

Co-Curricular Programme

Lent Term 2025



Welcome to the Lent Term Co-Curricular Clubs Booklet!

We are thrilled that we are able to once again offer a wide range of co-curricular opportunities at QCPS. Please use this booklet to select any activities that your daughter would like to take part in and sign up for them via SchoolBase.

All activities will have a minimum enrolment number to ensure the activity is a viable option. As such, the information contained within this booklet is subject to change and any updates will be advised in weekly communications to parents.

We will try wherever possible to honour your daughter's first choice of activity, but in exceptional cases, we may contact you to ask you to select a second choice.

Pre-Prep girls will be supervised before clubs start and the school will provide them with snacks. Please note that we are unable to allow the girls to bring snacks from home. Students who attend Twilight and Lioness clubs will also be provided with snacks.

If you have any questions about activities, please feel free to contact me at edina@qcps.org.uk.

With very best wishes,

Elina Dina

Co-Curricular Coordinator

Important Information

Breakfast Club commences: Tuesday 7th January

Twilight Club commences: Tuesday 7th January

Cub/Lioness Extra-Curricular Activities commence: Tuesday 7th January

Cub Clubs finish: Thursday 27th March

Lioness Clubs finish: Friday 28th March

Twilight Club finishes: Wednesday 2nd April

Breakfast Club finishes: Thursday 3rd April

Wraparound Care

We understand the importance of before and after school provision for busy and working parents, which is why we provide a 'Wraparound Care' facility for all our girls from 7:30am each morning (Breakfast Club) until 6:00pm Monday to Thursday (Twilight Club). Our Wraparound Care facility is operated by QCPS staff, which allows close liaison with Form Teachers and parents. A programme of varied activities ensures girls attending Wraparound Care can relax and enjoy some free time before and after school. Our breakfast menu reflects our healthy eating policy, and all dishes are freshly prepared daily on-site.

Breakfast Club or Twilight Club are available on a regular or ad-hoc basis. To book a Twilight Club, please contact Miss Dina (edina@qcps.org.uk) and please note that the Twilight Club dismissal door is 61 Portland Place.

Pre-Prep Cub clubs run from 3:20-3:55pm and Prep Cub clubs run from 3:30-4:00pm. Lioness Clubs are run by QCPS staff members and external providers from 4-5pm and are charged. Breakfast club and Twilight club are also charged. **Please be advised that Twilight is now charged in increments of 30 minutes to enable us to make our prices fair for all.**

Lent Term Clubs Overview

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club Forms: All Location: Lilibet's	Breakfast Club Forms: All Location: Lilibet's	Breakfast Club Forms: All Location: Lilibet's	Breakfast Club Forms: All Location: Lilibet's	Breakfast Club Forms: All Location: Lilibet's
	Gymnastics Forms: III-VI Location: Moberly Leisure Centre (7:15-8:00)		Fencing Forms: II-VI Location: Gym (7.30-8.30)	Boxing Forms: III-VI Location: Gym (7.45-8.30)
Prep Club Forms: I-VI 3:20-4:00pm	Prep Club Forms: I-IV 3:20-4:00pm	Prep Club Forms: I-IV 3:20-4:00pm	Prep Club Forms: I-IV 3:20-4:00pm	
11+ Skills club Forms: FV only 3:30-4:00pm	Lego Challenges Forms: FIII-IV 3:30-4:00pm	Mindfulness Colouring Prep Forms: FIII-IV 3:30-4:00pm	Greco-Roman Mythology Forms: FIII-IV 3:30-4:00pm	
Cosmic Yoga and Stretch Forms: FI-FII 3:20-3:55pm	Library Time Forms: FIII-VI 3:30-4:00pm	Greek Forms: Rec-II 3:20-4:00pm	Just Dance Forms: FIII-IV 3:30-4:00pm	
Quilling Forms: FIII-VI 3:30-4:00pm	Computer science Forms: III-IV 3.30-4pm	Cross- Stitching Forms: III-IV 3:20-4:00pm	Quiet Reading Forms: FIII-IV 3:30-4:00pm	
Mindfulness Forms: III-VI 3.30-4pm	Fitness Club Forms: Rec - FII 3.20-3.55pm	Art Club Forms: Rec-FII 3.20-3.55pm	Disney Sing Along Forms: Rec - FII 3.20-3.55pm	
Mindfulness Colouring Pre-Prep Forms: Rec-FII 3.20-3.55pm	Our World Forms: FI -II 3.20-3.55pm	HAMA Beads Forms: Rec-FII 3.20-3.55pm	Spanish Forms: Rec-FII 3.20-3.55pm	

