



ST EDMUND'S COLLEGE

Co-Curricular Handbook

2025-2026

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Overview of Co-Curricular Activities at SEC

At St Ed's, co-curricular life is just as important as academic, spiritual, and pastoral development. It's part of our distinctiveness, bringing significant value to both our pupils and our community. This guide is designed to provide students, parents, and guardians with essential information about our co-curricular programs, their benefits, and how to get involved. Co-curricular activities are an integral part of our educational approach, offering students opportunities to explore interests, develop skills, and enhance their overall school experience.

We offer a unique and diverse array of co-curricular activities that enable all our pupils to explore and develop new talents, interests, and skills. We believe these are an important part of an all-round education and central to our commitment to develop the "whole person", mind, body, and spirit promoting independence, self-knowledge, moral and spiritual understanding, self-esteem and emotional literacy. As such they are an integral part of College Life and not optional. All pupils are expected to fully engage in a wide range of opportunities, from trips and expeditions, sports fixtures and music recitals, inter-house events and competitions or through our Period 7 programme.

Sport, Drama, Music, Combined Cadet Force (CCF), Duke of Edinburgh, Clubs, Societies and Service form the core of the co-curricular experience at the College. This is essential for our pupils and is an excellent way for them to make friends and meet new people, interact with new ideas, and connect with their interests. Timetabled enrichment lessons happen every day and there are a fascinating array of clubs and activities to engage and feed inquiring minds. It's about creating enriching experiences that ignite a spark, nurture curiosity, and develop a quiet confidence within individuals.

Co-curricular activity can play a vital role in a holistic education, one that considers the personal growth of an individual. It will help nurture their leadership, teamwork, and interpersonal skills as well as teach them about commitment, respect, integrity, and tolerance necessary to foster a caring and supportive community. At its' core, education is a continual, lifelong process and so much more than just final outcomes. It's about understanding people and society, experiencing success and failure, having new experiences, or enhancing existing ones. Most notably, it allows pupils to develop individually and collectively enabling them to better prepare themselves for a life beyond St Edmund's College.

We are aspirational for our young people and innovative in how we maximise their potential. We aim to inspire achievement beyond expectation within an environment where every child can succeed.

"Rooted in Christ and Catholic tradition and under the guidance of our patron, St Edmund, we aim to realise the God-given potential, in body, mind and spirit, of all members of our community through service and leadership. Avita Pro Fida!"

Mr N Lee
Assistant Head Co-Curricular
September 2025

Pupil Expectations

Given the importance the College places on the value of its co-curricular programme, and we want our pupils to be aspirational. As such, the expectation of pupil commitment to the co-curriculum is very high.

During their time here, every Edmundian should aspire to have participated in...

- Physical activity three times each week of at least moderate intensity.
- A theatrical production either on or behind the stage.
- A musical event either on or behind the stage.
- Service in the CCF/ SEA for at least one year.
- Community/ College service for at least one year.
- A society meeting to enrich academic or creative curiosity.
- Speaking publicly in either the Tutor Group or House
- Representing your House in competitions in either sport, music, drama
- Be in the audience for at least one theatrical production and one musical event.
- Be a spectator at a minimum of one sporting event each year.

Parents and guardians should support their children's involvement in co-curricular activities by ensuring they attend regularly and balance their commitments both in and outside the College.

A Values Driven Approach

Edmundian Virtues

All co-curricular activities embed many of the Edmundian Virtues that help form the philosophy that underpins a Catholic education. These are also the basis of our all-round, holistic education that helps target mental, social, spiritual, physical, and emotional growth. These virtues are essential for the personal development of each individual, and the co-curricular programmes provides a vehicle embed these within every aspect of College life.

High Performance Learning Philosophy

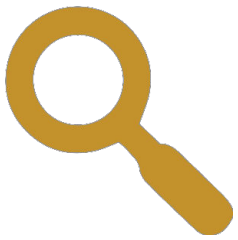







They also support the High-Performance Learning (HPL) framework at the College enabling pupils to develop the qualities that help them become better, more adaptable learners. Co-curricular activities provide a wealth of experiences, opportunities and the development of skills and can help embed a particular HPL quality or qualities. As such, The College places a great emphasis on the Co-curricular rather than the Extra-curricular hence all activities are part of our curriculum.

Within the HPL framework, there are five Advanced Cognitive Performance Characteristics (ACP's); Realising, Creating, Analysing, Meta-Thinking and Linking, and three Values, Attitudes and Attributes (VAA's); Hard Working, Agile and Empathetic. These HPL qualities are at the heart of the co-curricular program and the diet of activities on offer help pupils develop different characteristics they may not have had the opportunity to do so in the classroom. The utilisation of the HPL framework within the co-curriculum is also mutually beneficial; not only does it have intrinsic benefits to individuals in terms of personal growth but also has a positive impact in the academic classroom as well.



INTELLECTUALLY CURIOUS LOYAL
COMPASSIONATE GLOBALLY AWARE
PRAYERFUL
RESPECTFUL
FORGIVING
SELFLESS
HARDWORKING
INCLUSIVE
HONEST
RESILIENT

A brief overview of both the Advanced Cognitive Performance Characteristics (ACP) and the Values, Attitudes and Attributes (VAA) can be found below.

ACP/VAA	SYMBOL	DESCRIPTION
Analysing		This is about thinking logically and carefully. Advanced performers tend to be careful and logical in their approach, even when being creative.
Agile		This relates to the desire to learn and being prepared to use multiple approaches to achieve good outcomes. They are dispositions that enable students to become more autonomous.
Creating		This is not to teach creativity separately but rather to introduce some ideas that are universally thought to characterise creativity and to create the conditions that will nurture creative and critical thinking.
Empathetic		This looks at the way in which individuals approach working alone and with others to achieve strong outcomes.
Linking		This is the ability to see learning as part of a larger scheme as opposed to a series of single events.
Meta Thinking		These help students to develop a repertoire of thinking skills and the need for self-awareness. This creates intellectual confidence enabling students to tackle difficult problems.
Realising		Realising refers to the ability to make effective use of the other characteristics in a form that best ensures high performance.
Hard Working		Encompasses practice, perseverance and resilience. Concentration and practice are required for understanding and for refining or improving. Persistence and stamina are critical, to keep going and the resilience to dig deep.

Over the following sections, you will see how the HPL characteristics and values are being fostered through the range of co-curricular activities that are offered, primarily through the Period 7 programme. Please refer to the symbols and descriptions above as and when you read through the list of activities to see how the education philosophy at St Edmund's College is supported through the co-curricular programme.

Period 7

Clubs and Societies

Period 7 Programme

Our Period 7 (P7) enrichment program that runs across all year group, from Elements to Rhetoric. We offer over a hundred different clubs and societies throughout the year, so there will always be something for everyone! The number of activities on offer is vast, ranging from Baking and Cooking to Computing and Coding, Criminology and Law to Superpower Geographies, Robotics to Model United Nations, Photography to Ball Room Dancing! Period 7 activities are broadly grouped into four categories, and we ask that pupils consider widening their experiences and select activities from at least three of those groups where possible.

- Activity
- Creativity
- Service, Leadership and Community
- Skills for Life

Students select four P7 options per week and all activities will change across the three terms, ensuring that each individual experiences a diverse array of activities as possible.

P7 is an important part of the College curriculum; such activities not only broaden an individual's horizons, but they also help to promote self-reliance and self-confidence as well as allowing students of different year groups to mix and work together. They also promote the holistic development of Edmundians; a chance to develop abilities and strengths which may not always emerge in the academic side of school life. Not only do pupils derive many tangible benefits from involvement in these activities, but they also help develop core transferable skills that enable our students to grow as individuals.

In Bounds, pupils follow a rotation of activities on Wednesday following five core themes that are central to the co-curricular ethos.

Theme	Elements	Rudiments
Service and Leadership	Being an Edmundian	STEM Project
Creativity	Space	SpeakEasy (exploration of languages)
Wellbeing	Board Games	Stage and Theatre
Getting Active	Lifeguarding	Fencing
Skills for life	First Aid	Choir

In Divisions and Rhetoric, the programme is more pupil driven with freedom to choose from across the thematic framework. However, Divisions pupils must undertake a period of service each week and can choose from CCF or the St Edmunds Award, Community Service, Eco Club, Gardening Club or Schola. Service continues into Rhetoric with a focus on leadership and academic extension. Rhetoricians must assist College staff running a P7 activity for younger pupils and are encouraged to undertake activities within the Super Curriculum. These develop more intellectual curiosity and academic independence, that will enable Rhetoricians to take the subjects they study further, beyond the confines of an A level syllabus.



