



# Senior Department 2022-23

Extra Curricular

Whilst your studies are, of course, very important, that's not all we offer at Durham High School. Our extensive extra-curricular programme means there's always something going on beyond the classroom, with activities at lunchtimes and after school to suit all tastes. Numerous opportunities are provided for you to develop in an area you already enjoy, or to try something new.

This booklet gives you a flavour of what's on offer. Your form tutor will be on hand to guide your choices and to encourage you to broaden your horizons, without taking on too much.



## A taste of the trips on offer at DHS...

- Our annual trip to **Boulogne-sur-mer** is always popular with Year 7
- Year 8 enjoy a trip to **Murcia** which also gives them a chance to practise their Spanish
- A three day activity trip to the **Lake District** rounds the summer term off for Year 9
- An annual **ski trip** is organised for pupils in Year 7 and above.
- The Performing Arts department regularly takes pupils to **London** to see West End shows as well as to local theatres
- A battlefields tour in **Belgium and Northern France** supports the study of WWI for Years 9 and 10
- Year 10 and above have the chance to visit **Iceland** and experience the geography of the Land of Fire and Ice
- Sixth Formers are given the opportunity to work on projects in developing countries such as **Vietnam and Sri Lanka**
- Sports tours take older pupils to countries such as Sri Lanka and Barbados



- The Sixth Form enjoy visits to **Christmas markets** in European cities including **Paris, Bruges and Dusseldorf**
- Classics students visit **Hadrian's Wall**
- **English** students regularly visit the **Theatre and Cinema**

## Drama

### **What will I gain from drama?**

Self-confidence, presentation skills, teamwork, creativity, opportunities to act, dance and sing plus the opportunity to develop lifelong friendships with pupils from across the school.

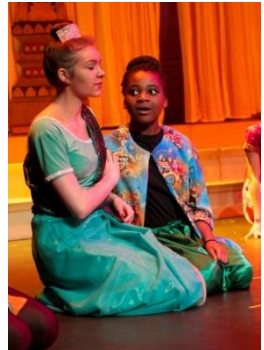
### **What opportunities are there?**

There are many opportunities to develop performance and production skills in numerous plays and musicals each year. We stage a full-scale musical in Durham's Gala Theatre each year which usually involves around 100 pupils on stage and behind the scenes. The Middle School Production provides opportunities for all Year 7 and 8 pupils to develop skills and take the leading roles in a smaller scale production in the school Drama Studio which helps to build invaluable skills for the future. Many pupils further develop their skills through taking the LAMDA examinations in Acting or Speaking Verse and Prose.



In recent years we have produced the musicals

Grease, Aladdin, Honk, Bugsy Malone, Oliver!, Annie, Beauty and the Beast, The King and I and Peter Pan, Loserville, Wizard of Oz, Goodnight Mister Tom, Wind in the Willows and Anything Goes.



Our senior pupils have also enjoyed the opportunity to stage a number of plays including: Top Girls, The Demon Headmaster, The Crucible, Animal Farm, The Coram Boy, Bronte and A Midsummer Night's Dream.

### **Can I be involved in other ways?**

Absolutely! Creating a successful piece of theatre requires a team effort and there are many vital roles off-stage; in addition to performance roles our students regularly take responsibility for directing, costume and set production, lighting, sound, film and choreography.

## Music



**Learn** to play an instrument or to sing with our experienced and friendly specialist music staff. You can choose from a large variety of instruments including flute, oboe, clarinet, sax, trumpet, French horn, cello, trombone, violin, viola, double bass, piano, acoustic guitar, electric guitar, drum kit, tuned percussion or harp - the choice is yours!

**Perform** in exciting venues including Durham's Gala

Theatre and Durham Cathedral.

**Develop** your skill and confidence as a performer in small-scale concerts in and out of school as well as in large public concerts.

**Expand** your musical horizons, performing a wide range of classical, jazz and pop music.

**Enjoy** performing music you have composed yourself and enter national competitions with your own music such as the BBC Young Composer competition.



**Share** your music by performing in the school's orchestra, swing ensemble, rock band and choirs, and work with the drama and music departments in our annual productions in Durham's Gala Theatre.

## Science



**STEM Clubs run in each Key Stage.** You can take part in a variety of activities including fun experiments, investigations and opportunities to develop practical skills outside of lessons. We also love puzzles, quizzes, competitions and working on team challenges!