	French Forms: Rec-FII 3.20-3.55pm		Portuguese Forms: I-IV 3.20-4pm	
		Light Blue: Lioness Clubs Fees apply		
	Chess Beginners and Advanced - London Chess Academy Forms: III-VI Dismissal time: 5pm	Creative Robotics with LEGO Forms: III-VI Dismissal time: 5pm		
Fun with Science Experiments Forms: FI-III Dismissal time: 5pm	Photography club Forms: III-VI Dismissal time: 5pm	Digital Art and Animation Forms: I-III Dismissal time: 5pm	Little House of Science Forms: II-IV Dismissal time: 5pm	
Young Voices Choir Forms Forms: III-VI Dismissal time: 5pm <i>*Only for 4 sessions and inclusive of the day of the concert. Only open to THE girls who took the club in Michaelmas term*</i>	Mix & Munch Forms: IV-VI Dismissal time: 5pm	Rhythmic Gymnastics Forms: I-III Dismissal time: 5pm	Chess Beginners Forms: I-III Dismissal time: 5pm	
Young Artists Forms: III-VI Dismissal time: 5pm	Clay club Forms: I-IV Dismissal time: 5pm	Sewing Club Forms: V-VI Dismissal time: 5pm	The QCPS Film Academy Forms: IV-VI Dismissal time: 5pm	
Twilight Club Ad hoc booking All forms 4-6pm	Twilight Club Ad hoc booking All forms 4-6pm	Twilight Club Ad hoc booking All forms 4-6pm	Twilight Club Ad hoc booking All forms 4-6pm	

Cub and Lioness Activities

Please note that in the event of a cancellation by the school or a parent, a refund for Lioness Clubs will not be possible.

Breakfast Club

Your daughter can enjoy a bowl of cereal, pastries and fruits. Drop off from 7:30am; no need to pre-book. Please note that charges apply to this club.

Twilight Club

Twilight offers a range of fun and exciting activities such as drama, arts and crafts, and board games until 6pm. The girls may also use their time in Twilight Club to finish their homework, if they can do so independently. This service operates on a regular or ad-hoc basis. To register your daughter, please email Miss Dina before 2.30pm on the day should you wish your daughter to attend. To collect your child from Twilight Club you will be given a mobile phone number to ring and a member of staff will answer the door.

Please note that half-hourly charges apply to this club.

Prep Club

A quiet environment free of distractions in which to complete homework.

Monday

11+ Skills Club

Exclusive to Form V girls, the 11+ Skills Club is meticulously designed to cultivate independence and bolster confidence in 11+ materials. Engage in purposeful activities that sharpen your skills, preparing you thoroughly for the challenges ahead. Elevate your capabilities and stride confidently toward success.

Cosmic Yoga and Stretch

Embark on a cosmic adventure with Cosmic Yoga Club! This club combines simple yoga moves with mindfulness, introducing characters like Pedro the Penguin and Betsy the Banana on exciting journeys. Join us for a fun and energizing exploration of yoga and mindfulness.

Quilling Club

Discover the captivating art of paper quilling in our Quilling Club. Manipulate thin strips of colored paper into coils and create intricate designs by skillfully assembling these shapes. Immerse yourself in the joy of this fascinating craft, learn the techniques, and make quilling your newest and most rewarding hobby.

Mindfulness

Welcome to the Mindfulness Club, a space where students can relax, focus, and explore the power of their minds. Through fun and engaging activities children will learn to manage stress, improve concentration, and build emotional resilience. This club encourages a calm and positive environment, helping students develop skills to cope with challenges both in and out of the classroom. Whether it's finding inner peace or simply having a moment to unwind, the Mindfulness Club is here to support young learners on their journey to well-being.

Mindfulness Colouring

Indulge in relaxation and unleash your creativity at the Mindfulness Colouring Club. Join us for a serene and enjoyable time where you can craft vibrant and imaginative creations using a delightful array of creative resources. Take a break from the hustle and bustle to unwind and engage in the soothing activity of mindful colouring.

Fun with Science Experiments Club

Embark on a scientific journey with our 'Fun with Science Experiments' club! Designed specifically for young inquisitive minds, this club is an immersive and hands-on experience in the world of fun-filled experiments. From colourful chemistry concoctions to mesmerizing physics phenomena... Watch as curiosity turns into discovery and awe with every bubbling potion and fizzing reaction! Our Science Club is not just about learning facts; it's about fostering a love for inquiry, encouraging teamwork, and igniting a passion for the wonders of the scientific world. Join us for a thrilling adventure where young minds become budding scientists, one experiment at a time.

