



# ABOVE & BEYOND

RISE TO THE CHALLENGE



Ruislip  
High  
School

**CLUB PROGRAMME**  
**SUMMER 2024**

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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 **deadline of Friday 22nd March 2024. If payment is not received by this date places may be offered to other students.** Paid clubs are non-refundable except for cases with extenuating circumstances.

To sign up for any of the Above & Beyond clubs, please login to SOCS [here](#).

The deadline to register for clubs is **Friday 15th March 2024**. 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**. All clubs are capped at 25 students unless stated otherwise.

Should parents/guardians have any questions, please contact Mrs Cluskey or Mrs Cimino 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

Mrs Cluskey & Mrs Cimino  
**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.

If you feel your child qualifies for the A&B award during their time at RHS, please complete the relevant form, which can be found on our school's website on the [Above & Beyond section](#), alongside the full award criteria.

# 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>Cricket (Morning)</b>	KS3/4	Monday	7:30am - 8:10am	PE
<b>Tennis</b>	KS3/4	Monday	7:30am - 8:10am	Sports hall
<b>Indoor Athletics</b>	KS3/4	Tuesday	7:30am - 8:10am	Sports Hall
<b>Rounders</b>	KS3/4	Tuesday	3:00pm - 4:00pm	Field
<b>Athletics</b>	KS3/4	Wednesday	3:00pm - 4:00pm	MUGA
<b>Basketball</b>	KS3	Wednesday	3:15pm - 4:15pm	Sports Hall
<b>Cricket</b>	KS3/4	Thursday	3:00pm - 4:00pm	PE
<b>GCSE Trampolining</b>	KS4	Friday	3:00pm - 3:45pm	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

# ANGLING CLUB

<b>Day:</b>	Tuesday - Week B only
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	D209
<b>Cost:</b>	N/A
<b>Spaces available:</b>	15



## Club description:

Do you have an interest in angling? This club will cover all aspects of angling from respect for our environment, through to fish types and angling techniques and plan to take the club to Northala Fields fishery and hopefully catch some fish at the end of the term.

You can view their website here <https://ghof.org.uk/>

The charity provides all equipment and coaching on site so no equipment or experience is necessary. Anglers with experience are of course welcome but please be aware that we will be starting with the basics.

## 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>	Thursday
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	C109
<b>Cost:</b>	N/A
<b>Spaces available:</b>	20



## Club description:

**\*KS3 only\***

Every Wednesday 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. This term we will be focusing on textiles within our art sessions.

## 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

# CHESS CLUB

<b>Day:</b>	Monday
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	TBA
<b>Cost:</b>	£55 per Term
<b>Spaces:</b>	20



## Club Description:

Welcome to the exciting world of chess! Chess club combines strategy, intellect, and a rich history of one of the oldest and most revered board games in the world.

A welcoming space for players of all skill levels to come together, play games and learn from each other.

## 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



# COOKING CLUB

<b>Day:</b>	Monday <b>OR</b> Wednesday
<b>Start Time:</b>	3:10pm
<b>End Time:</b>	4:10pm
<b>Venue:</b>	Food Tech Room
<b>Cost:</b>	£99 per Term
<b>Spaces:</b>	16



## Club Description:

**\*KS3 only\***

At Mix & Munch we are passionate about inspiring children to explore the wonderful world of food and flavours. Our classes focus on growing confidence and cooperation, encouraging teamwork and are fun & Foodabulous!

Each week we make a dish that the cooks take home. **Mix & Munch provides all the food and take-away containers** and recipes are uploaded with an optional homework recipe onto google classroom.

Please be advised Ruislip High School has previously subsidised the cost of this club to support the provision of services to students, however this will now be offered to students at the full cost.

## 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

# DANCE CLUB

<b>Day:</b>	Thursday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	Drama Studio
<b>Cost:</b>	£66 per term



## Club description:

Want to learn how to dance? This club allows the student to let their hair down and learn new dances including street dance, swing, contemporary dance and hip-hop. They will have an opportunity to perform their dances in groups or individually.