Sports and Games

Physical




St Edmund's PE and Games: Michaelmas Term 2025




	Monday	Tuesday	Wednesday	Thursday	Friday
Morning. 7:30 - 8:20	Open Gym All Students	Open Gym All Students Basketball All Students	Open Gym All Students	Open Gym All Students Futsal All Students	
Games	Hockey / Rugby Elements & Rudiments	Hockey / Rugby Grammar & Syntax	Senior Games Poetry & Rhetoric		
Lunchtime 12:40 - 1:30	Open Gym All Students	Open Gym All Students	Open Gym All Students Basketball Squad	Open Gym All Students Netball Squad	Open Gym All Students Badminton All Students
Period 7 3:30 - 4:30	Hockey / Rugby Grammar & Syntax Football / Netball Grammar & Syntax Table Tennis Grammar & Syntax Cross Country All Students Team Gym Session	Hockey / Rugby Poetry & Rhetoric Football / Netball Poetry & Rhetoric Table Tennis Poetry & Rhetoric Team Gym Session	Football / Rugby Hockey / Netball Table Tennis / Badminton Basketball / Gym Circuit Tennis / Golf Dance / Orienteering	Hockey / Rugby Elements & Rudiments Football / Netball Elements & Rudiments Table Tennis Elements & Rudiments Golf All Students Team Gym Session	Basketball Squads Football (Girls) All Students Swimming All Students Cross Country All Students Dance / Golf All Students Team Gym Session

Play More, Play Better


NB:
 Bounds includes Elements and Rudiments, Grammar
 Divisions includes, Syntax and Poetry
 Senior includes Rhetoric 1 and 2


Cross Country Club Ms Rinaldi and Mrs Pitman					
Cross country club is an opportunity to get outside and active, for relaxation and fitness. All levels of runners welcome, but those just starting out and wanting to improve their fitness, to those who want to stretch themselves and develop their stamina and speed. Running embodies the Edmundian virtue of resilience and the Hardworking HPL, with the great benefits, and enjoyment, coming to those who push themselves, start again if they've had to stop, and those who keep on keeping on. The only requirements are a pair of trainers and a willingness to try.					
Edmundian Virtues		RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Latin Dancing Mrs Jauncey		  			
Ballroom and Latin Dancing for Beginners gives pupils the chance to learn some of the four traditional Ballroom and Latin dances. These are the waltz, tango, foxtrot and quickstep for Ballroom and cha cha cha, jive, samba and rhumba for Latin. We meet once a week in a fun, no pressure environment where the students can show their resilience and hard work to master simple routines that they could dance anywhere with anyone.					
Edmundian Virtues		RESILIENCE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Modern Dance Ms Attfield		  			
Modern dance gives pupils the chance to learn some modern, contemporary dance. Modern dance is often seen on the stages of musical productions and is known for its theatrical qualities. The style uses travelling steps, high kicks, leaps and turns which all need strength and flexibility. This is a highly energetic dance style. We meet once a week (Friday) in a fun and relaxed environment.					
Edmundian Virtues		RESILIENCE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

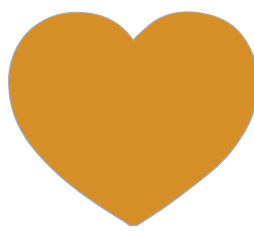
Creativity



Art in Action Mrs Applegate					
A small group of chosen artists who will work to briefs set by staff across the college to create artworks either on canvas or on the college walls. they design and pitch their ideas and then create the artworks. students are selected on their skill set and ability to work as part of a team.					
Edmundian Virtues		RESPECTFUL GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

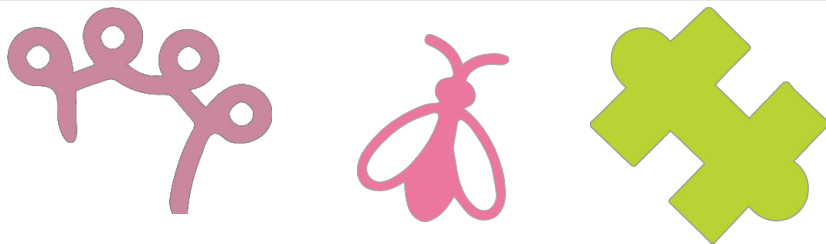
Art Open Studio Mrs Applegate					
The booster session is to allow students to create work in a relaxed environment where they have access to all resources and teaching Staff. They can mix with students at different stages in their art journey sharing knowledge and ideas as well as helping one another to complete work.					
Edmundian Virtues		CURIOSITY RESILIENCE RESPECTFUL			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Bounds Art Club Mrs Rees					
Do you enjoy making Art? Do you have an amazing idea that you want to realise? Have you ever wanted to try different art techniques but never had the chance? If you are in Elements or Rudiments and you ever asked questions like these, then the Bounds Art Club is for you. You will get the chance to try a range of techniques and materials, like pastels, printing and oil painting, and you will gain new ideas and expand your understanding of what you can achieve.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

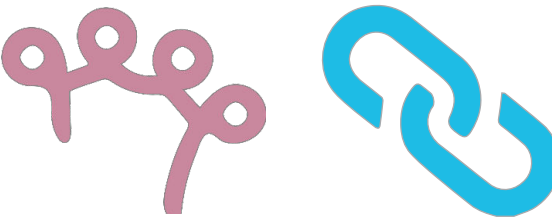
Art Stretch and Challenge					
Mrs Applegate					
This is an art group predominantly for scholars and artists who have been identified by department staff as talented. It is there to stretch their skills and push them to enter competitions or just to try new techniques and media.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Animal Club Mrs Mallabone					
Animal Club meet on a Friday afternoon. We often have visiting furry friends ranging from dogs to guinea pigs, rabbits or ponies (or sometimes less furry such as tortoises or bearded dragons!). Students are welcome to bring in their own pets for us to meet! The club allows our students to learn more about different kinds of animals either directly from their owners or through researching themselves. We often go for a walk through the grounds with visiting dogs which helps to build our students confidence and responsibility for another living creature. It's very sociable and students from all year's group work together to develop their communication skills in our community.					
Edmundian Virtues		COMPASSION CURIOSITY RESPECTFUL			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric



Beat the Markets Mr Law		 			
Investing club aiming to beat the stock market. This will provide students with a greater understanding of the financial markets and will give an opportunity to try and generate a better (virtual) return than the stock market indices.					
Edmundian Virtues		CURIOSITY GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Big Band (Jazz Band) Mr McNiff					
A big band or jazz orchestra is a type of musical ensemble of jazz music that usually consists of ten or more musicians with four sections: saxophones, trumpets, trombones, and a rhythm section. Big dominated jazz in the early 1940s when swing was most popular. Come along to immerse yourself in all things Jazz and be transported back to the heady days of the 1940's jazz boom!					
Edmundian Virtues		CURIOSITY RESILIENCE GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Craft Club Mrs Towns					
Craft Club, the perfect haven to unleash creativity and make an array of delightful. Whether you're into hand sewing, machine sewing, Hama beads, bracelet making, candle crafting, or Indian block printing, there's something for every one. Our club offers a fun, supportive environment where you can explore various crafting techniques, learn new skills, and let your imagination soar. Join us at Craft Club and discover the joy of creating beautiful, handmade treasures.					
Edmundian Virtues		CURIOSITY GLOBALLY AWARE RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

