



**ST BERNARD'S
HIGH SCHOOL
EXTRA-CURRICULAR
ACTIVITIES
2025-2026**

Extra-Curricular Activities – 2025-2026

Monday

	Activity	Department	Time	Year Group	Staff/Club Leader	Location	Further Information
Personal Study/Homework/Student Support Clubs	Morning Prayer	RE	8.30-8.40am	All	Mr Young	Chapel	Open to all students and staff for Christian prayer.
	Breakfast Club		8.00-8.40am	All	Learning Mentors	Dining Hall	
	Chaplaincy Club	RE	12.50pm-1.35pm	All	Mr Young	Chapel/E25	Can bring lunch - lunch passes provided
	Homework Club	Learning Support	8.15-8.40am 12.50-1.35pm 3.20-4.30pm	All	LSAs	SHC2	Club for SEN and all students who need support to complete homework.
Sporting and Fitness Activities	Year 7/8 Football	PE	1.00-1.30pm	7 & 8	Ms Freeman	BH1	Trainers required. No sign up.
	Year 7/8 Netball	PE	3.30-5.00pm	7 & 8	Miss Webb and Miss Trigg	BH1	Full PE kit. Trials take place, then squads of 20 selected.
	Year 9/10 Football	PE	3.30-5.00pm	9 & 10	Mr Philips and Mr Miller	Bentalls Fields	Full PE kit, boots and shin pads. Trials take place, then squad of 15 selected.
Performing and Creative Arts	Chamber Choir	Music	1.00-1.30pm	All	Mrs Halliday and Mrs Githu	A21	Audition required – speak to Mrs. Githu.
	Musical Theatre	Drama	1.00-1.30pm	All	Mrs Lebeter	A31	Max of 25. Sign up on sheet in A1, then waiting list. Eat first.
	Extra-Curricular Rehearsals	Drama	3.30-4.30pm	9-13	Mrs Bell	A1	After auditions have taken place, look out for further details.
	3D Art Club	Art	1.00-1.30pm	7-9	Miss Nice	A11	<u>Begins after October half-term.</u> Animal wall hangings to start. Sign-up outside W13 required.

Extra-Curricular Activities – 2025-2026

Monday - Continued

	Activity	Department	Time	Year Group	Staff/Club Leader	Location	Further Information
Subject Specific Extra-Curricular Clubs	Maths Buddies	Maths	1.00-1.30pm	All	Maths staff rota (Mr Miller)	W21	Maths Buddies
	Food Club	Food & Nutrition	1.15-1.40pm	11	Mrs Gayner	W11	
	Classics Club	Classics	1.00-1.30pm	All	Ms Flaherty	E03	A carousel of activities linked with classical civilisation
Head Student Team and House Captain led activities	Quiz Club	House Captains	1.00-1.30pm	All	Clairvaux House Captains (Miss Hill)	W24	
	Computer Access	IT	1.00-1.30pm	All	6 th Form IT Prefects	E22	Computers are available to use for homework – eat before coming along
	Big Sister Programme	Head Student Team	1.00-1.30pm	7	Head Student Team/Yr10	6 th Form Study Area	Available only for first 3 weeks of September

Extra-Curricular Activities – 2025-2026

Tuesday

	Activity	Department	Time	Year Group	Staff/Club Leader	Location	Further Information
Personal Study/Homework/Student Support Clubs	Morning Prayer	RE	8.30-8.40am	All	Mr Young	Chapel	Open to all students and staff for Christian prayer.
	Breakfast Club		8.00-8.40am	All	Learning Mentors	Dining Hall	
	Homework Club	Learning Support	8.15-8.40am 12.50-1.35pm 3.20-4.30pm	All	LSAs	SHC2	Club for SEN and all students who need support to complete homework.
Sporting and Fitness Activities	Years 9-11 Badminton	PE	1.00-1.30pm	9-11	Mr Phillips	BH1	Trainers required.
	Year 7/8 Basketball	PE	3.30-5.00pm	7 & 8	MS	BH1	Full PE kit. Trials first two weeks, then squad of 25 selected.
Performing and Creative Arts	Orchestra	Music	1.00-1.30pm	All	Mrs Githu	A21	Must be able to play an instrument - lunch pass provided.
	Year 9 Drama Club	Drama	1.00-1.30pm	9	A Level Drama Student (Mrs Bell)	A1	Sign up 30 max, bring lunch.
	Year 7/8 Dance Club	Dance	1.00-1.30pm	7 & 8	Mrs Alexander	A31	Sign up via sign-up sheets outside the Dance studio. Eat prior to the club beginning.
	3D Art Club	Art	1.00-1.30pm	7-9	Mrs Every	W13	Christmas clay decorations to start. Sign-up outside W13 required

