



Extra-Curricular Activities at HLS

2024-2025



CONTENT

- Duke of Edinburgh Award
- Academic and Wellbeing Support
- Enrichment
- Music & Performing Arts
- Sport



DUKE OF EDINBURGH AWARD



Every year, DofE inspires hundreds of thousands of young people, from all walks of life, to explore who they are, grow in confidence and develop the skills they need to successfully navigate life. We help them build lifelong belief in themselves, supporting them to take on their own challenges, follow their passions, and discover talents they never knew they had. The DofE is delivered in schools, colleges, community organisations, hospitals, prisons and more, all over the UK and internationally.

DofE is open to any young person aged 14–24. Participants build their own programme, choosing activities and a cause to volunteer for. The DofE is structured into three levels of Award which increase in challenge and duration: Bronze, Silver, and Gold. The main differences between the Award levels are the minimum length of time it takes to complete the programme, how challenging it is, and the minimum age you can start. There are four main sections of a DofE programme: Volunteering, Physical, Skills, and Expedition. At Gold, participants will also complete a Residential section.

In 2023–24, 330,984 young people started their DofE, giving 4.7 million hours of volunteering to their communities. The DofE charity has increased our target to give 1.6 million young people the chance to participate in a life-changing DofE programme by 2026.



BRONZE



The Duke of Edinburgh Bronze Award is an opportunity to gain skills for life, develop a love of the outdoors and help yourself and community to develop. The Bronze award is open to Year 9 students with sign up taking place in November each year. Participants will complete their volunteering, physical and skills section outside of school with training for their expedition taking place each week from January.

Expedition and eDofE support runs on a Thursday lunchtime for Year 9 with expeditions taking place in Leicestershire in April and May.



**Thursday - B
Lunchtime**



LA2 & LA5



Year 9



SILVER



The Duke of Edinburgh Silver Award is an opportunity to gain skills for life, develop a love of the outdoors and help yourself and community to develop. The Silver award is open to Year 10 students with sign up taking place in November each year. Participants will complete their volunteering, physical and skills section outside of school with training for their expedition taking place each week from January.

Expedition and eDofE support runs on a Wednesday lunchtime for Year 10 with expeditions taking place in the Peak District in April and May.



**Wednesday- B
Lunchtime**



LA2 & LA5



Years 10



ACADEMIC AND WELLBEING SUPPORT

AT HLS

HOMEWORK CLUB



A peaceful and quiet environment where you can focus and complete your homework without distractions. This space is equipped with computer access, allowing you to easily research, write, or work on any assignments that require digital resources.



**Everyday - A&B
Before & After School**



Library



Years 7-11

OPEN LIBRARY



Dive into an engaging and enjoyable read, exploring a wide variety of books that will capture your imagination. Stay updated with the latest releases and make sure you're on track with your class reading assignments. Whether you're looking for new novels, educational resources, or specific texts for your studies, the library has something for everyone. Come in and discover all the fantastic books, resources, and materials we have available to support your learning and reading interests.



**Everyday - A&B
Lunchtime**



Library



Years 7-11

REINTEGRATION



A dedicated and supportive space for students accessing the Reintegration Unit to spend their lunch times in a calm and structured environment. This area is specifically designed to help students who are transitioning back into the school community, offering them a safe and comfortable space where they can relax and regroup during their break. It provides a chance for students to socialise with peers in a smaller, more manageable setting, or to engage in quiet activities that promote emotional well-being and personal growth. The space is designed to be a positive, nurturing environment that supports the students' reintegration process and fosters a sense of belonging and confidence.



**Everyday - A&B
Lunchtime**



**Reintegration
Unit**



**Invited
Students**

SUPPORT 4 LEARNING



A dedicated, safe, and supportive space where pupils with Special Educational Needs (SEN) can comfortably spend their lunch and break times. This environment is designed to be calm and accommodating, offering a quiet retreat for students who may need a sensory-friendly or less stimulating area to relax and recharge.

