

CO-CURRICULAR GUIDE



TUDOR
HALL



Introduction

Our aim at Tudor Hall is to get the best out of every pupil. We focus on harnessing their intellectual, physical and creative potential as well as developing their emotional and spiritual awareness. Our diverse and broad co-curriculum allows each pupil to be treated as an individual and to follow their own pathway to success.

Experience shows that a well-balanced combination of academic and co-curricular learning increases the willingness to take risks, improves social interaction, develops resilience, boosts confidence and enhances leadership skills. It is these valuable 'soft skills', learnt through practical application in the co-curriculum, that will prepare pupils and allow them to thrive and flourish in the future, in the globalised world in which we live.

Our school motto '*habeo ut dem*' - I have that I may give - runs through all we do at Tudor Hall. We have a variety of co-curricular clubs and trips that allow pupils to give back to the community in which they live and further afield in different parts of the world. We have a busy and productive charity committee, who organise events for the whole community, and opportunities exist for all year groups to take part in outreach events with local community groups and schools.

This brochure gives you an insight into the opportunities that are on offer at Tudor Hall. Please encourage your daughter to seize the opportunities available and make the most of them.

Ms S J Lapper, Director of Co-Curriculum
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*Denotes paid extra activities (costs can be found on SOCs)

Performing Arts



Music

The Music School at Tudor Hall is always a hub of activity and creativity. Over 180 individual music lessons are given every week, demonstrating a very healthy interest in music at Tudor. We believe that being able to play an instrument or sing is a fantastic asset, whatever the level of expertise. It helps pupils to gain extra confidence and intellectual acumen, builds spatial and sequencing skills, facilitates bonding with other pupils in group ensembles, and allows time out to relax, whilst playing their instruments or singing in choirs and vocal groups or with friends.

A YEAR OF MUSIC EVENTS AT TUDOR HALL

Our music calendar is full of concerts for all musical tastes including:

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| Tudor Fest | Parent lunch performances |
| Musicals – junior or full school productions | Carol concert and Confirmation |
| Music department concerts every half term | Local music festivals |
| Termly full school concerts | House music competition |
| Open mic evenings | Arts Showcase |
| 'Songs From the Shows' evenings | Music tours |
| | Local community events and performances |

Individual Music lessons*

Pupils can take lessons in the following disciplines and, if there is a request to have lessons in an instrument not mentioned here, we will endeavour where possible to source the appropriate visiting teacher. We currently have 16 peripatetic music teachers covering all our individual lessons. Many of these teachers also run our co-curricular weekly music groups.

Piano
Singing
Guitar
Drum-kit
Percussion

Flute
Recorder
Oboe
Clarinet
Bassoon
Saxophone

Violin
Viola
Cello
Double Bass
Harp

Cornet
Trumpet
Trombone
French Horn
Euphonium
Tuba

If your daughter would like to take individual extra music lessons, please complete the form on the parent portal.

We offer a variety of other music clubs including; Orchestra, Chamber Choir, Senior Choir, Syncopation (Junior Choir), Flute Ensembles, String Groups, Senior and Junior Rock Bands, Recorder Group and Theory Group.



Performing Arts

Drama

Drama at Tudor Hall allows pupils a multitude of opportunities to develop their acting talents, gain confidence and, most importantly, have fun.



Rarely a week goes by without a drama event taking place in our wonderful Studio, opened by Old Tudorian and Academy Award Winner, Serena Armitage. Whether it be rehearsals for the Whole School Production or the Junior Production, LAMDA Showcase or pupil-directed dramas, there is something for everyone in the Tudor community. There is a genuine buzz around the Studio in which the pupils are encouraged to play and be creative, to immerse themselves in new worlds and walk in other people's shoes.

Each year we perform either a Senior Production and a Junior Production or one Whole School Production. Drama at Tudor aims to be inclusive and, therefore, casts are often large. Pupils in all years have the chance to take part and this starts in Todd when the whole year group are involved in the Christmas Play.

A selection of clubs run by the Drama department include; Todd Drama Club, Tudor Techies, Improvisation Club, LAMDA Speech and Drama Lessons*, Sixth Form Play Club, Whole School Production Rehearsals and Junior Production rehearsals.

Chipping Norton Youth Theatre

We have an exciting new partnership with Chipping Norton Youth Theatre, who run their sessions at Tudor Hall. Pupils who are keen to get involved in this exciting opportunity can sign up for this club as a paid extra activity. Pupils will work with a variety of other young people from the local area to produce performances at the end of each term.

