



Key Dates

Monday 10th February
D of E First Aid Training
Session 3

Tuesday 11th February
Head Student Interviews
&
History Booster – Yr11

Thursday 13th February
Articulation Regional
Heats
&
French Canteen Menu

[Click here to
view our
Student News](#)

[Please click
here for
Term Dates](#)

RMGS NEWS

7th February 2025

Key Messages

Student leadership has been at the heart of this week. It has been pleasing to see our students leading on key things they feel passionate about. A group of Year 12 students completed three days of charity fundraising through a bake sale. The excitement from staff and students has been wonderful to see. A huge thank you our year 12 students! We would like to thank our year 11 students who led on the hoodie day in recognition of Children's Mental Health Awareness week. Staff and students showed their support as they donned a range of hoodies.



On Tuesday 4th and Thursday 6th February a group of Year 9 and Year 10 students completed the St John Ambulance first aid course as part of the D of E bronze award. Thank you to Ms Lee (D of E Co-ordinator), Mrs Wayte (Learning Support Assistant), and Mrs Ogbeide (Reflection Room Supervisor) for leading the course delivery. Students demonstrated their knowledge and understanding of key skills needed for the course such as performing CPR, placing a patient in recovery position and applying first aid to cuts, bites, and stings. Thank you, Year 9 and 10 students, for demonstrating maturity and a willingness to support others in need.

I would also like to say a huge thank you to Mr Staiano (Head of Geography) for leading many eco initiatives within the school. The school has been awarded the Green Flag plaque as part of the work we do for eco schools. The plaque will be placed at the front of the school.



Thank you to our students and staff who are involved in the variety of eco initiatives we run as a school. We have had a huge push on reducing the litter around the school site and protecting the grassy areas. Thank you to all staff and students for their support.

We wish you an enjoyable weekend.

Yours sincerely,

Mrs A Hart
Headteacher





RMGS NEWS

Key Messages

Charity Bake Sale



Tate Modern Trip

On Monday 3rd February our Y11, 12 and 13 art students enjoyed a trip to the Tate Modern gallery in London. This provided them with the opportunity to see some of the artworks that they have been studying in lessons in real life, but also to explore themes, ideas and gain inspiration for their coursework and externally set projects. Thank you to the art team for supporting, we all had a creatively enriching day!



**RAINHAM MARK GRAMMAR SCHOOL
SIXTH FORM**



**BE THE BEST
VERSION OF
YOURSELF**

Please scan
the QR code
to view our
Sixth Form
Prospectus



Applications Open:
7th November 2024
Applications Close:
14th February 2025

Ready to apply?

Please scan the
QR code or
visit the school
website to apply





RMGS NEWS

Key Messages



Congratulations to Edle M in 8S. Edle travelled to Sweden at the weekend for the Golden Girl Box Cup 2025.

As the competition was being held in Sweden she had to fight according to a different set of Boxing rules but still managed to win a gold medal.

Edle was also able to spar with other girls from other UK Boxing clubs from across the country during the event.

Well done Edle !!



Year 7

Reward Points - Top Students Per Form

7A – Abbie-Gail O - 226

7B – Oliver B – 313

7F – Nathanael W - 501

7L – Pelumi A - 297

7N – Darius F - 204

7P – Modesola M - 279

7R – Ayongwe A - 249

7S – Bea H – 227



RMGS NEWS

Key Messages

Student Diversity Team News & Events

The team has been super busy this term collaborating with others and implementing ways to celebrate the Lunar New Year, LGBTQ+ History Month and Children's Mental Health Week. Read all about Sonika A and Ronnie N's brilliant work in getting the school community to celebrate **Lunar New Year** last week below:



And thanks of course to the catering team for the tasty choice of food.

This week, Lizzy K, Alexandra G, Bradley M, Max W, Edie M, Josh T, Bea H, Patience K and Madison C all devised and/or presented their **LGBTQ+ History** assembly on the theme of Activism & Social Change. Year 10 listened to two virtual volunteer speakers from the *Just Like Us* charity on Thursday sharing their journeys and inviting students to be curious about difference and think about inclusion.

Join the RMGS Student Diversity Team

Do you want a say on diversity in our school?

Contact Mrs Horstrup or Alex Gilbert for more information about what we do or on how to join – we would love to hear your ideas and gain some new members!

ehorstrup@rmet.org

L9AGilbert@rmgs.org.uk



RMGS NEWS

Key Messages

Student Diversity Team News & Events – continued

Judy W and Amy P were the impetus behind *Hoodie Day* on Friday and students have been accessing wellbeing materials in tutor time and ICT as part of **Children's Mental Health Week** promoted by the charity *Place2Be*.



