



# ABOVE & BEYOND

RISE TO THE CHALLENGE



Ruislip  
High  
School

**CLUB PROGRAMME**  
**SPRING 2023**

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# Welcome

Welcome to the Above & Beyond Programme, which provides a wide range of exciting extra-curricular opportunities for all students across the school. The staff at Ruislip High School have worked together to produce a timetable of clubs and societies that aim to provide students with the opportunity to supplement their academic endeavours, as well as their physical fitness and stamina.

Please read through this booklet to find out the options for our enrichment clubs on offer this term. **We recommend that students in Key Stage 3 aim to attend at least two clubs per week and students in Key Stage 4 and 5 aim to attend at least one club per week.** If students wish to attend clubs that fall on the same day, they may alternate each week.

Some activities require a termly payment to cover the running costs of the activity. Any costs are listed next to the information about the club within this booklet. If a student wishes to attend a club with a cost, parents will be contacted to make payment via ParentPay by the end of January 2023.

To sign up for any of the Above & Beyond clubs, please complete the Google Form sign up sheet, which is attached [here](#).

The deadline to register for clubs is **Thursday 8th December, 2022**. Late applications will be considered but please be aware some of our clubs are very popular and **admittance to clubs will be given on a first-come, first-served basis**.

Should parents/guardians have any questions, please contact Mr Tibbey via the school office at [office@ruisliphigh.org.uk](mailto:office@ruisliphigh.org.uk).

We hope that students enjoy the Spring Term programme and take full advantage of the fantastic activities available.

Yours sincerely

Mr Tibbey & Ms Bonny  
**Above & Beyond Coordinators**

# THE ABOVE & BEYOND AWARD

The purpose of the award is to recognise the students who take up all opportunities in school to enrich their wider understanding of the world and have a passion for learning beyond the classroom.

A range of enriching experiences, opportunities and all of our Above & Beyond clubs have been included in one of the following four categories: community, physical, creativity and culture.

Each category has bronze, silver and gold criteria. When students meet the criteria under each category, they will earn a bronze, silver or gold award for the category.

The themes found under each category are shown in the table below:

<b>Community</b>	<b>Physical</b>	<b>Creativity</b>	<b>Culture</b>
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

*The full list of criteria for each category theme will be communicated with students and parents*

Therefore, a student could hold a bronze award for physical or a silver award for creativity. If students meet the criteria at a particular level across all four categories, then they will qualify for an overall 'Above and Beyond Award' at that level.

The criteria has been developed to allow students to progress across the levels over their time at Ruislip High School.

We are incredibly excited about this new award and we are sure it will give our students the opportunity to develop their character beyond the classroom.

# PE CLUBS

The Physical Education department offers a wide variety of clubs for students to participate in either mornings and/or after school. Students have the opportunity to participate in clubs for both enjoyment and to compete against other schools in fixtures and competitions. The clubs on offer change throughout the year to provide extra opportunities and are linked to times of competitions and fixtures so that students have the opportunity to practise for these. *The majority of the clubs listed below are free of charge. However, further information about any costs required for specific clubs below will be provided by the PE Department.*

Club	Age	Day	Time	Venue
<b>Badminton</b>	KS3	Monday	7:30am-8:10am	Sports Hall
<b>Badminton</b>	KS4	Friday	2:45pm-3:45pm	Sports Hall
<b>Basketball</b>	KS3/4	Wednesday	7:30am-8:10am	Sports Hall
<b>Table Tennis</b>	KS3/4	Thursday	7:30am-8:10am	Sports Hall
<b>Dance/Gymnastics</b>	KS3/4	Friday	7:30am-8:10am	Sports Hall
<b>Netball</b>	KS3/4	Tuesday	2:45pm-4:00pm	MUGA
<b>Girls' Football</b>	KS3/4	Wednesday	2:45pm-4:00pm	ASTRO
<b>Swimming (invite only)</b>	KS3	Tuesday	2:45pm-4:00pm	Highgrove
<b>Boys' Football</b>	KS3	Tuesday	2:45pm-4:00pm	Field
<b>Boys' Football</b>	KS4	Wednesday	2:45pm-4:00pm	Field
<b>Rugby</b>	KS3/4	TBC	2:45pm-4:00pm	Field
<b>Volleyball</b>	KS3	Tuesday	7:30am-8:10pm	Sports Hall

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# ART CLUB

<b>Day:</b>	Tuesday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	3:45pm
<b>Venue:</b>	C109
<b>Cost:</b>	£6 per student, per term



## Club Description: \*KS3 only\*

Every Tuesday after school a group of students get together to share their love of art at Art club. Art club encourages everyone to express their creativity - so it doesn't matter if you think you can't draw or feel you're not the 'arty' type. We believe that Art is good for you, whoever you are!