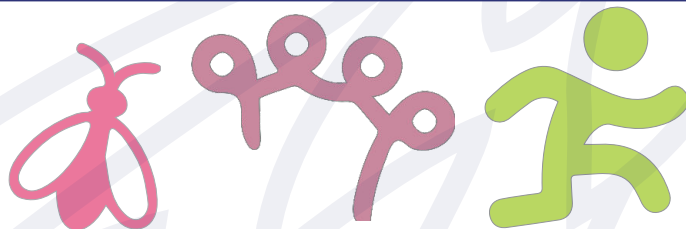
Cooking Ms Cumming					
Traybake is a fun and practical course designed to teach students the art of creating a variety of delectable traybakes. Perfect for those new to baking or looking for quick and easy recipes, this course covers everything from classic brownies and blondies to savoury options like pizza and sheet pan dinners. With step-by-step instructions, you'll learn essential techniques for mixing, baking, and presenting traybakes that are perfect for any occasion.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Cross Stitch Ms Fraser					
Cross-stitch is a form of sewing and a popular form of counted-thread embroidery in which X-shaped stitches in a tiled, raster-like pattern are used to form a picture. Pupils will be taught basic stitches and learn how to follow a counted cross-stitch pattern.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Colour and Chat Ms Chung		 			
Students will be able to practice mindfulness when colouring, whilst also having the chance to socialise in a friendly environment.					
Edmundian Virtues		RESPECTFUL RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Crystal Art Mrs Mallabone					
Crystal art is a super simple and highly rewarding activity. This addictive art is a fun activity that involves placing hundreds of crystals onto a colour-coded canvas to create a sparkling masterpiece! Students will learn perseverance and mindfulness whilst socialising and relaxing with their peers.					
Edmundian Virtues		RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Doodillusion Ms Harvey Keenan					
Students explore a range of patterns and techniques in a relaxed environment. Doodling can guide the brain into outside-the-box thinking and kick-start the creative process, especially for students struggling with verbal reasoning and text-based lessons. Doodling is a low-stakes activity that empowers students to explore material without fear of judgment or failure. It also improves focus by lowering cortisol levels which decreases stress making it beneficial for our wellbeing.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

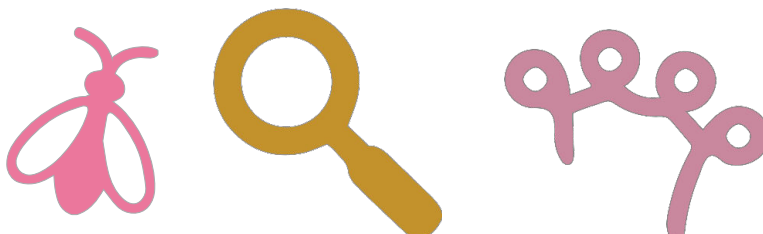
Digital Art Club Mrs Rees					
Join the Digital Art Revolution with Procreate! Unleash your creativity and master the art of digital drawing with our vibrant community of artists. Whether you're a seasoned pro or just starting out, our club offers hands-on tutorials, collaborative projects, and inspiring challenges to elevate your skills. Discover the limitless possibilities of Procreate, share your unique creations, and connect with fellow art enthusiasts. Don't miss out—bring your digital dreams to life!					
Edmundian Virtues		CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Dungeons and Dragons Mr Chapman					
Playing is like creating infinite versions of The Lord of the Rings that you and your friends write—and rewrite and re-rewrite—together. You’re all active participants in writing a unique adventure through different, fantastical worlds and scenarios. The goal is to deepen your understanding of your character by interacting with other players and their shared environment. And eventually, if you’re lucky, your band of travellers becomes a real team! D&D can help students develop self-awareness, self-management, decision-making, relationship skills and social awareness.					
Edmundian Virtues		COMPASSION RESPECTFUL			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Senior Drama Club Mrs Garwood					
This Drama opportunity gives students from Syntax to Rhetoric the chance to work collaboratively on a piece of Drama chosen to suit the group each year. This challenging project develops resilience, teamwork and creativity, offering pupils the chance to take ownership of their creative product. Through rehearsals, designers, performers and those willing to support backstage work cohesively to realise their ideas. This will involve hard work and naturally create links throughout the curriculum including to History and Catholic Social Teaching.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Bounds Drama Club Ms Donn and Ms Thomas					
<p>This club has traditionally been run by Rhetoric I Drama students with the support of a supervising member of staff. The club is aimed at Elements and Rudiments pupils, who are given the opportunity to work collaboratively with their directors through a range of fun team building activities. This will help all involved develop their confidence and seeks to foster bonds across year groups at the College. Those who take on directing will have creative ownership of their group, taking on board ideas from younger pupils and creating mentoring opportunities. There will be a chance to share their endeavours at the end of the year, and the play will depend upon the group of pupils who have worked together.</p>					
Edmundian Virtues		RESILIENCE SELFLESS RESPECTFUL			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

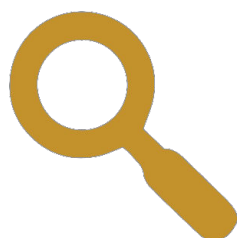




Lego Masters Ms Parks					
Pupils have the opportunity to work on various Lego projects, collectively or individually. Projects include working on Lego kits, including Technics, as well as more creative and larger builds of their own design which may develop and expand over a whole term. Lego Masters helps develop creative and agile thinking as well as offering autonomy and choice to pupils about their projects.					
Edmundian Virtues		CURIOSITY RESPECTFUL RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


VEX IQ Robotics Mr Fry					
Vex IQ Robotics provides children aged 11-14 with exciting, open-ended robotics challenges that enhance their science, technology, engineering, and mathematics (STEM) skills through hands-on, student-centred learning. The yearly competition fosters student development of the teamwork, critical thinking, project management, coding and communication skills required to prepare them to become the next generation of innovators and problem solvers.					
Edmundian Virtues		RESILIENCE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Schola Cantorum Mr O'Brien					
<p>The flagship choir of the school which performs at major school events and concerts. Open to all levels - we promise to encourage and support those are new to this. The choir covers a vast array of repertoire and over the year will learn 20+ songs/anthems. Singing is good for well-being and an important life skill. Take a risk, try something new and step out of your comfort zone.</p> <p>For pupils representing the College through Schola, this is a compulsory activity and forms part of the College Service programme.</p>					
Edmundian Virtues		PRAYERFUL RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

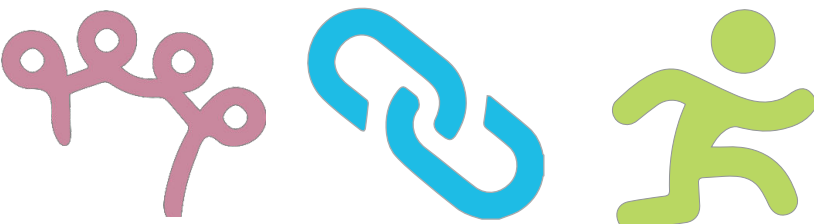
Orchestra Sam Slade					
<p>The orchestra is one of the schools' major ensembles and plays at most major events. It is open to orchestral players grade 3+. Rehearsals are fun and hugely beneficial for those who learning an orchestral instrument. Many pupils go on to join Hertfordshire Symphony Orchestra.</p> <p>For pupils representing the College through Orchestra, this is a compulsory activity and forms part of the College Service programme.</p>					
Edmundian Virtues		RESILIENCE RESPECTFUL CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Composition Club Mrs Lund					
To support GCSE pupils throughout their respective courses, learning new compositional techniques and ideas and sharing this collaboratively within the group.					
Edmundian Virtues		CURIOSITY RESILIENCE RESPECTFUL			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric



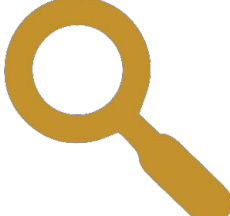
Polish Language and Culture Club Mr Rerutko		  			
Polish Language and Culture Club is designed to develop awareness of Eastern European languages and cultures among our students.They will be meeting once a week with me to explore one of the major Eastern European languages: Polish. We will be exploring different cultural aspects too: geography and history of Poland, connections between Polish and other Eastern European languages like Russian and Ukrainian. We will be looking at key events in history relating to Eastern Europe. We will use educational websites and worksheets to facilitate our discussions and develop linguistic awareness and sensitivity among the students, showing them a bigger picture through linking up their past experiences with current learning. Furthermore, this activity gives the students an excellent opportunity to challenge the stereotypes and build new knowledge and experience through linking, analysing and metacognition.					
Edmundian Virtues		GLOBALLY AWARE RESPECTFUL CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric
Chess Club Mr Manning		 			
Chess club (Tuesday and Thursday) is an opportunity to learn how to play chess, or to hone your skills further. There is a competitive element, where we run a chess ladder throughout the term. Chess incorporates the Edmundian virtues of respectful and honesty; you always play with integrity, and win or lose, your treat your opponent with respect. Chess also fits closely with the HPL of Linking; it is a game where big-picture thinking and connection finding will serve you well whether you are just searching for your next move, or you are planning several moves ahead. All levels of players are welcome, from complete novices to Grandmasters.					
Edmundian Virtues		HONESTY RESPECTFUL			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric



Young Engineers Anne Marie Healy					
Young Engineers allows for students who may be D&T scholars, or those students who have a passion for the subject, to embark on project work that can challenge and develop their abilities in the field of engineering as well as considering taking on projects that could allow for entry into competitions or to progress through to the Arkwright Scholarship activity in Syntax. This P7 is for students with a keen interest in problem solving. Practical engineering projects will be set, and students will need to design and produce a practical solution to the problem. This activity will include the use of CAD/CAM equipment such as using the CNC Router and 3D printers allowing students to develop skills and confidence in the workshop environment and to design and make products through an established sequence of tasks. The products gradually build in complexity and demand throughout the year. This is to enable students to enjoy practical designing and making outside of the normal structure of a lesson and to challenge themselves in real world situations.					
Edmundian Virtues		GLOBALLY AWARE RESILIENCE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Skills For life


Advanced Coding for Seniors Mr Fry					
This is available for Year 13 needing programming help and time for their projects. Year 12 to prepare the sills needed for Computer Science final project. GCSE students who either need help or time to improve and develop their python programming skills further.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Computing Club (Junior) Mr Arif					
This club will provide students with the opportunity to learn coding in a stimulating and supportive environment, fostering both enjoyment and engagement. Additionally, it will equip students with essential problem-solving skills that are crucial for their development in the field.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Debating Society Mr Carr		  			
Debating is the art of arguing for a particular belief. You will gain skills in crafting arguments, thinking on the spot and public speaking, an essential life skill to develop in and beyond school.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

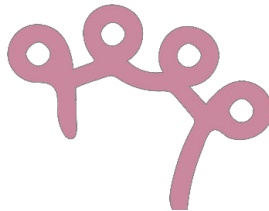

DRAMA TECH Mr Hounsell		 			
Design and operate the lighting system in the College.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

EAL STUDY Ms Hibbert					
EAL STUDY is for EAL students in all year groups who would like to do their prep in a supportive environment. In EAL STUDY students can work on prep quietly or with a friend, get help with prep or talk to a teacher about something they didn't fully understand in their lessons, have their written work proof-read or work on their English language skills.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Fun Drumming Mr Eliasson					
Fancy learning a new instrument or to practice your existing skills? Come along and pick up some drumsticks! As part of the CCF we are continuing to grow our Corps of Drums. You do not need to be a member of CCF already nor take it as an activity. You do not need to have any experience of drumming as you will be taught the basics by an expert and assisted by those who can play. There are many benefits but overall, it promotes teamwork, discipline, and leadership skills while providing a unique musical education (and free of charge!). Students/Cadets develop a sense of camaraderie and pride, boosting their confidence and social skills.					
Edmundian Virtues		CURIOSITY RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Italian for Beginners Mr De Oliveira					
Italian lessons offered to absolute beginners. The focus is on getting students talking and enjoying themselves, so it more games focused and conversational than strictly academic. Students must be attending consistently over 1 term minimum to build up the vocabulary, grammar and conversational skills. Open to anyone.					
Edmundian Virtues		CURIOSITY COMPASSION GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


JAS (Join in Award Scheme) Mrs Kleynhans					
Join the Junior Duke of Edinburgh (JAS) Club and take your leadership skills to the next level! As an A-Level student, you have the unique opportunity to mentor Year 5 students in the Prep, guiding them through the exciting JAS program. Enhance your own leadership abilities while inspiring younger peers to embrace challenges and develop new skills. Participate in engaging activities, build meaningful connections, and make a positive impact in your community. Join us in fostering the next generation of leaders and experience personal growth through this rewarding mentorship journey!					
Edmundian Virtues		SELFLESS COMPASSION GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Meditation Ms Bowyer		 			
A silent time for reflection based on the Catholic Guide to Meditation to include prayer, readings and meditation.					
Edmundian Virtues		PRAYERFUL RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Model United Nations (MUN) Mr Manning					
Model UN simulations engage hundreds of thousands of students each year, helping them to learn more about the principles of the UN and how it functions. Many of today’s leaders in law, government, business and the arts – including at the UN itself – participated in Model UN as students. The Model United Nations (MUN) is a society that gives you the opportunity to develop a broader look at the world through debate and discussion, exchanging views and opinions, and building skills of negotiation, diplomacy, research, presentation and public speaking, which are highly valued both within higher education and your future workplace. You will also have the opportunity to take part in an inter-school MUN Conference, which is hugely exciting and rewarding.					
Edmundian Virtues		GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric



Maths Problem Solving Mrs Patel					
Maths Problem solving is for Rhet1 and Rhet 2 students looking to pursue maths beyond secondary school- with physics, engineering IT, Computing and just Maths in its pure elements. We work through and prepare for various admission tests style questions. Developing problem solving skills through linking, analysing, meta thinking. Taking basic knowledge and exploring in further depth. Enhancing your intellectual curiosity.					
Edmundian Virtues		CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


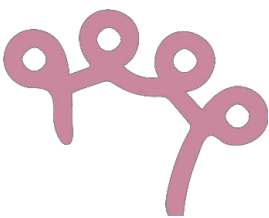
Oxbridge Cadets Wojciech Rerutko					
Oxbridge Cadets Programme has been developed to provide students with an excellent opportunity to challenge themselves. They will meet once a week with me to discover, explore and discuss different aspects of Higher Education in the UK. The focus will be placed on the recruitment process at Oxford and Cambridge universities. The students will be discovering their future options at the leading universities in the UK. We will look at the admission process and discuss the best way to prepare for it. We will explore the requirements and expectations of the prospective students and discuss interview questions, admission tests etc at Oxford and Cambridge University. We will watch and discuss model interviews at Oxford University and analyse admission tests. At the end of this programme, the students should be able to recognise all the steps they need to take in order to get a place at one of the leading universities in the UK.					
Edmundian Virtues		GLOBALLY AWARE RESILIENCE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric




Rhetoric Reels Mr Woodward					
'Rhetoric Reels' is a weekly activity to involve Rhetoric students in the creation of content (videos/photos) for the school's social media channels. It is an activity that promotes creativity, service in the community and pride in promoting the College, developing skills in organisation, content creation and collaboration.					
Edmundian Virtues		CURIOSITY SELFLESS			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Science Club Ms Parks					
Junior Science club explores fun and exciting experiments and STEM activities, which pupils may not access through the classroom lessons. What do we do? Delightful experiments to bewitch your senses, thrilling STEM challenges to ignite your curiosity, and ignite your love of all things STEM. Examples include making slime, bottle rockets, combustion reactions, and holograms.					
Edmundian Virtues		RESPECTFUL RESILIENCE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Word Detectives Mr Rerutko		  			
This programme is based entirely on the HPL philosophy and encompasses different aspects of High Performance Learning. The students will explore and discuss links between different languages and their impact on modern English. As part of this programme, students will learn history and geography of the relevant countries. They will have excellent opportunities to extend their linguistic awareness and sensitivity and develop their language skills and knowledge. Metacognitive approach to learning languages will also be part of this programme.					
Edmundian Virtues		CURIOSITY GLOBALLY AWARE RESILIENCE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric




Astronomy Society Ms Jauncey		 			
A student led society where students share the areas of interest in Astronomy. Skills learnt will be collaboration, public speaking, organisation. Writing to outside agencies to organise outside speakers, research skills. presentation skills.					
Edmundian Virtues		GLOBALLY AWARE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Architecture Society Mrs Applegate and Ms Healy		 			
Architecture Society is dedicated to the appreciation of architecture. It will offer design challenges, site visits to local buildings, and sketching workshops, which will enhance students' skills in design, problem-solving, and creativity. These activities foster a deeper understanding of architecture's role in society, promote teamwork, and build a valuable portfolio for future studies or careers. It can involve community engagement, connecting with professionals, and exploring various aspects of architecture, from history and theory to the practicalities of construction and sustainability.					
Edmundian Virtues		CURIOSITY GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