Children's Mental Health Week Wear Your Own Hoodie Day – Friday 7th February 2025



As two students of year 11, we want to use our last years at this school wisely to help others, so, donating to charity is very important to us. It fills us with joy knowing we can make a difference, no matter big or small, to a person's life. With mocks coming to an end and our GCSEs nearing closer by the day, stress and anxiety is at a high.

So, in order to relieve this stress, a Hoodie Day where students can be comfortable and express themselves is a great opportunity. Given that the theme for Children's Mental Health Week 2025 is Know Yourself and Grow Yourself, embracing self-awareness is key during this week. And along with helping those in our school, we will also be helping those struggling across all of UK. Therefore, we are keen to use Hoodie Day to raise money for charity and hope that everyone will take part in this.

To participate, we kindly ask for a contribution of £1, which will be donated to the charity Place2Be. Place2Be provides mental health support to children in schools, and your donation will go a long way in supporting their important work. You can donate directly to the charity by going to [Rainham Mark Grammar School is fundraising for Place2Be](#) or scanning the QR code:



The Student Diversity Team is looking forward to our continuing their work with the *Girls Human Rights Hub* ably supported by Dr Sutton alongside working on an exciting range of events for the annual RMGS Culture Day so watch this space! My thanks to our fantastic students: their poise, empathy and ability never ceases to amaze me.

Mrs Horstrup.



RMGS NEWS

Key Messages

Kent Individual Table Tennis Competition

Congratulations to Our Table Tennis Stars! 🏆👏

A huge well done to the 13 boys from Years 7, 8, 9, 10, and 12 who proudly represented the school at the Kent Table Tennis Individual Championships on Tuesday! You showcased fantastic skill and determination in a highly competitive field, with many of you going deep into the knockout stages of the competition. An incredible achievement—your hard work and sportsmanship were truly commendable.

A special **well done to Maxwell A**, who claimed **Gold in the Consolation Competition**—a fantastic accomplishment! 🏆👏

Keep up the great work, everyone! 🙌🎉

Eoin L Y7	Samuel S Y8
Noah N Y8	Oliver W Y8
Reggie J Y8	William S Y9
Josh R Y8	Owen P Y9
Hubert R Y8	Noah J Y10
Ollie W Y8	George G Y10

Maxwell A Y12



Mini-Youth Games Sports Leaders

Further Congratulations on Outstanding Sports Leadership! 🙌👏

A huge shoutout to many of the boys who went above and beyond by volunteering at the **Mini Youth Games Table Tennis competition** on Wednesday, supporting over 50 primary schools! Your dedication, leadership, and willingness to give back to the sport were truly inspiring. You set a fantastic example for younger players and represented the school with pride.

Well done to all involved—your efforts both on and off the table are something to be proud of! 🙌👏🎉



RMGS NEWS

Key Messages

Kent U13s Netball Competition

Congratulations to the U13 Girls Netball Team! 🏆🏐

A huge well done to our U13 girls for their fantastic efforts at the Kent Netball Tournament at Rainham Girls! You played with skill, determination, and teamwork—winning games and battling through some incredibly close matches. Your hard work and dedication truly shone through. Keep up the great work! 🙌👏

Poppy W	Olivia P
Lilia T (Vice-Capt)	Annie-Rose C
Ava J (Vice-Capt)	Elise C
Betty W	Amelia E (Capt)
Vicky I	



RMGS Runs on Strava

🚀 **Get RMGS Running – Join Our New Strava Group!** 🏃🏃

We are thrilled to introduce the **Rainham Mark Grammar School Strava Group** – a new way for **students, staff, and parents** to get active, stay motivated, and lead a healthy lifestyle! Whether you're a keen runner, a casual walker, or just looking to move more, this group is for you! By joining, you'll be part of the RMGS community, working together to promote a **healthy, active lifestyle** through running, walking, and cycling.

🏆 WEEKLY CHALLENGES!

To keep things exciting, we'll be setting **weekly fitness challenges** for all members to take part in. Push yourself, compete with friends, and see how far you can go!

Let's make fitness fun and **get RMGS moving!** **Join us on Strava today** and help spread the word.

