

SENIOR SCHOOL ENRICHMENT ACTIVITIES



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HOWELL'S SCHOOL
Llandaff

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Make it happen...



SENIOR SCHOOL ENRICHMENT ACTIVITIES

HOWELL'S SCHOOL, LLANDAFF, has a reputation for excellence. Alongside the outstanding academic programme, the Senior School girls are given the opportunity to take part in a wide range of enrichment activities. The clubs on offer are held during the lunch break and after school, and most of them are run by our enthusiastic staff. There are also competitions and events in which the girls can become involved. Extra-curricular activities introduce girls to new opportunities, thereby broadening their horizons, and encourage the development of a range of skills and qualities, e.g. creative thinking, events management, entrepreneurial and business skills, team-work and self-confidence. This leaflet outlines the extensive range of enrichment and wellbeing activities on offer.

The Howell's Award

The Howell's Award is an opportunity for girls in Years 7 and 8 to be rewarded for active participation in school life. It takes account of their contributions to the Senior School House system, service, extra-curricular activities and learning about themselves through PSHE sessions and residential experiences. In both year groups, it is awarded during assemblies throughout the year. As part of the Award, each year group participates in a teambuilding experience to encourage team-building and House involvement.

Booklets are collected once each term to allow the monitoring and communication to staff of girls' achievements; special mention is given to those who participate fully in order to encourage girls throughout the year.



The Howell's Award was devised to improve the girls' wellbeing by rewarding effort and achievement outside the academic. It is a successful scheme which encourages them to engage positively with each other and staff and emphasises the value placed by Howell's on girls' attitudes, personalities and contributions to school life.

SPORTS

Howell's promotes fitness for life

Howell's School offers a wide range of sports activities and clubs at lunchtime and after school. Health and fitness are taken very seriously and all girls, whether keen members of school teams or not, have numerous opportunities to keep fit through taking part in a variety of physical activities. The school recognises that participation in sports also helps to enhance performance in academic subjects.

"The best thing about Howell's is sport because the PE teachers really encourage us in PE lessons and to join a lunchtime or after school club. Howell's also encourages us to play in matches, and this boosts our confidence."



Extra-curricular Sports Activities

Autumn /Spring Term (typical timetable)

Before School – All Years

- Netball Shooting
- Fitness Suite Year 10 & 11

Lunch Times

- Netball
- Dance
- Gymnastics (for all)
- Gymnastics (squad)
- Indoor Athletics (Year 7-9)
- Swimming
- Fitness and Wellbeing (Year 10+)
- Body Tone

After School – All Years

- Netball
- Hockey
- Football
- Run for Fitness

Summer Term

- Summer term example games activities include Tennis, Rounders, Athletics and Kwick Cricket.
- Wellbeing activities run all year round and include Badminton, Dodgeball and Bodytone.

Competitions and Rallies

GDST Rallies, Tournaments and Competitions

- Senior Swimming Gala
- Senior and Under 15 Hockey
- Senior and Under 15 Netball
- Athletics Competition
- Tennis Tournament
- GDST Day of Dance
- Rounders tournament
- Gymnastics
- Cross Country

Cardiff and Vale Schools' Tournaments

- Hockey: U12, U13, U14, Under 15 and Under 16 and Senior
- Netball: U12, U13, U14, U15, U16 and Senior
- Cross Country League & Championships (All age groups)
- Athletics Championships and Knock-Out Cup team events (All age groups)
- Gymnastics Championships
- Indoor Athletics Championships: U12,13,14
- Welsh Indoor Rowing

Other Competitions

- National Urdd Competitions
- Aegon Team Tennis Schools Competition (Under 13 and Under 15)
- Cardiff Games competitions in a variety of sports (Sport Cardiff)
- Cardiff Games Events (to include: badminton, climbing, rowing, netball, hockey and fitness)

Opportunities

Girls have the opportunity to play in House and School teams. Selection for county and Welsh trials are also available. In 2016-2017 Howell's girls have represented Wales in hockey, lacrosse, athletics, rounders, cross country, netball, swimming, fencing, kick-boxing, gymnastics, sailing, ice-skating, horse riding and rock-climbing.

