualification which enables girls to lead groups on day walks in countryside and woodland areas.

### Duke of Edinburgh Award

We are delighted to be able to offer the Bronze, Silver and Gold Duke of Edinburgh Awards. For more than ten years, Manchester High students have been utilising the opportunities afforded by the scheme to develop the skills and attitudes that help them to become more rounded, confident adults. Through extra-curricular activities, students learn to improve their communication, commitment, leadership and teamwork skills; they understand the importance of making a difference within their community, becoming fitter and healthier whilst creating lasting memories.

*Manchester High students have been utilising the opportunities afforded by the Duke of Edinburgh Award scheme to develop the skills and attitudes that help them to become more rounded, confident adults.*

# Enterprise & Ingenuity

Students with an enterprising mindset will be in good company at Manchester High. We like our students to be bold, imaginative, innovative and resourceful. With this in mind, there are many scholarly clubs on offer for enquiring minds from Young Enterprise to literacy and languages-based groups.

## Young Enterprise

The Young Enterprise programme gives pupils the life skills, knowledge and confidence they need to succeed in the changing world of work.

Students from Junior Sixth set up and run a company over the course of one academic year. They elect a Board of Directors from their peers, raise share capital and market a product or service of their choice. At the

end of the year, they present a report and accounts to their shareholders and compete in a regional Young Enterprise competition. Developing a business is an incredibly tough endeavour and as well as technical skills, students learn the importance of resilience and accountability.

## Clubs for Enquiring Minds

Book Group

Carnegie Medal Shadowing

Careers Clinic

Chess Club

MHSG Writers

French Clinic

Geography Society

Gardening Club

Classics Reading Group

History Clinic

Jewellery Club

Knit & Crochet

Mandarin

Meditation & Mindfulness

MFL Film Club

Politics Club

Psychology Clinic

Psychology Film Club

Psychology Research Methods Club

Spanish Clinic

Textiles Clinic

Young Enterprise





# STEM

## (Science, Technology, Engineering and Maths)

Our extra-curricular STEM provision enhances our regular programme of learning and is designed to be an enjoyable and powerful way of engaging students with STEM subjects.

STEM subjects are explored in imaginative and inventive ways through a series of clubs and programmes that utilise the expertise of staff, partner companies and competitions. Students will develop practical, teamwork and leadership skills and gain an insight into STEM-related careers.

### Science

The Science Department leads a variety of weekly clubs from the hands-on STEM Club in Year 7 to Dissection Club and DVD (Doctors, Vets, Dentists) for Sixth Formers. These run alongside competitions: from the internal Biological Photography Competition to external competitions run by the Royal Society of Biology. There are also plenty of enriching trips including a Sixth Form Astrophysics Study Day at Jodrell Bank, a biennial visit to Geneva to the Large Hadron Collider at CERN and visits to Science Live.

### Maths

Our Mathletes clubs run throughout the Senior School and are a great opportunity for students to access Maths in a fun and engaging way. The clubs also prepare pupils for the UKMT Maths Challenges, as well as the national Team Maths Challenge competition. Mathletes combines mathematical, communication and teamwork skills and offers students the chance to express and develop their enjoyment of Mathematics. In addition, an Enrichment Club helps support our Year 11 students and looks at some of the trickier types of Maths problems you can encounter at GCSE level by examining past problems and finding the best approaches to solve them.

### Technology - Computer Coding and Problem Solving

There are opportunities to get involved in courses and competitions throughout the year from Apps for Good, which is open to all KS3 students and uses technology to solve problems, to cyber security clubs. Our Cyber First Club in Year 8 sees students taking part in a national competition to crack codes whilst Year 10 and 11 Computer Studies students have the opportunity to simulate the role of an agent for the virtual Cyber Protection Agency. Key students are also selected to take part in the University of Oxford 'Bebras' Computation Thinking Competition that requires logical thinking to solve fun and engaging tasks.

### Engineering

For several years, we have been involved in the Industrial Cadets Gold Project which is run by the Engineering Development Trust (EDT). A group of students are chosen to work alongside industry professionals, gaining insight and exposure to STEM and the world of work, which opens their eyes to exciting careers and opportunities. Connecting young people with industry and role models helps them 'see themselves' in STEM, to make informed choices about their future whilst developing the skills needed to enter industry with confidence.