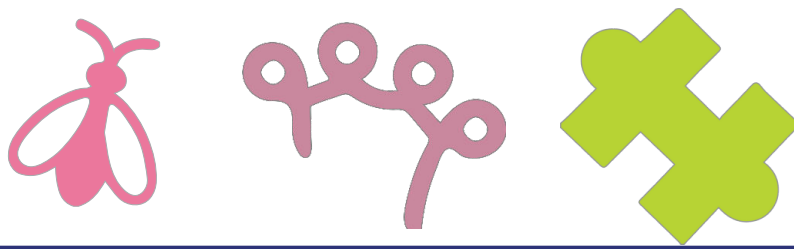
Biology Society Mrs Towns		  			
A student led society where students share the areas of interest in Astronomy. Skills learnt will be collaboration, public speaking, organisation. Writing to outside agencies to organise outside speakers, research skills. presentation skills.					
Edmundian Virtues		GLOBALLY AWARE RESPECTFUL CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Chemistry Society TBC					
<p>Chemistry is the science that helps us to understand the material world and The Chemistry Club is for students who want to explore their interest in the broader chemical sciences. The activities we run will depend on your interests, but for starters, you may be asking questions such as:</p> <ul style="list-style-type: none">- What is the chemistry behind life / medicine / new materials / energy storage?- What do professional chemical scientists do?- I've seen a very cool demo - can we make this happen in school? (yes, we'll get our hands dirty)- What are the most exciting emerging areas in the chemical sciences?- How can studying chemistry help me in my career?- If matter is made from elements, where did the elements come from? <p>In the Chemistry Club, you will be encouraged to explore, find out and discuss ideas with your peers. You will have multiple opportunities to learn from each other and improve the way that you present ideas. I can't guarantee that you'll find answers to all of your questions, and you'll probably generate more questions on the way, but fascination is guaranteed.</p>					
Edmundian Virtues		CURIOSITY HONESTY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

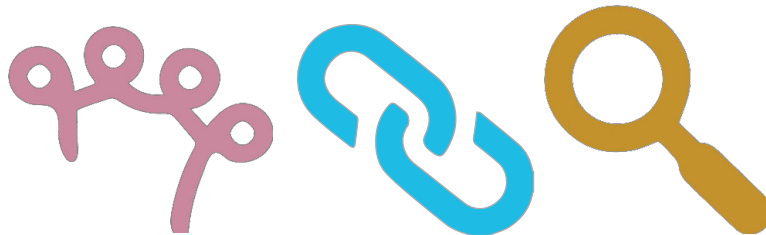
Design Technology Society Ms Bell, Ms Healy					
<p>The design and technology (D&T) society offers extra-curricular activities focused on practical skills, participation in national competitions such as the Rotary Technology Tournament and Design Ventura competitions. Students can also engage in open-ended design tasks, learn CAD/CAM software, participate in STEAM workshops, or explore engineering through resources like the Dyson Engineering Box. The activity is student led so that individuals can choose and work on an area that they wish to develop further.</p>					
Edmundian Virtues		RESILIENCE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


French Society Ms Harvey-Keenan		  			
This is to give pupils who have chosen to study French for IGCSE and A Level the opportunity to deepen their understanding and appreciation of the culture of French-speaking countries across the world. It will also enable them to develop resilience in terms of their ability to understand and communicate in French through a variety of activities.					
Edmundian Virtues		CURIOSITY RESILIENCE GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

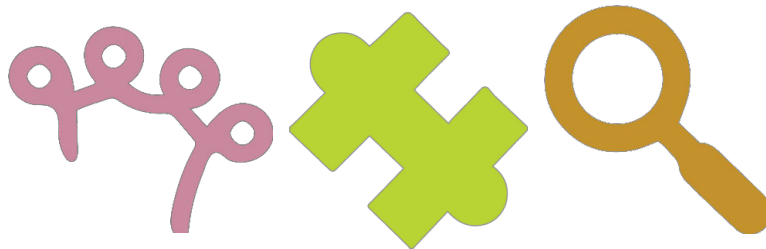
Geography Society Mr Lee					
Geography society is an opportunity for Rhetoric students to explore themes and issues relevant to the subject, for example debates surrounding the global commons and who has rightful access to Earth’s resources. Additionally, students will be able to present and discuss topics they are passionate about. Skills regarding debating, independent research and public speaking will be developed.					
Edmundian Virtues		COMPASSION GLOBALLY AWARE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Journalism Society Ms Kleynhans					
-					
Edmundian Virtues		CURIOSITY GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


History Society (Junior) Mr Berkley					
<p>The Junior History Society focuses on developing a love of history, going beyond the learning you do in class. It gives the opportunity to learn about exciting new topics through discussion, online research, watching historical films and documentaries, as well as independent reading. We can also invite guest speakers to the College and arrange exclusive trips for you. You will learn about family, local, national and international history. You will also enhance your historical knowledge and skills to help you develop a better understanding of how societies in the past have shaped the world around us today. There is also a focus on 'history in the news' that affects us today.</p> <p>Come and discover what this society has to offer you!</p>					
Edmundian Virtues		RESPECTFUL GLOBALLY AWARE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric




History Society (Senior) Mr Berkley					
<p>The Senior History Society focuses on developing a love of history, going beyond the learning you do in class. It gives the opportunity to learn about exciting new topics through discussion, online research, watching historical films and documentaries, as well as independent reading. We can also invite guest speakers to the College and arrange exclusive trips for you. You will learn about family, local, national and international history. You will also enhance your historical knowledge and skills to help you develop a better understanding of how societies in the past have shaped the world around us today. There is also a focus on 'history in the news' that affects us today.</p> <p>Come and discover what this society has to offer you!</p>					
Edmundian Virtues		RESPECTFUL GLOBALLY AWARE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

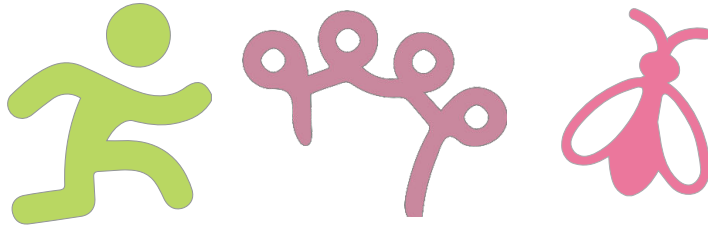
Med Soc Mrs Marrinan					
Medical Society meets every Friday. It is to support and inform students interested in pursuing careers in medicine, dentistry, veterinary medicine or allied health professions such as nursing, physiotherapy or pharmacy. During the year we have visiting speakers, practice skills needed such as manual dexterity and investigate how to find out about these careers.					
Edmundian Virtues		CURIOSITY COMPASSION HONESTY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Maths and Economics Society Ms Sargent and Ms Patel					
<p>The aim of the club is to explore interdisciplinary topics through student-led activities such as:</p> <ul style="list-style-type: none">· Debates on relevant issues (e.g. "Should we tax robots?" or "Is Bitcoin a mathematical model or an economic bubble?")· Short presentations connecting economic and mathematical concepts<ul style="list-style-type: none">· Problem-solving sessions or quizzes· Discussion groups based on current events or case studies <p>Panel discussions bringing together perspectives from both disciplines</p>					
Edmundian Virtues		GLOBALLY AWARE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric


Psychology Society Mr Eliasson					
Joining the Psychology Society offers students a unique blend of learning and entertainment. In this activity we delve into fascinating psychology topics, engage in wider reading, and analyse thought-provoking films. These activities enhance understanding of psychological concepts and their real-world applications. Discussions foster critical thinking and communication skills. It is also a platform for intellectual growth, an excellent opportunity to explore the human mind!					
Edmundian Virtues		CURIOSITY COMPASSION GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric



Rhetoric Film Society Mr Czajkowski					
This is an opportunity for our Poetry and Rhetoric students to watch a range of movies that they might not have otherwise engaged with. This is cinema in the classic sense, with serendipity of content that they might not otherwise have seen. We include classic and seminal movies from the last 50 years, but also a wide variety of lighter but always thought-provoking films.					
Edmundian Virtues		GLOBALLY AWARE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric



Physics Society (From Quarks to Black Holes) Mr Czajkowski		  			
The Physics Society is a student-led club that provides a forum for discussion and exploration of Physics. Students are encouraged to explore and investigate Physics-related news stories or topics that interest them, and to share their findings with the group. There are opportunities to invite external speakers. The society provides an excellent opportunity for students to develop leadership, communication and investigation skills in a forum that encourages intellectual curiosity. Sessions will be led by students, deciding what topics can be explored.					
Edmundian Virtues		CURIOSITY RESPECTFUL GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric



Young Enterprise Ms Rees and Mr Carr					
To get students to think about starting their own businesses by identifying areas within their own life that a business could be started. They would then work on these ideas by following some aspects of entrepreneurship, such as marketing, creating an MVP, and pitching. It will help them with leadership skills, forming part of a potential Rhetoric UCAS application. I will use my experience running a business to help with the running of this activity.					
Edmundian Virtues		GLOBALLY AWARE CURIOSITY			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric



Service, Leadership and Community



St Edmund’s College Mrs Towns					
<p>St Edmund's Award, a unique and enriching club designed to equip students with essential life skills, preparing them for the diverse challenges of adulthood. Running concurrently with the CCF program, the St Edmund's Award offers an alternative pathway that focuses on practical knowledge and creative expression. Participants in the St Edmund's Award will delve into a variety of critical life skills. Our cookery sessions teach not just the basics of preparing nutritious meals but also instil a love for culinary creativity. For those planning their next steps after school, we provide invaluable guidance on moving away to university, including tips on managing independence and adapting to new environments. Financial literacy is another cornerstone of our program. Students will learn how to write and manage a budget, an essential skill for both personal and professional success. We also explore brand value, marketing, and the development of new brands, giving participants a taste of the business world and fostering entrepreneurial thinking. Creative sessions add a vibrant touch to our curriculum. From graffiti art, which encourages self-expression and unconventional thinking, to cupcake design, which combines artistry with culinary skills, these activities ensure a well-rounded and enjoyable experience. The St Edmund's Award is more than just a club; it's a comprehensive program designed to prepare students for the real world. Whether you're looking to gain practical skills, unleash your creativity, or explore new interests, the St Edmund's Award offers something for everyone. Join us and take the first step towards becoming a well-rounded, capable, and confident individual.</p>					
Edmundian Virtues		RESPECTFUL SELFLESS GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Community Service (Off Site) Mrs Peirce		 			
Offsite community service involves visiting the elderly in local care homes. It is an opportunity to chat with residents and sometimes be involved in card games or craft activities. Through service of others the students will develop leadership skills, empathy and compassion They will also develop communication skills, and it will help students hoping to enter the medical or caring professions.					
Edmundian Virtues		RESPECTFUL SELFLESS COMPASSION			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Eco Club Mrs York		 			
Tree planting with purpose! We do go out in all weathers to improve our environment and make our planet a better place. You will learn to dig! And if you don't like worms, bugs, grass and mud please think twice.					
Edmundian Virtues		GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Combined Cadet Force (CCF) Mrs Peirce		 			
<p>The CCF is a national organisation sponsored by the Ministry of Defence which gives the opportunity for pupils in Grammar upwards the opportunity to take part in adventurous activity. The purpose is to provide young people with a range of challenging and adventurous experiences that foster personal development, leadership, and a sense of responsibility. The CCF aims to instil values and skills that are beneficial both within and outside the College that promote responsibility, self-reliance, resourcefulness, perseverance, and a sense of service. We have both an Army and RAF Section and despite the obvious differences, their purpose remains consistent as does the potential impact they have on individuals.</p> <p>Tuesdays CCF is for Grammar students (recruits). Cadets in Syntax and above can attend as well but will be more in a supervisory role helping to deliver the training programme to the new recruits.</p> <p>Thursdays is for cadets (not Grammar)</p>					
Edmundian Virtues		RESPECTFUL RESILIENCE COMPASSION			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Faith in Action Mrs Peirce		  			
This is a national award which recognises the importance of living out our beliefs. There are 3 levels Bronze-service. Silver- leadership. Gold - innovation. Each level takes a year to complete. It will involve lots of activities such as care for the environment, Fairtrade, the sleepout etc. In each level students develop leadership qualities and show initiative. There is also a focus on recognising and celebrating the talent of all involved.					
Edmundian Virtues		GLOBALLY AWARE PRAYERFUL SELFLESS			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

JAS (Join in Award Scheme) Mrs Kleynhans		 			
Join the Junior Duke of Edinburgh (JAS) Club and take your leadership skills to the next level! As an A-Level student, you have the unique opportunity to mentor Year 5 students in the Prep, guiding them through the exciting JAS program. Enhance your own leadership abilities while inspiring younger peers to embrace challenges and develop new skills. Participate in engaging activities, build meaningful connections, and make a positive impact in your community. Join us in fostering the next generation of leaders and experience personal growth through this rewarding mentorship journey!					
Edmundian Virtues		SELFLESS COMPASSION GLOBALLY AWARE			
Michaelmas		Lent		Trinity	
Elements	Rudiments	Grammar	Syntax	Poetry	Rhetoric

Sport & Physical Education

Sport and PE at St Ed's

St Edmund's College prides itself on providing an outstanding sporting education for every student to thrive within an inclusive and inspirational environment. As a school, we offer a vast number of competitive fixtures with the majority played on Saturdays. We see significant value in the provision of full and comprehensive games and co-curricular programmes. We place a strong emphasis on the development of character through sport and encourage students to develop behaviours which positively affect sporting culture such as humility, resilience, and independence. Alongside these aims, pupils are encouraged to strive for excellence. We are ambitious in the development of our sporting facilities on-site and continues to pursue improvements to the grounds, including an outside basketball court, another astro, a new sports centre with an indoor swimming pool, and a dance studio. As we work towards these exciting goals, the role of parental support becomes even more crucial.

Your encouragement and involvement are key to fostering an environment where our students can thrive both on and off the pitch. Whether it's cheering from the sidelines, volunteering your time, or supporting fundraising efforts, every bit of your engagement helps us build a stronger, more vibrant sports community. Together, we can ensure our students reach their full potential, making our school a place where ambition meets achievement in every aspect of their lives.



Sports Term Overview

Our sports calendar for the year highlights the increased opportunity to represent the college or try something new. The main college sport for the term will be the focus in Games, however Period 7 and lunchtimes enables us to introduce and prepare students for other sports throughout the year.

	Michaelmas Term	Lent Term	Trinity Term
Main College Sport for the term	Hockey and Rugby	Netball and Boys' Football	Girls' Football, Cricket, Tennis, and Athletics
Preparation Sport for the next term	Netball and Boys' Football	Girls' Football, Cricket, Tennis, and Athletics	Hockey and Rugby
Growth Sport for the term	Basketball Cross Country Competitive Swimming Girls' Football Golf	Basketball Competitive Swimming Golf Rugby 7s	Girls' Cricket Golf Pickleball/Padel Tennis

Hockey

Hockey at St Edmund's is a major sport, and all girls benefit from regular hockey training during the Michaelmas term. We enter most England Hockey competitions which means A, B and C team players also get the opportunity to compete at county level. With the addition of Mr Ewis (Head Coach for Hockey), a former professional hockey player and coach of the Hong Kong U23 national team, we hope to grow our boys and mixed programme. St Edmund's has a sand-based, floodlit AstroTurf pitch and we also play indoor hockey during Michaelmas and Lent term to ensure skills and techniques can be developed and maintained throughout the year. Sports tours are a huge opportunity in a young person's personal development, and we have also enjoyed superb tours to South Africa and mini tours to Manchester and Netherlands in the past few years. Our next tour takes us to Argentina, which we hope will provide another amazing sporting and cultural opportunity for our students.

Rugby (Mr Cunnah, Head of Rugby)

Rugby at St Edmund's College is not only seen as a fantastic sport that builds physical fitness, teamwork, and discipline, but it also provides students with the invaluable experience of representing their school with pride. Participation in rugby, both in lessons and in fixtures, offers numerous benefits, from enhancing physical well-being to fostering life skills such as resilience, leadership, and camaraderie. We are incredibly proud of our school's rugby tradition, and being part of our teams allows students to create lasting memories and friendships. We run lunchtime clubs, as well as co-curricular training sessions during period 7. These are designed to help players of all skill levels improve their game and build confidence in a fun and engaging environment. Fixtures this year will range from Tag Rugby opportunities, festivals, national rugby competitions run by the RFU, 15 a-side fixtures and a Rugby 7s program in the Lent and Trinity term.