**Years 7-9** have fun making models with our Lego technic 'simple and powered machines' kits to experience the mechanical and structural principles normally hidden away inside everyday machines and structures. In 2022 we also made pin-hole cameras, carried out chromatography, solved puzzles and accessed the online Salters' Chemistry Club. Some pupils enjoyed working to achieve a CREST Award (a national scheme organised by the British Science Association). You choose a question to investigate – favourite Bronze projects include 'bath bomb challenge' and 'make your own fizzy drink'.

**Years 10 and 11** can tackle a building challenge – we have previously worked on bridges and geodesic domes; our next challenge is to build a model of a home able to withstand the effects of flooding. We spend one half term focusing on chemical analysis – there is more time and freedom to carry out flame tests, make precipitates and deduce the content of 'unknowns' outside of lessons. Or you might prefer to make slime, carry out dissection or experiment with gliders!



**Sixth Form** can complete extra practical work to develop skills for university or carry out investigative projects to achieve a CREST Silver or Gold Award. In 2022 we investigated indoor air pollution in the Sixth Form diner! You also could develop your leadership skills by running some science activities for Pre-Prep and Prep pupils. You have opportunities to enter national competitions such as the Institution of Civil Engineers CityZen digital game or the Royal Society of Chemistry Schools' Analyst. Great activities for evidencing your passion for Science on a UCAS form.



## Sport

### Clubs and Teams

We provide a varied programme of sporting activities with clubs and teams in netball, hockey, football, tennis, cricket, rounders, athletics, dance, running and badminton.

Squads provide opportunities for pupils of all ages and standards. In athletics, cricket, cross-country, hockey, netball, rounders, swimming, tennis and swimming we compete in local Durham leagues, Tyne and Wear leagues as well as National and Independent Schools competitions. In recent years we have reached national finals in tennis, cross-country, netball, and regional finals in hockey and athletics.

## Supporting Excellence

A number of our pupils are performing at national and regional level in their sports and some are Olympic potentials. We fully encourage their ambition and support individual pupils to balance the demands of their sport and academic studies.



## Links

We have excellent links with our local sports clubs and the University, including: Durham Palatinates Netball Club, Oaksway Netball Club, Durham City Hockey Club, Durham Amateur Rowing, Durham Climbing Centre, and South Durham Gymnastics Club.

## Textiles Club

Come and extend your class work, or try out new and exciting projects at these fun after school clubs.

## Photography Club

Pupils in Years 7-9 learn how to take exciting digital photographs and manipulate them using Photoshop.





## **Running and Walking Club**

Open to Sixth Form students to enjoy weekly running in the surrounding locality with members of staff.

## **Maths Club**

This club is open to pupils in Year 8 and Year 9, where interested problems are solved, sometimes assisted by Six Form students.

## **Newspaper Club**

This club is for keen writers in Key Stage 3 who gain experience in writing and published articles relevant to their year groups. Aply assisted by Sixth Form students.

## **Diversity and Inclusion Club**

This club is open to all students in Year 8 where they meet and discuss topical issues.

## **Mindfulness and Well-being Club**

Activities such as yoga, meditation, relaxation techniques and colouring are explored in a peaceful environment to promote mental well-being.

## **Computing Club**

Activities are varied and include programming the raspberry pi or BBC microbit as well as participating in on-line programming activities.

## **Public Speaking Club**

This club gives pupils in years 9-11 an opportunity to develop important skills of public speaking, chairing and questioning speakers. Pupils are also welcome to come along just to listen to the lively, interesting pupil talks on a variety of interesting topics

and issues, often ranging from the serious to the hilarious. We also participate as a school in the English Speaking Union's Public speaking competition. It is a great chance to interact with other schools and we have regularly had teams reach the regional finals.

## Debating Society

Fancy a good argument? This club will help you improve your debating skills and find out more about issues you are passionate about. This club gives pupils in years 9-6th form the opportunity to participate in or listen to debates between students about a wide variety of topics, mostly selected by pupils. We also enter the English Speaking Union's MACE Debating competition. We have had several teams reach the regional finals in previous years.

## Language Clubs

Modern Foreign Languages run KS4 & KS5 French and Spanish conversation clubs, so come along to improve your speaking skills.

## Greek Club

The club best serves the interests of those Year 9 pupils who are linguistically gifted, though in its early stages it can provide a very useful introduction for everyone to the influence of Greek language and thought.

