



**Weekday Activities Programme
2nd and 3rd Forms**

Autumn Term 2008

Loretto Activities

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Introduction

The extra-curricular programme at Loretto is a central part of our education and it is important that all pupils develop their skills and talents in a range of areas outwith the academic classroom. Our programme is designed to offer an extensive range of activities within the week and also at weekends.

Weekly Activities

Our evening programme offers an exciting range of opportunities for pupils to explore activities which are new to them or continue to progress in pursuits with which they already are familiar. The aim is to have fun and meet challenges.

Second and Third Form pupils are required to select activities at the start of term. Some of these activities are specifically for 2F and 3F, with those on Monday being compulsory. The rest of the week is non-compulsory but we would expect boys and girls to want to participate as much as possible in the full activities programme and they should do so if they are in school.

Booking and registration for Fourth Form to Sixth Form will also take place at the beginning of term.

The full evening programme will begin on Monday, September 8th. Some activities do incur an extra charge which will be added to the School bill. Usually these are activities involving an outside instructor or the hire of specialised equipment.

Weekend Activities

Weekends are an essential part of the Loretto programme. Games and matches occupy Saturday afternoons, but Saturday evenings and Sundays are important too. The weekend programme is essentially voluntary but a little encouragement to participate is no bad thing! The term's programme will be sent to you shortly. At the same time we recognise that undirected time is important to pupils whether they want to catch up on work, get ahead or just relax.

The excursions out of School are primarily for boarders but day pupils will be welcome to join in if numbers permit and on-site activities are for all. Roger Whait, the Director of Activities should be contacted if there are any queries. During the course of the year we hope to broaden pupils' experience with a variety of cultural, social, physical and recreational activities.

Other Weekend Commitments

Girls and boys are reminded that they are free to join a weekend activity only if they have no other school commitments such as rehearsals or matches.

House Activities

Friendships in Houses and shared activities are especially important. House staff, therefore organise their own outings and activities, publishing these separately.

Parental Confirmation

Parental confirmation is required for all excursions out of School. Inevitably with some of these activities extra costs are incurred, but we are aware that you will expect good value for these outings. The cost of the trip will be charged on the end of term bill. Once a trip is booked, if the pupil does not attend, the full amount may be charged.

There will be an opportunity for pupils to find out more about each activity at the start of term and then boys and girls will be asked to commit themselves to a weekly programme until Half Term. There will then be an opportunity to select again for the second half of the Autumn Term. Pupils will be asked to genuinely commit themselves to the activities they choose. We consider this to be an area where pupils must recognise that responsibility is a two way process.

Contact details

If you have any questions about the activities programme please contact:

Roger Whait - Director of Activities

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0131 653 4430

Weekday Activities

Monday

4.00 pm – 5.00 pm
CCF (Starts 3:15pm)