### Example Clubs include:

- AI Discussion Club
- Biology Film Club
- Chess Club
- Computer Science Clinic
- Cryptography
- DVD (Doctors, Vets, Dentists) Club
- Gardening
- Mathletes
- Physics Clinic
- STEM Club
- Science Stem Club



# Social Responsibility

At Manchester High we aim to create a sense of responsibility, generosity and social justice amongst our pupils. We want them to contribute to and appreciate the importance of community – locally, nationally and internationally. Many of our extra-curricular clubs reflect our vision to empower our pupils to become responsible global citizens who have a positive impact on the world.

## Model United Nations

Model United Nations is an exciting opportunity for students from Year 10 through to Sixth Form to represent UN member states and debate real-world issues with fellow students from around the UK, Europe and further afield. Students are required to write position papers and resolutions, depending on the views of their assigned country. They develop research skills, improve their knowledge of global issues and gain vital presentation and public speaking experience.

The MUN club debates weekly during lunch hours and pupils participate in a number of regional conferences each academic year. Every year, Manchester High hosts its own MUN conference. It is organised for pupils by pupils and attracts over 300 students from different schools and colleges across the region. In recent years, delegates from Portugal and Iran have also attended.

Younger students are offered the chance to develop their debating skills via several clubs with a view to them taking part in the MUN experience when they are older.

## Clubs:

- ..... African-Caribbean Society
- ..... Amnesty International
- ..... Christian Union
- ..... Ethics Matters
- ..... Islamic Society
- ..... Junior Debating Club
- ..... LGBTQ+ Club
- ..... Library Leadership Groups
- ..... Litter Picking Club
- ..... Mock Trial
- ..... Model United Nations
- ..... Philosophy Queens
- ..... Politics Club
- ..... Senior Debating Club
- ..... Sixth Form Debating Club



# Sports

Students have the opportunity to enjoy a huge variety of extra-curricular sport activities at MHSG. The department has excellent facilities including a sports hall, a fitness suite, dance studio, climbing wall, four outdoor netball courts, floodlit astroturf and a swimming pool.

Participating in extra-curricular sporting activities helps develop self-esteem, confidence and teamwork skills, which is why students are encouraged to get involved – regardless of ability. We also offer an Elite Pathway for students competing at representative level and regularly take part in prestigious local, regional and national competitions in a variety of sports.

**Example Sports Clubs:**

- ..... Athletics
- ..... Badminton
- ..... Cricket
- ..... Dance
- ..... Fitness Suite
- ..... Football
- ..... Gymnastics including squad
- ..... Handball
- ..... High Jump
- ..... Hockey clubs and squad training
- ..... Junior / Senior Dance company
- ..... Netball clubs and squad training
- ..... Rock climbing
- ..... Rounders
- ..... Sprints & speed training
- ..... Strength and conditioning
- ..... Swimming
- ..... Tag Rugby
- ..... Throws and strength training
- ..... Tae Kwon-Do
- ..... Tennis
- ..... Water Polo





# The Arts

Manchester has a thriving arts and culture scene and is home to art galleries, theatres and museums that attract international performances and productions. With so much creativity on our doorstep, our pupils are given every opportunity to explore the performing, visual and creative arts both in school and in the wider community.

## Art

The Art Department provides a space where students have the freedom to express their ideas and thoughts and work creatively to develop their passions. Extra-curricular classes include weekly life drawing classes for Sixth Formers, workshops for Key Stage 3 students and an Art Award scheme for those wishing to further develop their creative skills.

### Example Art Clubs:

Junior Art Club for Year 7  
 Art Award for Year 8 and Year 9  
 After school workshops for GCSE and A-level students  
 Life Drawing after school for Sixth Form students  
 GCSE Graphics Club

## Performing Arts

### Drama

Engaging with performing arts allows our pupils to explore their emotions, expand their imagination and helps them develop their own, unique voice. The Drama Department provides girls with excellent opportunities in acting, directing and technical skills through performance and theatre visits.

A range of performing opportunities take place throughout the year including a Cabaret evening, lower school drama showcase, Drama Club productions, a Year 8 Drama inter-form competition, Sixth Form Play-in-a-Week and Senior and Junior Performing Arts evenings. Our annual school production combines the talents of our Drama, Dance and Music Departments and is a platform for students to showcase their creativity, whether it is behind the scenes or on-stage. It is a fantastic opportunity for students to forge new friendships across school and develop teamwork, cooperation and communication skills whilst inevitably raising self-confidence and esteem. Past productions have included *Sweeney Todd*, *Billy Elliot*, *Hairspray*, *Sister Act* and *Little Shop of Horrors*.

In addition to curricular and extra-curricular Drama, we offer LAMDA Speech and Drama lessons for individuals, duos and groups which are extremely popular with girls from Year 2 through to Year 13.

