



**ST GEORGE'S**  
EDINBURGH

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# CO-CURRICULUM PROGRAMME

## MIDDLE AND UPPER SCHOOL



- HIGHLIGHTS OF SOME OF THE CO-CURRICULAR ACTIVITIES ON OFFER -  
CLUBS WILL CHANGE WITH DEMAND EACH YEAR



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## What makes the Co-Curriculum at St George's the best possible choice for you and your daughter?

The Co-Curriculum at St George's is remarkable in terms of the opportunities, the routes available to participate in all areas and the female role models for girls. Your daughter will have unrivalled chances to join, enjoy and lead in sport, music, drama, outdoor education, Combined Cadet Force, Duke of Edinburgh and so much more.

The vibrant programme has new clubs and pupil-led clubs introduced every year. It has been carefully mapped to complement your daughter's academics; to inspire, motivate, and connect her journey from nursery to Sixth Form. She will gain lifelong skills whilst being given opportunities to grow, challenge herself, and explore new interests without limits. We are incredibly proud of what we offer, your daughter would not get a better experience from P1 to U6 in any other school.

For example: she could dedicate herself to a passion, like hockey, with clear progression, exceptional coaching and representative opportunities across all stages. Alternatively, she could test out a mind-blowing number of activities—from mindfulness to Lego clubs—finding her own unique path. She might embrace a wide variety of experiences each term, gaining over 50 new skills by the time she graduates. There is an opportunity to embrace creativity, science, action, thought or just relax and unwind daily.

Participation in St George's Co-Curriculum builds resilience, confidence, and grit. Girls are encouraged to take risks, develop leadership and teamwork, and hone problem-solving skills—essential qualities for study and beyond. The girls here and alumnae will speak highly of the remarkable opportunities and support offered regarding our Co-Curriculum.

Mrs Emma Chandler-Thompson  
**Head of Co-Curricular and Trips**



**The following clubs are a selection of what St George's has to offer from P6 to U6:**



# Sport

## **Athletics**

Come to Athletics Club to improve your techniques, personal best times and distances in both track and field events. You will have an opportunity to compete against your classmates, and take part in competitive matches against other schools.

## **Badminton**

A chance to play Badminton socially, and to competitively develop skills and game understanding. Culminating in the fun and competitive School Championships.

## **Cricket**

Cricket is a fun and sociable club where you can learn new skills, play games, and compete against other schools. We cater to beginners and experienced players, with soft and hard ball cricket.

## **Cross-country**

Cross-country club will help develop running techniques and fitness required to train and race over longer distances. There are opportunities to compete both in teams and as individual runners. Weekly races take place in the Lothian League Cross Country competition.

## **Equestrian**

Do you have a horse or pony, would like to compete for St George's with them, and can travel to equestrian events? Then come and join the Equestrian Club. Our riders successfully compete at various events throughout the year in a number of different disciplines.

## **Fencing**

At Fencing Fun we aim to give the children the best possible first experience of this Olympic sport using lightweight plastic equipment. Our classes are all structured to make their learning experience fun, inspiring and purposeful. We work through our own grading system developing core skills, as well as skills that will help them become successful and confident in life and not just in sports.

## **Football**

A popular club aimed at playing games, developing understanding and mastering skills.

## **Hockey**

An exciting club with fun activities and a chance to refine your skills and gameplay.

## **Judo**

Improving judo-specific skills in both ne waza (groundwork) and tachi waza (standing). Focusing on body preparation including coordination, balance, and agility in a fun and engaging environment. Emphasising the importance of physical activity for mental health. Incorporating teamwork, communication, and confidence in the classes.



### **Lacrosse**

Take your lacrosse to a new level! With games against other schools, it is the perfect opportunity to take your skills and test them out in a competitive environment. Practice, play, and enjoy!

### **MYFIT**

A mixture of styles such as: bootcamp, cardio, and HIIT sessions. This club is designed to keep you on your toes as each class is different to push you out of your comfort zone. We want you to have fun and learn new exercises but be prepared for some high-intensity training! All fitness levels are welcome.

### **Netball Shooting**

Netball Shooting Club is ideal for the students to work on their shooting technique and movement within the shooting circle. Also, help to build confidence in their ability and transfer that into a competitive environment.

### **Netball**

Work on your netball skills and game knowledge! Secure a solid foundation that can build your confidence and enhance your performance in preparation for fun games or the Scottish Cup League.

### **Rugby**

A quick and dynamic sport, the aim of the club is to develop the fundamental skills through tag rugby.

### **Ski Club**

Fancy learning to ski? Complete an 8-week block of ski lessons at Hillend to work your way up the levels towards ski racing for the school!

### **Tennis**

Tennis Club is open for all levels of experience and ability. The students participate in occasional festival-style events focusing on short-court doubles play. The focus of the club is to develop their basic skill levels and to introduce different game formats in a fun and engaging environment.