Fair Play

Our sports team selection policy throughout the school is to encourage students to enjoy all aspects of PE, whether it is competitive, creative or individual. This encourages young people to actively engage and participate in physical activity and sport throughout their lives, which have many health and social benefits.

No team is fixed, and through experience we know that children develop at different rates. We realise how disappointing it is not to be chosen for a match, but this is the nature of competitive sport. Our policy is to play the appropriate team for that particular match and level of competition, rather than let the children take it in turns; this leads to mediocrity. Please refer to the Team Selection Policy and the Player and Parent Code of Conduct for more information.



Athletics/Cross Country

Athletics practices are held during the Summer Term for all girls who wish to develop their running, throwing and jumping skills and to take part in Cardiff and Vale Schools' competitions held at Leckwith Stadium. Friendly events are also held against local schools for Years 7, 8 and 9. Other athletic competitions include the Indoor Sports Hall event and the GDST Athletics Rally. Cross Country and Indoor Athletics training runs throughout the autumn term.

Run For Fitness is a popular club that runs through the Autumn term.



Chess Club (additional fee)

Open to all standards, including beginners, each session is a mixture of teaching (with the aid of a large demonstration board) and playing. The girls play each other and then move on to take part in the UK Chess Challenge, with the top scorers progressing to the Wales Mega Final. Although the emphasis is on the fun of the game, there are recognised educational benefits of playing and studying chess in terms of thinking skills and resilience.



Dance

Dance clubs run for all year groups throughout the week and are very popular. Each year group focus on different styles or genres of dance and have the opportunity to perform the work they create at various events throughout the year. We have partnerships with Rubicon Dance Company and The National Dance Company Wales who have come into school to work with the students on occasions. We also have two dance specialists who deliver the sessions.



Duke of Edinburgh's Award Scheme

All girls in Year 9 are invited to participate in the Bronze Award part of the scheme. The two-day practice and qualifying expeditions are held during the Summer Term. All participants must undertake a physical activity, a volunteering activity and a skills activity to gain the Award.



Gymnastics

Gymnastics club is composed of beginners and experienced gymnasts who compete at a range of levels. Gymnasts have the chance to develop floor, apparatus and vaulting work with a highly experienced coach. Girls also have the opportunity of performing in school displays and competing in local, national and GDST competition events.



Hockey Club

Girls have the opportunity to play hockey and represent the school in all years. Matches are played against local schools in friendly fixtures, and teams from each year group compete in the Cardiff and Vale Schools' Tournaments throughout the Autumn and Spring Terms and the prestigious GDST events.



KS4 Wellbeing Programme

All KS4 girls take part in a flexible curriculum which includes a wellbeing pathway of non-traditional activities such as Boxercise, Body Tone and Fitness and Personal Training. The focus of KS4 PE is about providing a balanced sporting offer allowing students to engage in traditional and non-traditional activities of their choice, whilst understanding the benefits of a healthy active lifestyle. The wellbeing offer promotes students' understanding of lifestyle management, including dealing with stress. Activities are available in both curriculum and extra-curricular time.



Netball

Team practices are held for all year groups. Matches are played throughout the season against local schools and other independent schools. Various teams are selected throughout the school to give as many players as possible the opportunity to play competitive sport. Cardiff and Vale Schools' tournaments are played at all age groups.

Netball and Hockey tours are arranged when appropriate.



Rounders

Rounders practices are held for all year groups. Matches are played throughout the Summer Term against local schools and other independent schools. Under 14 and Under 16 players will have the opportunity to attend Welsh team trials for selection for the Welsh Squad.



Swimming

Swimming club runs throughout the Autumn Term each week. Competitive swimmers have the opportunity to compete in the National Urdd Competition.



Tennis

Tennis practices are provided for all levels of ability during the Summer Term. Teams compete in the Aegon Team Tennis competition in the Under 13 and Under 15 categories.

We also play against local and private schools.



CLUBS

“The best thing about Howell’s is the number of clubs available. From Debating Club to Netball Club, from Youth Choir to Book Club, there are lots of opportunities. The amount of effort the teachers put into the clubs is amazing!”