Performing Arts

Dance

All aspects of Dance are celebrated at Tudor Hall and pupils can explore a range of dance styles. The Dance Department nurture each individual's talent and build confidence in those who are new to Dance. Twice a year, pupils can perform on stage to an audience of friends and family; our showcases are a fantastic opportunity for all aspiring dancers and are a joy to watch.

Ballet*

Syllabus material is taught with the aim of learning new ballet steps to build more confidence. The sessions are inspiring, exciting and challenging. All groups explore and learn choreography to be performed at school dance shows. Pointe work is also offered to pupils who are considered physically ready.



Tudor Hall Dance Crews

EVOLUTION

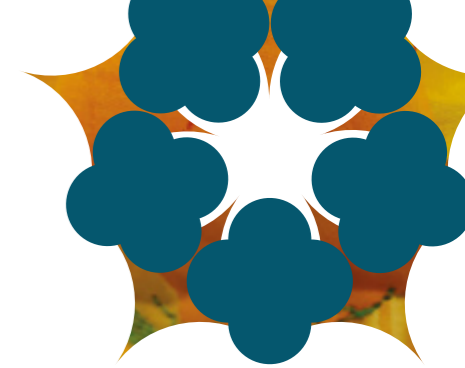
Pupils who show a keen interest in dance and demonstrate commitment and the potential to progress to Reaction Dance are invited to join Evolution. The pupils work as a team and share ideas and skills with the goal of producing original movement material. Weekly sessions of choreography take place, resulting in two final pieces being created for the end of term performances at the end of the Autumn and Summer Term.

REACTION DANCE

Reaction Dance is our in-house school Dance Company made up of pupils who have a real passion for dance. Pupils need to show maturity, independence, reliability and a willingness to use their individual skills to improvise and choreograph imaginative sequences. The pupils work in a supportive, proactive environment, demonstrating solid technique and knowledge of dance components. Reaction dances are a highlight of our end of term shows.

Clubs include:

- Tap*
- Musical Theatre*
- Group Dance
- Solo and Duo Choreography
- Commercial
- Hip Hop
- Open Dance



Creative Arts and Technology

Art

The ability to be visually expressive is an important part of every pupil's development, and at Tudor Hall we have a broad and diverse range of clubs and activities that allow pupils to explore Art and unleash their inner creativity. Pupils are afforded the use of first-class artistic facilities and equipment to be creative and interpretive, under the guidance of a highly skilled teaching team.

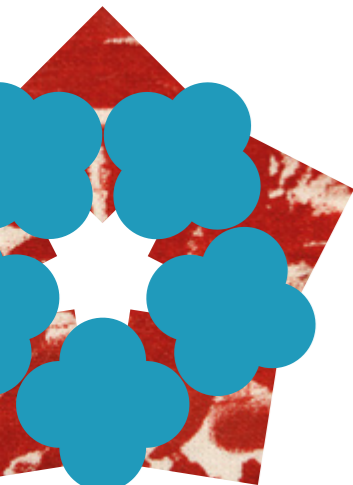
The Art Department includes Art (Drawing, Painting and Printmaking), Ceramics and Photography. Pupils are encouraged to explore media introduced in class or a topic of their own. Where possible, pupils are encouraged to enter competitions such as the Young Art Oxford competition, or in-house competitions such as the House Pottery Throwdown, Christmas Card competition and House Photography competitions. Pupils are encouraged to use the art spaces to develop a personal sketchbook or learn a new skill such as raku, hand-modelling, throwing on a wheel, etching, wood cuts and photoshop.

Clubs offered by the Art Department include; Ceramics Clubs, Throwing Club, Junior Art Club, Printmaking, Figure Drawing Club, Photography Club and a variety of GCSE and A Level clinics.

Textiles

Textiles is a popular option for both GCSE and A Level study and this is down to the excellent facilities and talented teaching team. All pupils in Todd to Ills have a weekly textiles lesson in the Griffiths Centre, which is a fantastic space for creativity.

There is a Todd to Ills Textiles club and an Advanced Textiles club. These opportunities give pupils the chance to experiment with a variety of textile processes. They can learn to screen print, embroider, embellish and construct pieces with freedom and delight. The Textiles department is often open at lunchtime and after lessons for pupils to continue to build on their skills in a relaxed and creative space.