The sessions are all about enjoying being creative, so one project might be collage, whilst the next might be potato printing or paper quilling. Whatever we do, we are always experimenting with different materials and techniques to create pieces of work that we can be proud of.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# KS3 BOXING CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	7:30am
<b>End Time:</b>	8:15am
<b>Venue:</b>	Sports Hall
<b>Cost:</b>	£4.50 Per session



## Club Description:

**\*KS3 ONLY\***

Brand new for the Spring Term! Would you like to learn the discipline and skills required to take part in the sport of boxing? Would you like to improve your fitness in a structured, yet fun environment?

Sign-up to our boxing club, which will take place on Wednesday mornings, to develop your fitness and improve your boxing skills. Please note: this club is focused on the discipline of the sport in an active and safe environment. Students will learn a range of boxing moves and techniques, using gloves and pads.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# KS4 & 5 BOXING CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:15 pm
<b>End Time:</b>	4:15 pm
<b>Venue:</b>	Sports Hall
<b>Cost:</b>	£5.00 Per session



## Club Description:

**\*KS4 & 5 ONLY\***

Brand new for the Spring Term! Would you like to learn the discipline and skills required to take part in the sport of boxing? Would you like to improve your fitness in a structured, yet fun environment?

Sign-up to our boxing club, which will take place on Wednesday mornings, to develop your fitness and improve your boxing skills. Please note: this club is focused on the discipline of the sport in an active and safe environment. Students will learn a range of boxing moves and techniques, using gloves and pads.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy



# CARBON ZERO CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	C116
<b>Cost:</b>	N/A



## Club Description:

The Carbon Zero club has the goal of helping RHS become carbon neutral. To do this, we will investigate ways of generating our own energy, reducing our energy consumption, looking at the science behind various systems, and producing recommendations for the school's senior leadership team to consider.

The club will be linked closely with the new EcoHub at RHS. We need innovators, scientists, researchers and publicists. If you are passionate about reducing our carbon footprint, come and join us to make a difference!

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# DEBATE CLUB

<b>Day:</b>	Thursday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	3:45pm
<b>Venue:</b>	D209
<b>Cost:</b>	N/A



## Club Description:

Are you a student who likes to share your view point? Why not come along and join the school's debate club!

You'll have the opportunity to discuss current issues, play fun debating games, develop your debating techniques and make new friends. The RHS Debate team is very successful and even went on to win the Vanguard Learning Trust Debate Competition in July 2022. Come and join the champions!

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# DESIGN & TECHNOLOGY

<b>Day:</b>	Monday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	3:45pm
<b>Venue:</b>	C103
<b>Cost:</b>	N/A



## Club Description:

The club will cover all things DIY, which will prepare you for tasks around the home. Topics covered include: painting and decorating, fixings and fittings, flat pack furniture, wiring a plug, changing a car wheel.

Students who attend will gain an understanding of how to use tools in a practical environment.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# DRAMA CLUB

<b>Day:</b>	Friday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	3:45pm
<b>Venue:</b>	E201
<b>Cost:</b>	N/A



## Club Description:

In Drama club we explore characterisation and staging through a variety of games and exercises. We apply the vocal and physical skills and techniques we learn in lessons to produce scripts and create our own performances.

From Shakespeare to Miller, we look at all sorts of characters and learn the types of techniques professionals use to create their characters.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# D&D CLUB

<b>Day:</b>	Friday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	3:45pm
<b>Venue:</b>	C101
<b>Cost:</b>	N/A



## Club Description:

**\*KS4 and KS5 ONLY\***

Have you ever wanted to take on a band of orcs, bust out of a prison guarded by dwarves or defeat a dragon? Well our brand new Dungeons and Dragons club might be for you!

