



# FOREST SCHOOL

## Clubs and Activities

A Guide for pupils  
2018-19

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# This Booklet...

...is a guide to all of the extra-curricular activities which are available to you, this year at Forest. We of course expect you to work hard during your time as a Forest pupil however we equally know how important it is to learn, play and develop outside of the classroom too.

Your teachers strive to create and provide extra-curricular opportunities for you to explore your interests whether that be in music, cooking, coding or politics and as you can see from this booklet there are a vast range of clubs and activities to choose from.

We want you to try new things and potentially develop skills which you may have not explored before. However, you won't be good at everything and certainly not straight away so do choose your clubs carefully and always aim to stick with something for at least a term before switching and trying something new if you wish.

We expect you to be self-motivated, independent and committed to the school community both inside and outside of the classroom. Joining a club, team, ensemble or society is a great way to get involved and take full advantage of all that Forest has to offer.

**Miss G Van Praagh**  
*Head of Co-Curricular*

## Year Group Key

Each year group is represented by one of the following colour tabs, indicated below. Each clubs within this booklet will have one or more coloured tabs to inform you as to which year groups are welcome to join that club or activity. Please note that some clubs, despite the year group, are for scholars only.

**Prep**

**Year 7**

**Year 8**

**Year 9**

**Year 10**

**Year 11**

**Year 12**

**Year 13**





ACADEMIC





# Book Group

**Department/Area of Focus:**

English

**Lead Teacher:**

?

**Email:** ?

**Period:** ?

**Day:** Monday (Year 7-8) & Friday (Year 9-11)

**Time:** 1.00pm - 1.45pm

**Venue:** Martin Centre PQ1

**Description**

?

**Sign Up Procedure**

Please email the Lead Teacher to join Book Group.

**Capacity:** ?

**Target:** All Pupils



# Classics Society

**Department/Area of Focus:**

Classics

**Lead Teacher:**

Mrs Adrienne Gould

**Email:** [AGG@forest.org.uk](mailto:AGG@forest.org.uk)

**Period: ?**

**Day: Thursday (Week A)**

**Time: 4.00pm - 5.00pm**

**Venue: F4**

**Description**

Classics Society is open to any pupils from Year 7 upwards who are interested in the Ancient World.

**Sign Up Procedure**

Please email the Lead Teacher to join Classics Society.

**Capacity: ?**

**Target: All Pupils**





# Computing Society

**Department/Area of Focus:**  
Computing

**Lead Teacher:**  
Mr Andrew Lindsey  
**Email:** [accl@forest.org.uk](mailto:accl@forest.org.uk)

**Period:** All Year  
**Day:** Monday  
**Time:** Lunchtime  
**Venue:** F9

## Description

Using sources like Project Euler and Informatics Olympiad papers to provide problems which could be worked through. Also presentations on current Computing issues by society members. Proposed and organised by a pupil.

## Sign Up Procedure

Please email the Lead Teacher to join Computing Society.

**Capacity:** 20  
**Target:** All Pupils





# English@University

**Department/Area of Focus:**  
Sixth Form English Enrichment

**Lead Teacher:**  
Mrs Catherine Nightingale  
**Email:** [CLN@forest.org.uk](mailto:CLN@forest.org.uk)

**Period:** All Year  
**Day:** Monday  
**Time:** 1.00pm  
**Venue:** W8

**Description**  
Enrichment reading and discussion for those keen to extend their understanding of literature.

**Sign Up Procedure**  
Please email the Lead Teacher to join English@University.

**Capacity:** 30  
**Target:** All Pupils







# Geography Clinic

**Department/Area of Focus:**  
Geography IGCSE

**Lead Teacher:**  
Ms Helen Cole  
**Email:** [HC@forest.org.uk](mailto:HC@forest.org.uk)

**Period:** All Year  
**Day:** Monday  
**Time:** 1.00pm - 1.30pm  
**Venue:** G5

## Description

Students can attend on an ad-hoc basis to go through any of the IGCSE topics where they feel they need extra support or for practise of exam-style questions or skills.

## Sign Up Procedure

No sign up required.

**Capacity:** 10  
**Target:** Geography Pupils Only





# Historical Society

**Department/Area of Focus:**

History

**Lead Teacher:**

?

**Email:** ?

**Period:** ?

**Day:** Monday

**Time:** 4.15pm - 5.15pm

**Venue:** G4

**Description**

?

**Sign Up Procedure**

Please email the Lead Teacher to join History Society.

**Capacity:** ?

**Target:** All Pupils





# The Jackson Club

**Department/Area of Focus:**  
Science & Engineering

**Lead Teacher:**

?

**Email:** ?

**Period:** ?

**Day:** Tuesday

**Time:** 4.15pm - 5.15pm

**Venue:** Lab 5

## Description

Science and Engineering for girls.

## Sign Up Procedure

Please email the Lead Teacher to join the Jackson Club.

**Capacity:** ?

**Target:** Girls Only





# Linguistics Society

**Department/Area of Focus:**  
Modern Foreign Languages

**Lead Teacher:**  
Mr Richard Lokier  
**Email:** [rl@forest.org.uk](mailto:rl@forest.org.uk)

**Period:** All Year  
**Day:** Tuesday  
**Time:** 1.00pm - 1.50pm  
**Venue:** G14

## Description

A lunchtime club looking at different world languages and solving linguistic data problems using resources from the Linguistics Olympiad.

## Sign Up Procedure

Please email the Lead Teacher to join Linguistics Society. Proposed and organised by a Year 12 pupil.

**Capacity:** 20  
**Target:** All Pupils





# Politics Society

**Department/Area of Focus:**

Politics

**Lead Teacher:**

Ms Jyoti Atwal

**Email:** [aja@forest.org.uk](mailto:aja@forest.org.uk)

**Period:** All Year

**Day:** Thursday

**Time:** 1.00pm

**Venue:** SFC3

## Description

A place where every week where students can have bi-partisan discussions and debates about topical political issues.

## Sign Up Procedure

Please email the Lead Teacher to join Politics Society and to order a Grab and Go lunch.

**Capacity:** 20 Approx

**Target:** All Pupils







# Russian Language Club

**Department/Area of Focus:**  
Modern Foreign Languages

**Lead Teacher:**

?

**Email:** ?

**Period:** ?

**Day:** Tuesday

**Time:** 1.00pm - 1.50pm

**Venue:** G17

**Description**

?

**Sign Up Procedure**

Please email the Lead Teacher to join Russian Language Club.

**Capacity:** ?

**Target:** All Pupils





# Socratic Dialogue Society

**Department/Area of Focus:**  
Religious Studies and Philosophy

**Lead Teacher:**  
Miss Rhona Mackie  
**Email:** [RM@forest.org.uk](mailto:RM@forest.org.uk)

**Period:** All Year  
**Day:** Thursday  
**Time:** 1.25pm - 1.50pm  
**Venue:** F12

## Description

A weekly discussion club where we debate topical moral, social and philosophical issues. Go beyond the curriculum and develop important skills. Debating will help to develop essential critical thinking skills, the ability to make reasoned and well thought out arguments and to question the evidence behind a particular stance or conclusion.