Football (Mr Bowers, Head of Football)

We run an extensive football program throughout all three school terms, offering students comprehensive training and competition opportunities. During the Michaelmas term, weekly training sessions are dedicated to preparing our U13, U15, and U18 teams for the prestigious National ISFA and ESFA Schools competitions as well as Hertfordshire schools cup competitions. Our talented players are often selected for ISFA representative teams, showcasing the high level of skill within our program. In the spring term, we are aiming to field 14 teams across various age groups, with over 200 students playing football each week. Our teams compete in regular Saturday fixtures, while our senior boys teams participate in the U16-18 Hertfordshire county league during the week. Additionally, girls' football is rapidly growing at St. Edmund's, and it will be our main summer sport for our students, with weekly training sessions and participation in U13, U15, and U18 competitions. We are hoping to establish our first-ever U18 girls' football team this year, which will mark significant milestone, highlighting our commitment to providing equal opportunities for all students.

Netball (Mrs Robinson, Head of Netball)

At St. Edmund's College, our netball season extends across both the autumn and spring terms. We provide a comprehensive netball program with sessions available during lunchtime, Period 7s, and dedicated games lessons. Our commitment to fostering competitive spirit is reflected in our participation in a variety of prestigious tournaments, including Hertfordshire County Cup, School Sports Magazine, St Albans Netball League, School Netball National, and Sisters In Sport Cup. Additionally, we regularly compete against schools in Hertfordshire and Essex during the season ensuring our players gain valuable match experience. It is through these experiences that they develop a deep love for the game, create lifelong memories with their teammates, and cultivate a lasting relationship with sport.



Athletics and Cross Country (Mr Dixon, Director of Sport)

Our athletics program is inclusive, welcoming students of all abilities and experience levels. Athletes receive specialist coaching across a range of track and field disciplines, with access to excellent facilities at Wodson Park. St. Edmund's athletes compete in prestigious events such as the Hertfordshire schools Track and Field Championships and English Schools championship. This year, Cross-country training will also be available to students from all year groups. We will have lunchtime sessions to accommodate more participants, and dedicated runners can join early morning training sessions with Mrs. Morley or participate in the English Schools' Cross Country. The athletics program is led by Mr Dixon and elite athletics coaches. The program also maintains strong links with local athletics clubs, offering students additional coaching and competition opportunities, and culminates in inclusive annual sports days during the Trinity term.

Cricket (Mr Evans, Head of Cricket)

At St. Edmund's College, our cricket program offers high-quality coaching for both boys and girls, welcoming everyone from seasoned players to newcomers. In recent years, we've seen impressive performances in the Hertfordshire Schools Cricket Association plate competitions, with our U12, U13, and U15 teams reaching the finals in consecutive years. Under the leadership of our new Head of Cricket, Mr. Evans, a London Schools Cricket Coach, we're enhancing our program with a winter coaching initiative that includes one-to-one and group sessions, available at lunchtime and during Period 7. We're also expanding our fixture list to ensure that all age groups experience a variety of matches, including T20, 35-over, and all-day formats, giving our players the chance to develop their skills across different formats.

Golf (Mr Cunneah, Head of Golf)

The school's golf team has been competing successfully for the past few years, achieving fantastic results in the ISGA Matchplay Tournament (3rd in 2024) and the English schools Championship (3rd in 2023 and 4th in 2024), but now we plan to take the sport to the next level with an expansion of both the provision (Whitehills Golf Course Partnership) and number of players representing the college in the ISGA, Swifts and County competitions. As of 2024, students will now have the chance to practice at Whitehills Golf Club's Driving Range on Wednesdays, Thursdays, and Fridays during P7. This activity is designed to help students grow in the sport, whether they are new to golf or already seasoned players. In addition, the Golf Club is also offering exclusive membership deals for our school community, making it easier for families to enjoy the club's facilities together.

Basketball (Mr Dixon, Director of Sport)

Our basketball program at St. Edmund's College is an exciting and dynamic space where students of all skill levels can develop their talents while embracing teamwork, sportsmanship, and a genuine love for the game. Open to everyone, from beginners to advanced players, our lunchtime and Period 7 practices focus on honing individual skills and building the tactical awareness needed to excel in competitions. This year, our teams will be competing in the Lee Valley Schools, Hertfordshire Schools, Junior NBA, and Dynamiks National Basketball competitions.

Badminton (Mrs Robinson, Head of Racket Sports)

Badminton is a well-established curriculum and co-curricular sport at St Edmund's College with pupils given the opportunity to develop their badminton across all years of the PE curriculum. We currently play friendly matches with other schools in our area with the aim of playing many more fixtures and enter some more prestigious tournaments in the coming years.

Swimming (Mr Adams, Head of Swimming)

Our swimming programme aims to compliment the strong club programme that many of our students participate in outside of school. Swimming is available throughout the year to all students in the school, during both PE Curriculum lessons, and co-curricular options each term. Our aim is to compete in the Lee Valley Schools and Hertfordshire Schools galas. This enables us to provide opportunity for competition for all students, creating a great, positive team atmosphere throughout, developing respect for each other and acknowledgement of other pupils' efforts and success.

Tennis (Mrs Robinson, Head of Racket Sports)

Tennis is available as sports option to students in the Sixth Form and Year 11 all year round. During the winter months, we use the Legends Tennis centre during our Wednesday games session and then in the spring/summer months we use our 6 outdoor courts that have been recently resurfaced. In the trinity term, girls, boys, and mixed teams play regular fixtures against schools across Hertfordshire and Essex. In addition to this, we plan to enter the LTA National School Girls' Doubles Tournament, the Independent Schools League, and the Independent Schools' Tennis Association Championships where we can compete against some of the strongest teams on the school circuit.



Music, Musical Theatre and Performing Arts

Music and Musical Theatre

St. Edmund's Music department is at the centre of the school's co-curricular life, providing an unparalleled education that celebrates and promotes the fullest diversity of musical expression.

Music for all is at the heart of the musical offering.

From schola to sinfonietta, chamber ensembles to music theatre, rock, and jazz groups, this is a place of unique opportunity where all talent finds both a home and a platform, and where creativity is celebrated. At St. Edmund's, we believe that music should be a whole-school endeavour; indeed, it forms the pivotal expression of our cultural life. Each day, our pupils sing unashamedly and with gusto in the school's magnificent Pugin Chapel. Ours is a programme providing a holistic vision of music-making where pupils are both nurtured and inspired to be the best of themselves.

No one musician is the same as another, so the deepening of creativity, musical awareness and technical prowess is never taken to be separate from an individual's simple love of, and engagement with, what they do. We undertake regular trips, biennial music tours and annual school musicals in both the college and prep school. Pupils will also perform in regular recitals in Hertford, Ware, Standon and London. Throughout the year, pupils can take part in over twenty concerts. Musicians at St. Edmund's are far from passive: with a comprehensive music academic programme (which is delivered up to year 10) they talk convincingly about the music they make; they understand the significance of the discipline in the widest cultural and world contexts, and they are ambassadors for music as the very structure that binds society together.

Challenge, with the appropriate support, is a key aspect in building confident musicians, particularly among the body of music scholars. Our approach provides every pupil musician with varied performance opportunities throughout their time at St. Edmund's – whether as a soloist or as part of an extraordinarily wide range of ensembles. Pupil musicians of the appropriate ability are encouraged to attend junior departments of the Royal College, Royal Academy and Guildhall. Many of our pupils are also members of such national ensembles as well as county youth organisations.

The music school with its intimate performance spaces, individual practice and teaching rooms, recording facilities and larger performance spaces provide a truly exceptional music facility at St. Edmund's.



Musical Theatre



Our Musical Theatre teachers are industry professionals, who bring experience that spans the West End, television and The Royal Ballet.

The programme currently offers,

- Singing, dance and acting lessons (LAMDA) in groups and 1:1
- Performing in musical theatre showcases for family, friends and industry professionals
- Participation in our annual College production – a highlight of the year!

Our co-curricular opportunities include everything from ballet and jazz to musical theatre, contemporary dance and tap. Whether students join to support future industry ambitions or just for fun, the St Edmund's Musical Theatre Programme has everything they need to truly shine.

In the Trinity Term, we also offer bespoke sessions during the P7 programme giving younger pupils a flavour of the exciting world of Musical Theatre! All Elements have the chance to watch the College production earlier in the year and can opt in to learn more about MT in the Trinity Term.