Isobel, Year 8

Art Clubs

Photography Club

Photography Club gives the girls a chance to explore their environment and learn how to take successful photographs. We look at composition, viewpoints and lighting. The girls then learn how to manipulate their images using Photoshop. An exhibition of their photographs makes an exciting end-of-year climax for the girls.



Art Club

The Art Club provides the opportunity for girls to explore a wider range of media and techniques in a small group situation. We explore drawing using a range of media leading to different outcomes such as print making.



Charities

The girls throughout the Senior School are involved in many charity events which improve their team-working and communication skills. The charities we help vary every year. This year we have raised funds for Latch, Comic Relief and Children in Need, a Bolivian Street Charity and many others. The girls have achieved this through various activities, such as cake and sweet sales as well as a number of themed own clothes days. *Children in Need* is an annual favourite fund-raising occasion, where the girls from each form use their initiative and creativity, as well as developing their entrepreneurial skills. Most of our activities this year raised funds for Marie Curie ‘Pay for a Day’ campaign, including our annual ‘Big Breakfasts’.



In Year 11, girls are invited to join the College Rotary Interact Group, which organises a range of social and sporting events to raise money for charities both at home and abroad. Rotary also runs several competitions for young people, some of which are open to members of the Senior School.

Eisteddfod

All girls participate in the renowned school Eisteddfod, which is a highlight of the year for many of them. The activities include themed subject-related homework competitions and staged competitions including recitations, singing, instrumental performances, reading, drama sketches and dance. The House Captains enthusiastically direct the House Choir Competition and there is a high level of friendly rivalry between the houses. Girls submit their poetry compositions and the winner is proclaimed at the prestigious *Chairing of the Bard* ceremony.



Enterprise

Enterprise is fully embedded into the wider curriculum in Howell’s Senior School. All year groups enjoy bespoke Enterprise Days encompassing a wide range of activities and themes. Last year, Year 7 focused on collaboration skills through specific STEM activities, Year 8 explored their creativity and flair as wedding dress designers, and Year 9 combined blue sky thinking, innovation and risk by creating school community focused Apps to improve wellbeing. Some of the Apps were entered into a GDST wide competition and winning teams were invited to a prestigious awards event at the BT Tower in London. Howell’s were the overall runners up. Year 10 took part in the annual Coca Cola Real Business Challenge which combines all key enterprise skills, with one of the teams progressing into the Regional Final where they worked on a live business project with business experts and pitched their idea against other schools. Year 11’s challenge last year had a marketing twist where the girls were tasked with promoting retro products to a modern audience. At these events, girls benefit from hearing inspiring speakers and working with experienced mentors who guide and coach them with their knowledge and expertise. This is work-related learning at its most engaging and an opportunity for year groups to develop the enterprise skills that will give them a competitive edge in today’s job market.



Geography Club

Geography Club encourages the girls to explore geographical issues and ideas further. This includes preparing news items for the *BBC School Report*, assemblies on environmental issues and playing geographical games to develop their knowledge of the world.



History Club

History Club offers a range of lively activities, such as quizzes, historical ‘treasure’ hunts, watching ‘Horrible Histories’, making models and creating history plays, which can then be filmed. The club often enters competitions such as the Welsh Heritage Competition and the Historical Association Competitions for Key Stage 3.



Equestrian Team

Howell’s Equestrian Team is for girls in the Senior School to participate in competitions organised by the National Schools’ Equestrian Association. Girls will compete mainly at grass roots and unaffiliated events in the Wales and West region. Disciplines include dressage, show jumping and one day events.



Language Clubs

Language Club

The club is open to all girls to help them develop a more global awareness of language and culture. The activities include researching festivals, quizzes, food tasting and dance. The emphasis is on learning whilst having fun!



Spanish Club

The Spanish Club is open to KS3 and takes place weekly. The aim is to encourage and promote knowledge of the Hispanic world, including Spain, USA and Latin America. This involves a range of different activities, both cultural and linguistic, in English and Spanish. The girls are encouraged to come along and have fun with games, quizzes and music!