## Sign Up Procedure

Anyone can turn up throughout the year but if students want an early lunch pass they should get this from their RS teacher or from Miss Mackie.

**Capacity:** 25  
**Target:** All Pupils





# S.T.E.A.M

**Department/Area of Focus:**

Science

**Lead Teacher:**

Ms Katherine Vidos

**Email:** [KEV@forest.org.uk](mailto:KEV@forest.org.uk)

**Day:** Wednesday

**Time:** 4.10pm - 4.50pm

**Venue:** Lab 3

## **Description**

STEAM Society is a combination of Science, Technology, Engineering, Arts and Mathematics. Pupils attend on a weekly basis to inspire and engage their interest in cross-curricular subjects and ideas. There will be termly lectures held by members of the public talking about their field of work. Sixth Form pupils carry out practicals, providing excellent opportunities for team work, learning how to follow instructions and broaden pupils interest in these subjects.

## **Sign Up Procedure**

No sign up required. Operates on a first come, first serve basis.

**Capacity:** 30

**Target:** All Pupils







CREATIVE





# Creative Writing Club

**Department/Area of Focus:**

English

**Lead Teacher:**

Mr Alex Gillham

**Email:** [AG@forest.org.uk](mailto:AG@forest.org.uk)

**Period:** All Year

**Day:** Tuesday (Week A)

**Time:** 1.10pm - 2.00pm

**Venue:** W2

## Description

A quiet space for pupils to develop their creative writing outside of the classroom. Pupils will have the opportunity to write their own material (including fiction, non-fiction and poetry); play creative writing and word games; improve their own writing through peer discussion; enter writing competitions, and help to put together the Creative Writing magazine. An excellent opportunity for all interested in writing and reading.

## Sign Up Procedure

Please email the Lead Teacher to join Creative Writing Club.

**Capacity:** 12

**Target:** All Pupils



# Design Clinic

## Department/Area of Focus:

GCSE and Year 13, Design and Technology

## Lead Teacher:

Mr Luke Barker

**Email:** Your Art Class Teacher

## Period: Lent

**Day:** Monday to Thursday

**Time:** 4.05pm - 5.30pm

**Venue:** DT

## Description

An opportunity to have access to the workshops outside lesson time.

## Sign Up Procedure

Please email your Class Teacher to join Design Clinic.

**Capacity:** N/A

**Target:** All Pupils



# Film Club

**Department/Area of Focus:**

Library

**Lead Teacher:**

?

**Email:** ?

**Period:** ?

**Day:** Tuesday

**Time:** 4.15pm - 5.45pm

**Venue:** Martin Centre Ground Floor

**Description**

?

**Sign Up Procedure**

Please email the Lead Teacher to join the Film Club.

**Capacity:** ?

**Target:** All Pupils



# GCSE Art Clinic

**Department/Area of Focus:**

Art

**Lead Teacher:**

Mr Luke Barker

**Email:** Your Art Class Teacher

**Period:** Michaelmas & Lent

**Day:** Tuesday

**Time:** 4.00pm - 5.00pm

**Venue:** Art 5

## **Description**

An opportunity for studnets to have access to the Art rooms outside class time.

## **Sign Up Procedure**

Please email your Class Teacher to join GCSE art Clinic.

**Capacity:** N/A

**Target:** All Pupils



# Junior Art Club

**Department/Area of Focus:**

Art

**Lead Teacher:** (Pupil Led)

Mr Luke Barker

**Email:** [LDB@forest.org.uk](mailto:LDB@forest.org.uk)

**Day:** Monday

**Time:** 1.00pm - 1.50pm

**Venue:** Art1

## **Description**

Year 7 and Year 8 Art Club that is run by Year 12 students.

## **Sign Up Procedure**

Please email the Lead Teacher to join Junior Art Club.

**Capacity:** 20

**Target:** All Pupils



# Lego Man Construction

**Department/Area of Focus:**

Science & Engineering

**Lead Teacher:**

Mr Luke Barker and Mr Richard Greasley

**Email:** [LDB@forest.org.uk](mailto:LDB@forest.org.uk)

**Period:** Trinity

**Day:** ?

**Time:** 0.00pm - 0.00pm

**Venue:** DT

**Description**

A chance to make a large wood replica of a Lego character.

**Sign Up Procedure**

Please email the Lead Teacher to join the Lego Man Construction.

**Capacity:** 12

**Target:** All Pupils





# Life Drawing

**Department/Area of Focus:**

Art

**Lead Teacher:**

Ms Sharon Mitchell

**Email:** [SAM@forest.org.uk](mailto:SAM@forest.org.uk)

**Period:** All Year

**Day:** Thursday

**Time:** 4.10pm - 5.30pm

**Venue:** Art 1

**Description**

A chance to draw a real model, practice and develop key skills needed to succeed in Art, Textiles, Design and Architecture.

**Sign Up Procedure**

Please email the Lead Teacher to join Life Drawing.

**Capacity:** 15

**Target:** All Pupils (or 16+ parental permission)







# Man Food

**Department/Area of Focus:**

Cooking

**Lead Teacher:**

Mr James Whitmee

**Email:** [JACW@forest.org.uk](mailto:JACW@forest.org.uk)

**Period:** All Year

**Day:** Thursday (Week A)

**Time:** 4.00pm - 6.00pm

**Venue:** A1 and A2

**Description**

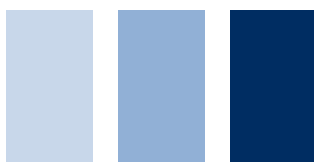
Cooking a range of dishes, learning new skills and making friends.

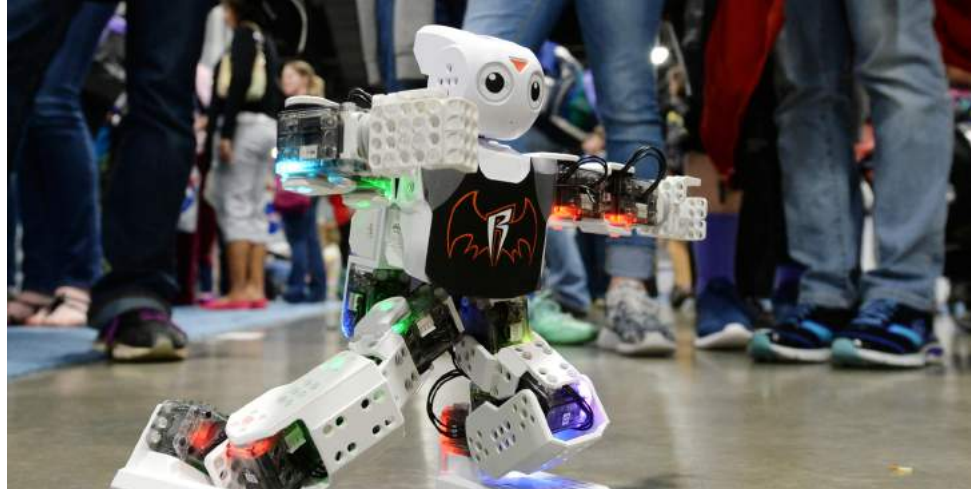
**Sign Up Procedure**

Please email the Lead Teacher to join Man Food. Pupil names are picked from a hat. Waiting list operates. New group each term.