📢 Join here by scanning the QR code below:



Scan to join Rainham
Mark Grammar School



strava.com/clubs/RMGS-Run

STRAVA

- ✓ Track your activity
- ✓ Stay motivated
- ✓ Take on weekly challenges

#GetRMGSRunning #RMGSFitness #ActiveSchool



RMGS NEWS

Key Messages

Chemistry Race

On the 1st of February, a group of five year 12 students (comprised of Jaslyn P, Abeena R, Ruby S, Jada - Rose O and Sophie E) attended the University of Cambridge to compete in the 6th Chemistry Race at the Yusuf Hamied Department of Chemistry.

The competition is designed to push the boundaries of our chemical knowledge and problem-solving abilities, presented with a series of complex questions that required quick thinking and teamwork.

They went against top schools and students, many of which were an academic year above, and also competed in previous years. Although faced with that disadvantage, the perseverance and determination of the team assured moral was kept high, even when faced with a strenuous problem.

Time was critical within this battle, as each team races to the front of the hall in hopes of being awarded points, and hence, the next question. Unforgettable memories and invaluable experiences were made, inspiring curiosity within this field.



Jack G 8R competed in the Kent Sportshall U13 Championship. He won bronze in Vertical Jump and silver in the 6 Lap Race. He has been selected to represent Kent in the Sportshall Regional Finals. Well done Jack!



6TH MARCH - 7PM
7TH MARCH - 7PM
8TH MARCH - 2PM



£5 CHILD TICKETS
£6 ADULT TICKETS

LIGHT REFRESHMENTS WILL BE PROVIDED
TICKETS WILL BE AVAILABLE TO BUY ON PARENTPAY

"GREASE SCHOOL EDITION" IS PRESENTED THROUGH SPECIAL ARRANGEMENT
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RMGS French Menu

Thursday 13th February



Coq Au Vin
Beef Bourguignon
French Onion Tart



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Dauphinoise Potatoes  
Sauteed Haricots Verts