It provides an opportunity for these students to enjoy their break times without the stress of overwhelming crowds or noise, allowing them to feel secure, valued, and included. The space also fosters social interaction with peers, providing a sense of belonging and connection in an understanding, non-judgmental setting.



**Everyday - A&B
Lunchtime**



S4L2 & Hub



**Invited
Students**



ENRICHMENT AT HLS

CHESS CLUB



Chess for all abilities, from complete beginners to advanced players, offers an exciting opportunity to learn and develop your skills in this ancient and intellectually stimulating game. Whether you're just starting out or looking to refine your strategies, this space is perfect for players of all levels. Join a community of like-minded students who share a passion for chess, where you can play, learn, and challenge each other in a supportive and friendly environment.

As you engage in each match, you'll not only enhance your chess skills but also improve your problem-solving, critical thinking, and strategic planning abilities, all while having fun. This is the perfect place to sharpen your mind and build lasting connections with fellow chess enthusiasts.



**Thursday* - A&B
After School**



**Sixth Form
Conference
Room**



Years 7-13

*Usually Thursday but please see SharePoint each week for day and room.

LIVERPOOL FC SUPPORTERS CLUB



By engaging with other fans at Higham Lane School, you'll not only enhance your love for Liverpool Football Club but also help to create a fun, inclusive, and supportive community where everyone can share in the highs and lows of being a Liverpool supporter. Whether you're celebrating victories or discussing tactics, your passion for LFC will bring people together and build lasting memories.



**Wednesday - B
Lunchtime**



SC3



Years 7-13

CROCHET CORNER



Get creative and crafty in the Crochet Club, where you can explore the art of crochet and create beautiful, handmade items. Whether you're a complete beginner or an experienced crocheter, this is the perfect space to learn a new skill, refine your techniques, and express your creativity. Using wool and a crochet needle, you'll have the opportunity to create a wide variety of projects, from cosy scarves and blankets to intricate accessories and decorations. Join a supportive community of fellow craft enthusiasts, share tips and ideas, and watch your talent grow as you make unique and personalized creations. What will you create next? The possibilities are endless!



**Wednesday - A&B
Lunchtime**



COR 2



Years 7-13

SWIFTIE CLUB



The Swiftie Club, led by the ultimate mega-fan Miss Cheng, is the perfect place for all Taylor Swift fans to come together and celebrate the music, the lyrics, and the legacy of this iconic artist. Whether you're a lifelong fan or new to Taylor's music, Miss Cheng's enthusiasm and knowledge will guide you through every album, song, and memorable moment in Taylor's career.

Join the club to bond with other fans, share your favourite tracks, discuss the meaning behind the lyrics, and discover new songs that resonate with you. It's more than just a club—it's a community where the love for Taylor Swift's music is shared and celebrated. Come and be part of the magic—sing along, chat about your favourite songs, and experience the joy of being a Swiftie!



**Monday - A&B
Lunchtime**



SC3



Years 7-13

CREATIVE WRITING



Join our relaxed and inspiring creative writing workshops, where you can explore your imagination and develop your writing skills in a comfortable, no-pressure environment. Whether you're a seasoned writer or just starting out, these workshops provide a supportive space to express yourself, experiment with different styles, and explore new ideas. With a focus on creativity and self-expression, you'll have the freedom to write in any genre—whether it's poetry, short stories, or even personal essays. Enjoy the opportunity to receive gentle feedback, share your work with others, and draw inspiration from fellow writers in a relaxed, encouraging setting. It's all about having fun with words and unleashing your creative potential!



**Tuesday - A
Lunchtime**



EN5



Years 7-13

BOOK CHAT



A group of like-minded individuals who regularly come together to engage in lively discussions about books and much more. Whether you're a passionate reader or simply enjoy thoughtful conversation, this group offers a welcoming space to share your thoughts on a wide variety of genres, authors, and literary themes. Join us for stimulating conversations, fresh recommendations, and the joy of sharing your love for literature with others.