**Capacity:** 20

**Target:** Boys Only





# Robotics Club

**Department/Area of Focus:**

Design and Technology

**Lead Teacher:**

Mr Andy Eckton

**Email:** [AE@forest.org.uk](mailto:AE@forest.org.uk)

**Period:** Trinity

**Day:** ?

**Time:** 0.00pm - 0.00pm

**Venue:** DT

**Description**

Learn to design, make and program robots

**Sign Up Procedure**

Please email the Lead Teacher to join Robotics Club.

**Capacity:** ?

**Target:** All Pupils





# Textiles Catch Up

**Department/Area of Focus:**

Textiles

**Lead Teacher:**

Ms Rosemary Nolan

**Email:** [rn@forest.org.uk](mailto:rn@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 4.00pm - 5.30pm

**Venue:** Textiles Room / Art 6

## Description

An opportunity to catch up on textiles work, receive guidance and have access to the textiles equipment.

## Sign Up Procedure

No sign up required.

**Capacity:** 25

**Target:** Textile Pupils Only





# Textiles Club

**Department/Area of Focus:**

Textiles

**Lead Teacher:**

Ms Savpreet Dhanjal

**Email:** [SXD@forest.org.uk](mailto:SXD@forest.org.uk)

**Period:** All Year

**Day:** Monday

**Time:** 4.00pm - 4.45pm

**Venue:** Art 5

## Description

An after school club aimed to introduce year 7 and 8 pupils to textiles processes. The club will be run by various year 12 pupils who will host workshops in different textile processes throughout the year projects may last between two to three weeks.

## Sign Up Procedure

Please email the Lead Teacher to join Textiles Club.

**Capacity:** 12

**Target:** All Pupils



# 3D Printing Club

**Department/Area of Focus:**

Design and Technology

**Lead Teacher:** (Pupil Led)

Mr Luke Barker

**Email:** [LDB@forest.org.uk](mailto:LDB@forest.org.uk)

**Day:** Thursday

**Time:** 4.15pm - 5.15pm

**Venue:** DT4

**Description**

A chance to learn about and use the school's 3D printers.

This club will be run by year 12 students.

**Sign Up Procedure**

Please email the Lead Teacher to join 3D Printing Club.

**Capacity:** 10

**Target:** All Pupils





# Warhammer Painting

**Department/Area of Focus:**

Art

**Lead Teacher:**

Mr Archie Black

**Email:** [ABlack@forest.org.uk](mailto:ABlack@forest.org.uk)

**Period:** All Year

**Day:** Monday

**Time:** 1.00pm - 1.45pm

**Venue:** ?

**Description**

?

**Sign Up Procedure**

?

**Capacity:** ?

**Target:** All Pupils





# DANCE & DRAMA







# Grade 2/3 Ballet

**Department/Area of Focus:**

Dance

**Lead Teacher:**

Ms Fiona Tolland-Woodley

**Email:** [ftolland@forest.org.uk](mailto:ftolland@forest.org.uk)

**Day:** Tuesday

**Time:** 4.45pm - 5.45pm

**Venue:** Martin Centre Second Floor

**Description**

A class that follows the ISTD Classical Ballet Syllabus

**Sign Up Procedure**

No sign up required.

**Cost:** £6

**Capacity:** 15

**Target:** Pupils that have attained their grade 1 ballet, grade 2 ballet or are returning to ballet





# Cheerleading

**Department/Area of Focus:**

Dance

**Lead Teacher:**

Ms Nicola Savill and Ms Fiona Tolland-Woodley

**Email:** [nsavill@forest.org.uk](mailto:nsavill@forest.org.uk) & [ftolland@forest.org.uk](mailto:ftolland@forest.org.uk)

**Day:** Wednesday

**Time:** 1.05pm - 1.50pm

**Venue:** Martin Centre Second Floor

**Description**

A fun and energetic cheerleading session working towards performance

**Sign Up Procedure**

Please email the Lead Teacher to join Cheerleading.

**Cost:** £5.50

**Capacity:** 15

**Target:** All Pupils



# Choreography Club

**Department/Area of Focus:**

Dance

**Lead Teacher:** (Pupil Led)

Organised and led by pupils Lyla Bowers and Pearl Findlay.

**Email:** [LBowers@forestscho.org.uk](mailto:LBowers@forestscho.org.uk)

**Day:** Tuesday

**Time:** 1.10pm - 1.50pm

**Venue:** Upper Library

## **Description**

A pupil led creative dance class focussing on choreography.

## **Sign Up Procedure**

Please email the Lead Teacher to join Choreography Club.

**Capacity:** ?

**Target:** All Pupils





# Creative Ballet

**Department/Area of Focus:**

Dance

**Lead Teacher:**

Ms Fiona Tolland-Woodley

**Email:** [ftolland@forest.org.uk](mailto:ftolland@forest.org.uk)

**Day:** Monday

**Time:** 4.15pm - 5.15pm

**Venue:** Martin Centre Second Floor

**Description**

Ballet class focusing on free work, choreography and PBT.

**Sign Up Procedure**

Please email the Lead Teacher to join Creative Ballet.

**Cost:** £6

**Capacity:** 15

**Target:** All Pupils Grade 3 + Above



# Drama Club

**Department/Area of Focus:**

Drama

**Lead Teacher:**

Mr Dyfed Potter

**Email:** [DRP@forest.org.uk](mailto:DRP@forest.org.uk)

**Period: Michaelmas Only**

**Day: Wednesday**

**Time: 4.10pm - 5.10pm**

**Venue: D1 Green Room**

## **Description**

Informal weekly club which focuses on drama games and exercises including improvisation, some script work and developing performance skills.

## **Sign Up Procedure**

No sign up required.

**Capacity: 15**

**Target: All Pupils**



# Lyrical Contemporary

Department/Area of Focus:

Dance

Lead Teacher:

Ms Jade Noverre and Ms Fiona Tolland-Woodley

Email: [ftolland@forest.org.uk](mailto:ftolland@forest.org.uk)

Day: Monday

Time: 1.05pm - 1.50pm

Venue: ?

Description

A fun and expressive lyrical class working towards performance.

Sign Up Procedure

Please email the Lead Teacher to join Lyrical Contemporary.

Cost: £5.50

Capacity: 15

Target: All Pupils



# Pointe

Department/Area of Focus:

Dance

Lead Teacher:

Ms Fiona Tolland-Woodley

Email: [ftolland@forest.org.uk](mailto:ftolland@forest.org.uk)

Day: Monday

Time: 5.15pm - 5.45pm

Venue: Martin Centre Second Floor

Description

A beginners Pointe class. Must be taken alongside Creative Ballet and one technical class per week minimum.

Sign Up Procedure

Invitation only.

Cost: £4

Capacity: ?

Target: All pupils must be assessed before attending



# Street Competition Crew

**Department/Area of Focus:**

Dance

**Lead Teacher:**

Ms Fern Crosbie and Ms Fiona Tolland-Woodley

**Email:** [fcrosbie@forest.org.uk](mailto:fcrosbie@forest.org.uk) & [ftolland@forest.org.uk](mailto:ftolland@forest.org.uk)

**Day:** Friday

**Time:** 4.00pm - 5.30pm

**Venue:** Gilderdale Hall

**Description**

?