Please note that termly charges apply to this club and some experiments will repeat next term.

Young Artists Club

Would you like to develop your drawing and painting skills? Or perhaps you want to enhance your creativity and learn to see the world in new ways? In QCPS's new Young Artists Club we will explore the skills needed to draw from observation using a range of materials such as sketching pencils, charcoal, pens and pastels. Focusing initially on drawing and ways of seeing, we will explore concepts such as negative space, light and shadow, reflections, angles and proportion. We will then explore and experiment with paint, developing our knowledge and confidence using the seven elements of art - line, tone, shape, form, texture, colour and space. As we begin to observe the world around us in new ways, we will create a variety of interesting and fun artwork along the way!

Please note that termly charges apply to this club.

Little Voices Choir

Little Voices is the world's largest choir made up of schools from all over the UK. The girls will spend September to February learning the music and dance moves. In early February all participating schools come together for a huge performance at the O2 Arena. Your daughter will engage with musical theatre, classical, pop, world and rock music. Every year there are 3 new guest artists and a dance troupe performing on stage with a 10 piece band. Our choir will be involved in the entire sound and light show! The show will take place in early February where the choir will be needed at the O2 Arena all day until the show has ended at 9pm.

**Please note that this club will only run for 4 sessions and inclusive of the day of the concert:
13th January; 20th January; 27th January; 3rd February (day of the concert)
Please note that this is only open to the girls who already took the club in Michaelmas term**

Please note that termly charges apply to this club.

Tuesday

French Club

Ignite your passion for language with our after-school French Speaking Club! Make the most of

those precious after-school hours by immersing your child in the beauty of the French language and culture. Our club provides a dynamic and supportive environment for language learning through engaging activities, interactive games, and cultural explorations.

Library Time

Take a break at the end of the day with the Library Time Club. If you are a reading enthusiast, this club is your sanctuary. Immerse yourself in the world of books and unwind in the company of captivating stories. Let the magic of reading transport you to different realms and inspire your imagination.

Fitness Club

Calling all young champions! Join our Fitness Club for an after-school adventure of fun exercises, teamwork, and smiles! From playful games to lively activities, our club promotes active living in a positive and inclusive environment.

Lego Challenges

Ignite your imagination at the Lego Challenges Club! Whether constructing a Harry Potter tower or crafting an animal masterpiece, this club invites you to solve weekly fun challenges using Lego. Unleash your creativity, explore new ideas, and build exciting structures in a supportive and engaging environment.

Our World

Ignite your daughter's curiosity about the world around us in Our World Club. Explore different countries, topics, and current events each week. This club is designed to broaden perspectives and foster a love for learning about the diverse and fascinating world we live in.

Gymnastics

This morning gymnastics club is a dynamic and engaging program designed to introduce students to the fundamentals of gymnastics in a fun and supportive environment. Catering to various skill levels, the club focuses on developing physical fitness, flexibility, coordination, and strength through exercises and routines. Participants will learn and practice basic gymnastics techniques such as tumbling, balance beam, floor work and bar skills. The club not only promotes physical health but also emphasizes the importance of discipline, perseverance, and teamwork, providing a well-rounded experience that encourages personal growth and confidence.

Please note that if your daughter takes part in this club she will have to be dropped off at Moberly Leisure Centre, NW10 3NB at 7.15am and will return to school on coach in time for her morning lessons.

Chess Beginners and Advanced - London Chess Academy (Prep)

Embark on a journey into the world of strategy and intellect with the Chess Club. It's never too late to learn the intricacies of the world's most popular game. Whether you are a beginner or looking to refine your skills, this course is tailored just for you. From understanding the chessboard and pieces to delving into advanced strategies, join us for a stimulating and strategic experience.

Please note that termly charges apply to this club.

Clay club

A fun clay club where you can build a variety of ceramic art projects. Children will have the opportunity to work on projects over several weeks to create more complex pieces of clay work. A perfect club to

help the girls' fine motor skills.

Please note that termly charges apply to this club

Photography

Guided by a professional photographer, students will capture and edit photographs using specialized photography equipment by themselves, in pairs and in groups. Students will come away with greater creative confidence, improved teamwork (especially communication) and leadership skills. Students will also develop technical skills including composition, framing and perspective and most importantly, will explore their creativity in our fun and playful lessons. One of our most popular classes involves dress-up and role play, and another involves transforming everyday objects through a fantastic lens. Some of the lessons we offer in the Photography Club include:

- Portrait
- Landscape
- Food photography
- Black and white
- Selective colour
- Perspective
- Mirror

Please note that termly charges apply to this club.