Petit Pois



~~~~~

Profiteroles With Chocolate Sauce



**AS PART OF CORAM SHAKESPEARE SCHOOLS
RMGS PRESENTS...**



Romeo & Juliet

*Wednesday 12th March @ 7 pm
Woodville Halls, Gravesend*



**SCAN QR CODE
TO BUY TICKETS**



Kent Emotional Wellbeing Teams
Medway Emotional Support Teams

Online Workshops

These workshops are aimed at supporting young people and parents/carers of young people in secondary school.

Understanding Your Amazing Teenage Brain 28/01/2025 – 6:00 – 8:00pm

Workshop for parents and carers

[Join the meeting now](#) **Meeting ID:** 362 974 663 745 **Passcode:** Gp6tm3pB

Understanding ADHD 11/02/2025 – 6:00 – 8:00pm

Workshop for parents and carers

[Join the meeting now](#) **Meeting ID:** 321 982 540 44 **Passcode:** Jr2v7to7

Less Stress Guide to Exams 17/03/2025 - 5:00 – 6:00pm

Workshop for young people and their parents and carers

[Join the meeting now](#) **Meeting ID:** 351 545 286 353 **Passcode:** vV67A6aP

**Workshop times alternate from term to term*

Our online workshops offer information around key topics to help understand what is going on for your child and strategies to support them, based on the latest evidence and practice.

If you would like to join, please click on the link above. If you have any questions please speak to your child's school.

Our workshops are held on Microsoft Teams. You do not need an account to join. You will need access to the internet. Currently, this workshop is only available to parents/carers of children attending a EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email:

EWTandESTenquiries@nelft.nhs.uk

We look forward to meeting you!





RMGS NEWS

Key Messages

Easter Music Courses 2025

5th-7th April

Rainham Mark Grammar School

For more details and to apply visit
www.medwaymusicassociation.co.uk

For any enquiries
info@medwaymusicassociation.co.uk



For full details visit
www.medwaymusicassociation.co.uk
MEDWAY MUSIC ASSOCIATION





RMGS NEWS

Key Messages

TERM TIME ONLY

JOIN OUR SATURDAY MUSIC CENTRE

AGES 5 – 18

EVERYONE WELCOME

COMPLETE BEGINNERS TO
ADVANCED MUSICIANS

RAINHAM MARK GRAMMAR SCHOOL

**JUST £45
FOR THE YEAR**



DISCOVER MORE

www.medwaymusicassociation.co.uk



Careers Corner

Year 12 & 13 Mock Interviews

RMGS held a new initiative on Wednesday as 65 Sixth Form students attended virtual Mock Interviews with external businesses throughout the day. This was an opportunity for students to practice their interview skills and take away tips and advice for their future career pathways. A huge well done to all those who took part – you did brilliantly.



Year 10 Work Experience

The Year 10 Work Experience will be taking place between the **19th - 23rd May**. Following feedback from students and parents we are now running the Year 10 Work Experience for 5 consecutive days. Next steps and instructions will be shared with all Year 10 students at the start of Term 4. However, in the meantime please do think about where you would like to do your work experience and if you know any businesses or organisations that offer placements. Please also take a look at the resources available to help you find placements on our website

<https://www.rainhammark.com/page/?title=Work+Experience&pid=229>

Year 12 Work Experience

If your child is in Year 12 and needs help finding work experience or do not know where to start – then please ensure they are checking their Year 12 and Careers Teams pages as there have been some opportunities listed on there recently. Also check the resources on our website or ask them to contact myself ewilliams@rmet.org or Mrs Wilson jwilson@rmet.org - <https://www.rainhammark.com/page/?title=Work+Experience&pid=229&action=saved>

Linking subjects to careers

This tool can be useful for students who aren't sure what the subjects they study at school or college have to do with work and their career OR those that really enjoy a subject but wonder if there will be any future use for it in the workplace? <https://yourskillsmap.com/>

CAREER OPPORTUNITIES FOR OUR STUDENTS

A guide to student's finance

Join us to find out about the tuition fee and maintenance loans, how the repayment system works, and where to look for additional sources of funding. A Q&A will also be included at the end of the session. <https://www.kent.ac.uk/whats-on/event/73096/a-guide-to-student-finance-livestream#msdyntrid=qSyygynqaBJlahXvXUOMZpfmMMDnrqBWYBFQrS80Fkc>

Interested in a career in business, finance and accounting?

If you are a Year 11, 12, 13 Student interested in gaining work experience with one of the world's leading professional services firms – then join the PwC Virtual Experience Day during February half term to explore career opportunities in business, finance, accounting, and professional services while developing key employability skills. <https://www.surveymonkey.com/r/PwC-WExDay>

Civil Engineering Virtual Work Experience & Scholarships