## Just Dance Club

Open to pupils in all years to come and join in.



## Games Club

Year 7 and 8 pupils are invited to try out a wide variety of board games. Test your strengths: are you co-operative, a quick thinker or are you a master of logic?

## Chess Club

The chess author Irving Chernev wrote that 'Every great master was once a beginner.' The school's chess club aims to provide an ideal starting point for those players who want to learn how the pieces move through to those looking for an introduction to competitive play. Whether you are seeking an informal friendly game or some basic chess coaching, the club is for you.

Future sessions will focus upon how to open a chess game and how to mate the opponent's king. If you are ready for the next step, you can test your skills against the school amateur, Mr Coates. Chess teaches valuable skills such as problem solving, strategic planning, pattern recognition and creative thinking.

## Psychology Club

Sixth Formers are invited to join our lively discussions around key issues arising in Psychology in the Psychology Debating Club.

## Equestrian Team

Into horse riding? Then come and join our school team and take part in national school's competitions. We are members of the National Schools Equestrian Association (NSEA) and British Showjumping. In the past the school team has been successful in winning many awards.



## Reading for Pleasure

Book Buzz & the Big Book Bash. All Year 7 pupils join in Book Buzz and Big Book Bash activities during their first year at DHS. These include selecting new books, playing games and entering competitions so they all have the opportunity to get involved in the joys of reading.



## North East Book Awards

Year 10 pupils regularly represent DHS at the annual award ceremony for the North East Teenage Book Award where they have the opportunity to introduce and talk to authors. Prior to attending the event the pupils will have read, discussed and judged the books on the current year's shortlist.

The success of NETBA meant that the organisers introduced a similar scheme for pupils in Year 8: the North East Book Award. DHS also takes part in this award annually with students getting together once a week to share opinions.

## Carnegie and Greenaway Medal

These two prestigious awards are shadowed by members of Years 9 and 7. The Year 9 pupils judge the books on the Carnegie shortlist during the summer term, culminating in a lunchtime of debating and voting. Year 7 spend a morning looking at the books on the shortlist for the Greenaway Medal, working in groups to choose their favourites.

## Author Visits

Meeting authors is always inspiring. In recent years we have welcomed Sophie Anderson, Catherine Fisher and Sarah Driver to school to meet our pupils and answer their questions.

## Sixth Form Book Club

Membership of the popular Sixth Form Book Club isn't restricted to students studying English at A Level; it attracts students studying sciences, and staff! The meetings take the form of a seminar with members taking it in turns to introduce a different book each month.

We also run a **shared reading club**, which is all about reading to appreciate good writing. Students meet with the Head of English and read a variety of literature together; this is not study but reading for pleasure and a lifelong love of reading.

## Christian Clubs

Different Christian Union groups are attended by girls from Year 3 through to Sixth Form at lunchtimes, with older pupils helping to lead some sessions. Confirmation classes are also on offer for pupils in Year 7. Pupils also assist in planning and leading services both in school time and after school.

## Charities

At Durham High we believe it is important that as a community we look outwards to those in any sort of need.



**Interact Club** – this is a junior branch of the Rotary Club. The group is very active in running fund-raising events for local community projects such as collections for the Durham Food Bank and international projects such as the Ukraine Crisis appeal each year. Students are elected to official positions and along with raising money for charities they will gain valuable team work, project management and leadership skills.

One notable event this year was our Ukraine Bake Sale where we raised £417 in one day!

Of course, charities are not only about raising money. Our Charities Committee raises awareness of a variety of local, national and international concerns and all girls are encouraged to give of their time in service. This year girls focused on the importance of mental health, as we held an online fundraising drive for Humankind, a charity supporting projects in Darlington and Durham.



## Business

### **St Cuthbert's Accumulator Challenge**

This is a business challenge programme designed to foster entrepreneurial skill in students. It aims to give young people an insight into setting up and running a business enterprise. All profits are donated to St Cuthbert's Hospice in Durham. Sixth Form students develop a business plan and produce goodies to sell to younger students.

### **Student Investor Challenge**

This national competition provides A Level Business Students with the opportunity to play the stock exchange when they are given a virtual £100k to invest and try to grow their wealth. Even if they lose it all, they will gain insight into the world of business and economics.