D&D is a structured, yet open-ended role-playing game. The players form an adventuring party who explore fantasy worlds together as they embark on epic quests and level up in experience. The Dungeon Master (also known as the DM - and to start with **Ms Loizou**) is the game's referee and storyteller. There's no winning or losing in D&D - at least, not in the conventional way.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# FENCING CLUB

<b>Day:</b>	Monday
<b>Start Time:</b>	2:55 pm
<b>End Time:</b>	3:55 pm
<b>Venue:</b>	Sports hall
<b>Cost:</b>	£6 per session £66 per term



## Club Description:

A team consisting of British, European and Commonwealth champions have created a class that aims to pass down fencing knowledge as well as aiming to develop many transferable skills students can use throughout their lives.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# FILM CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:10 pm
<b>End Time:</b>	4:10 pm
<b>Venue:</b>	E204
<b>Cost:</b>	N/A



## Club Description:

Come along to a warm and welcoming club where we will watch films from around the world, both old and new, to explore the world of cinema. We will share recommendations and work together to produce film reviews for the Ruislip Eye.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# FREE RUNNING CLUB

<b>Day:</b>	Thursday
<b>Start Time:</b>	2:55 pm
<b>End Time:</b>	3:55 pm
<b>Venue:</b>	Sports Hall
<b>Cost:</b>	£34.43 per term



## Club Description:

Want to learn the fundamental movements and methods of free running? Free running club will teach you how to move more freely and efficiently in an urban environment, improving your ability to overcome different obstacles, and increasing your capabilities of what you can do both physically and mentally.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy



# GEOGRAPHY CLUB

<b>Day:</b>	Tuesday Week A Only
<b>Start Time:</b>	2:45 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	D208
<b>Cost:</b>	N/A



## Club Description:

**\*KS3 only\***

Led by the Geography Department, this club will be a chance for students to strengthen their passion and love of geography, through an exciting and creative project.

Students will work together to research and explore different areas of geography, such as physical or human geography during club sessions. They will then be able to channel their knowledge in a creative way by helping to produce a range of informative geography displays.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# LRC CLUBS

A variety of clubs offered by Mrs Austen in the LRC throughout the week, including: discussing the latest books; sharing reading recommendations; completing homework; discussing articles and silent reading.

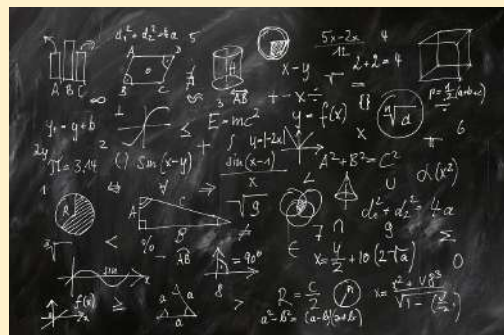
Club	Day	Time	Venue
<b>Reading Club</b>	Monday	7:45am-8:20am	LRC
<b>Silent Reading</b>	Tuesday	7:45am-8:20am	LRC
<b>Silent Reading</b>	Tuesday	2:45pm-4:00pm	LRC
<b>Reading Club</b>	Wednesday	7:45am-8:20am	LRC
<b>BookTok</b>	Wednesday	2:45pm-4:00pm	LRC
<b>Silent Reading</b>	Thursday	7:45am-8:20am	LRC
<b>Silent Reading</b>	Thursday	2:45pm-4:00pm	LRC
<b>Discussing Articles</b>	Friday	7:45am-8:20am	LRC
<b>Board Games</b>	Friday	2:45pm-4:00pm	LRC

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# MATHS CLUB

<b>Day:</b>	Tuesdays and Thursdays
<b>Start Time:</b>	8:00am
<b>End Time:</b>	8:25am
<b>Venue:</b>	Maths Corridor
<b>Cost:</b>	N/A



## Club Description:

At Maths club students can receive one-to-one support on topics they find challenging, help with homework and extension work.

The maths club is run as a way to inspire a love of maths so that learners can become confident and resilient problem solvers.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# MODEL UNITED NATIONS

<b>Day:</b>	Friday
<b>Start Time:</b>	3:15 pm
<b>End Time:</b>	4:10 pm
<b>Venue:</b>	C213
<b>Cost:</b>	N/A



## Club Description:

**\*KS4 and KS5 only\***

Model United Nations (MUN) is a student simulation of the proceedings of the United Nations (UN). Students, referred to as delegates, are assigned a country to represent in one of the numerous committees with pre-set topics to debate. They research their country's background and its position on the topics at hand, and prepare notes on possible solutions to the problems faced.