**Wednesday - A&B
After School**

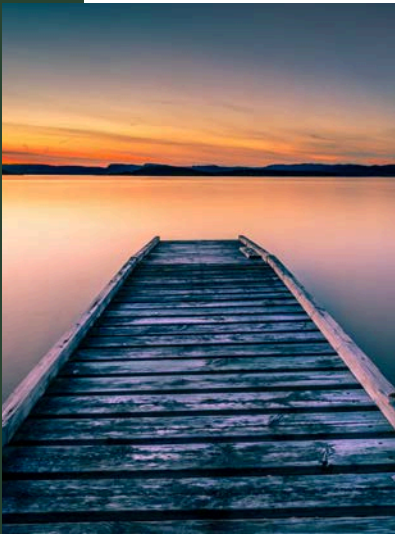


Library



Years 7-8

CALM CLUB



Take a break and unwind with a variety of quiet activities designed to help you relax and recharge. Spend your time reading captivating books, getting lost in different worlds and stories, or express your creativity through colouring with a range of vibrant colours and patterns. For a more hands-on activity, try assembling a jigsaw puzzle, where you can focus and enjoy the satisfaction of completing each piece. If you're looking for a more intricate and meditative experience, explore the art of origami, creating beautiful paper sculptures with precision and patience. These peaceful activities provide the perfect opportunity to de-stress, improve focus, and enjoy some quiet, mindful time to yourself.



**Wednesday - A&B
Lunchtime**



Library



Years 7-13

PRIDE CLUB



A safe and inclusive space dedicated to LGBTQ+ students and their allies, where everyone can freely express themselves without fear of judgement. This welcoming environment fosters a sense of community and support, encouraging individuals to share their thoughts, experiences, and identities openly.

It's a place where LGBTQ+ students can find solidarity and empowerment, while allies can learn, grow, and actively participate in creating a more accepting and respectful atmosphere. Together, this space nurtures understanding, celebrates diversity, and promotes a sense of belonging for all.



**Wednesday - A&B
Lunchtime**



SC5



Years 7-13

GARDENING CLUB



A fantastic opportunity to get your hands dirty and actively contribute to the development of Chine Quad, the school garden that's waiting for your creativity and ideas. We invite you to become part of this exciting project and help shape the future of this outdoor space. Whether you're planting bulbs to add colour, weeding the garden beds to keep everything tidy, or even growing your own food, you'll have the chance to learn valuable gardening skills while making a positive impact on the environment. This is more than just a gardening project—it's an opportunity to be part of a community effort to create a sustainable, beautiful, and educational garden that will be enjoyed by everyone. Share your ideas, try new techniques, and see the transformation unfold as you contribute to making the school garden a thriving space for learning and relaxation.



**Wednesday - A&B
After School**



Chine Quad



Years 7-13

LEGO CLUB



A relaxed and welcoming space where creative students can come together to unleash their imagination and build with LEGO! This is the perfect spot to enjoy the endless possibilities that LEGO offers, whether you're constructing intricate models, designing your own inventions, or just having fun experimenting with different designs. The atmosphere is casual, allowing you to work at your own pace and connect with other like-minded individuals who share your passion for creativity. In addition to free-building time, there will be regular competitions to challenge your skills, ignite your imagination, and spark friendly rivalry. What will you create next? From towering structures to tiny, detailed scenes, the possibilities are endless, and each session is an opportunity to learn, collaborate, and have fun while building something amazing!



**Thursday - A&B
Lunchtime**



MA2



Years 7-8

CODING AND GAMES CLUB



Enhance your coding skills and dive into the exciting world of game development with expert guidance from our Computer Science staff. Whether you're a beginner or already have some experience, this is the perfect opportunity to level up your abilities while having fun creating your very own games. You'll learn the fundamentals of coding, explore different programming languages, and discover the process behind designing and building interactive games.