Boys Hockey – F2/F3

Girls Lacrosse – F3

Girls Netball – F3
Boys Cricket – F2/F3
Fitness Centre

Stock Market Trading – L6/U6
Chemistry Club
History Society

Careers – L6/U6

4 – 6 pm Study Skills
Art Activity

Golf L6/U6

5.00 pm – 6.00 pm
CCF

(RN Section – finish 8.40pm
when sailing)
Boys Hockey

Beginners Italian – F3
Fitness Centre
School Magazine

Art activity until 5.30pm
Music Practice F5
Golf

Other

1 – 1.40 pm – Maths
Workshop

6.30 – 8.30 pm –
School Play

7.15 – 8.15 pm –
Highland Dance –
F2/F3

8.15 – 9.15 pm –
Highland Dance – F4-
U6

Tuesday

4.00 pm – 5.00 pm
Study Skills

Chemistry Workshop

Chess

Music Practice F4

Physics Clinic

Fives

4.30 pm
Pipes & Drums

5.00 pm – 6.00 pm
Drama – F2/F3

Chess

Music Practice – F2/F3

Girls Elite Hockey

Pipes & Drums

Fives

Physics Clinic
Late Working Lunch –
L6/U6

Other

8.45 – 9.30 pm –
Girls Lacrosse

1 – 1.40 pm – GCSE
Geography Workshop

1 – 1.40 pm – Maths
Workshop

6.30 – 7.30 pm –
Choir

6.30 – 8.30 pm –
School Play

Wednesday

4.00 pm – 5.00 pm
Girls Elite Hockey

Karate

Improvers Italian

5.00 pm – 6.00 pm
Junior Boys Hockey F4

Beginners Russian

Girls Fitness

Other

1 – 1.40 pm – Maths
Workshop

1.45 – 2.20 pm –
Invitation Small Choir

6.30 – 8.30 pm –
School Play

Cricket	Duke of Edinburgh	6.30 – 7.15 pm - Junior Debating – F4
Fitness Centre	Music Practice – F4	6.15 pm – Communion
Duke of Edinburgh	Art Activity – L6/U6	9.00 – 10.15 pm – Senior Football
Reading Circle	0.22 Shooting – L6/U6	
Young Enterprise	Golf Intermediate	
Music Technology	Ballet	
Art Activity – L6/U6	Riemann Society	
Music Practice – F5	Karate	
0.22 Shooting – L6/U6		
Scottish Country Dancing		
Glass Cutting		
Squash		
Cross Country		
Biology Club		
Golf Intermediate		

Thursday		
4.00 pm – 5.00 pm	5.00 pm – 6.00 pm	Other
Chemistry Workshop	Guitar Group	10.45 am – Junior Choir
Art Activity	Art Activity	6.30 – 8.30 pm – Tennis
Study Skills	Music Practice – F2/F3	1.45 – 2.20 pm – Geography Workshop – L6/U6
Physics Clinic	School Newspaper	1.00 – 1.40 pm – Maths Workshop
4.30 pm – Pipes & Drums	Junior Young Enterprise – F2/F3/F4	6.30 – 7.30 pm – Concert Band
	Pipes & Drums	6.30 – 8.30 pm – School Play
	Animal Club	6.30 – 8.30 pm – Art Activity
	Golf – Beginners	9.00 – 10.00 pm – Evening Reflections
Friday		
3.45 pm – 4.15 pm	5.10 pm – 6.00 pm	Other
4.15 – 5.00 pm – Chapel or Whole School Singing (begin 3.50 pm)	Girls Lacrosse – F3/F4	1 – 1.40 pm – Maths Workshop
	Fitness Centre	6.30 – 8.30 pm – Tennis
	General Studies (directed research) – L6/U6	6.30 – 8.30 pm – School Play
	Golf Intermediate	6.30 – 7.15 pm – Senior Debating – F5/L6/U6
	Fives – F2/F3/F4	6.30 – 7.45 pm – Hip Hop – F5/L6/U6
	Late Working Lunch - L6/U6	

Details of Second and Third Form Activities

Mondays

4.00-5.00pm

Attendance is compulsory for Second & Third forms

Games

From September until half term all Third Form boys will have an hour long hockey activity and Second form boys will do cricket. They will switch at half term. The focus will be on enjoyment and skill development. The cricket sessions will continue throughout the Autumn and Spring Terms.

The girls will have an hour of lacrosse or netball. As above the focus will be on enjoyment and skill development.

7.15-8.15pm

Highland Dancing

This activity is run by dance teachers from the Fiona Henderson School of Highland Dancing. There is an opportunity to continue with this activity throughout a pupil's time at Loretto. There will be a charge for this activity.

Please note also that Third Form begin CCF in the Summer Term which lasts from 3.15 – 6.00 pm. Second Form continues with games practice, usually tennis, rounders and cricket.

Tuesdays

4.00-5.00pm

Study Skills/ Essay Writing Workshops

Study Skills/ Essay Writing Workshops will run during prep time as a "drop-in" session so that help is available for those who wish it.