Creative Arts and Technology

Design and Technology

The Design and Technology Department gives pupils the opportunity to work on several projects which are relevant and inspire interest and curiosity in different media. We regularly enter the Design Ventura Competition, and this allows pupils to compete against other pupils on a national scale.

Design pupils can continue extra work towards their projects and refine their design and practical skills, working with many processes and manufacturing techniques including dye sublimation printing, low temperature casting, jewellery making and metalwork, vacuum forming, and laser cutting. Pupils will have access to the Design and Technology computer suite to develop their skills using Adobe creative suite, 2-dimensional programmes for CNC machining, and 3-dimensional virtual modelling software.

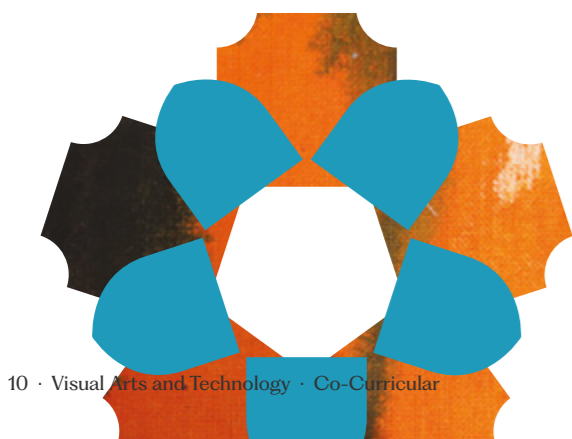
For all aspiring jewellery makers, jewellery making club allows pupils to explore this skill on many levels, from simple bought-in components and assembly, to working with finer and more precious materials. Pupils may explore traditional jewellery making techniques in a professional yet relaxed and creative workshop environment.

Cookery

Cookery is a popular co-curricular activity for our pupils; the fantastic facilities make cooking a real pleasure. Todd baking club is where it all begins, with our youngest pupils learning how to use the kitchen safely and following a selection of simple recipes. Pupils in the IIs, IIIs and IVs have the option of taking part in a baking club where a variety of sweet treats are created.

We also offer Hester Sale Cookery Classes* for pupils in the IIIs – UVI. Mrs Sale's Cordon Bleu Diploma teaches pupils to enjoy the love of healthy food, prepare quick and easy suppers and to experiment with new recipes every week; it is an excellent way to prepare the pupils for cooking independently in the future.

In the Sixth Form, pupils can opt to undertake the Leiths Qualification in Food and Wine*. The aim of this course is to provide pupils with a vital life skill for independent living which, should they choose, could open areas of possible employment. Pupils will gain confidence by making judgements on the ingredients they buy, the dishes they put together in their menus, and the methods they use to cook and serve the food to achieve the best results. By the end of the course, pupils should be able to show that they can produce specified dishes to the required standard under timed conditions. The course is assessed by Leiths School of Food and Wine trainers.



Sport

Sport at Tudor Hall is an integral part of school life and, as such, each pupil has the opportunity to be involved at every stage of their physical development. We pride ourselves on our ability to cater for both the novice and elite sportswoman through a sport programme which is fully inclusive with the individual's needs at its heart.

Our aims and vision

To provide all pupils with high quality teaching and learning in a broad and balanced sports and physical wellbeing programme.

To inspire all pupils to succeed and excel in competitive sports and other physically demanding activities appropriate to their individual needs and ability.

To encourage all pupils to lead a healthy and active lifestyle, whilst at school and beyond, and develop soft skills in preparation for employment.

All fixtures and team sheets are accessible on **the parent portal**.

Sport options

We offer weekly fixtures and training for our focus sports; hockey in the Autumn Term, netball in the Spring Term and tennis and cricket in the Summer Term. On a less regular basis, we have competitive fixtures in other sports, such as lacrosse, swimming, athletics and fencing. We encourage pupils to take part in sport offsite at local clubs; this is an excellent opportunity to meet other young people and to reach higher levels of performance.

Focus Sports

Hockey	Tennis
Netball	Cricket

Offsite activities

- Four Shires Swimming
- Banbury Cricket Club
- Banbury Hockey Club
- Banbury Blues Netball
- Equestrian Squad
- Skiing

Other sports and activities

- Lacrosse
- Swimming
- Athletics / Cross Country
- Clay Pigeon Shooting
- Fencing
- Karate
- Badminton
- Basketball
- Fitness Suite



Outdoor Education

In order to thrive and flourish in the 21st century, our pupils need to develop an ever-increasing range of talents and attributes, many of which cannot be learned in the classroom.