**Sign Up Procedure**

Audition are held annually.

**Capacity:** ?

**Target:** Pupils Year 4 to 7



# Street Dance

**Department/Area of Focus:**

Dance

**Lead Teacher:**

Ms Fern Crosbie and Ms Fiona Tolland-Woodley

**Email:** [fcrosbie@forest.org.uk](mailto:fcrosbie@forest.org.uk) & [ftolland@forest.org.uk](mailto:ftolland@forest.org.uk)

**Day:** Tuesday

**Time:** 1.05pm - 1.50pm

**Venue:** Martin Centre Second Floor

**Description**

Street dance class with our resident professional street dancer.

**Sign Up Procedure**

Please email the Lead Teacher to join Street Dance.

**Cost:** £5.50

**Capacity:** 15

**Target:** All Pupils





# Grade 5 Ballet

**Department/Area of Focus:**

Dance

**Lead Teacher:**

Ms Fiona Tolland-Woodley

**Email:** [ftolland@forest.org.uk](mailto:ftolland@forest.org.uk)

**Day:** Thursday

**Time:** 5.00pm - 5.45pm

**Venue:** Martin Centre Second Floor

**Description**

A class that focuses on Grade 5 ISTD Classical Ballet.

**Sign Up Procedure**

Please email the Lead Teacher to join Grade 5 Ballet.

**Cost:** £5.50

**Capacity:** ?

**Target:** All Pupils depending on previous training





GENERAL





# Chess Club

**Department/Area of Focus:**

Chess

**Lead Teacher:**

Mr Mike Taylor

**Email:** [MJT@forest.org.uk](mailto:MJT@forest.org.uk)

**Period:** All Year

**Day:** Monday

**Time:** 4.00pm - 5.00pm

**Venue:** A15

**Description**

We play Chess.

**Sign Up Procedure**

No sign up required.

**Capacity:** 16

**Target:** All Pupils





# Chinese Chess Club

## Department/Area of Focus:

Chess, Modern Foreign Languages and Chinese Culture

## Lead Teacher:

Ms Li Chen

Email: [LC@forest.org.uk](mailto:LC@forest.org.uk)

**Period: Michaelmas**

**Day: Thursday**

**Time: Lunchtime**

**Venue: G10**

## Description

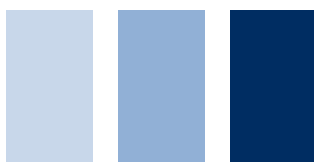
It is a fun and stimulating game which helps students develop their thinking and analytical power. Moreover, playing Chinese chess frequently would improve students' decision-making ability, as well as keeps them alert and attentive. Students also can learn some Game related Chinese language and history.

## Sign Up Procedure

Please email the Lead Teacher to join Chinese Chess Club.

**Capacity: 12**

**Target: All Pupils**





# Drum Corp (CCF)

**Department/Area of Focus:**

Combined Cadet Force

**Lead Teacher:**

Mr Dave Collett

**Email:** [DCollett@forest.org.uk](mailto:DCollett@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 4.00pm - 5.15pm

**Venue:** The Acorn / Todd Rooms

## Description

Established in 2011, the Drum Corps is a CCF-only activity for cadets who wish to try their hand at marching drums. Learn how to play snare, bass or bugle as part of a military band!

## Sign Up Procedure

No sign up required.

**Capacity:** N/A

**Target:** CCF Members Only





# First Aid Club

**Department/Area of Focus:**

Science

**Lead Teacher:**

Mr Wayne Bishop

**Email:** [WBishop@forest.org.uk](mailto:WBishop@forest.org.uk)

**Period: ?**

**Day: Thursday**

**Time: 1.15pm - 1.50pm**

**Venue: Todd Room**

## Description

Learn how to act in an emergency and learn how to save someone's life. The course will cover everything from unconscious, non-breathing casualties to those having an asthma attack. The full syllabus matches formal qualifications and pupils will gain a certificate and first aid kit upon completion.

## Sign Up Procedure

Please email the Lead Teacher to join First Aid Club.

**Capacity: 20**

**Target: All Pupils**





# Girls Who Code

**Department/Area of Focus:**  
Coding and Computer Science

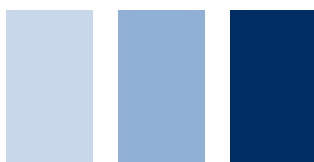
**Lead Teacher:**  
Ms Louise Golding-Hann  
**Email:** [lgh@forest.org.uk](mailto:lgh@forest.org.uk)

**Period:** ?  
**Day:** Thursday  
**Time:** 4.00pm - 5.00pm  
**Venue:** G19

**Description**  
A club to address the need to have more girls in computer science and to introduce them to coding via fun projects.

**Sign Up Procedure**  
Advertised on Daily Bulletin and posters can be found in Gilderdale.  
Pupils are also spoken to during their Digital Induction.

**Capacity:** 12  
**Target:** Girls Only





# Jumma

## Department/Area of Focus:

Friday Islamic Prayer - Religious Observance

## Lead Teacher:

Mr Jas Sundhu

Email: [js@forestscho.org.uk](mailto:js@forestscho.org.uk)

**Period:** All Year

**Day:** Friday

**Time:** 1.00pm

**Venue:** Pavillion (above the staffroom)

## Description

An opportunity to perform your Friday Islamic prayer.

## Sign Up Procedure

No sign up required. Please just ensure you turn up on time.

**Capacity:** 60

**Target:** All Pupils







# Mindfulness

**Department/Area of Focus:**

Pastoral and Wellbeing

**Lead Teacher:**

Mr Tom Barlow

**Email:** [TAB@forest.org.uk](mailto:TAB@forest.org.uk)

**Period:** All Year

**Day:** Tuesday

**Time:** 1.30pm

**Venue:** A6

## Description

A lunchtime meditation class for students and staff. A chance to stop, reset and learn about mindfulness.

## Sign Up Procedure

No sign up required.

**Capacity:** 25

**Target:** All Pupils & Staff





# Puzzle Society

Department/Area of Focus:

?

Lead Teacher:

?

Email: ?

Period: ?

Day: Wednesday

Time: 1.00pm - 1.45pm

Venue: Martin Centre PQ1

## Description

The aim is to try to solve as many types of puzzles (including Rubik's cube), to word puzzles (including crosswords, riddles, cipher and anagrams), to logic puzzles (a man, a boat, a chicken and a goat), to number puzzles (KenKen, Sudoku and more). The goal is to encourage thinking outside the (puzzle) box, to develop lateral thinking skills and to have fun!

## Sign Up Procedure

Please email the Lead Teacher to join Puzzle Society.

Capacity: ?