Extra-Curricular Activities – 2025-2026

Tuesday - Continued

	Activity	Department	Time	Year Group	Staff/Club Leader	Location	Further Information
Subject Specific Extra-Curricular Clubs	Maths Buddies	Maths	1.00-1.30pm	All	Maths staff rota (Mr Miller)	W21	Maths Buddies
	Anime Club	Science	1.00-1.30pm	All	Dr Holehouse	E16	Students must eat prior to/after club.
	Debate Club	History/PSHE	1.00-1.30pm	All	Ms Lynch/Mrs Thomas	E02	
	Spanish Club	MFL	1.15-1.40pm	7-9	Ms Rama-Beiro	E14	Tuesday - Week A only
Head Student Team and House Captain led activities	Homework Club	House Captains	1.00-1.30pm	All	Annay House Captains (Miss Hill)	E25	
	Computer Access	IT	1.00-1.30pm	All	6 th Form IT Prefects	E22	Computers are available to use for homework – eat before coming along
	Big Sister Programme	Head Student Team	1.00-1.30pm	7	Head Student Team/Yr10	6 th Form Study Area	Available only for first 3 weeks of September

Extra-Curricular Activities – 2025-2026

Wednesday

	Activity	Department	Time	Year Group	Staff/Club Leader	Location	Further Information
Personal Study/Homework/Student Support Clubs	Morning Prayer	RE	8.30-8.40am	All	Mr Young	Chapel	Open to all students and staff for Christian prayer.
	Breakfast Club		8.00-8.40am	All	Learning Mentors	Dining Hall	
	Homework Club	Learning Support	8.15-8.40am 12.50-1.35pm 3.20-4.30pm	All	LSAs	SHC2	Club for SEN and all students who need support to complete homework.
Sporting and Fitness Activities	Cross Country	PE	8.00-8.35am	All	Mr Phillips/ Mr St Clair	Off site	Students arrive in full PE kit and change into their uniform after club. Sign up required.
	Volleyball/Table tennis	PE	1.00-1.30pm	All	Miss Trig	BH1	Trainers required
	Year 9-11 Netball	PE	3.30-5.00pm	9-11	Miss Webb/ Miss Trigg/ Miss Hill	BH1	Full kit required. Following trials squads of 12 will be selected in each year group
	Year 7-8 Football	PE	3.30-5.00pm	7 & 8	Miss Freeman	Chalkwell Park	Full PE Kit, boots and shin pads. Trials will take place Monday 15th and then a squad of 15 will be selected.
Performing and Creative Arts	Year 7 & 8 Drama Club	Drama	1.00-1.30pm	7 & 8	Drama Prefects (Mrs Bell)	A1	Sign up on the sheet in A1. 25 students maximum, then waiting list.
	Art Club	Art	1.00-1.30pm	10-13	Mrs Every	S15	
	Textiles Club	Textiles	1.00-1.35	10-11	Mrs Stanborough	W01	Bring your work with you.

