

ABOVE & BEYOND

RISE TO THE CHALLENGE



CLUB PROGRAMME

Summer 2026

Table of Contents

<u>Welcome</u>	3
<u>Weekly Schedule</u>	4
<u>Animal Club</u>	5
<u>Art Club</u>	6
<u>Boxing Club</u>	7
<u>Chess Club</u>	8
<u>RHS Choir</u>	9
<u>Code Craft Club</u>	10
<u>Community Languages Clinic</u>	11
<u>Concert Band</u>	12
<u>Cooking Club</u>	13
<u>Debate Club</u>	14
<u>Drama Club - Year 7</u>	15
<u>Duke of Edinburgh Skills Cooking Course</u>	16
<u>Film Club - KS4/5</u>	17
<u>Flag Football - Girls</u>	18
<u>Geography Club</u>	19
<u>Henna Club</u>	20
<u>History Magazine Club</u>	21
<u>Japanese Club</u>	22
<u>Kickboxing Club</u>	23
<u>LRC Clubs</u>	24
<u>Mindfulness Club</u>	25
<u>Minecraft Club</u>	26
<u>PE Clubs</u>	27
<u>Quiz Club</u>	28
<u>Spanish Club</u>	29

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.

How to sign up

Paid for clubs

For activities involving a termly fee, parents are required to register via ParentPay. Enrolment is confirmed once the payment for the specific club has been processed.

Spaces are limited and will be allocated on a first-come, first-served basis.

Free clubs

To sign up for any of the Above & Beyond clubs, please login to Arbor. Instructions on how to sign your child up for a club can be found [here](#).

Spaces are limited and will be allocated on a first-come, first-served basis.

Should parents/guardians have any questions, please contact Mrs Horton or Miss Garner at aandbclubs@ruisliphigh.org.uk

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

Yours sincerely

Mrs Horton & Miss Garner
Above & Beyond Coordinators

Weekly Schedule

<p>Monday</p>	<p>Morning: Athletics Club</p> <p>Afternoon: Boxing Club Chess Club Duke of Edinburgh Skills Cooking Course Henna Club</p>
<p>Tuesday</p>	<p>Morning: Indoor Pickleball Club</p> <p>Lunchtime: Mindfulness Club (KS4)</p> <p>Afternoon: Art Club Choir Community Languages Clinic (GCSE/A-Level) Drama Club - Year 7 Flag Football (KS3) Japanese Club LRC - Homework/Silent Reading Spanish</p>
<p>Wednesday</p>	<p>Morning: Tennis Club</p> <p>Afternoon: Animal Club (Week A only) Athletics Club Basketball Club Code Craft Club Concert Band Cooking Club Debate Club Geography Club History Magazine Club Kickboxing Club LRC Homework/Silent Reading Minecraft Club Quiz Club</p>
<p>Thursday</p>	<p>Morning: Badminton Club</p> <p>Afternoon: Cricket Club Film Club (KS4/5) LRC Homework/Silent Reading Rounders Club</p>
<p>Friday</p>	<p>Morning: Badminton Club</p> <p>Afternoon: LRC Board Games</p>

ANIMAL CLUB

Day:	Wednesday (Week A only)
Start Time:	3.00pm
End Time:	4.00pm
Venue:	EcoHub
Cost:	£25 per term

Club Description:

At Animal Club we love animals! Our mission is to educate the students about different animals and how the animal kingdom works. The teachers are incredibly passionate about the animals we keep in school and wish to share their expertise. We have all sorts of fascinating animals from corn snakes to tree frogs.

The sessions we deliver are highly interactive and involve the options of handling the animals, cleaning their homes and learning interesting facts.



ART CLUB

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C103
Cost:	N/A

Club Description:

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!



BOXING CLUB

Day:	Monday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	Main Hall
Cost:	£44 per term

Club Description:

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 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.



CHESS CLUB

Day:	Monday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	E305
Cost:	£52 per term

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.



RHS CHOIR

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	D308/Main Hall
Cost:	N/A

Club Description:

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

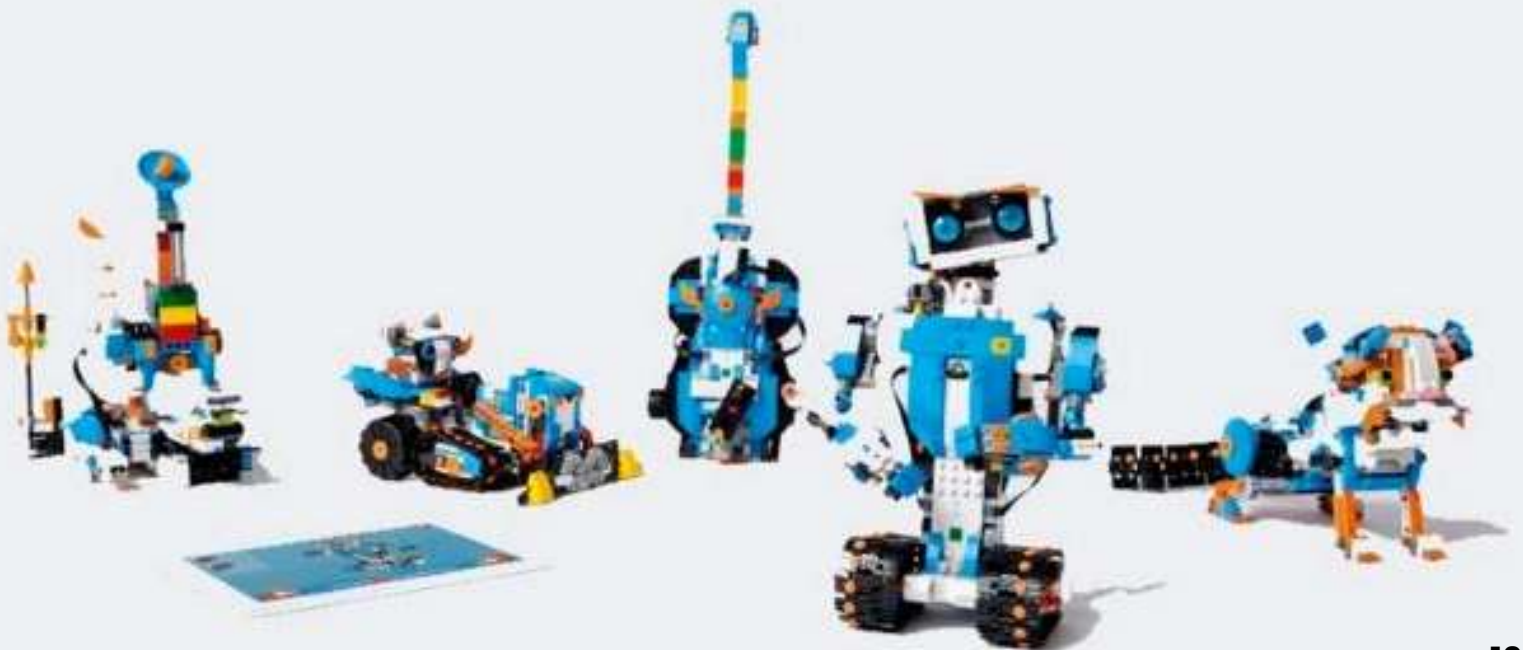


CODE CRAFT CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C209
Cost:	N/A

Club Description:

Code Craft Club is a fun and friendly place where you can explore the exciting world of coding, robotics, puzzles, and problem-solving! Learn how to think like a computer, build cool creations, and take on brain-teasing challenges with your friends. No experience needed—just bring your curiosity and imagination!



COMMUNITY LANGUAGES CLINIC

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	tbc
Cost:	N/A

Club Description:

Community Languages clinic - exam preparation for students wanting to sit GCSE or A-Level in a home language



CONCERT BAND

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	D308/Main Hall
Cost:	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.

**PLEASE NOTE:
Band will run until May half term.**



DEBATE CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	tbc
Cost:	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!