Latin Club

The Maximus Latin Club is open to all girls in Year 7 and takes place weekly. The aim of the club is to encourage and foster an interest in the ancient world, by exploring the rich cultural and linguistic heritage which has an enormous influence on the way we live and think today. Activities include mythology, games, quizzes, puzzles, the spells of Harry Potter and similar popular fictional works, along with creative opportunities for art and craft.

Russian Club

This is open to Year 10-13 girls. The emphasis is on learning the Cyrillic alphabet, developing basic speaking skills through role play, and gaining an awareness of a different culture – across the different Russian-speaking countries of the former USSR.

Library Extra-Curricular and Enrichment Activities

Book Club – Weekly, All Year

Students of all ages are welcome. We chat about new books, discuss authors, take part in competitions and quizzes and enjoy a treat or two whilst doing all of these things. If you need a lunch pass to attend, please ask a few days in advance.



Film Fridays – Weekly, All Year

Everyone is welcome to relax and enjoy a whole range of films – some chosen by your Librarians, many chosen by you or as part of a themed 'film season'. If you have a suggestion for a film, pop it in the Suggestion Box on the Library desk.

Book Week & World Book Day and World Book Night – Annual

Every year, the Library runs themed events at break and lunch times to celebrate Howell's Book Week (October), World Book Day (March) and World Book Night (Spring) – students enjoy fun and activities including author visits, quizzes, competitions and even a pop-up Book Shop!



Carnegie Medal Book Club

Once the shortlist is announced for the prestigious annual Carnegie Medal award in March, we ask our readers if they would like to be part of the 'extended' Carnegie Book Club. We meet for a full lunch hour a week to debate, discuss and read and to enter the Carnegie Competitions filming our Book Club in action as well as creative writing activities. This culminates in our celebratory Carnegie Picnic (indoors or out, depending on the British summer!) on the day the winner is announced.



Kids' Lit Quiz Club – Autumn Term, Annual

Avid readers are encouraged to join our regular Kids' Lit Quiz fun quizzes at break-time and perhaps even try out for one of the two teams that represent Howell's in this international competition that celebrates the 'sport of reading'. Find out more here: <http://www.kidslitquiz.com/>



The Royal Society Science Judging Panel – Summer/Autumn Term, Annual

Keen scientists and readers can apply to be part of the prestigious Royal Society Judging Panel and help decide who wins the annual award. Find out more here: <http://royalsociety.org/awards/young-people/>

Maths Club

Maths Club is primarily for Year 7 students and involves fun mathematical activities that all can enjoy, such as origami (making a cube), 3D bubble shapes, colouring Fibonacci patterns, logic problems, mathematical games, 'Nrich' activities, weaving 'Valentine's Day Hearts' and preparing for the Junior Mathematical Challenge. The girls have a lot of fun exploring Maths outside lessons, in a less formal atmosphere.



Mathematics Masterclasses KS3 and KS4

Royal Institution Mathematics Masterclasses are designed to encourage, inspire and engage students in the art and practice of mathematics. The highly interactive sessions, which take place at the University of South Wales, Pontypridd, on a Saturday morning during the Spring Term introduce students in Years 9 and 10 to aspects or applications of maths which may not usually be covered in the school curriculum, and open young people's eyes to the excitement, beauty and real-world value of mathematics. The programme includes chaotic mathematics, mathematics of juggling, the magic of computation, secret codes, medicinal mathematics, superheroes and mechanics, and mathematics in the movies.



UKMT Mathematical Challenges

The UKMT organises national mathematics competitions and other mathematical enrichment activities for 11-18 year old UK school pupils. Each challenge leads into a follow-on Olympiad round for those that are most successful. We enter students in Years 8,10,12 and 13 for the Junior, Intermediate and Senior Individual Challenges. These consist of multiple choice papers and successful students may be awarded bronze, silver or gold awards. We also enter a team of 4 students in both the Junior and Senior Team Challenges with the chance to compete nationally if successful in the regional round.