Our Outdoor Education programme provides activities that inspire and empower pupils, whilst building resilience and grit to ensure they are fully equipped for their future professional and personal lives.

At the start of each academic year, most year groups head to different parts of the country to take part in a residential weekend, or undertake team building activities at school. Sessions include water-based activities, such as coasteering, kayaking, gorge-walking and sailing, and activities on land, such as problem-solving, orienteering, climbing and abseiling. Our aim is to push the pupils outside their comfort zone in a safe and supportive environment so they can see what

they are capable of. In the IVs, the year starts with the annual Snowdon Climb; our aim is to make sure that all pupils have had the chance to climb a mountain. This requires excellent teamwork and support and is an empowering way to kick-start GCSE study.

In the Summer Term, the Todd and IIs take part in a Bushcraft weekend and learn the art of making a fire, reading a compass, and creating shelters.

Duke of Edinburgh's Award*

The Duke of Edinburgh's Award is all about self-development. It focuses on helping pupils to improve existing skills and gain new talents, abilities and perspectives. Pupils make good friends, develop social and interpersonal skills, and increase their initiative, organisational skills, independence and self-confidence as well as their tenacity. The Duke of Edinburgh's Award (D of E) is available to all pupils at Tudor Hall from the Spring Term of the IIs. Participation in the scheme will encourage the pupils to commit to a range of school activities. There are three levels of D of E Award: Bronze (commences in the IIs), Silver (commences in the IVs), and Gold (commences in the Sixth Form). Within each level there are four sections to be completed: a voluntary activity, a physical recreation, a skill, and the expeditions (one practice, one qualifying). In addition, at Gold level, each pupil must attend a five-day residential activity. Training for expeditions and the expeditions themselves take place over long weekends within term time or occasionally in holidays if required.