PLEASE NOTE:

This club runs every two weeks on Week B



DRAMA CLUB - YEAR 7

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	Main Hall
Cost:	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!

PLEASE NOTE:

Drama Club will not take place on 28th April 2026.



DUKE OF EDINBURGH SKILLS COOKING COURSE

Day:	Monday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C107
Cost:	£99 per term

Club Description:

We are delighted to be running this course for years 9, 10 & 11 – it meets the requirements of the Duke of Edinburgh Skills Award skills section, Bronze or Silver. However, any students are welcome to join.



FILM CLUB - KS4/5

Day:	Thursday
Start Time:	3.00pm
End Time:	4.00pm (or film length dependent)
Venue:	C101
Cost:	N/A

Club Description:

An opportunity for KS4 and KS5 students to share their love and interest in all aspects of film. They will follow a carefully selected programme of films and then study the storylines, direction and creativity of film production. Students will also have the opportunity to take part in creative tasks linked to the films watched.

Note: 'Film Week' will be a longer session (students will be notified how long the film is the week before) and 'Activity Week' will always be an hour.

PLEASE NOTE:

Film Club will not take place on the 23rd April, 30th April, 14th May, 11th June and 9th July



FLAG FOOTBALL - KS3 GIRLS

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	Sports Hall
Cost:	N/A

Club Description:



Calling Girls in Years 7,8 and 9!



Want to play American football, make new friends, and compete at the highest levels? Join **Ruislip High School's new girls' NFL FLAG team!** This is your chance to:

Play in the **New York Jets League**

Compete in **regional and national tournaments**

Potentially represent Ruislip on an **international stage**

No experience? No problem! NFL FLAG is a **fun, no-contact version of football** that's perfect for all skill levels. Show off your speed, strategy, and teamwork – and be part of something exciting from the ground up!



GEOGRAPHY CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	D210
Cost:	N/A

Club Description:

Geography club provides a fun and interactive space for students to explore global issues, environment, and cultures beyond the standard curriculum. It is designed to inspire a lifelong curiosity about the world while developing practical "geographical thinking" skills.



Geography

HENNA CLUB - Textile & Paper Design

Day:	Monday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	TBC
Cost:	N/A

Club Description:

A creative and cultural space where members gather to celebrate, learn, and practice the ancient art of mehndi. These clubs often bridge the gap between traditional heritage and modern self-expression, offering a relaxed environment for both seasoned artists and curious beginners.