Target: All Pupils





# Warhammer Games

**Department/Area of Focus:**

Library

**Lead Teacher:**

Mr Archie Black

**Email:** [ABlack@forest.org.uk](mailto:ABlack@forest.org.uk)

**Period:** All Year

**Day:** Wednesday (open) & Friday (by invitation)

**Time:** 4.15pm - 5.45pm

**Venue:** Martin Centre Ground Floor

## Description

Warhammer Club plays Games Workshop table-top wargames. Full range of main ones is played, with an emphasis on whichever games are played in the "School league" national competition for schools. We have recently started a programme of "friendly" Saturday fixtures with other schools.

## Sign Up Procedure

Drop in and talk to Mr Black during a Wednesday session. Friday club is by invitation by its participants, who look for those pupils who demonstrate maturity and skill.

**Capacity:** 10-14 (at any one time)

**Target:** All Pupils





MUSIC



# Big Band

Department/Area of Focus:

Music

Lead Teacher:

Mr Phil Knights and Mr Simon Golding

Email: [pknights@forest.org.uk](mailto:pknights@forest.org.uk) and [sgolding@forest.org.uk](mailto:sgolding@forest.org.uk)

Period: All Year

Day: Tuesday

Time: 4.15pm - 5.30pm

Venue: Recital Room

Description

Plays a selection of old and new music in the big band style. Ranging from Jazz to Latin with many in between!

Sign Up Procedure

Please email the Lead Teacher to join Big Band.

Capacity: approx 17 (maximum 20)

Target: Year 10 and above (Grade 5)



# Brass Quintet

Department/Area of Focus:

Music

Lead Teacher:

Mr Andrew White

Email: [awhite@forest.org.uk](mailto:awhite@forest.org.uk)

Period: All Year

Day: Monday

Time: 1.00pm - 1.30pm

Venue: Room 6

Description

Advanced Brass Quintet.

Sign Up Procedure

Please email the Lead Teacher to join Brass Quintet.

Capacity: 5

Target: All Pupils (Grade 6+)





# Chamber Orchestra

**Department/Area of Focus:**

Music

**Lead Teacher:**

Susan Sheppard

**Email:** [ssheppard@forest.org.uk](mailto:ssheppard@forest.org.uk)

**Period:** All Year

**Day:** Thursday

**Time:** 8.15am - 8.55am

**Venue:** Recital Room

**Description**

Intense rehearsals, high quality string Ensemble music of Classical Symphonic and Concertos.

**Sign Up Procedure**

Places are by invitation only.

**Capacity:** ?

**Target:** All Pupils (Grade 7+)







# Chapel Choir (Boys)

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr James Clements

**Email:** [jrwc@forest.org.uk](mailto:jrwc@forest.org.uk)

**Period:** All Year

**Day:** Monday / Thursday

**Time:** 8.15am - 8.55am / 4.15pm - 5.15pm

**Venue:** JMR / Chapel

## **Description**

An auditioned choir of boys from Years 5-9, the Boys Chapel Choir trains choristes in vocal technique as well as providing a grounding in liturgical singing.

## **Sign Up Procedure**

Places are by audition/invitation only.

**Capacity:** N/A

**Target:** Boys Only





# Chapel Choir (Girls)

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr Ewan Stockwell

**Email:** [ejgs@forest.org.uk](mailto:ejgs@forest.org.uk)

**Period:** All Year

**Day:** Monday / Tuesday

**Time:** 4.15pm - 5.15pm / 8.15am - 8.55am

**Venue:** Recital Room / JMR

## Description

Performing in occasional chapel services and at concerts throughout the year. For girls from Year 5 to Year 9, this choir sings a variety of sacred secular repertoire and often joins forces with the Boys Chapel Choir.

## Sign Up Procedure

Please email the Lead Teacher to join Concert Orchestra.  
See Mr Marie at rehearsal or elsewhere.

**Capacity:** N/A

**Target:** All Pupils (Years 5-9)





# Clarinet Club

**Department/Area of Focus:**

Music

**Lead Teacher:**

Niall Webb

**Email:** [njwebb@forest.org.uk](mailto:njwebb@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 12.50pm - 1.20pm

**Venue:** Limpet

**Description**

Clarinet Club is open to all clarinetists.

**Sign Up Procedure**

Please email the Lead Teacher to join Clarinet Club.

**Capacity:** N/A

**Target:** All Pupils (Grade 1+)



# Close Enough

**Department/Area of Focus:**

Music

**Lead Teacher:**

Helen Meyerhoff

**Email:** [hmeyerhoff@forest.org.uk](mailto:hmeyerhoff@forest.org.uk)

**Period:** All Year

**Day:** Monday

**Time:** 1.10pm - 1.55pm

**Venue:** JMR

**Description**

An advanced acappella ensemble which sings a range of pop, jazz and commercial classics. The singers are often singing complex harmonies, one to a part and so require high levels of sight - singing and musicianship skills.

**Sign Up Procedure**

Places are by audition/invitation only.

**Capacity:** N/A

**Target:** All Pupils



# Contemporary Ensemble

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr Darren Bloom

**Email:** [Dbloom@forest.org.uk](mailto:Dbloom@forest.org.uk)

**Period:** All Year

**Day:** Thursday

**Time:** 1.20pm - 2.00pm

**Venue:** Recital Room

**Description**

An ensemble unique to this school specialists in music written from the 20th Century to the present day - including works by student composers.

**Sign Up Procedure**

Places are by invitation only.

**Capacity:** 4 -15 (depending on repertoire)

**Target:** All Pupils



# Daphne Foxall

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr James Clements

**Email:** [jrwc@forest.org.uk](mailto:jrwc@forest.org.uk)

**Period:** Michaelmas

**Day:** Friday

**Time:** 8.00am - 8.30am

**Venue:** Recital Room

**Description**

Forest Prep School Symphony Orchestra perform a wide range of music from classic to Jazz and pop arrangements.

**Sign Up Procedure**

Places are by invitation only.

**Capacity:** 40

**Target:** Prep School Pupils Only (Grade 1+)

# Double Reed Ensemble

**Department/Area of Focus:**

Music

**Lead Teacher:**

Ruth Berresford

**Email:** [RBerresford@forest.org.uk](mailto:RBerresford@forest.org.uk)

**Period:** All Year

**Day:** Friday

**Time:** 12.50pm - 1.20pm

**Venue:** The Chapel

**Description**

A fun way to enjoy ensemble playing with endangered species instruments.

**Sign Up Procedure**

No sign up required.

**Capacity:** N/A

**Target:** All Pupils





# Flute Group

**Department/Area of Focus:**

Music

**Lead Teacher:**

Ken Bartels

**Email:** [kbartels@forest.org.uk](mailto:kbartels@forest.org.uk)

**Period:** All Year

**Day:** Friday

**Time:** 12.55pm - 1.55pm

**Venue:** Room 7

## **Description**

Flute Group is an informal ensemble for those who enjoy playing in a relaxed atmosphere. We also take part in one concert per year.

## **Sign Up Procedure**

No sign up required.

**Capacity:** 20

**Target:** All Pupils (Grade 1-8)



# Forest Brass

**Department/Area of Focus:**

Music

**Lead Teacher:**

Dave Clewlow

**Email:** [dnc@forest.org.uk](mailto:dnc@forest.org.uk)

**Period:** All Year

**Day:** Tuesday

**Time:** 1.10pm - 1.55pm

**Venue:** Recital Room

**Description**

Elite large Brass Ensemble.