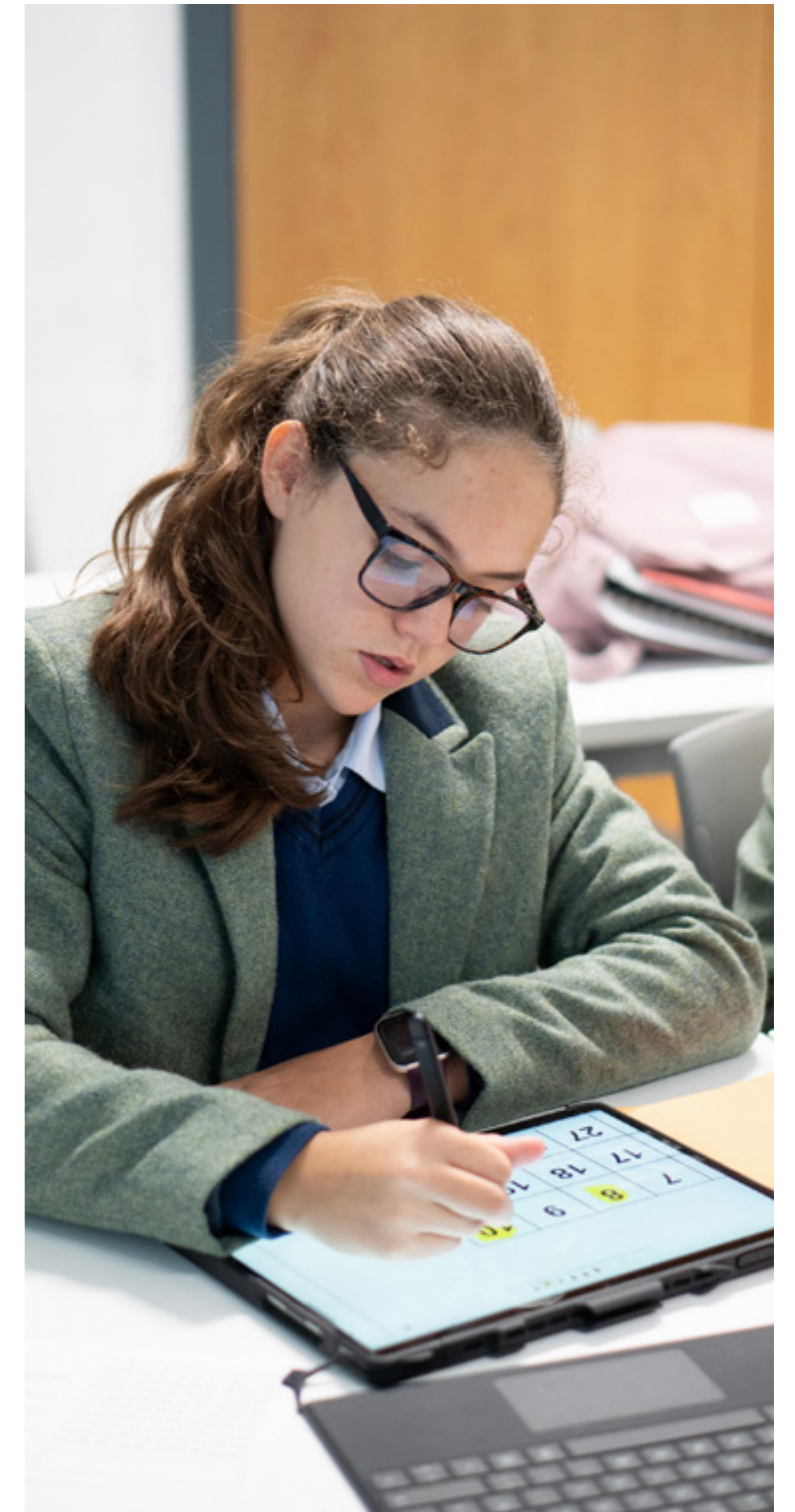
Academic Enrichment

We have number of academic clubs, activities, societies and lectures on offer for our pupils. Our school mantra of 'Aim Higher' encourages pupils to think outside the realms of possibility and to view things through various lenses. Our Academic Enrichment clubs are open to all pupils and aim to instil critical thinking and problem-solving skills along with developing independence and encouraging curiosity.

Each year we host a variety of outside speakers who deliver talks to the pupils on a range of topics; this opens their minds to current affairs and new topics and careers which they might not have considered. Academic clubs on offer include Explore lectures, Oxbridge Development, GCSE Clinics, Codebreaking Club, Problem-Solving Club, Christian Union, Classics Club, Greek Club, Language leaders award, Spanish Club, German Kaffeeklatsch Club, Debating Society, English Club, MUN, Chess Club, VR and Retro Gaming Club and much more.

Careers

Education is the first step in preparing for the world of work and the careers programme at Tudor is designed to introduce pupils to the range of opportunities available, and the skills required, through a whole-school approach which starts in Todd. The programme helps pupils focus on strengths and develop areas that will increase their Higher Education and careers prospects, both as they move through the school and in preparation for life after Tudor Hall. The dedicated careers section in the library is open during the school day, including weekends, for pupils to access information on university courses, apprenticeships, internships, GAP year opportunities and other aspects of careers provision. The Head of Careers is also available for one-to-one consultation and advice during the week and on Saturdays. There are specific sessions on work experience; writing a CV, Higher Education, studying abroad, applying for jobs and interview technique. Opportunities are also provided for pupils to seek additional one-to-one support and mock interviews with both internal and external interviewers.



Sixth Form Enrichment

Sixth Form pupils continue to have access to clubs and activities for Todd – Vs and many pupils continue to represent the school in music groups, sports teams and drama performances all the way through their school career.

Sixth Form pupils benefit from a wide range of super-curricular activities; some of these take place on a weekly basis and some on an ad hoc basis, in the form of guest speakers, network dinners and society meetings.

In the Sixth Form, pupils are selected to be leaders of the school, and with each role comes a responsibility in a different area of school life. Below are some examples of Sixth Form super-curricular activities.

Mentoring

Pupils in LVI have the opportunity to join the mentoring team. The Deputy Head Girl in charge of mentoring coordinates mentoring throughout the school and pupils undertake training in which they develop essential active listening skills for the role. As they practise mentoring more regularly, they build up their skills of empathy and intuition, and are able to pick up when pupils are not themselves, even without verbally communicating. The pupils in the LVI draw on their own experiences lower down the school, and are therefore able to recognise the struggles that others may go through.

LVI Life Skills Programme

The LVI Life Skills Programme is an opportunity for LVI pupils to take part in practical sessions that will prepare them for life beyond Tudor. The workshops run across the year on different days and at different times and the pupils can drop into sessions that they feel would benefit their personal development.