**Thursday - A&B
Lunchtime**



IT1



Years 7-8

GAMES CLUB



Enjoy a variety of quick-play board and card games that offer fun and excitement in a relaxed setting. Spend your lunchtimes engaging in friendly competition with friends or classmates, testing your strategy and skills in a range of games. Whether you're looking for a casual game to unwind or a more competitive challenge, this is the perfect opportunity to enjoy some downtime, socialize, and have fun during your break. Join in, make new friends, and experience the thrill of games in a welcoming atmosphere.



**Monday,
Wednesday &
Friday - A&B
Lunchtime**



BE1



Years 7



MUSIC & PERFORMING ARTS

AT HLS

DRAMA CLUB



A fun and inclusive drama club for everyone, where you can explore the world of theatre through a variety of exciting drama games, activities, and performances. Whether you're a seasoned performer or completely new to drama, this club is the perfect place to build confidence, express yourself, and develop key acting skills. Participate in engaging games that will improve your improvisation, teamwork, and communication, while learning essential techniques that set you up for success on stage. You'll have the opportunity to perform in front of others, working together with fellow club members to create memorable moments and bring stories to life. With each session, you'll grow as an actor, build your stage presence, and have a great time doing it! Join us and discover the joy of drama while developing the skills to shine both on stage and in life.



**Thursday - Week A&B
After School**



**Coombe
Hall**



Years 7-13

MUSICAL THEATRE



Use your voice to express your love for musical theatre in a fun and supportive setting, where you can come together with other passionate individuals to perform iconic show tunes. In this group, you'll have the opportunity to explore some of your favorite musical theatre songs, working on ensemble performances that capture the excitement and energy of the stage. Whether you're new to musical theatre or have experience performing, this is a welcoming environment where everyone can learn, grow, and enjoy the process of bringing songs to life. You'll collaborate with fellow performers to perfect harmonies, choreography, and stage presence, all while creating a sense of camaraderie and shared enthusiasm for the art form. It's not just about performing—it's about having fun, building confidence, and sharing your passion for musical theatre with others who feel the same!



**Wednesday - A&B
Lunchtime**



MU2



Years 9-11

PRACTICE ROOMS



5 dedicated spaces where you can practice and perfect your latest song or musical piece, whether you're working solo or with friends. This is the perfect environment to refine your skills, experiment with new ideas, and immerse yourself in the music. Whether you're preparing for a performance, recording, or simply want to practice, you'll have access to a range of musical instruments and equipment, including guitars, keyboards, drums, and sound systems, to support your musical journey. The space is designed to inspire creativity and collaboration, so you can rehearse with friends, share ideas, and work together to create something special. Whether you're practicing for a school event or just exploring your musical interests, this is the ideal place to grow as a musician and enjoy the process of making music.

Ensure you check in with a member of staff before you begin your practice session.



**Monday, Tuesday,
Wednesday & Thursday
- A&B
Lunchtime**



**Music
Department**



Years 7-13

JAMMING CLUB



A dedicated space where you can hone your craft, whether you're perfecting your latest song or practicing a new piece. Here, you have the freedom to work alone, fine-tuning every note, or gather with friends to collaborate and share your musical journey. The space is equipped with a wide range of musical instruments and top-quality equipment, giving you the tools you need to create, explore, and refine your sound. Whether you're a solo artist or part of a group, this space provides the perfect environment to bring your musical ideas to life.



**Monday & Tuesday -
A&B
After School**



**Music
Department**



Years 7-13

CHOIR



A fun and welcoming way to enjoy singing, open to all students, regardless of experience or vocal ability—no audition required! Whether you're a seasoned singer or just love to make music, this is the perfect opportunity to explore your vocal talents in a relaxed and supportive environment. Throughout the year, we work towards a minimum of three concerts, where you'll get the chance to perform in front of an audience, showcasing your hard work and the music you've been rehearsing. We sing a diverse range of music, from contemporary hits and classic songs to choral pieces and more. It's a fantastic way to build confidence, improve your vocal technique, and collaborate with other like-minded students. Come join us and experience the joy of singing in a group while being part of something truly special!