**Sign Up Procedure**

Places are by invitation only.

**Capacity:** 10

**Target:** ?





# French Horn Ensemble

**Department/Area of Focus:**

Music

**Lead Teacher:**

Jamie Thomas

**Email:** [jthomas@forest.org.uk](mailto:jthomas@forest.org.uk)

**Period:** All Year

**Day:** Thursday

**Time:** 12.30pm - 12.50pm

**Venue:** Brass Room

**Description**

Fun varied music for 2-4 parts

**Sign Up Procedure**

French Horn Ensemble is Invitation only.

Please register your interest by emailing the Lead Teacher.

**Capacity:** 2-4

**Target:** Prep School Pupils Only



# Guitar Ensemble

**Department/Area of Focus:**

Music

**Lead Teacher:**

Gina Cooney

**Email:** [gcooney@forest.org.uk](mailto:gcooney@forest.org.uk)

**Period:** All Year

**Day:** Friday

**Time:** 12.30pm - 1.00pm

**Venue:** Prep School Music Room

**Description**

Plays a variety of well-known fun pieces for guitarists of all ages.

**Sign Up Procedure**

No sign up required.

**Capacity:** 10+

**Target:** Prep School Pupils Only

# Junior Strings

**Department/Area of Focus:**

Music

**Lead Teacher:**

Ronan MacManus

**Email:** [rmacmanus@forest.org.uk](mailto:rmacmanus@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 8.00am - 8.30am

**Venue:** Recital Room

## **Description**

Forest Prep School string players learn to play fun and challenging music, while developing their understanding of string playing.

## **Sign Up Procedure**

Places are by invitation only.

**Capacity:** 30

**Target:** Prep School Pupils Only (Grade 1+)



# Lower School Brass

**Department/Area of Focus:**

Music

**Lead Teacher:**

Andy White

**Email:** [awhite@forest.org.uk](mailto:awhite@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 4.00pm - 4.30pm

**Venue:** JMR

**Description**

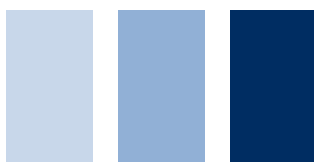
Beginner to lower intermediate players.

**Sign Up Procedure**

No sign up required.

**Capacity:** N/A

**Target:** All Pupils



# Musical Theatre

**Department/Area of Focus:**

Music

**Lead Teacher:**

Georgia Oldman

**Email:** [goldman@forest.org.uk](mailto:goldman@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 1.00pm - 1.45pm

**Venue:** Recital Room

**Description**

Come and learn songs and routines from some of your favourite musicals.

**Sign Up Procedure**

No sign up required.

**Capacity:** N/A

**Target:** All Pupils



# (Years 7-9) Pop Choir

**Department/Area of Focus:**  
Music

**Lead Teacher:**  
Mr Nicolas Marie  
**Email:** [nm@forest.org.uk](mailto:nm@forest.org.uk)

**Period:** All Year  
**Day:** Monday  
**Time:** 1.15pm - 1.45pm  
**Venue:** SMR

**Description**  
A band specialising in popular music genres.

**Sign Up Procedure**  
Please email the Lead Teacher to join Pop Choir.  
Informal audition required, see Mr Marie for details.

**Capacity:** N/A  
**Target:** All Pupils



# (Years 10-13) Pop Choir

**Department/Area of Focus:**  
Music

**Lead Teacher:**  
Mr Nicolas Marie  
**Email:** [nm@forest.org.uk](mailto:nm@forest.org.uk)

**Period:** All Year  
**Day:** Friday  
**Time:** 1.15pm - 1.45pm  
**Venue:** JMR

**Description**  
A band specialising in popular music genres.

**Sign Up Procedure**  
Please email the Lead Teacher to join Pop Choir.  
Informal audition required, see Mr Marie for details.

**Capacity:** N/A  
**Target:** All Pupils



# Prep School Brass

**Department/Area of Focus:**

Music

**Lead Teacher:**

Andrew White

**Email:** [AWWhite@forest.org.uk](mailto:AWWhite@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 12.30pm - 1.00pm

**Venue:** Recital Room

**Description**

Brass ensemble for Prep School pupils.

**Sign Up Procedure**

No sign up required.

**Capacity:** N/A

**Target:** Prep School Pupils Only



# Prep Musical Theatre

**Department/Area of Focus:**

Music

**Lead Teacher:**

Georgia Oldman

**Email:** [goldman@forest.org.uk](mailto:goldman@forest.org.uk)

**Period:** All Year

**Day:** Tuesday

**Time:** 12.30pm - 1.00pm

**Venue:** Recital Room

**Description**

An energetic Session where you can learn songs and dances from your favourite west end shows. From School of Rock to Mary Poppins.

**Sign Up Procedure**

No sign up required.

**Capacity:** N/A

**Target:** Prep School Pupils Only

# Prep School Theory

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr James Clements

**Email:** [jrwc@forest.org.uk](mailto:jrwc@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 12.30pm - 1.00pm

**Venue:** PS Computer Room

**Description**

Differentiated classes for students who wish to advance their knowledge of music theory.

**Sign Up Procedure**

No sign up required.

**Capacity:** N/A

**Target:** Years 3 - 6 Only

# Scholars' Strings

**Department/Area of Focus:**

Music

**Lead Teacher:**

Susan Sheppard

**Email:** [ssheppard@forest.org.uk](mailto:ssheppard@forest.org.uk)

**Period:** All Year

**Day:** Monday

**Time:** 8.15am - 8.55am

**Venue:** Recital Room

**Description**

This group is not just for music scholars. In fact, it is just the next group up from Junior Strings/.

**Sign Up Procedure**

Places are by invitation/audition only.

**Capacity:** N/A

**Target:** All Pupils



# Sax Club

**Department/Area of Focus:**

Music

**Lead Teacher:**

James Arben

**Email:** [ja@forest.org.uk](mailto:ja@forest.org.uk)

**Period:** All Year

**Day:** Tuesday

**Time:** 8.20am - 8.50am

**Venue:** Room 6

**Description**

Group where intermediate Sax students learn ensemble skills, playing different repertoire.

**Sign Up Procedure**

No sign up required.

**Capacity:** 10

**Target:** All Pupils (Grades 3-5/6)



# Senior Chapel Choir

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr Iain McGregor

**Email:** [iam@forest.org.uk](mailto:iam@forest.org.uk)

**Period:** All Year

**Day:** Monday / Wednesday / Friday

**Time:** 4.10pm - 5.30pm (M) / 8.00am - 8.30am (W)  
/ 8.00am - 8.35am (F)

**Venue:** Chapel

**Description**

The school's most prestigious choir, performing regular at Chapel services as well as extra services throughout the year.

**Sign Up Procedure**

Places are by invitation/audition only.

**Capacity:** N/A

**Target:** All Pupils





# Senior Guitar Ensemble

**Department/Area of Focus:**

Music

**Lead Teacher:**

Gina Cooney

**Email:** [gcooney@forest.org.uk](mailto:gcooney@forest.org.uk)

**Period:** All Year

**Day:** Thursday

**Time:** 1.10pm - 1.55pm

**Venue:** JMR

**Description**

Plays a variety of guitar arrangements from film scores (Mission Impossible) and well-known classical repertoire.

