Health and Wellbeing at NGHS

Extra Curricular Opportunities

Term 2- November - Christmas holidays

	Lunch Time	After School
Monday	12.35pm: Harper Netball training (HG) – Courts 12:35pm: Sixth Form Badminton- Student led (SMC)- Hall 12:35pm: Year 11 Maths Support Club + Drop-in - rm 26 1pm: Genocide and Human Rights Awareness Group (AS) - rm 3 1pm: Physics club (CR/ SC)- Lab 15 1pm: 6th Form Chemistry Clinic (CT/JW) – rm 19 1pm: Jazz band (Mr Wynn)- rm 23 1pm: Year 11 Art support club (AB)- Art Room	4-5pm: Karate Club – All Years (Coach) – Hall 4pm - 5pm: Performing Arts Society- rm 23 and the Centenary Hall (MJS and DP)
Tuesday	12:35pm: All years Hockey Club- Student led (HG) – Courts 12:35pm: All years running club- Student led (SMC)- Hall or Field 12:35pm: Maths Year 7-10 Drop-in Support- rm 26 1pm: Y11 History Revision (AS)- rm 3 1pm: Physics club (CR/ SC)- Lab 15 1pm: Biology GCSE drop in (SD)- rm 20 1pm: Senior Choir Years 10-13 (JT)–rm 23 1pm: English Academic Support Drop-In (JC)- rm 27 1pm: SustaiNGHS (KG)- rm 103 1pm: Year 7 Art Club (AB/ JAC)- Art room	4-5pm: Y7&8 Badminton (KW) – Hall Harper Netball Fixtures (HC & HG)
Wednesday	12:35pm: All years Football Club (SMC)- Field 1pm: Yoga and meditation (DM)- Hall 12.35pm: Y7-10 & 6th Form Maths Drop In (KW/SW/AH/RP) – rm 25 1pm: Physics club (CR/ SC)- Lab 15 1pm: Junior choir (JT)- rm 23 1pm: Year 11 Art support club (JAC)- Art Room	4- 5pm: Handball Club (External) – Courts
Thursday	12:35pm: Team trials and/or Team Netball Practice (HG) - Courts 12:35pm: Japanese club (TF)- Hall 1pm: Physics club (CR/ SC)- Lab 15 1pm: Biology GCSE drop in (SD)- rm 20 1pm: Accompaniment workshop (JT) – rm23 1pm: Year 11,12,13 DT Workshop Session (TW)- DT room 1pm: Gardening Club (JW) – Outside	4-5.30pm: Fencing Club – All Years (Coach) Winter League Netball Fixtures (HC & HG)
Friday	1pm: Y8-11 Chemistry Clinic (CT/JW) – rm 19 1pm: Spectrum Club- every other week starting 13th September (AS)- rm 3 1pm: Biology A level Drop-in (SD and RN)- rm 20 1pm: Orchestra (JT) – rm 23 1pm: Literary Society (DP)- rm 203 1pm: 'Fun time Friday'- Student led- Hall	4- 6pm: Netball Satellite Club (Coach)- Courts