Musical Activities

Music is an important part of life at Howell's and all girls are encouraged to take part. The school offers a comprehensive range of music groups, so that every student has the opportunity to participate. These range from Repertoire and Senior Orchestra to Jazz and Chamber ensembles as well as the Youth and Senior Choirs.

Youth Choir

The Youth Choir is open to all students in Year 7-9. No audition necessary and all students are encouraged to take part. The choir performs at Llandaff Cathedral for the annual Carol Service and also takes part in a summer extravaganza concert in July which is always themed. The choir rehearses weekly on a Wednesday lunchtime 2:00-2:35pm. Lunch passes are allocated at the beginning of the academic year.



Senior Choir

The Senior Choir has performed over the years with many international artists and has performed in past years in Beijing and Vienna. The choir rehearses on Mondays and Fridays 1:50-2:35 and Mondays 3:45-5:00. The choir is a four-part female chorus and members are selected after an audition.



Jazz and Chamber Ensembles

Senior Jazz Group performs at a variety of school events as well as in external charity functions. Rehearsals take place on Wednesdays 3:45-4:45 in the Octagon. Girls need to be Grade 5 standard.

Youth Jazz Group rehearses on Tuesday 1:30-2:00 in the Octagon. Girls in Years 7-9 are welcome.

Small chamber ensembles, rock and pop groups are organised for those girls who express an interest, e.g. flute ensemble, wind quartet, string quartet, piano trio.



Repertoire Orchestra

The Repertoire Orchestra is open to any student who has been playing an instrument for a year. The orchestra rehearses on Thursday mornings 8:25-8:55 in the Octagon.

Senior Orchestra

The Senior Orchestra accepts girls who are at Grade 5 and above in standard. Rehearsals take place on Thursdays 3:45-4:45 in the Octagon.



Individual Music Tuition (additional fees)

Visiting Instrumental/Vocal tutors attend the school to teach a variety of musical instruments (mainly individual lessons; however, some group lessons are offered for brass and guitar).

Individual lessons are offered in:

Voice/Singing: Classical and Musical Theatre.

Brass: Trumpet, Cornet, French Horn, Trombone, Tuba, Euphonium, Tenor Horn

Guitar: Classical, Jazz and Rock

Percussion: Drum Kit, Band/Orchestral Percussion

Piano: Classical and Jazz Piano

Strings: Violin, Viola, Cello, Double Bass

Woodwind: Flute, Oboe, Clarinet, Bassoon, Saxophone.



Youth Rock Band

The Youth Rock Band takes place on Monday 1:30-2:00pm and is open to students in Years 7-9. Guitarists, drummers and keyboardists are very welcome and singers are included by audition. If students are not confident on any of the above instruments, support will be given by Mr Cheeke.



Song Writing Club

Song Writing Club is held Tuesday 4:15-5:00pm. For any aspiring song writers this unique opportunity is offered to support and develop students' ideas – help with melody, lyrics, harmony, arranging techniques and recording.

Drama and Speech Classes

(additional fees)

Speech and Drama classes are popular in school from Year 7 to Year 13 and take place in lunchtimes, after school and on Saturdays. The focus of these lessons is to encourage and develop effective communication and performance skills. Students are also prepared for examinations of the London Academy of Music and Dramatic Art (LAMDA) which are taken at school throughout the academic year. Speech examinations include Speaking in Public, The Speaking of Verse and Prose, and Reading. Acting and Mime examinations may be taken individually, in pairs or as a group. A Speech and Drama competition with external adjudicators is held internally once a year to promote students' ability to perform their work in public. These lessons provide an opportunity for each student to develop a range of vocal skills and to acquire the confidence which comes from being able to communicate effectively.



Debating Club

Debating Club is for those who love a good argument, or who wish to increase their confidence in presenting their opinions. It is a hugely enjoyable way of developing analytical skills and learning to think on your feet. Recent debates have focused on animal rights and whether sixteen-year-olds should be allowed to vote. In addition to holding debates at school, we participate in EurVoice, the RSPCA Great Debate and the International Competition for Young Debaters held at the Oxford University Union. Howell's teams also take part in British Parliamentary style debates at local universities.