## 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 DRAMA CLUB

<b>Day:</b>	Tuesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	Main Hall
<b>Cost:</b>	N/A



## Club description:

Drama club is a place to have fun and expand on what you do in drama lessons. From playing games to exploring different texts, it aims to encourage young performers to step out of their comfort zones and 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

# FENCING CLUB

<b>Day:</b>	Monday
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	Sports hall
<b>Cost:</b>	£66 per term
<b>Spaces:</b>	20



## 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

# FRENCH CLUB

<b>Day:</b>	Tuesdays
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	A213
<b>Cost:</b>	N/A



## Club description:

A perfect opportunity to learn about the French language, culture and traditions. Students will get the chance to play games, make and try typical foods and watch movies in the language being taught. Teachers are also happy to tailor sessions to cover topics the students would like to learn about.

## 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

# JAPANESE CLUB

<b>Day:</b>	Tuesdays
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	E206
<b>Cost:</b>	N/A



## Club description:

This club will provide students with an exciting opportunity to begin to learn the Japanese language as well as exploring Japanese culture in order to gain a further understanding of the country.

## 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>Silent Reading / Homework Club</b>	Tuesday	3:00pm-4:00pm	LRC
<b>Silent Reading / Homework Club</b>	Wednesday	3:00pm-4:00pm	LRC
<b>BookTok</b>	Thursday	3:00pm-4:00pm	LRC
<b>Board Games</b>	Friday	3:00pm-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

# MANDARIN CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	C214
<b>Cost:</b>	N/A



## Club description:

The students can learn some basic Mandarin language, like how to greet people, how to start a conversation, etc. Students will also learn about some Chinese cultures, like food, clothes, festivals.

## Above & Beyond Award Category:

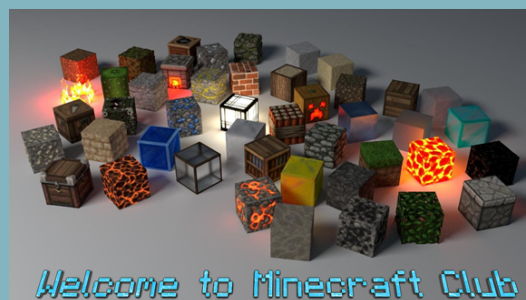
Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy





# MINECRAFT CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	C202
<b>Cost:</b>	N/A
<b>Spaces:</b>	20



## Club description:

At Minecraft Club students can creatively build online worlds and environments, exploring different materials and scenarios. Students will be supervised to explore a secure online portal and encouraged to work together to build, create and problem solve specific tasks.

## 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>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	D308/Main Hall
<b>Cost:</b>	N/A



## Club description:

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>	3:00 pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	D308/Main Hall
<b>Cost:</b>	N/A



## Club description:

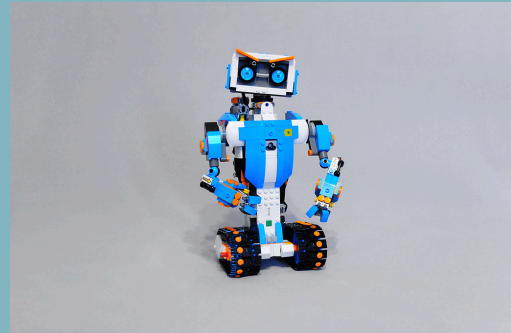
Every Tuesday after school, RHS Choir, run by Miss Nastou, practises a wonderful repertoire from pop and musical theatre to new age music! Students from all year groups get together to make music, learn about correct singing posture and most importantly, have fun!

## Above & Beyond Award Category:

<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

# ROBOTICS CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:10 pm
<b>End Time:</b>	4:10 pm
<b>Venue:</b>	C209
<b>Cost:</b>	N/A
<b>Spaces:</b>	20



## Club description:

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.

## 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

# SPANISH CLUB

<b>Day:</b>	Tuesdays
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	A210
<b>Cost:</b>	N/A



## Club description:

A perfect opportunity to learn about the Spanish language, culture and traditions. Students will get the chance to play games, make and try typical foods and watch movies in the language being taught. Teachers are also happy to tailor sessions to cover topics the students would like to learn about.

## 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

# STAR WARS CLUB

<b>Day:</b>	Thursday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	TBA
<b>Cost:</b>	N/A
<b>Spaces:</b>	20



## Club description:

It's over, Ruislip High. We have the high ground; this is the club you're looking for. Watching our favourite scenes, board games, quizzes, computer games, debates, lightsaber duels - you name it, we'll try and do it!

## 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