### Dance

With styles ranging from contemporary, jazz, musical theatre, hip-hop, street dance, ballet and Bollywood, there are plenty of opportunities for our students to dance! Every year group has its own Dance club in our beautiful mirrored dance studio and the chance to audition for our Junior and Senior Dance companies each autumn.

Dance performances include the annual musical production, internal competitions and a dance show in the spring term which celebrates our talented community. For those students on a dance scholarship, there is also the opportunity to lead their own Dance club.

### Music

A purpose-built music wing provides our Music Department with perfect acoustics and ample space to teach over 20 different instruments. Each week, more than 300 individual instrumental and singing lessons take place in the Department, and a large number of students also participate in our extra-curricular music provision with opportunities for students of all ages and abilities.

A full events calendar gives students the chance to perform; from the monthly Twilight Concerts, Christmas Concert and Summer Soirée to our Celebration & Awards Evening at the Bridgewater Hall and the annual Carol Service at St. Ann's Church, Manchester. Numerous competitions run alongside these events including the annual Warburton Competition which has run every year since 1935 and is named after former teacher, musician and composer, Dr Annie Warburton.

### Ensembles:

Cello Group  
 Chorale (Choir for Years 7-9)  
 Jazz Band  
 Musical Band / Brass Ensemble  
 Popular Ensemble  
 Senior Orchestra  
 Strike! (Mixed ensemble for instrumentalists up to Grade 4/5)  
 Vocal Group (student led)  
 Wind Band

### Instrumental Lessons:

Bass Guitar	Oboe
Bassoon	Percussion/Drum Kit
Cello	Piano
Clarinet	Saxophone
Classical Guitar	Singing
Cornet	Trombone
Double Bass	Trumpet
Electric Guitar	Tuba
Euphonium	Viola
Flute	Violin
French Horn	Ukulele
Harp	



# Residential & Day Trips

So many memories are made on school trips and we give our students lots of opportunities to experience life beyond the school gates. Many departments offer trips that enhance the curriculum and provide experiential learning opportunities. These trips also help to develop a broader understanding of the world and offer different cultural experiences whilst being great fun!



## Example Residential Trips:

- ..... Lakeside Residential for Year 7
- ..... MFL trips to Malaga/Paris Years 8 -10
- ..... Geography trip to Iceland Year 10 – J6
- ..... Art trip to the London galleries for Years 10 – S6
- ..... PE Ski Trips to countries such as Austria, Switzerland or Norway – Senior and Sixth Form
- ..... Computer Science and Economics trip to Disneyland Paris
- ..... English and Drama trip to New York
- ..... Creative Writing trip to North Wales
- ..... Duke of Edinburgh Award Scheme

## Example Day Trips:

- ..... Chester Zoo
- ..... Chill Factor
- ..... Alton Towers
- ..... Crocky Trail
- ..... Poole's Cavern
- ..... The Football Museum
- ..... Numerous Theatre and Concert Hall visits throughout the year

## Our Values

Manchester High School for Girls nurtures...



### COMPASSION

We foster a culture of respect for others, tolerance, kindness, honesty and service. Pupils are encouraged to contribute to their community, locally and globally.

### INDIVIDUALITY

We are proud of our diverse community and know every pupil as an individual. We support their aspirations and encourage the development of resilience and self-confidence, so that our pupils can become tenacious, independent and happy.

### INNOVATION

We empower our pupils to think for themselves and to experiment, express opinions, develop new ideas and challenge stereotypes. We encourage them to be 'risk-takers', embracing the importance of failure and viewing challenges as stepping-stones to future progress, enabling them to be self-confident agents of change.

### LEARNING

We inspire a lifelong love of learning and promote the highest standards of intellectual curiosity and academic rigour among both our staff and pupils.

### WELLBEING

We believe in prioritising the all-round development of our pupils and encourage the pursuit of enjoyment, fun and mindfulness; recognising that happiness is fundamental to success.

## Our Vision

**Our vision is excellence:** to deliver a pioneering, innovative and dynamic learning experience within a compassionate and caring environment for a needs blind, diverse community where the wellbeing and happiness of every individual and the fulfilment of their potential are our priority. As the School of choice for girls in the North-West, our pupils - like those who have attended the School before them - will go on to be global citizens and courageous motivators of change.

**Please note**, whilst we endeavour to have up to date information in our literature we cannot always guarantee each activity will run every year. Those listed, therefore, represent an example for students and families of what has been available over recent academic years. Furthermore, whilst most extra-curricular activities are included within School fees, there may be an additional charge for off-site trips.

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