**Monday - A&B
Lunchtime**



MU2



Years 7-13

CHAMBER CHOIR



A more in-depth and enriching experience for those who are looking to take their singing to the next level. This group focuses on exploring the choir songs in greater detail, allowing you to add harmonies, experiment with vocal arrangements, and take on solo parts. It's an ideal opportunity for students who want to challenge themselves, develop their vocal range, and become more confident in their abilities. You'll work closely with others to perfect your harmonies, refine your technique, and elevate the overall performance. This group participates in all the same concerts as the main choir, giving you the chance to perform alongside your peers and showcase your talents to a wider audience.



**Thursday - A&B
After School**



MU2



Years 9-11

ORCHESTRA



A fantastic opportunity for all students who play an orchestral instrument, from Grade 1 and above, to come together and create beautiful music as part of an ensemble. This group is designed for musicians who want to hone their skills, collaborate with others, and experience the joy of playing in an orchestra. Throughout the year, we work towards a minimum of three concerts, where you'll have the chance to perform a wide variety of music, including both popular and classical pieces. Whether you're playing strings, woodwinds, brass, or percussion, this is a great way to improve your musical technique, learn how to play in harmony with other instruments, and experience the thrill of live performance.



**Monday - A&B
After School**



MU1



Years 7-13

KEYBOARD CLUB



A relaxed and enjoyable way to practice the keyboard, where you can explore music at your own pace. Higham Lane staff will be available to offer support and guidance whenever needed, ensuring a comfortable and helpful environment. You're welcome to bring along your own sheet music to work on, or take advantage of the music provided. If you feel inspired, you can also get creative and come up with your own musical ideas, experimenting and having fun with the instrument. Whether you're a beginner or more advanced, this is a great opportunity to improve your skills and express yourself through music.



**Tuesday - A&B
Lunchtime**



MU1



Years 7-13



SPORTS

AT HLS

BOXING



The Boxing Club at Higham Lane offers a fantastic opportunity for both boys and girls of all ages and abilities to get involved in a sport that promotes physical fitness, mental strength, and self-discipline. Run by experienced Higham Lane staff, the sessions take place in a safe and supportive environment, where participants can build their skills, gain confidence, and learn the fundamentals of boxing, such as footwork, techniques, and conditioning.

This club is designed to be inclusive, so whether you're new to boxing or have some experience, everyone is welcome to join. The emphasis is on personal development, with trainers offering guidance, encouragement, and positive feedback to help each participant progress at their own pace. It's a fantastic way to improve fitness, coordination, and focus while also learning important life skills such as resilience, self-control, and respect.

Boxing is also a great way to start the day with energy and a positive mindset. The morning sessions provide a boost to both body and mind, leaving participants feeling invigorated, motivated, and ready to take on the challenges of the day ahead. Whether you're looking to enhance your fitness, learn a new skill, or simply have fun while getting active, the Boxing Club at Higham Lane is a great place to begin your journey.



**Wednesday - A&B
Before School**



**Sports
Hall**



Years 7-13

BADMINTON



Recreational badminton is a fantastic opportunity for girls who simply want to play for fun, without the pressure of formal competition. Whether you are a beginner or someone with some experience, this session is designed to be an enjoyable way to stay active, improve your skills, and have a good time with friends. The focus is on having fun while learning the basics of badminton, such as proper grip, footwork, and shot techniques, in a relaxed, friendly atmosphere.

It's an ideal session for girls who want to enjoy the sport without the intensity of competitive play. You can play at your own pace, and the session is a great way to unwind, stay fit, and socialize. All you need is a pair of comfortable trainers to ensure you're moving safely and effectively on the court.



**Wednesday - A&B
Lunchtime**



**Sports
Hall**



Years 7-13

FOOTBALL

Football is a key and highly valued sport at Higham Lane, with both boys' and girls' teams available for a range of age groups. The school prides itself on creating an inclusive environment where students of all abilities and experience levels can enjoy and improve their football skills. Whether you're a beginner looking to learn the basics or an experienced player seeking to develop your technique, all sessions are designed to accommodate everyone.