### **Institute of Chartered Accountants of England and Wales**

A Level Business students enter the annual BASE competition in which they work to solve a complex business problem. They analyse the business problem and present a solution to ICAEW. This year the students won a place in the national final.



## Future Business Magnates

This county-wide competition attracts teams of **Year 8** pupils from approximately 20 schools. Each team develops a business idea based on a different theme each year. There are 6 challenges aimed at extending their business knowledge and skills which they then

apply to their idea. The competition is supported by local business and enterprise partners and culminates with the annual FBM Dinner and Awards Evening.



A Future Business Magnates 'Freshers' workshop is also run in **Year 7**, where pupils have the opportunity to compete with other schools in developing a business idea in a one-day course.

Sixth Formers also have the opportunity to attend revision workshops and meet with local business delegates at our annual Business Breakfast event.





## Duke of Edinburgh's Award

Over 70 pupils take part in the Award each year with Bronze level beginning in Year 10, Silver in Year 11 and Gold in Lower Sixth. Their skills might include playing a musical instrument, extending their reading or looking after a pet. Physical activities include swimming, hockey, aerobics and skiing. Volunteering allows involvement with the local community, so pupils might visit elderly people, work with Rainbows or Brownies, or assist with environmental projects. The possibilities are enormous.



Those doing Gold have used their residential project to develop their own skills such as snowboarding, cookery or photography, to give a service to a conservation project, or to undertake outward bound activities. The expedition section takes place throughout Northern England, including Teesdale, the Yorkshire Dales and the Lake District.



Participants learn the skills of teamwork, forward planning, prioritisation and also enjoy themselves. For those who complete their Gold Award, the final presentation at St James' Palace or Holyrood Palace is a fitting end to several years of hard work.

## Societies

### MedSoc

The Medical Society was created to provide a forum for students



who were interested in pursuing a career in Medicine. The society allows students to discuss and learn about various parts of the Medical School application process such as admissions test, choosing universities and interviews. During our sessions, we hold debates on relevant medical topics, conduct mock interviews and have

invited medical students and doctors to provide a candid insight into the medical field. Overall, the society has created a close-knit support group between prospective medical students across year groups and has contributed to many successful medical school applications.

### FemSoc

Do you believe in equality? If so, you're a feminist. Every week in Sixth Form we run a Feminist Society, dedicated to debating, discussing and sharing feminist issues. It is an informal, safe environment and we cover topics from FGM to Barbie's influence on the modern world.

We've had external speakers talk about sexism in higher education and the workplace, and have the opportunity for the students to lead the society on topics they are particularly passionate about.

## Class Representatives

Pupils have the opportunity to represent their form in a variety of roles to suit their interests. Pupils are elected to these positions by their peers and then attend meetings and sessions to support the group. Here pupils develop essential skills such as teamwork, communication, leadership, problem solving, presentation skills, resilience and confidence.

The following are a selection of roles for which pupils can stand for election: Form Captain, Deputy Form Captain, School Council, Careers Reps, Catering Reps, Charities Reps/Interact Member, Eco School Reps and Assistant Librarians.

## School Council

Pupils meet representing their forms, to discuss the needs and wants of pupils, bring ideas that can be implemented in school and generally have a student voice with Senior Leaders.

## Careers Reps

Pupils meet regularly with the Careers Leader to discuss career-related issues, needs and wants. They help to raise awareness and promote careers education to their peers and they help to address the career needs of their form. Pupils assist in hosting events such as Business Breakfasts, Careers Fairs, careers talks and help build the school's Business Network. Older pupils assist in the work experience programme. Students can also get involved with writing the termly careers newsletter.



## Eco Schools Rep

Eco Schools is a national programme that aims to raise environmental awareness in schools and encourages us to take action and make improvements regarding the environmental impact of our school.



Every tutor group is asked to elect an Eco-rep to attend whole school Eco meetings. The Eco-group is led by the Sixth form Eco-prefect. Over the school year, the Eco committee will select environmental targets for us to achieve and will be responsible for communicating these initiatives with the rest of their tutor group.

## Assistant Librarians

Students in Year 7 can apply to be an assistant librarian, helping with book classification, shelving and reading promotion in the school. Students apply via letter and are appointed based on suitability and enthusiasm. The position lasts as long as the student is motivated, and evolves with their interests as they get older, for instance in the past assistant librarians have organised a stationery shop in the Library and started an Instagram account to promote books.



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