Public Speaking

Public speaking is a popular activity at Howell's, with several teams from the Senior School entered into a wide range of prestigious public speaking competitions, giving girls the chance to develop their communication skills and increase their self-confidence.

Chrystall Prize

The Chrystall Prize award is a GDST Public Speaking Competition set up in memory of Chrystall Carter, a legal advisor to the GDST. Open to Year 11 girls, it is a demanding challenge that requires the commitment to prepare and deliver a lengthy speech and also the ability to respond with focus, pace and intelligence to a range of questions.

Rotary Youth Speaks

Rotary Youth Speaks is open to girls in Years 7-13. Teams of three, competing locally, deliver their thoughts and feelings on a topic, with the opportunity to progress to national finals.

English Speaking Union

The English Speaking Union offers the chance to take to the stage as part of an annual team-based public speaking competition with other schools across the country and, if success beckons, across the world. The competition is open to teams of three girls from Years 10 or 11.



Creative Writing

Students throughout the school and college are given many opportunities to participate in a range of creative writing activities. There are several in-house poetry competitions including Remember November and the Eisteddfod. Students are also encouraged to enter local, national and GDST competitions, one of which is the Laurie Magnus Award and another is a short story competition.



Howell's XL Radio

This is offered to students in Years 7-11 using state of the art equipment. Students can present, produce and edit a weekly radio programme which is then broadcast throughout the school. Students are actively encouraged to be creative, compile play lists, jingles and sweepers and help to broaden the listeners' awareness through different genres of music. The radio station is student led and overseen by Mr Cheeke. Howell's XL Radio is held on Monday 2:00-2:30pm for Year 7, Thursday 1:30-2:00pm for Year 8 and Wednesday 2:00-2:30pm for Years 9, 10 and 11.



Science Club

This club is for Year 7 and 8 girls to have fun doing exciting science experiments. These range from 'investigating planets' and looking at microscope specimens to making lava lamps and fire writing. Other activities include engaging in national scientific programmes such as Crest and Young Scientist Journal.



Urdd Gobaith Cymru

Annually, our girls have the opportunity to compete at National Level in the Urdd Eisteddfod. This can involve a range of performance styles: singing, recitation and dance. Over the years, the school has been successful and performances have been televised on S4C. These activities encourage good teamwork and help to build confidence. The Urdd Eisteddfod is a unique opportunity for our girls not only to experience our rich Welsh culture first hand but also to be an essential part of its preservation and help to secure the future of the Welsh language.



Wellbeing and non-curricular trips

Wellbeing and developing interpersonal skills are an important element of a Howell's education.

In Year 7, the *First 20* programme helps girls settle into the Senior School with ease during the first twenty days. The girls experience a variety of activities, presentations and events, supported by their form tutor. This programme includes teambuilding day in September. They take part in activities including climbing and have a meal with the Year 7 Prefects. The visit helps the girls get to know each other and their tutors.



Senior School Ski Trip

The Senior School Ski Trip is open to girls in Years 8 and 9. Past trips have been organised to France, Italy and Austria. Girls of all abilities are welcome to participate, including complete beginners. In addition to a great deal of excitement on the snow, evening activities such as ice skating, swimming and bowling provide an opportunity to relax with friends at the end of a tiring day. The week culminates with a slalom ski race.



Language Department Trips

In the Senior School the girls are regularly invited to extend their knowledge of the languages they are studying through cultural visits to France, Germany and Spain, as well as within Wales for Welsh learners. These visits provide girls with the opportunity to use the languages studied and to learn more about the history, geography and culture of the countries themselves. Recent trips have included stays in Llangrannog, Glan Llyn, Paris, Brittany, Cochem, Madrid and Rome.



"Residential trips are an amazing opportunity to see new places and get to know new people. I feel really lucky to have been given the opportunity to travel with the choir to Vienna, go skiing in Austria and visit Paris. You get the chance to know other girls and the teachers well and learn to travel without your parents. Howell's provides many opportunities for trips for girls of all ages in the Senior School."

Hannah, Year 11

More than an education...



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