**Sign Up Procedure**

No sign up required.

**Capacity:** N/A

**Target:** All Pupils



# Senior String Chamber

**Department/Area of Focus:**

Music

**Lead Teacher:**

Susan Sheppard

**Email:** [ssheppard@forest.org.uk](mailto:ssheppard@forest.org.uk)

**Period:** All Year

**Day:** Friday

**Time:** 1.15pm - 1.45pm

**Venue:** Recital Room

**Description**

Ensemble music for external events / exam prep / aural prep

**Sign Up Procedure**

No sign up required.

**Capacity:** N/A

**Target:** All String Players



# Soul Band

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr Simon Golding

**Email:** [sgolding@forest.org.uk](mailto:sgolding@forest.org.uk)

**Period:** All Year

**Day:** Monday

**Time:** 1.10pm - 1.55pm

**Venue:** Blue Room

**Description**

Plays soul band classics from the 60s to the 70s combining vocal harmony and vocal solos.

**Sign Up Procedure**

No sign up required.

**Capacity:** 10

**Target:** All Pupils





# String Ensemble

**Department/Area of Focus:**

Music

**Lead Teacher:**

Susan Sheppard

**Email:** [ssheppard@forest.org.uk](mailto:ssheppard@forest.org.uk)

**Period:** All Year

**Day:** Friday

**Time:** 1.10pm - 1.55pm

**Venue:** Recital Room

**Description**

Ensemble for various events and some small groups quartets etc.

**Sign Up Procedure**

Ask to join or by invitation.

**Capacity:** N/A

**Target:** String Players (Grade 5+)



# Symphony Orchestra

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr Iain McGregor and Mr Darren Bloom

**Email:** [iam@forest.org.uk](mailto:iam@forest.org.uk) and [dbloom@forest.org.uk](mailto:dbloom@forest.org.uk)

**Period:** All Year

**Day:** Thursday

**Time:** 4.00pm - 5.15pm

**Venue:** Recital Room

**Description**

The largest school ensemble, performing everything from classic symphonic repertoire to film scores and works by living composers.

**Sign Up Procedure**

Please email the Lead Teacher to join Symphony Orchestra.

**Capacity:** 60+

**Target:** All Pupils (Grade 5+ ABRSM)





# Theory Club

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr Iain McGregor

**Email:** [music@forest.org.uk](mailto:music@forest.org.uk)

**Period:** All Year

**Day:** Wednesday / Friday

**Time:** 1.25pm - 1.55pm / 12.55pm - 1.25pm

**Venue:** SMR

## Description

All musicians are encouraged to attend theory lessons, which are held twice a week. In order to enter an instrumental exam higher than Grade 5, it is a requirement that you will have passed Grade 5 theory.

## Sign Up Procedure

No sign up required.

**Capacity:** N/A

**Target:** All Pupils



# TRAD

**Department/Area of Focus:**

Music

**Lead Teacher:**

Ronan MacManus

**Email:** [rmanus@forest.org.uk](mailto:rmanus@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 8.30am - 8.55am

**Venue:** Recital Room

**Description**

Students learn to play Traditional Folk Music in a fun and friendly environment. All traditional instruments welcome.

**Sign Up Procedure**

Places are by invitation only.

**Capacity:** 40

**Target:** All Pupils (Grade 2+)



# Tuba Club

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr Chris Barrett

**Email:** [cbarrett@forest.org.uk](mailto:cbarrett@forest.org.uk)

**Period:** All Year

**Day:** Thursday

**Time:** 12.50pm - 1.20pm

**Venue:** Chapel

**Description**

Tuba Club offers additional low brass tuition for all grade levels.

**Sign Up Procedure**

No sign up required.

**Capacity:** N/A

**Target:** All Pupils



# Wind Band

**Department/Area of Focus:**

Music

**Lead Teacher:**

Ms Jenetta Hurst

**Email:** [jdh@forest.org.uk](mailto:jdh@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 4.15pm - 5.30pm

**Venue:** Recital Room

## **Description**

For pupils who play a wind instrument. A large ensemble with players from Brass, Woodwind and Percussion.

## **Sign Up Procedure**

Please email the Lead Teacher to join Wind Band.  
See Ms Hurst at rehearsal or elsewhere.

**Capacity:** Depending which instrument section

**Target:** All Pupils (Grades 1-4)



# Year 7 Choir

**Department/Area of Focus:**

Music

**Lead Teacher:**

Mr Iain McGregor and Mr Nicolas Marie

**Email:** [iam@forest.org.uk](mailto:iam@forest.org.uk) and [nm@forest.org.uk](mailto:nm@forest.org.uk)

**Period:** Michaelmas Term Only

**Day:** Monday

**Time:** 12.55pm - 1.25pm

**Venue:** Guilderdale Hall

**Description**

All the Year 7 pupils form a choir during their first term at Forest and sing at the end of the term in the Michaelmas Concert.

**Sign Up Procedure**

Please email the Lead Teacher to join Year 7 Choir.

**Capacity:** N/A

**Target:** All Pupils



SPORT







# Badminton

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Anan Amirthananthar

**Email:** [AA@forest.org.uk](mailto:AA@forest.org.uk)

**Period:** Michaelmas & Lent

**Day:** Friday

**Time:** (Year 7-9) 4.00pm - 5.00pm, (Year 7-13) 5.00pm - 6.00pm

**Venue:** Sports Hall

**Description**

Supervised Badminton.

**Sign Up Procedure**

Please email the Lead Teacher to join Badminton.

**Capacity:** 24

**Target:** All Pupils





# Basketball (Boys)

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Mr Ben Phillips and Mr Will O'Brien

**Email:** [BMJP@forest.org.uk](mailto:BMJP@forest.org.uk) and [WO'Brien@forest.org.uk](mailto:WO'Brien@forest.org.uk)

**Period:** Michaelmas & Lent

**Day:** (Year 9&10) Wednesday / (Seniors) Thursday

**Time:** 4.00pm - 5.15pm / 5.00pm - 6.00pm

**Venue:** Sports Hall

## Description

With experienced coaches, the boys consistently work on a variety of technical and tactical skills, in line with the senior basketball programme, where they will progress to a standard where they can compete with and against some of the best schools in the area.

## Sign Up Procedure

Please email the Lead Teacher to join Basketball (Boys)

**Capacity:** 15 (per year)

**Target:** Boys Only





# Basketball (Girls)

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Ms Charlotte Barras

**Email:** [CAB@forest.org.uk](mailto:CAB@forest.org.uk)

**Period:** Michaelmas

**Day:** (Year 7-8) Tuesday (Year 9-10) Friday

**Time:** 1.00pm - 1.45pm / 1.00pm - 1.30pm

**Venue:** Sports Hall

**Description**

Work on a variety of technical and tactical skills.