Workshops include Finance, Planning a GAP year, How to eat well on a budget, How to be well, Self-Defence, Managing Deadlines and Essential Car Maintenance.

Tudor Outreach and Enrichment Programme (TOE)

This programme is designed for the LVI pupils, providing them with the opportunity to volunteer within the local community on a weekly basis. The programme runs for the entire year and pupils have a choice in the areas where they would like to volunteer. Tudor Hall's school motto of *'habeo ut dem'* is at the very heart of this initiative. It is our belief that pupils learn a great deal from working in the community, giving their time and energy to others. The programme encourages pupils to think about ways in which they can contribute in a positive and fulfilling way. Volunteering destinations include; Queensway Primary School, William Morris Primary School, Art group volunteering at St Mary's Church, Leonard Cheshire, Banbury Heights care home, The Sunshine Centre, Frank Wise School and Humpris Funeral Directors.

Young Enterprise

Young Enterprise gives LVI pupils the opportunity to form their own company, offer shares for sale, write a business plan, provide a service or sell different products, the components of which they have to source from outside companies, or which they create themselves. Each team member has a well-defined and valuable role within their company. They have weekly meetings where they put forward ideas, review their sales and marketing strategies and discuss their finances. At the end of their experience they write a company report, do a four



minute PowerPoint presentation at the area county finals and pay VAT on their earnings. Taking part in Young Enterprise gives a real insight into how business works, encourages resilience and creative thinking, and develops both teamwork and leadership skills.

Charity Committee

This is a pupil-led committee in which around fifteen LVI pupils support the Deputy Head Girl in charge of charity to organise fundraising events throughout the year. As a member of the charity committee, pupils hone skills ranging from leadership to teamwork and problem-solving. Pupils are also encouraged to create new and interesting ways of raising money for the whole school charity as well as one-off fundraising events for charities close to their hearts. Every year the Charity Committee hold a special charity assembly to raise awareness of the work of the group. This helps to advance their public speaking and presentation skills in addition to their communication skills, as they interact with pupils from every age group as well as visiting speakers and guests at the charity events.



Signing up for activities

Structure of the Day

Clubs and activities run throughout the day and evening. There is a lunchtime session and three sessions after academic lessons finish. These are called PS1 (16:05 – 17:10), PS2 (17:15 – 18:20) and PS3 (18:30 – 2:00). Day girl collection for Todd to IVs is 18:20 and Vs – UVI is 18:45; buses depart at 18:30.

For Todd – IIIs, one of their PS1/2 sessions should be dedicated to prep and this will be carried out in a supervised room. The other should be dedicated to a club or activity.

Please be mindful when you are signing your daughter up that she should ideally have at least 4 prep sessions across the week to be able to remain on top of her academic work.

Music tuition

If your daughter would like to take paid extra music lessons, please complete the online form.

Signing up for all other co-curricular activities

For Autumn 2024, sign-up on SOCS will open on 30th August. Please note there are restrictions on the number of participants for some activities and therefore activities are offered on a first come first serve basis. Paid extra activities are clearly marked on SOCS; **please note that once you have signed your daughter up for a paid extra activity, we require a full term's notice if she wishes to cease lessons.** Paid extra activities roll over from one academic year to the next so there is no need to sign your daughter up at the start of each term.

Your daughter will also attend an Activities Fair at the start of the year and will have some time with her tutor to add clubs to her programme. The Tutor will ensure that all pupils have the right balance of clubs and prep sessions.

Signing up to clubs – Parents

Parents are able to sign up to clubs via our parent portal. Once you have logged in to the parent portal simply select the 'SOCs Activities' box on the home page. This will take you through to the sign up site. You will then be able to view all the activities on offer for your daughter and add them to their programme. Paid extra activities are clearly marked with costs; only parents can add these to their daughter's programme.

How to sign up to clubs – Pupils

Pupils will learn how to log in when they start school in September. Their unique log in is associated with their school Office 365 account. They will have the opportunity to discuss their activity choices with their tutor to make sure they have the correct balance. Pupils in all years should try to ensure that they have one PS slot for prep; tutors will be on hand to ensure that the pupils have the correct balance of activities and these will be monitored throughout the year.





TUDOR HALL

Headmistress
Ms Julie Lodrick BA (Hons), MEd, PGCE

Chair of Governors
Alison Darling

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