Extra-Curricular Activities – 2025-2026

Wednesday - Continued

	Activity	Department	Time	Year Group	Staff/Club Leader	Location	Further Information
Subject Specific Extra-Curricular Clubs	Maths Buddies	Maths	1.00-1.30pm	All	Maths staff rota (Miss Faulkner)	W21	Maths Buddies
	Medical/Allied Health Forum	Careers	1.00-1.30pm	12-13	Mrs Phillips	TBC	Email Mrs Phillips to sign up
Head Student Team and House Captain led activities	Board Game Club	House Captains	1.00-1.30pm	All	Melrose House Captains (Miss Hill)	E12	
	Computer Access	IT	1.00-1.30pm	All	6 th Form IT Prefects	E22	Computers are available to use for homework – eat before coming along
	Big Sister Programme	Head Student Team	1.00-1.30pm	7	Head Student Team/Yr10	6 th Form Study Area	Available only for first 3 weeks of September
	Big Sister Homework Club	Head Student Team	1.00-1.30pm	7	Head Student Team/Yr10	6 th Form Study Area	Starting from 1 st October

Extra-Curricular Activities – 2025-2026

Thursday

	Activity	Department	Time	Year Group	Staff/Club Leader	Location	Further Information
Personal Study/Homework/Student Support Clubs	Morning Prayer	RE	8.30-8.40am	All	Mr Young	Chapel	Open to all students and staff for Christian prayer.
	Breakfast Club		8.00-8.40am	All	Learning Mentors	Dining Hall	
	SVP Ministry	RE	1.00-1.30pm	All	Mr Young	E21	Can bring lunch - lunch passes provided
	Homework Club	Learning Support	8.15-8.40am 12.50-1.35pm 3.20-4.30pm	All	LSAs	SHC2	Club for SEN and all students who need support to complete homework.
Sporting and Fitness Activities	Year 7/8 Basketball	PE	8.00-8.35am	7 & 8	Ms Drisdale	BH1	Trainers required. No sign-up.
	Year 11 GCSE Badminton	PE	1.00-1.30pm	11	Miss Webb	BH1	Trainers required. Only year 11 GCSE PE students
	Years 7-10 Netball Shooting	PE	1.00-1.30pm	7-10	Miss Webb	BH1	Trainers required
	Fitness Club	PE	3.30-4.30pm	8-11	Mr Cottee	BH2	Full PE kit required
Performing and Creative Arts	Choir	Music	1.00-1.30pm	All	Mrs Halliday and Mrs Githu	A21	Can bring lunch, lunch pass provided
	International Women's Day	Art	1.00-1.30pm	All	Miss Dellaporta	W13	Sign-up outside W13 required

Extra-Curricular Activities – 2025-2026

Thursday - Continued

	Activity	Department	Time	Year Group	Staff/Club Leader	Location	Further Information
Subject Specific Extra-Curricular Clubs	Maths Buddies	Maths	1.00-1.30pm	All	Maths staff rota (Mr Miller)	W21	
	Crochet Club	Maths	1.00-1.30pm	All	Ms Rush	N13	Cold food only in classroom. Sign Up sheet in Maths office. 20 beginner spaces. If you are a confident crocheter, come along with your own project and possibly help the beginners.
	Code Club	Computing	1.00-1.30pm	7-9	Mrs Hopgood-Hall	A13	No food in the computing classroom - eat before you come.
	Law Forum	Careers	1.00-1.30pm	12-13	Mrs Phillips	TBC	Email Mrs Phillips to sign up
	French Club	MFL	1.00-1.30pm	7-9	Miss Dubois	E14	Thursday - Week B only
	Geography/Sustainability	Geography	1.00-1.30pm	All	Mrs Armstrong	E12	Can bring lunch - lunch passes provided
Head Student Team and House Captain led activities	Just Dance Club	House Captains	1.00-1.30pm	All	Fountains House Captains (Miss Hill)	A13	
	Computer Access	IT	1.00-1.30pm	All	6 th Form IT Prefects	E22	Computers are available to use for homework – eat before coming along