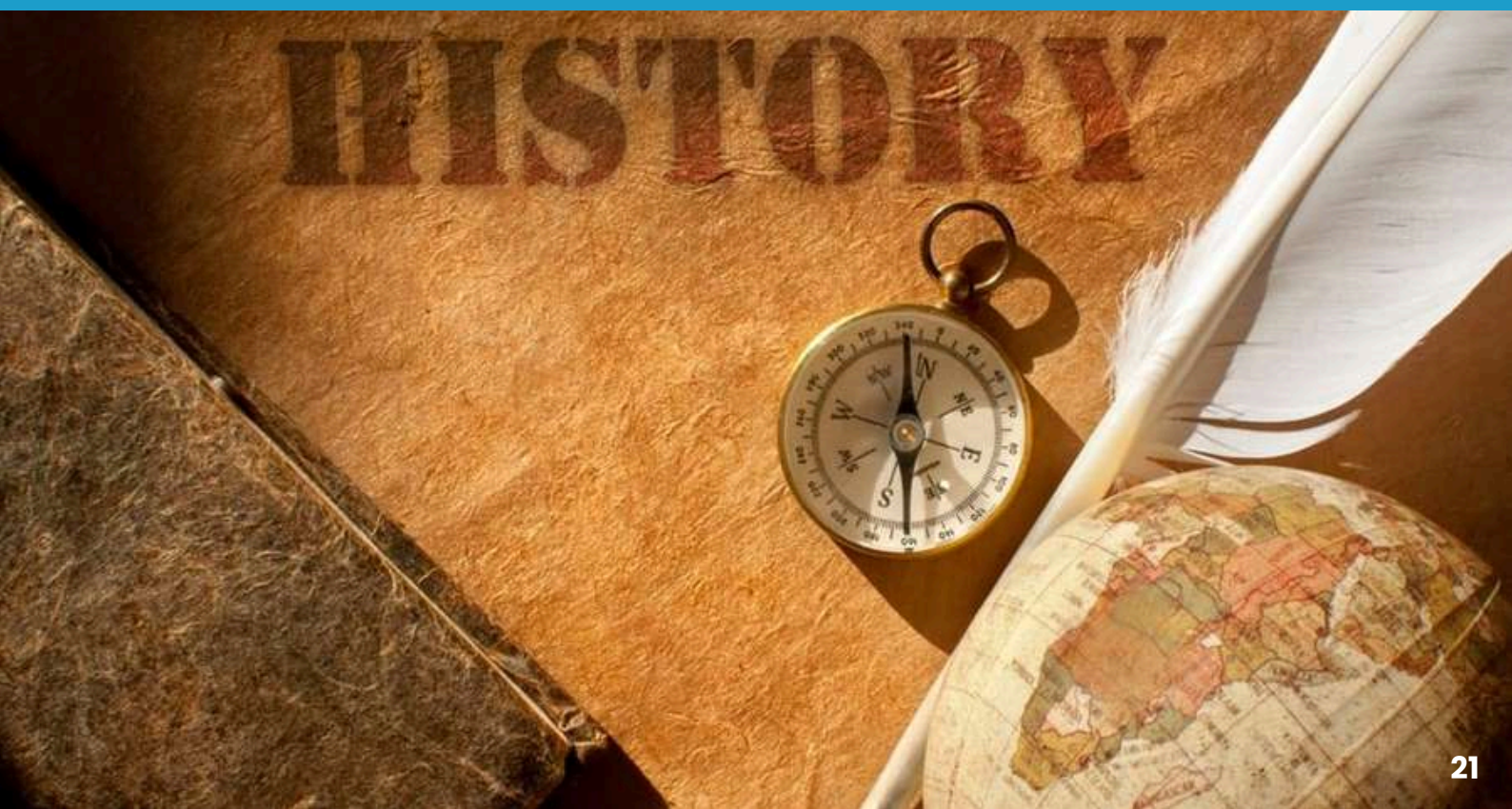


HISTORY MAGAZINE CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	D310
Cost:	N/A

Club Description:

Open to all students with an interest in history, this is a great opportunity to research and write about a historical topic of your choice — particularly one we haven't covered in lessons. Develop your research skills, think like a historian, and showcase your curiosity and passion.



JAPANESE CLUB

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	E206
Cost:	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.



KICKBOXING CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	Main Hall
Cost:	£44

Club Description:

Girls' kickboxing club is an empowering, high-energy community, focused on building **physical strength**, **self-defence skills**, and **unshakeable confidence** in a safe and supportive environment.

Unlike traditional gym routines, these clubs blend martial arts discipline with a social, ego-free atmosphere designed specifically to help girls and women thrive.

