



# **ABOVE & BEYOND**

**RISE TO THE CHALLENGE**



Ruislip  
High  
School

**CLUB PROGRAMME**  
**AUTUMN 2022**

# Table of Contents

<b>Welcome</b>	<b>2</b>
The Above & Beyond Award	3
PE Clubs	4
Art Club	5
Carbon Zero Club	6
Chef's Club	7
Debate Club	8
Design & Technology	9
Drama Club	10
D&D Club	11
Geography Club	12
History Club	13
Maths Club	14
Model United Nations	15
MFL Homework Club	16
Philosophy Club	17
Responsible Pet Owners Club	18
RHS Band	19
RHS Choir	20
Ruislip Eye	21
Wildlife Club	22
Writing a Novel Club	23

# 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.

We are also very excited to announce the introduction of our **Above & Beyond Award**. This award aims to celebrate the achievement of our students in their extra-curricular efforts and will encourage all students at Ruislip High School to develop their characters further. Further details about the award can be found on the next page.

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 September 2022.

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 Friday 23rd September 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 new programme and take full advantage of the fantastic activities available.

Yours sincerely

Mr Tibbey

**Above & Beyond Coordinator**

# THE ABOVE & BEYOND AWARD

From September 2022, we are introducing the Above and 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	Tuesday	7:30am-8:10am	Sports Hall
<b>Trampolining</b>	KS3/4	Wednesday	7:30am-8:10am	Sports Hall
<b>Table Tennis</b>	KS3/4	Thursday	7:30am-8:10am	Sports Hall
<b>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</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

## 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

# 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

# CHEF'S CLUB

<b>Day:</b>	Monday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	Cucina
<b>Cost:</b>	£5 per student, per term



## Club Description:

**\*KS3 only\***

Calling all budding chefs! This club gives students the opportunity to step inside our school canteen and learn how to make a variety of recipes.

Sessions will give students the knowledge they need to cook just like a professional and they will gain an understanding of a range of recipes, celebrating food from around the world.

## 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>	4:00pm
<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>	TBC
<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:

**\*KS3 only\***

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

# GEOGRAPHY CLUB

<b>Day:</b>	Thursday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	4:00pm
<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

# HISTORY CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	D310
<b>Cost:</b>	N/A



## Club Description:

**\*KS3 only\***

In this club we will enjoy exploring different periods of history and the foods enjoyed by society over time.

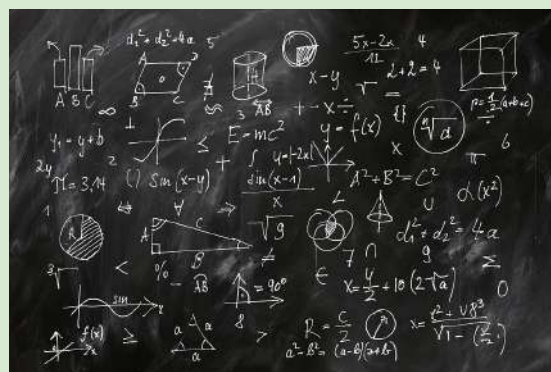
A lively and fun approach to history - the club members will get to work towards using their historical knowledge to create a historical feast!

## 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 clinic 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>	Wednesday
<b>Start Time:</b>	3:15pm
<b>End Time:</b>	4:10pm
<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>	2:45pm
<b>End Time:</b>	3:45pm
<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>	3:15pm
<b>End Time:</b>	4:15pm
<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

# RESPONSIBLE PET OWNERS CLUB

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



## Club Description:

This brand new club will be launched in the school's new EcoHub.

At Pet Club we will learn about animal handling, law, ethics, biology, behaviour and husbandry. Have you ever wondered what is happening in a dog's mind when they chase their tail in circles or why your cat absolutely must zoom around your home at 3am? Well, we will be unravelling all these behaviours that animals use to talk to us. Species will range from the pets in your home to farm and exotic creatures such as birds of prey!

## 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>	2:45pm
<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

# 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

# WILDLIFE CLUB

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



## Club Description:

In Wildlife Club, we will learn about measuring and tracking local biodiversity. There will also be an opportunity to take part in some local bird watching/outdoor animal walks.

Students who take part in the club will have the chance to hone their research skills, as club members will research current conservation efforts in place to keep wild animals safe, zoonotic diseases and debate zoo ethics.

## 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

# WRITING A NOVEL CLUB

<b>Day:</b>	Friday
<b>Start Time:</b>	2:45pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	C101
<b>Cost:</b>	N/A



## Club Description:

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

Do you have an idea for a story that has niggled away at the back of your mind for weeks, months or years? Anyone in Year 10, 11 or the Sixth Form who has a novel idea is invited to join our small group of writers for a weekly writing club.

During the club, you will learn how to develop characters and settings, plot your novel and spend time drafting. Each week there will be an opportunity to share your progress and gain feedback from your fellow writers.

## 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