Students then convene at Model UN conferences to debate their assigned topics with students representing other UN member states. As with the real UN, the goal is to identify solutions, by negotiation and consensus, on which countries can agree. Participation in this club will help you to prepare for taking part in the New York trip to the UN whilst in Sixth Form.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# MFL HOMEWORK CLUB

<b>Day:</b>	Tuesday
<b>Start Time:</b>	2:45 pm
<b>End Time:</b>	3:45 pm
<b>Venue:</b>	A210
<b>Cost:</b>	N/A



## Club Description:

Led by the MFL department, this weekly club will provide students with extra support with their homework with subject specialists. Students may also attend to further develop their French or Spanish language skills to a higher level.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# PHILOSOPHY CLUB

<b>Day:</b>	Thursday
<b>Start Time:</b>	3:15 pm
<b>End Time:</b>	4:15 pm
<b>Venue:</b>	E205
<b>Cost:</b>	N/A



## Club Description:

Is it right to eat a pig that wants to be eaten? Are you really reading this, or are you in a simulation? If God is all-powerful, could he create a square circle?

Each week we will discuss questions like these drawn from the history of philosophy and ideas, and to see how thinkers have solved them in the past. This club encourages the development of higher-order thinking, literacy, oracy, self-confidence, team working and creativity.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# RHS BAND

<b>Day:</b>	Thursday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	D308/Main Hall
<b>Cost:</b>	N/A



## Club Description:

The RHS Band, run by Miss Nastou, is most certainly worth mentioning next! The RHS Band started in September 2021 as a small ensemble setting. Gradually, it grew to incorporate a wind, brass, percussion, and string section. The band has covered a broad range of repertoire from blues to the exciting Star Wars theme tune; it is without doubt one very exciting club to join as a young aspiring musician. **An audition for more students who can play brass and/or woodwind instruments will be advertised separately.**

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# RHS CHOIR

<b>Day:</b>	Tuesday
<b>Start Time:</b>	2:45 pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	D308/Main Hall
<b>Cost:</b>	N/A



## Club Description:

Every Tuesday after school, RHS Choir, run by Miss Nastou, practises a wonderful repertoire from pop and musical theatre to new age music! Students from all year groups get together to make music, learn about correct singing posture and most importantly, have fun!

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy



# ROBOTICS CLUB

<b>Day:</b>	Tbc
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	C210
<b>Cost:</b>	£5 per session



## Club Description:

**\*\*Club to be confirmed following expression of interest!\*\***

Are you interested in programming? Would you like to learn how to build, code and develop your own robot? Then the Robotics Club is for you!

In this interactive club, you will learn the basics needed to help you build your own mini robots and learn how to programme them to complete basic tasks.

*This brand new club promises to be very exciting - but can only run if there is enough interest. Once we have had enough students register their interest, further details will be confirmed.*

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# RUISLIP EYE

<b>Day:</b>	Tuesday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	D213
<b>Cost:</b>	N/A



## Club Description:

Got an eye for a story? Are you keen on print design? We are looking for aspiring journalists and designers to join our Ruislip Eye student magazine team!

Released each term, the Ruislip Eye reports on both school events and wider world issues from your perspective. The club is an opportunity to contribute towards the magazine's content, write your own stories and take photographs to accompany them.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# YOGA CLUB

<b>Day:</b>	Monday
<b>Start Time:</b>	2:55 pm
<b>End Time:</b>	3:55 pm
<b>Venue:</b>	Main Hall
<b>Cost:</b>	£7.50 Per session. £75 for block of ten lessons



## Club Description:

This class is a fun introduction to Yoga for students. Mindfulness and breathing techniques from Yoga can help you to feel calmer and more confident to tackle challenges. You will focus on the importance of physical activity by practising yoga poses and stretches whilst also working on mindfulness.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# VET CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	2:45 pm
<b>End Time:</b>	3:45 pm
<b>Venue:</b>	Eco Hub
<b>Cost:</b>	N/A



## Club Description:

You will get to practise some vet techniques, learn anatomy and learn how behavioural techniques can be used to solve problem behaviours. We will also explore and debate current Veterinary news and issues.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy