





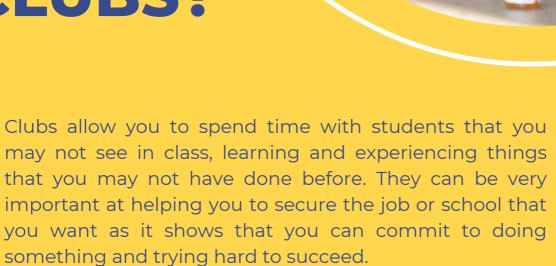


CLUBS BOOKLET

Summer 2024



WHY DO CLUBS?



My passion for rugby started at secondary school. I was encouraged by my friends and PE teacher to attend and have never looked back. It kept me active, taught me team working skills and made me friends for life. I still play rugby to this day

Mr Dakin.





CLUBS AND OUR VALUES

Students at Henley Bank High School show **AMBITION** by: moving out of our comfort zone so that we give ourselves a better chance of success

Students at Henley Bank High School show **CONFIDENCE** by standing out from the crowd so that we can be who we are.

Students at Henley Bank HIgh School show **CREATIVITY** by finding links between subjects and the world so that new knowledge is built on what we already know.

Students at Henley Bank High School show **DETERMINATION** by taking ownership of our learning so that we can take responsibility for our own progress

Students at Henley Bank High School show **RESPECT** by listening to different beliefs, cultures and opinions so that we can celebrate diversity



How to use our Clubs Booklet

All of our clubs for the Summer Term are available for you to read about along with the details of who can join.

Students took part in a Clubs Fair Assembly at the beginning of the half term to give them a little extra information on what the Clubs are about

MONDAY CLUBS



Club	Description	Year Groups
Musical Theatre Club	If you love Musical Theatre then this club is for you! We'll be looking at a range of musicals -think: Legally Blonde, Waitress, Heathers, SIX, and many more. In the club we'll be focusing on learning songs and choreography, working as a club but also in smaller groups so everyone has a chance to be a leading role. If you're passionate about Musical Theatre and enjoy singing and dancing then make sure you come along!	ALL PLEASE NOTE THIS WILL BEGIN AFTER PRODUCTION ON MON 29TH APRIL
Production	Rehearsals for The Addams Family will continue to take place on this day until 4.30. Please note we cannot accept new members but cast cannot book other Clubs on Mondays and Thursdays until after the Production	ALL PLEASE NOTE THIS CLUB WILL FINISH AFTER THE SHOW ON 24TH AND 25TH APRIL
Boxing Club Mixed Ability	Wanting to try boxing, but never had the opportunity? Boxing club may be for you. This club is open for anyone who is a complete beginner to people who box for a club. General fitness conditioning is mixed with boxing and kickboxing techniques. Boxing is an effective way to develop skills like communication, leadership and perseverance that will benefit you throughout your life.	ALL



TUESDAY CLUBS



Club	Description	Year Group
Equestrian	For anyone who is interested in learning about horse and pony care and sharing in our common hobby	ALL
Rounders	Improve rounders skills - in house competition.	ALL
English Homework Club	Come along to get support with completing English homework	ALL
Concert Band	Your chance to be a part of the school band and perform at the end of the year!	ALL PLEASE NOTE THIS WILL BEGIN ON TUESDAY 30TH APRIL (AFTER PRODUCTION)
Fitness club	High intensity circuit training session. - A circle (literally) of roughly 20 exercises that you do one after the other throughout the session, spending about one/two mins on each exercise before moving on to the next. Exercises will vary somewhat each week, but will mostly involve: + Calisthenics (bodyweight) strength training (press ups, squats, sit ups, etc) + Pad work (Punching and kicking pads!) + Cardio (some variation, but on the broad theme of 'running around' - making your heart and lungs work!)	ALL

I did fencing club and got to fight people with swords! In a safe and responsible way.

Mr Halliday

WEDNESDAY CLUBS



Club	Description	Year Group
The Eco Council	The Eco Council is on a mission to make Henley Bank an award winning environmental school. Whether its getting more people cycling or running to school, making sure that we create space for nature on the school grounds, or bringing great ideas to make us plastic free, if you care about our environment and want to make it better, this is the club for you.	ALL
Boys Football	A mix of both competition and recreational football	Y7, Y8
Girls Football	A mix of both competition and recreational football	ALL

I joined Rugby Club and Drama Club at school.

Here is what I learnt: Rugby Club- the teamwork, comradery, laughs determination and grit you share with your teammates. Drama Club- The creativity and expressivity shared with your friends

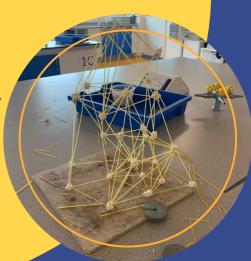




WEDNESDAY CLUBS

Club	Description	Year Group
Spanish Conversation Club	This is your chance to practice your speaking skills to become more confident and be ready for your GCSE.	Y10

In Sixth Form I helped create a school newspaper and run it as a club for the younger year groups. It was fantastic to work as a team and we felt proud of our efforts when the first edition of the newspaper was published.



THURSDAY CLUBS



Club	Description	Year Club
Film Club	This term our focus is on directors! We will watch two or three films from selected directors to see how their distinct styles play out on screen.	Y8, Y9, Y10
Tennis Club	Introduction to all things Tennis. A sport that is very seasonal with summer being the perfect opportunity to pick up a racquet for all ages and abilities. I am a Tennis enthusiast so will ensure enjoyment is at the forefront of this club with guided coaching of core skills. Fantastic for anyone who enjoys the outdoors and prefers individual sporting disciplines.	ALL
Free Drawing Club	A place to doodle, practise your drawing and use any of the art materials to develop your artistic skills. You will be free to draw what you like!	ALL

I attended Samba workshops which involved me being in the middle of five huge steel base drums and playing as part of the rhythm section. It was great as I learnt loads about a culture and style of music I wouldn't have much of an idea about if I hadn't joined the club!

THURSDAY CLUBS



Club	Description	Year Club
Boys Football	A mix of both competition and recreational football	Y9 and 10

'I was part of the football club and later, the football team at school which went on to win the County Cup. Being part of this team showed me the value of respect and dealing with adversity.'