Throughout the term, our teams participate in a variety of home and away matches, giving players the chance to compete against other schools in a supportive and exciting atmosphere. These matches not only allow students to test their skills in real-game scenarios but also help build a strong sense of teamwork, discipline, and sportsmanship. The football program at Higham Lane fosters a love for the game while promoting physical fitness and personal growth. All students are encouraged to get involved, regardless of their prior experience, and become part of our football community.

GIRLS' FOOTBALL



Tuesday - A&B
Lunchtime



Sports Hall



Year 8

BOYS' FOOTBALL



Wednesday - A&B
After School



Front Field/
Ambleside
Meet at Gym



Year 7

BOYS' FOOTBALL



Thursday - A&B
After School



Front Field/
Ambleside
Meet at Gym



























Year 10



NETBALL

Netball is a prominent and exciting sport for girls at Higham Lane, with a strong emphasis on teamwork, skill development, and competition. The school offers several netball teams across all year groups, from Year 7 through to Year 13, providing opportunities for players of all abilities to participate and excel. Our teams are coached by highly qualified and dedicated teaching staff, who bring both passion and expertise to every session.

In addition to regular training, the teams compete in a variety of local and national matches, allowing students to showcase their skills on different levels and gain invaluable experience. These competitive opportunities help foster a sense of discipline, sportsmanship, and personal growth, as well as building lasting friendships within the school community. Whether you're new to the sport or an experienced player, netball at Higham Lane offers a supportive and dynamic environment for all girls to thrive.

NETBALL	 Monday - A&B Lunchtime	 Sports Hall	 Selected teams
NETBALL	 Monday - A&B After School	 Sports Hall	 Year 9
NETBALL	 Monday - A&B After School	 Sports Hall	 Year 9
NETBALL	 Monday - A&B After School	 Gym	 Year 10
NETBALL	 Wednesday - A&B After School	 Sports Hall	 Year 7
NETBALL	 Tuesday - A&B After School	 Sports Hall	 Year 8
NETBALL SHOOTING	 Friday - A&B Before School	 Sports Hall	 Year 7-13
NETBALL TRAINING	 Friday - A&B Lunchtime	 Sports Hall	 Year 7-13



RUGBY



Rugby at Higham Lane offers an exciting opportunity for both boys and girls of all abilities and ages to engage in and learn this dynamic team sport. Whether you're new to rugby or have previous experience, the program is designed to support and develop players at every level. With a focus on teamwork, discipline, and sportsmanship, students will gain a deeper understanding of the game while improving their skills and fitness.

The rugby sessions provide a fun and inclusive environment where everyone can participate, learn the rules, and develop key skills such as passing, tackling, and strategic play. Coaches are dedicated to guiding players through their development, ensuring each participant feels confident and supported as they progress. Through regular training and friendly matches, both locally and beyond, students will experience the thrill of playing rugby in a competitive yet supportive setting.

In addition to the physical benefits, rugby helps build valuable life skills such as leadership, communication, and resilience, making it a fantastic choice for personal growth. Regardless of skill level, every student has the chance to join in, make new friends, and become part of the vibrant rugby community at Higham Lane.



**Friday - A&B
After School
3.15-4.30/5pm**



Front Field



Years 7-13

TABLE TENNIS



A fun and relaxed opportunity to learn and develop your table tennis skills, where the focus is on enjoyment and personal growth rather than competition or pressure. Whether you're a complete beginner or have some experience, this is the perfect environment to improve at your own pace. Teachers are on hand to guide you through the fundamentals of the game, such as proper grip, footwork, and techniques, while also helping you refine your game strategy.

The no-pressure atmosphere ensures that everyone can feel comfortable and confident, taking their time to explore the sport without the stress of formal competitions.



**Wednesday - A&B
Lunchtime**



Gym



Years 7-9



WHAT WILL YOU
CHOOSE?