**Sign Up Procedure**

Please email the Lead Teacher to join Basketball (Girls)

**Capacity:** 30

**Target:** Girls Only



# Cross Country

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Ms Paige Cooper

**Email:** [PCO@forest.org.uk](mailto:PCO@forest.org.uk)

**Period:** All Year

**Day:** Friday

**Time:** 1.00pm - 1.30pm

**Venue:** Epping Forest School

**Description**

Open to all abilities. However would need to be prepared to run minimal 2K or more on mixed terrain.

**Sign Up Procedure**

Please email the Lead Teacher to join Cross County Club.

**Capacity:** 15

**Target:** All Pupils





# Dodgeball

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Mr James Whitmee

**Email:** [JACW@forest.org.uk](mailto:JACW@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 1.25pm - 1.55pm

**Venue:** Gymnasium

## Description

Sport for all - participation club, open to all levels. Proposed and organised by a Year 8 pupil.

## Sign Up Procedure

Will be advertised on dashboards. All welcome but cut off at 40 each time.

**Capacity:** 40

**Target:** Boys Only





# Fencing Club

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Mr Giles Morris

**Email:** [GXM@forest.org.uk](mailto:GXM@forest.org.uk)

**Period:** All Year

**Day:** Monday

**Time:** 4.00pm - 5.30pm

**Venue:** Gymnasium

## Description

Fencing club for all ages and abilities.

## Sign Up Procedure

No sign up required.

**Capacity:** 10-20

**Target:** All Pupils





# Forest Sub Aqua Club

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Mr Martin Bassett-Jones

**Email:** [mgb@forest.org.uk](mailto:mgb@forest.org.uk) or [scuba@forest.org.uk](mailto:scuba@forest.org.uk)

**Period:** All Year

**Day:** Thursday

**Time:** 7.45pm - 9.15pm

**Venue:** SLC

**Description**

To provide an opportunity to learn and develop scuba diving experience and qualifications.

**Sign Up Procedure**

<http://webserver.forest.org.uk/scuba>

**Capacity:** 12 (at any one time)

**Target:** All Pupils







# Fun Swim

Department/Area of Focus:

Sport

Lead Teacher:

Mr Aidan Hargitt

Email: [AH@forest.org.uk](mailto:AH@forest.org.uk)

Period: All Year

Day: Friday

Time: 4.00pm - 5.15pm

Venue: Swimming Pool

Description

Fun supervised swim.

Sign Up Procedure

Please email the Lead Teacher to join Fun Swim.

Capacity: 30

Target: All Pupils







# High Jump

**Department/Area of Focus:**  
Sport

**Lead Teacher:**  
Miss Paige Cooper  
**Email:** [PCO@forest.org.uk](mailto:PCO@forest.org.uk)

**Period:** Lent  
**Day:** Tuesday  
**Time:** 1.00pm - 1.30pm  
**Venue:** Gymnasium

## **Description**

Open to all pupils of any ability who would like to try high jump in preparation for the summer term.

## **Sign Up Procedure**

No sign up required.

**Capacity:** 20  
**Target:** All Pupils





# Indoor Hockey (Girls)

**Department/Area of Focus:**  
Sport

**Lead Teacher:**  
Ms Charlotte Barras  
**Email:** [CAB@forest.org.uk](mailto:CAB@forest.org.uk)

**Period:** Lent  
**Day:** Wednesday  
**Time:** 1.00pm - 1.30pm  
**Venue:** Sports Hall

**Description**  
Opportunity to develop skills

**Sign Up Procedure**  
Please email the Lead Teacher to join Girls Hockey.

**Capacity:** 30  
**Target:** Girls Only





# Indoor Hockey (Boys)

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Mr Dillet Gilkes

**Email:** [DGilkes@forest.org.uk](mailto:DGilkes@forest.org.uk)

**Period:** Michaelmas

**Day:** Monday

**Time:** 4.00pm - 6.00pm

**Venue:** Sports Hall

## **Description**

Hockey club is for teams U16 & U18 taking part in indoor competitions during Michaelmas term. Lent term it by invitation mainly.

## **Sign Up Procedure**

Please email the Lead Teacher to join Boys Hockey.

**Capacity:** 30

**Target:** Boys Only





# Netball Club

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Ms Claire Risk

**Email:** [CR@forest.org.uk](mailto:CR@forest.org.uk)

**Period:** 1st half Michaelmas

**Day:** (Year 9-10) Monday, (Year 8) Wednesday & (Year 7) Thursday

**Time:** (M) 4.00pm - 5.30pm, (Weds & Thurs) 4.10pm - 5.30pm

**Venue:** Gilderdale Courts / Sports Hall

## Description

Squad players are expected to attend but all girls are welcome and are encouraged to come. Focus on skill development, game and understanding and tactical play.

## Sign Up Procedure

Please email the Lead Teacher to join Netball Club.

**Capacity:** N/A

**Target:** All Pupils





# Squad Swimming

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Mr Mike Bush

**Email:** [Mbush@forest.org.uk](mailto:Mbush@forest.org.uk)

**Period:** All Year

**Day:** Tuesday, Wednesday & Friday

**Time:** (T) 4.00pm - 5.30pm, (W) 7.15am-8.45am, (F) 4.00pm-5.00pm

**Venue:** Swimming Pool

**Description**

Swim squad training session

**Sign Up Procedure**

By invitation only.

**Capacity:** N/A

**Target:** All Pupils





# Table Tennis

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Mr Ben Adams

**Email:** [bda@forest.org.uk](mailto:bda@forest.org.uk)

**Period:** Michaelmas & Lent

**Day:** Monday

**Time:** 1.00pm - 1.30pm

**Venue:** Sports Hall

## **Description**

Open to all abilities to learn and adapt skills.

## **Sign Up Procedure**

Please email the Lead Teacher to join Table Tennis.

**Capacity:** 16

**Target:** All Pupils



# Trampolining

Department/Area of Focus:

Sport

Lead Teacher:

Ms Charlotte Barras

Email: [CAB@forest.org.uk](mailto:CAB@forest.org.uk)

**Period: Michaelmas & Lent**

**Day: Monday**

**Time: 1.00pm -1.30pm**

**Venue: Sports Hall**

**Description**

Open to all regardless of ability. Come along to learn new skills.

**Sign Up Procedure**

Please email the Lead Teacher to join Trampolining.

**Capacity: 25**

**Target: All Pupils**







# Water Polo

**Department/Area of Focus:**

Sport

**Lead Teacher:**

Mr Aidan Hargitt

**Email:** [AH@forest.org.uk](mailto:AH@forest.org.uk)

**Period:** All Year

**Day:** Wednesday

**Time:** 4.00pm - 5.00pm

**Venue:** Swimming Pool

## Description

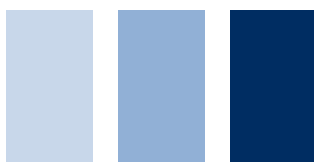
Water Polo is an exciting, fast-paced sport that combines the best features of ball games and water sports; it's great fun and great for your fitness.

## Sign Up Procedure

Please email the Lead Teacher to join Water Polo.

**Capacity:** 24

**Target:** All Pupils







# FOREST SCHOOL

0208 520 1744 | [co-curriculum@forest.org.uk](mailto:co-curriculum@forest.org.uk) | [www.forest.org.uk](http://www.forest.org.uk)