Mix & Munch

We are so excited to offer Mix & Munch cooking lessons this term. We are passionate about inspiring children to explore the wonderful world of food and flavours. Our classes focus on growing confidence & co-operation, encouraging team work and are fun & Foodabulous!

We start each class with trying to guess the secret ingredient, cook & then clear-up together.

We also find the country we "head to" each week on a globe and talk about its location, accessibility, climate and food preferences. Our ethos is to encourage children to learn and appreciate other cultures through food. There are lots of recipes for little and big cooks on our website www.mixandmunch.com or follow us on Instagram at [mix_and_munch_cooks](https://www.instagram.com/mix_and_munch_cooks) to know more!

Please note that termly charges apply to this club.

Wednesday

Mindfulness Colouring

Indulge in relaxation and unleash your creativity at the Mindfulness Colouring Club. Join us for a serene and enjoyable time where you can craft vibrant and imaginative creations using a delightful array of creative resources. Take a break from the hustle and bustle to unwind and engage in the soothing activity of mindful colouring.

Art Club

Embark on a creative journey inspired by renowned artists and the wonders of nature. Delve into diverse materials and techniques to craft your unique masterpieces. This immersive experience spans both 2D and 3D creations, allowing you to grasp and refine the art skills introduced in our

classes.

Greek

Unlock the richness of Greek language and culture at our Greek Speaking Club! Whether you are a native speaker, or someone eager to delve into the beauty of Greek, this club offers a welcoming space for all. Designed for curious minds and budding linguists, our club offers a dynamic blend of language immersion and cultural exploration. After a day of learning, let your child embark on a linguistic adventure filled with engaging conversations, interactive activities, and a dash of Greek flair.

Cross Stitching

Discover the tranquility and satisfaction of Cross Stitching at this relaxing club. Engage in a calming and fulfilling activity where you can learn the art of simple needlework. Follow a pattern or unleash your creativity to create unique designs, making this club a haven for those seeking a peaceful and artistic escape.

HAMA Beads Club

Unleash your artistic flair with HAMA Beads; small, moldable wonders that transform into stunning designs! Explore the realm of crafting without the constraints of traditional tools like pens and pencils. Whether it's crafting coasters or fashioning intricate pictures, discover the boundless possibilities these beads offer.

Rhythmic Gymnastics

Experience the beauty of Olympic Rhythmic Gymnastics in this exhilarating School Club. Led by Ellen Watson, Ribbon & Hoop choreographer for Team GB at the London 2012 Olympic Games, students will explore the artistry of gymnastics combined with dance and acrobatics using handheld apparatus like Ribbon, Hoop, Rope, Ball, and Clubs.

Please note that termly charges apply to this club.

Digital Art and Animation

Unlock the realm of creativity with Digital Art and Animation in the Blue Shift club. Students will delve into the world of digital tools, bringing their imaginations to life through interactive art pieces and animations. Gain valuable digital skills while expanding your creative horizons.

Please note that termly charges apply to this club.

Sewing Club

Discover the art of sewing and needlework in the Sewing Club. Create a variety of projects, from simple tote bags to stylish pencil skirts, while learning how to set up and use a sewing machine and cut basic patterns. Unleash your creativity and acquire practical skills in this hands-on sewing adventure. Please note that termly charges apply to this club, guaranteeing a continuous exploration of sewing and design.

Please note that termly charges apply to this club.

Creative Robotics with LEGO

Ignite your curiosity in this hands-on course, Creative Robotics with Lego Club.

Transform classic Lego building blocks into dynamic robots while incorporating programming, engineering, and design elements. Challenge your creative instincts across a diverse range of robot builds, allowing your imagination to take the lead.

Please note that termly charges apply to this club

Thursday

Spanish

Join us for a vibrant and engaging introduction to Spanish in the Spanish Club. Tailored for Reception to Form II pupils, this activities-based approach incorporates play, singing, storytelling, and various interactive activities. Dive into the world of language learning with fun and enthusiasm.

Disney Sing Along Club

Come along and sing some classic film songs! From Moana to Frozen, the Lion King to Peter Pan, each week we will retell a Disney story and sing all the best songs from that film!