Performing Arts (Drama and Theatre, Stage Craft)

Drama is an integral part of both the curriculum and co-curricular life, offering students the opportunity to explore creativity, develop confidence, and strengthen communication skills. Through drama, pupils learn to collaborate, express ideas, and engage with a wide range of texts, styles, and performance techniques.

In the classroom, drama is taught across year groups in Bounds as part of the creative arts curriculum. Lessons are designed to build core performance skills, such as voice, movement, and improvisation, while also encouraging critical thinking through the study of plays, practitioners, and theatrical traditions. At examination level, students may opt to take Drama as a formal subject, gaining experience in devising, performing, and evaluating dramatic work.

Beyond the classroom, the school offers a rich programme of co-curricular drama. This includes annual productions, workshops with visiting theatre professionals, and opportunities to participate in local and national festivals. Students of all ages are encouraged to get involved, whether on stage, backstage, or in technical roles, ensuring that drama provision is inclusive and accessible to all.

New for 2025, all pupils in Rudiments will participate in a Theatre, Stagecraft programme run as part of out the P7 rotation for Bounds. They will

Our aim is to foster a lifelong appreciation of the performing arts, nurturing creativity and self-expression while equipping students with transferable skills that will support them far beyond the stage.



The Combined Cadet Force (CCF)

The CCF is a national organisation sponsored by the Ministry of Defence which gives the opportunity for pupils in Grammar upwards the opportunity to take part in adventurous activity. The purpose is to provide young people with a range of challenging and adventurous experiences that foster personal development, leadership, and a sense of responsibility. The CCF aims to instil values and skills that are beneficial both within and outside the College that promote responsibility, self-reliance, resourcefulness, perseverance, and a sense of service. We have both an Army and RAF Section and despite the obvious differences, their purpose remains consistent as does the potential impact they have on individuals.

Cadets join voluntarily for a minimum of one year in Grammar, although Syntax cadets can stay on as part of their Service to the College. The Contingent meets each Tuesday and Thursday afternoons during Enrichment when training is led by the senior Cadets assisted by the College Staff and the Cadet training teams.

Weekly training has a full and varied programme of activities including weapon training, shooting on the range, first aid, command tasks, drill, field craft, BTEC training. A Basic Instructional Techniques Course qualifies cadets in the Sixth Form to teach younger cadets. Cadets are encouraged to attend external leadership and adventurous training courses open to them both through the College the Services.

Members of the RAF fly regularly from RAF bases and the Army Section takes part in weekend training days throughout the year. During the Easter holidays, cadets from both sections enjoy a week of adventurous training in the Brecon Beacons when expedition work, kayaking, climbing and scrambling fill the week. In the summer holidays, both sections hold their own Annual Camp usually held at a local military training base. The activities on camp are wide ranging; they represent the culmination of training that has taken place throughout the year and include participating on military exercises including platoon harbours, recce patrols and section attacks.

The CCF offers a vast amount to pupils and cadets are encouraged to make the most of the opportunities that are available. The priority of the CCF is to ensure that pupils enjoy a variety of military and civilian training with an emphasis on developing leadership, teamwork and service. Enjoyment and leadership are of the utmost importance.



The Duke Of Edinburgh's Award Scheme (D of E)

The Duke of Edinburgh's Award (DofE) has been running since 1957 and has continued to grow ever since. The DofE is offered world-wide and is now an internationally recognised brand. It provides an enjoyable, non-competitive, challenging and rewarding programme of personal development. There are three Award levels: Bronze, Silver, and Gold.

St Edmund's College is its own Licensed Centre which means it can run and oversee all aspects of the Award. All pupils from Grammar upwards can participate in the DofE scheme and pupils can participate alongside all other co-curricular activities, including CCF, sport, music, theatre, and drama as well as the daily enrichment lessons. On average over 100 pupils at St Edmund's are involved in DofE each year, and numbers continue to grow year by year.

Skills, Physical and Volunteering Sections

All sections can be completed at College as part of the Enrichment programme. The skills and physical sections are commonly covered with participation in the CCF, Music School or the Drama department and there are endless opportunities to undertake volunteering with younger pupils in either the College or Prep school. However, pupils commonly can get more choice and sense of achievement away from school and are therefore actively encouraged to do so.

D of E Young Leader Programme

For Silver and Gold participants in Syntax and Rhetoric, there is also the opportunity of becoming a DofE Young Leader. A Young Leader is a DofE participant who takes on additional responsibility to support activities for younger participants. There's lots of things to engage with and the activities undertaken will be tailored to the needs of the College and the young leaders' own interests. They might support with their programme choices and eDofE, launch assemblies or meetings, or use multimedia to produce expedition training videos. This can also be used as their own volunteering section of the relevant Award level.



Expedition Section

St Edmund's College use Approved Activity Providers (AAP's) for all aspects of the expedition phase for Bronze and Silver, including comprehensive training and expedition preparation. Gold expeditions are however, planned, supervised and assessed by College staff who have considerable mountain experience and nationally recognised qualifications. For Bronze, the training, practice, and qualifying expeditions have been collapsed into three days at the end of April using the local area of East Hertfordshire and Broxbourne Woods. For Silver and Gold, practice expeditions take place at the end of March in the Peak District National Park and Qualifying takes place during Enrichment Week in July, in the Brecon Beacons National Park.

Most expeditions are completed traditionally on foot, in the relevant areas of the UK. However, for Gold participants, other modes of travel can be used for their expeditions including Kayak, Horseback or Bicycle (dependent on the appetite of the group). We also hope to run some of our future qualifying expeditions overseas in countries such as Iceland or Morocco.



Enrichment Week

Enrichment Week

Enrichment week happens at the end of the College year and alongside out formal, enrichment programme, is an integral and valuable part of the education offered at St Edmunds.

The purpose is to provide students with opportunities to engage in a variety of new activities that help to embed the philosophy of the College; to provide a rounded education for the whole person – intellectual, physical, emotional, and spiritual as well as helping to promote personal, social, and academic development. Collectively the opportunities on offer during enrichment week serve to broaden pupils' education experience, help to develop interpersonal skills, and build confidence but moreover, ensuring that pupils have fun and enjoy learning, fostering a positive attitude towards education.

There is a huge range of activities on offer, and, to an extent, pupils will have some degree of choice over what they want to do.

Residential trips

Many of the College's residential trips depart during this week and recent destinations include, Costa Rica, an outdoor adventure week in Austria, a Battefields Tour to northern France and a cultural exchange to Barcelona. These trips give pupils exposure to new places and cultures and help develop their global awareness to the world around.



Local day trips

Local day trips are also offered and can be of either an educational nature or one aimed towards more physical activity and teamwork. Previous destinations have included.

- A day at Whipsnade Zoo organised by the Science Department with an educational talk on giraffe behaviour studies.
- A day at either The Edge; outdoor activities centre offering activities such as an assault course, laser tag, archery plus many more) or ESSA; a water based outdoor activity centre offering activities including rafting, katanuig and mega SUPs.

Onsite activities

There are also opportunities offered that remain at the College and provide a completely different, yet wholly as valuable experience to our pupils. Elements and Rudiments will all participate in a One Day Film Zoo, where pupils will collectively work together in small groups to produce a short film by the end of the day. They will have different roles such as film writer, produced, actor, director but the purpose is for them is to learn to work together to achieve a common goal.

For Grammar and Syntax pupils, they will be participating in a day of teamwork challenges run by the Problem-Solving Company. They will be coming into College and running fun, team based activities around the site primarily aimed at problem solving and team building activities.

Pupil Expectations

Given the importance the College places on the value of its co-curricular programme, the expectation of pupil commitment is very high. During their time here, every Edmundian must have participated in...

- Physical activity three times each week of at least moderate intensity.
- A theatrical production either on or behind the stage.
- A musical event either on or behind the stage.
- Service in the CCF/ SEA for at least one year.
- Community/ College service for at least one year.
- A society meeting to enrich academic or creative curiosity.
- Speaking publicly in either the Tutor Group or House
- Representing your House in competitions in either sport, music, drama
- Be in the audience for at least one theatrical production and one musical event.
- Be a spectator at a minimum of one sporting event each year.

Parents and guardians should support their children's involvement in co-curricular activities by ensuring they attend regularly and balance their commitments both in and outside the College.