Extra-Curricular Activities – 2025-2026

Friday

	Activity	Department	Time	Year Group	Staff/Club Leader	Location	Further Information
Personal Study/Homework/Student Support Clubs	Morning Prayer	RE	8.30-8.40am	All	Mr Young	Chapel	Open to all students and staff for Christian prayer.
	Breakfast Club		8.00-8.40am	All	Learning Mentors	Dining Hall	
	Homework Club	Learning Support	8.15-8.40am 12.50-1.35pm 3.20-4.30pm	All	LSAs	SHC2	Club for SEN and all students who need support to complete homework.
Sporting and Fitness Activities	Year 7/8 Netball	PE	8.00-8.35am	7 & 8	Miss Webb/ Miss Trigg	BH1	Trainers required. No sign-up.
	Year 7/8 Badminton	PE	1.00-1.30pm	7 & 8	Miss Freeman	BH1	Trainers required. No sign-up
	Cross Country Club	PE	3.30-4.15pm	All	Mr St Clair	Off Site	Full PE kit and sign-up required
	Year 9-11 Basketball	PE	3.30-5.00pm	9-11	MS	BH1	Full kit required. Trials and then a squad of 20 will be selected.
Performing and Creative Arts	Dance Company	Dance	3.45-4.45	8-13	Mrs Alexander	A31	For members only. Auditions run once a year in the Summer term.
	LAMDA Club	Drama	1.00-1.30pm	Selected students	Mrs Bell	A1	For Students who have been allocated a place through ParentPay
	Rock Band	Music	1.00-1.30pm	All	Mrs Githu/ Mr Fletcher	A26	Existing members, speak to Mrs Githu if you are interested in joining – bring lunch

Performing and Creative Arts	Theatre Club	Drama	1.00-1.30pm	All	Drama Prefects (Mrs. Bell)	A2	An opportunity to watch recordings of a range of plays and live theatre productions. Bring lunch.
	Studio Sessions	Music	1.00-1.30pm	8-9	Mrs Githu/Music Prefects	A21 (Recording Studio)	Sign up for the week you and your friends would like to come to record your own music!
Subject Specific Extra-Curricular Clubs	Maths Buddies	Maths	1.00-1.30pm	All	Maths staff rota (Mr Miller)	W21	Maths Buddies
	Board Games	Maths	3.30-4.45pm	All	Ms Rush	N13	No sign-up required
	Code Club	Computing	1.00-1.30pm	10-13	Mrs Hopgood-Hall	A13	No food in the computing classroom - eat before you come.
	Law Forum	Careers	1.00-1.30pm	12-13	Mrs Phillips	TBC	Email Mrs Phillips to sign up
	French Club	MFL	1.00-1.30pm	7-9	Miss Dubois	E14	Thursday - Week B only
	Herconomics and Politics Club	Economics	1.00-1.30pm	9-11	Ms Cousins/Yr 13 Students	W22	
	History Film Club	History	1.00-1.30pm	All	Mr Browne	E01	
Head Student Team and House Captain led activities	Debate Club	Head Student Team	1.00-1.30pm	All	Rievaulx House Captains (Miss Hill)	E17	
	Computer Access	IT	1.00-1.30pm	All	6 th Form IT Prefects	E22	Computers are available to use for homework – eat before coming along

Extra-Curricular Activities – 2025-2026

On-site, Fee-Paying Community Clubs

Day	Activity	Time	Year Group	Club Contact	Location
Monday	Children's Basketball	5.00pm-6.30pm	All ages	Scorpions_basketball@outlook.com	BH1
	Men's Basketball	7.00pm-9.00pm	Adult	Scorpions_basketball@outlook.com	BH1
	Children's Martial Arts	5.00pm-7.30pm	All ages	essex@mattfiddes.com	A31
Wednesday	Yoga	7.30pm-8.30pm	Adult	sophierossell@mail.com	A31
Thursday	Zumba	6.30pm-7.30pm	Adult	Vickster8@hotmail.com	A31
Friday	Make Believe (Performing Arts)	6.00pm-8.30pm	All ages	southend@makebelievegroup.co.uk	A1, A2, A21

Local Enrichment Opportunities

Duke of Edinburgh Award	Year 9 upwards	Southend DofE Open Group www.southenddofeopengroup.co.uk
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