Greco-Roman Mythology

Are you fascinated by ancient gods, epic heroes, and timeless tales of adventure? Join our Greco-Roman Mythology Club, where the wonders of ancient myths come to life! This club offers an exciting journey through the captivating stories of Greek and Roman mythology. Explore the origins of the gods, the legendary exploits of heroes, and the profound myths that have shaped Western culture. Engage in lively discussions, creative projects, and fun activities that bring these ancient tales to the present.

Quiet Reading

Take a break at the end of the day with the Reading Club. If you're a reading enthusiast, this club is your sanctuary. Immerse yourself in the world of books and unwind in the company of captivating stories. Let the magic of reading transport you to different realms and inspire your imagination!

Just Dance

Are you ready to get your groove on? Grab your dancing shoes and join us on the dance floor for an interactive and energized session. The girls will have a chance to practice their dance moves whilst listening to their favourite songs. It is a great way to keep fit and have fun!

Portuguese

Join us as we explore the vibrant culture and language of Portugal and Brazil. Through fun activities, games, songs, and storytelling, students will learn to speak basic Portuguese, discover traditional foods, festivals, and explore the rich history of Portuguese-speaking countries. Suitable for beginners or fluent speakers, the Portuguese Club offers a friendly and interactive environment where the girls can practise speaking and listening in Portuguese while making new friends along the way!

Fencing

Fencing Club, 43 classes begin with students mastering the fencing fundamentals, before progressing to a deeper understanding of the sport tactically, technically, and competitively. This includes the "en-garde" position and fencing steps, attacking with a lunge and basic parries. The sessions then evolve, with students learning tactics, compound actions and how to compete amongst classmates. The sessions include a variety of games and sparring activities. Fencing club helps students not only become faster, stronger and more agile, but also become more tactical and perceptive, as they must think for themselves in an individual sport.

Please note that termly charges apply to this club.

Little House of Science

Children are curious by nature, which creates the perfect platform for them to learn what science offers in the world. Every child is a budding scientist but needs the right direction to grow into one. Little House of Science introduces scientific concepts through fun and exciting interactive discussions, practical demonstrations and numerous hands-on science projects and experiments. The classes are ideal to further your child's scientific knowledge and assist them with what they are learning in the classroom.

Please note that termly charges apply to this club.

Chess Club- Beginners (Pre-Prep)

Embark on a journey into the world of strategy and intellect with the Chess Club. It's never too early...or late to learn the intricacies of the world's most popular game. This course is tailored for Beginners and young learners. Join us for a stimulating and strategic experience.

Please note that termly charges apply to this club.

QCPS Film Academy



Do you want to tell stories that can change the world? Join our vibrant community of creative visionaries who are using their cameras to make a real difference. Imagine your film helping a charity you care about. This is an opportunity to shine, share your unique vision, and create films that are not just fun but truly meaningful! Next term your Film Academy will be making a film about a person of local interest, alumnae, a celebrity or a place or thing. It's our documentary season. We're launching this with our new partners The National Film and Television School. The world's leading institution for studying film.

Film Academy is the only in-school filmmaking provision offering certification, screenings and festivals in the UK and you're 1 of 28 Academies in the UK and now Germany.

DISCOVER:

- Pitch your ideas
- Work & meet with charities

• Learn Film Production

CREATE:

- Make a charity campaign film
- Design & create the

poster

- Compose the soundtrack

EMPOWER:

- Level 1 filmmaking accreditation
- Present your film at a

screening

- Make a difference to others

Friday

Boxing

Boxing 101 offers students a safe place to learn the art of Boxing, including sportsmanship and discipline, so that they can discover their potential. Boxing 101 is a supportive and inspiring environment for all young boxers of all skill levels to learn and grow as athletes and individuals.

Please note that termly charges apply to this club.



Queen's College Preparatory School

Established 2002

Co-Curricular Clubs Programme Price List

Breakfast Club	£7/session
Twilight Club	£15/hour
Little House of Science	£230/11 sessions
London Chess Academy	£195/11 sessions
Rhythmic Gymnastics	£220/11 sessions
Morning Gymnastics	Free
Sewing Club	£270/11 sessions
Fun with Science Experiments	£245/10 sessions
Photography	£195/ 11 sessions
Digital Art and Animation	£240/ 11 sessions
Mix & Munch	£225/11 sessions
Boxing	£205/ 11 sessions
Young Artists	£245/10 sessions
Creative Robotics with LEGO	£240/ 11 sessions
Fencing	£170/ 11 sessions
The QCPS Film Academy	£190/ 11 sessions
Little Voices Choir	£70/ 4 sessions
Clay Club	£270/11 sessions