4.30-6.00pm

Pipes and Drums

Practice time in preparation for engagements later in the year.

5.00-6.00pm

Chess

Chess for those who are keen players and wish to practise. This is an opportunity to develop chess playing skills with some tuition.

Physics Clinic

Members of the Physics Department offer optional extra tuition in this subject.

Fives

This is an opportunity to learn or continue with a very exciting sport. In recent years Loretto has won 8 British Championship Titles and is comfortably the most successful Scottish school on the national stage. The activity is open to both boys and girls.

Music Practice

Music Practice facilities are available for those in Second and Third Forms who learn a musical instrument.

Drama

This is an opportunity to work on scripted and unscripted pieces, developing pleasure in drama beyond the classroom.

Wednesdays
4.00-5.00pm

Karate

Loretto Karate Club follows the Shotokan (traditional) form of karate, and is a member of the Tora Kai association. Students are taken through grading, from beginner to Dan grades, and opportunities exist to compete at national level. A charge is made for this activity.

Cricket

An opportunity to improve skills in this sport. There are four indoor nets in the Loretto Sports Hall.

Scottish Country Dancing

This allows pupils to learn the more common reels that feature at all Reels parties.

Girls Elite Hockey

This is on an invitation basis for the top players in the School.

Cross Country

All keen runners are welcome at this activity.

Glass Cutting, Foiling and Soldering

This is a new activity for 2008. All tools and materials will be provided.

Improvers Italian

This is primarily aimed at Third Form with some experience of the language.

Music Technology

An activity which will introduce the facilities of the recording studio in the Music School.

Biology Film Club

This provides an opportunity for pupils to explore the Natural World. Presentations which combine scientific relevance and stimulating content will be used to introduce pupils to a diversity of relevant topics, such as conservation, the impact of human activities, behaviour, physiology and biodiversity. Where possible, as much 'ooh wow!' content will be included! The idea is to move beyond the boundaries of the national syllabus, with the intention of generating interest in Biology.

Squash

This session is for all levels. Coaching will be given with time for 'free play' as well. Some racquets can be provided but boys and girls should bring their own if they have one.

Cross Country

The aim is to encourage and develop technique and stamina. All levels of ability welcome.

5.00-6.00 pm

Ballet

This is taken by an outside dance instructor and there will be a charge.

Thursday
5.00-6.00 pm

Animal Club

Members of the club help to look after the Biology animal collection, which currently includes two snakes, stick insects, frogs, newts and axolotls, with new creatures bought each year. Club members have the chance to feed, clean out and handle the animals, and, if interested, to take them home for the holidays.

Art Activity

The Department will be open to embark on new projects or continue with existing compositions.

Music Practice

Music practice facilities are available for those in the Second and Third Form who learn a musical instrument.

School Newspaper

The newspaper activity will be a pupil-run exercise in journalism. For each issue pupils will meet and brainstorm ideas for new stories. Teams, including editors, photographers and reporters, will be formed to research and write articles on school news, sports, features, science, book reviews etc. Based in the CRC pupils will be able to access materials from both the Library and Computing areas.

Junior Young Enterprise

The pupils will establish a company that will manufacture, market and sell a product. Pupils should expect to continue this activity across the Autumn and Spring terms to complete their project.

Guitar Group

This is a small group for those interested in this instrument.

4.30-6.00pm

Pipes and Drums

Practice time in preparation for engagements later in the year.

Golf (Beginners)

Stroke and skills development for Beginners will be the aim of this session.

Friday
5.10-6.00 pm

Prep or

Girls Lacrosse

This activity is aimed at the Third and Fourth Forms.

Fives

This is the main Junior Practice time for Second, Third and Fourth Forms. There are three courts and the activity is open to both boys and girls.

5.30-6.30 pm

Hip Hop

This activity is aimed at Second, Third and Fourth Form girls. There is then an opportunity to develop this area of dance as the girls move up the School.



Loretto