The Institution of Civil Engineers has partnered with Springpod to develop a virtual work experience programme, which may be useful for some students to better understand what Civil Engineering is. There is also lots of useful information on the ICE website. <https://www.springpod.com/virtual-work-experience/civil-engineers-shaping-the-world/WEXP-00091?queryID=1e980148b96d39c8573e9c8c6eb1f0bc> If you are interested in Civil Engineering then you might want to apply for their scholarships! <https://rbt.org.uk/grants/harriott-engineering-scholarship/>



Careers Corner

NHS apprenticeships

To celebrate **National Apprenticeship Week**, the NHS are hosting a **live online apprenticeship recruitment briefing** on **11th February at 6:30pm**, aimed at parents and students interested in exploring data apprenticeships. This session will provide useful information for anyone considering data roles in the healthcare sector, especially those seeking to start their careers through apprenticeships. <https://digdata.online/nhs-apprenticeship-live-recruitment-briefing>

Careers with the HM Treasury

If Year 12 or 13 students are interested in a career that shapes the UK's economy and financial policies then join this **exclusive virtual insight event with HM Treasury** on **Wednesday, 12th February** (5:00pm - 6:00pm) and discover the exciting apprenticeship and graduate and career opportunities available in the **heart of government**. Register : <https://www.surveymonkey.com/r/HMTreasury-Insight>

***NEW* Higher & Degree Apprenticeships Vacancy Listing** Explore 2,400 Higher and Degree apprenticeship vacancies from 80+ employers, including Accenture, AstraZeneca, British Army, Dunelm, EDF, IBM, KPMG, Network Rail, Nestle, Rolls-Royce, Siemens, Thames Valley Police, Vodaphone and many more! <https://www.amazingapprenticeships.com/wp-content/uploads/2024/10/Higher-and-Degree-Vacancy-Listing-January-2025.pdf>

Years 12 & 13: Unifrog Apprenticeship Virtual Fair

Join the Unifrog Apprenticeship virtual fair to learn all about the world of apprenticeships. Explore the latest apprenticeship opportunities, attend live sessions with top employers, and network one-on-one with professional experts to get top tips on how to find and apply for your dream apprenticeship. <https://unifrog.ivent-pro.com/events/apprenticeshipfair/login>

University of Kent - Ambition to Succeed progression scheme

University of Kents **Ambition to Succeed** progression scheme is aimed at students who are considering applying to university, have an interest in courses at The University of Kent, and want to study locally. Students who complete the programme, and are accepted onto a course at Kent, are eligible for a package of support, including a scholarship (worth between £500-£2000) per year, plus a programme of tailored academic support to help them during their transition into university. More information on this can be found by contact ewilliams@rmet.org directly. The deadline to apply for the scheme is 14th February 2025.

Please visit us online to find all the latest career opportunities for our students

<https://www.rainhammark.com/page/?title=Latest+Career+Opportunities&pid=369&action=saved>

Careers Resources and feedback

Our website houses lots of useful information and resources for both students and families – to help research, support and guide any Career pathway conversations across all school years. <https://www.rainhammark.com/page/?title=Career+Resources&pid=366>

We also welcome any feedback you have about the careers programme

<https://www.rainhammark.com/page/?title=RMGS+Careers+Provision+Feedback&pid=373>



Careers Corner



Job of the Week: Renewable Energy Engineer

Each week we will be sharing a different Job with both parents/carers and students - it might be one that they have heard of OR it could be one they have never come across. This is to help students get an understanding of the huge range of career paths out there and more information about what each one involves

Renewable Energy Engineer

Skills

Day to day tasks:

- An interest in science, technology and the environment
- Excellent problem-solving skills
- Mathematic and scientific ability
- Strong IT skills
- Knowledge of legislation
- Good communication skills
- Project management skills
- Understanding complex data

Subjects

Four or five **GCSEs** at grades 9-4 (A*-C), or equivalent, including Science and Mathematics.

Salary*

£20,000 for a starter rising to £50,000 for an experienced Renewable Energy Engineer. Average UK salary in 2019 was £30,378.

Jobs

Renewable and sustainable energy solutions are increasing in both their profile and application.

Renewable Energy Engineers work on the production of energy through natural resources such as wind, hydro, solar or marine power. They look at ways of reducing the impact on the environment by researching and developing new technologies that will result in cleaner ways to supply energy.

Routes into the industry

You can do a degree in an engineering or a scientific subject for example, renewable energy, environmental engineering, earth sciences etc. Some employers may expect you to have a postgraduate qualification.

You'll usually need:

- 2 or 3 A levels, or equivalent, including maths and a science for a degree