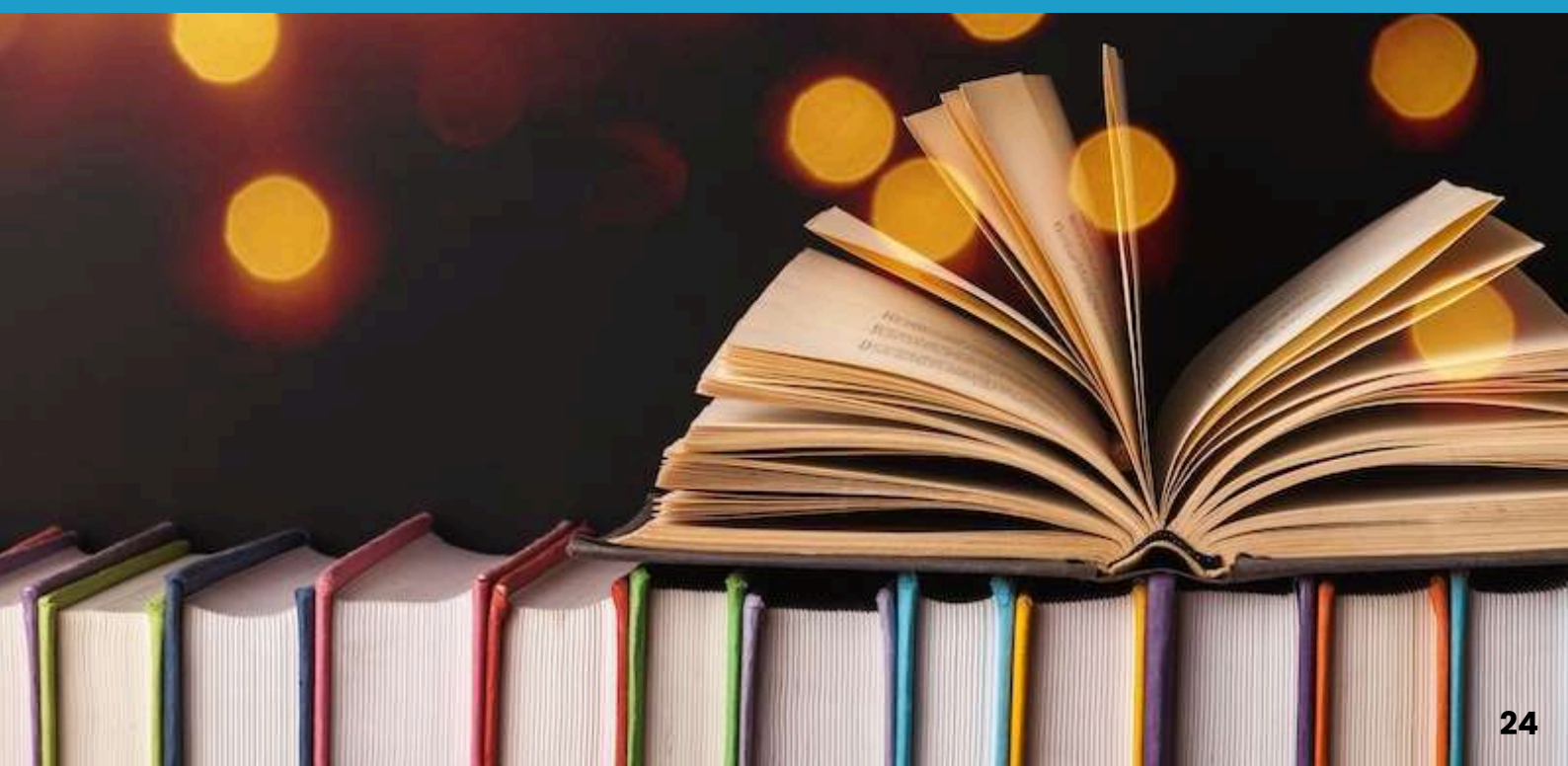


LRC CLUBS

Club	Day	Time	Venue
BookTok Club	Wednesday	3.00pm-4.00pm	LRC
LRC Games Club	Friday	3.00pm-4.00pm	LRC

Club Description:

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.



MINDFULNESS CLUB - KS4

Day:	Tuesday
Time:	KS4 Lunchtime
Venue:	D209
Cost:	N/A

Club Description:

Students can do some mindful colouring, and participate in a breathing exercise, should they wish to.



MINECRAFT CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C202
Cost:	N/A

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.



MINECRAFT

QUIZ CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C306
Cost:	N/A

Club Description:

A club for students who love the opportunity to test their knowledge on a broad range of subjects in a fun, supportive and healthily competitive environment!

PLEASE NOTE:

Quiz Club will not take place on the the 22nd April, 3rd June and 1st July 2026.



SPANISH CLUB

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	A210
Cost:	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.