- a degree in a relevant subject for postgraduate study

Apprenticeship

You may be able to start by doing a higher or degree apprenticeship.

*In 2020 the average salary was £31,461, up 3.6% on 2019. Annual pay estimates are largely unaffected by Covid-19.

Where can your child get Careers Advice?

We are passionate about ensuring all of our students have access to Careers guidance and support throughout their time with us here at RMGS. If you need any information or would like to book a 1-2-1 careers meeting for your child then please contact our Careers Co-ordinator Mrs

Williams ewilliams@rmet.com

Medical Society

*For KS5 students aspiring to join
medical based careers*



Talks from medical professionals
Help with medical school application
Interview preparation
Understanding research articles
Ethical debates
UKAT preparation



Every Tuesday at
13:40 in Q1

First meeting for year 12
students on January 7th

KS 5 Enrichment opportunity

Italian club for beginners wanting to discover a new language and culture

The club will start at the beginning of term 4.

It will take place on Tuesdays from 3.15 to 3.45 in room C9

Register your interest by emailing Mr Zandonà by Monday 10th February





RMGS Extra-Curricular Clubs 2024-25



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH

Level Up Club
Y11 – R4

BioClinic
6th Form – Q1

String Group
All – Recital Hall

Music Tech Club
All – E2

Crochet & Knitting
All – L2

Maths Clinic
All - HY

Open Access Computing
All – D1

DT NEA Clinic
Y10-13 – N5

Take It Further Club
Y10 – R4

MedSoc
6th Form – Q1

Wind Band
All – Recital Hall

Geography Clinic
All – D6

Creative iMedia club
Y10-11 – D1

Christian Union
All – A3

Psychology Support
Y13 – G2

Open Access Computing
All – D1

Philosophy club
Y7-8 – H5

**Horribly Horrible
History Club** KS3 – F6

Maths Clinic
All - HY

DT NEA Clinic
Y10-13 – N5

Eco Club
All – D2

Scrabble Club
All – L3

Chemistry Clinic
Y12-13 – M6

Arts for Wellbeing Club
All – R2

KS3 Art Club
Y7-9 – R1

Music Support Session
All – E2

Ukulele Club
All – E1

Sparx Club
Y7-11 – N6

Open Access Computing
All – D1

Chess/Puzzle Club
All - HZ

Choir
All – Recital Hall

Maths Clinic
All - HY

The Mark
All – L6

Origami Club
All – N1

Quantum Physics Club
All – M9

KS3 Book Club
Selected Pupils – R4

KS4 / 5 Art Club
Y10-13 – R2

**Black History Month
Club**
All – R1

Brass Group
All – Recital Hall

Maths Clinic
All - HY

Open Access Computing
All – D1

German Lunch
6th Form – B2

Bohemian Society
(Folk music session)
All – E1

Debate Club
All – L2

Maths Clinic
All - HY

Percussion Club
All – Recital Hall

Computer Science
KS4 & KS5 – D3

Open Access Computing
All – D1

DT NEA Clinic
Y10-13 – N5



RMGS Extra-Curricular Clubs 2024-25



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**BEFORE
SCHOOL**

Geography Soc Exec
Committee
Y12 – D6
During Registration

**AFTER
SCHOOL**

Tabletop Gaming Club
All – S1

Homework Club
All - Library

Grease
Company rehearsals
All – A1 & A3

Sociology Support
Y13 – G5

Science Club
KS3 – M3

Jam Club
All – Music Block

Sparx Club
Y7-11 – M8

Homework Club
All – Library

Connections Rehearsals
Y10 GCSE Drama
A3

Geography Exams Clinic
Y11 & 13 – D6

The Shakespeare Schools
Festival Rehearsals
KS3 – A3

Grease
Company music rehearsal
All – Recital Hall

Homework Club
All - Library

Grease
Company rehearsals
All – A1 & A3

Y11 German Speaking Club
for GCSEs Plus
B2

Big Band
All – Recital Hall

Paper Club
Y11 & 12 - HY

Homework Club
All - Library

Grease – Band Rehearsal
Invitation Only
Recital Hall

Homework Club
All – Library



RMGS PHYSICAL EDUCATION EXTRA-CURRICULAR TIMETABLE

TERM 3



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL 7:30 – 8:15					BASKETBALL CLUB Y7 / 8 / 9 SQUADS (invite only) GRA
BREAK 10:55 – 11:15	BASKETBALL CLUB Y7 / 8 (sports hall) (DUTY STAFF)	BASKETBALL CLUB Y7 / 8 (sports hall) (DUTY STAFF)	BASKETBALL CLUB Y7 / 8 (sports hall) (DUTY STAFF)	BASKETBALL CLUB Y9 / 10 / 11 / 6 TH (sports hall) (DUTY STAFF)	BASKETBALL CLUB Y9 / 10 / 11 / 6 TH (sports hall) (DUTY STAFF)
LUNCH 1:30 – 2:00	FITNESS CLUB ALL YEARS (Fitness Suite) JWI BASKETBALL CLUB Y7 / 8 (sports hall) GRA	FITNESS CLUB ALL YEARS (Fitness Suite) ALO TABLE TENNIS CLUB ALL YEARS (top gym) CON	FITNESS CLUB ALL YEARS (Fitness Suite) JSH VOLLEYBALL CLUB Y11/12/13 (sports hall) CON / ALO	FITNESS CLUB ALL YEARS (Fitness Suite) MAL BASKETBALL CLUB Y9 / 10 / 11 (sports hall) GRA	FITNESS CLUB ALL YEARS (Fitness Suite) ALO BADMINTON CLUB Y7-10 (sports hall) JWI
AFTER SCHOOL 3:05 – 4:30	CROSS COUNTRY & FITNESS CLUB (ALL YEARS) JSH DANCE CLUB KS3 (dance studio) CON	NETBALL SQUAD TRAINING Y7 & 8 MAL BADMINTON CLUB KS3 (sports hall) GRA / ALO	NETBALL SQUAD TRAINING Y9 / 10 / 11 JSH	6TH FORM BADMINTON (sports centre) ALO ORIENTEERING CLUB ALL YEARS MAL RUGBY CLUB YEAR 10 (Field) CON	STAFF FOOTBALL (sports hall)

If you are attending a lunch club you are able to receive a fast track lunch pass from the PE department. Please bring your planner to the PE office at break to be signed.

Any questions please ask a member of the PE Department.