*Get Active, get physical, and get moving!*





## CCF

Pupils learn to be part of the team and to push themselves. Student Non-Commissioned Officers develop leadership roles, assisting in the instruction of all aspects of the CCF to the younger cadets. Get involved! St George's CCF runs in collaboration with Merchiston Castle School CCF.

### **Camp CCF**

The Summer Camp is the culmination of the cadets' training year and is an outstanding opportunity for cadets to participate in a wide range of activities, and develop their team building, self-confidence and leadership. Cadets take part in military activities including map and compass, shooting, patrolling, drill, living in the field and survival. They also participate in adventure training activities including coasteering, caving, mountain biking, mountain boarding and coastal walks.

## Outdoor Education

St George's provides challenging residential Outdoor Education experiences. These residential experiences are located in beautiful parts of Scotland and take place at significant stages in the students' education. The coherent and progressive programme is designed to encourage transferable and positive attitudes to learning. Pupils develop personal and social skills to encourage self-reliance and a strong sense of community. Adventures include visiting the Cairngorms National Park for everything from mountain biking to canoeing. The Island of Cumbrae in Ayrshire is the home of the Sport Scotland National Centre for watersports and camping, and much more.

### **Outdoor Adventure Club**

Interested in the outdoors? This club aims to introduce and develop students' skills and awareness in the great outdoors.

### **Duke of Edinburgh**

Bronze, Silver and Gold

Looking for a life-changing experience? A fun time with friends? An opportunity to discover new interests and talents? A tool to develop essential skills for life and work? A recognised mark of achievement respected by employers? Duke of Edinburgh is all these things and more!

### **International Expedition**

Every student has the opportunity to engage in an international service expedition for two weeks. The students fundraise for the expedition and engage in conservation, recycling or building projects in countries ranging from Nepal to Costa Rica. They gain first-hand experience of the culture and environment, as well as contributing to support charities in the country visited. From fundraising to completing the expedition,



## Global Travel and Exchanges

Each student returns having developed and will reflect on how it has changed their outlook on life, and what they can offer in the future.

### **Globetrotters Club**

We learn about the multicultural world that we live in. Every year is different, depending on the interests of the participants and leaders. We discover many new traditions, craft, dance, sing and play games.

### **Language Leaders**

Language Leaders is a fun, hands-on club where you will gain valuable experience in leadership, teamwork, and communication. We celebrate and raise awareness of different cultures and languages across the globe as well as highlight the diversity in our school community. This involves running the Globetrotters Club, as well as organising and leading events and assemblies throughout the year.

### **Student exchanges**

St George's has a well-established exchange programme with partner schools in Australia, New Zealand, Canada, Chile, Germany, South Africa, and the United States. Students travel to one of our partner schools and live with a host family taking a full part in the life of the school.

Pupils are offered the opportunity to spend a month at one of our partner schools in Canada or the United States.

Sixth Form students are offered the opportunity to spend around 5 weeks at one of our partner schools in Australia, Chile, New Zealand or South Africa.

The school also regularly welcomes visiting educationalists from all over the world, and these visits, along with the contribution of our own international students, add to the rich diversity of our community.

*Go adventure, see the world!*





## Societies, Clubs and Quizzes

*Your voice matters; leave the world a better place!*

### **Amnesty International**

The group is a friendly and dynamic mix of ages and views. Campaign for the release of prisoners of conscience who are imprisoned for standing up for human rights in their own country.

Each week we focus on one or two cases, and having read the briefing provided by Amnesty we write a letter appealing to their respective governments for their release. Pressure placed on governments does work and we publish and celebrate success. The group also writes to the prisoners with messages of support and hope.

### **BAME Soc**

A student-led club where people share experiences and work towards positive change.

### **Charities Committee**

Get involved and make a positive difference to others!

Charities Committee representatives are drawn from every year group of the school. Some well-known organisations which we support include Shelter, Christian Aid, Unicef, Edinburgh Sick Kids, Children in Need, Fresh Start, Cancer charities, CLIC, LEPR, Kids Love Clothes, St Columba's and the Children's Hospice.

### **Debating**

A fun and exciting opportunity to develop debating skills, build confidence with public speaking, plus develop lines of argument and interrogate ideas. We look at a range of different themes and ideas, working out how to unpack a motion, develop mechanisms for debate and recognise points of clash. There will also be competition opportunities, too.

### **ECO Club**

Eco Club is part of Eco-Schools which is the largest sustainable schools programme in the world. Eco Club allows students to engage in their environment by giving them the opportunity to actively protect it and help St George's maintain our Green Flag Award - an internationally recognised accreditation for excellence in sustainable development education. Throughout the year, pupils assess the environmental quality of the school and plan action to improve it. We work for continuity and sustainable development across the whole school, from nursery to Sixth Form.

### **FEMSOC**

Are you passionate about gender equality, inclusivity, and advocating for women's rights? This is a platform for you to engage in meaningful discussions, challenge stereotypes, and take action to make a positive impact.



### **LitSoc**

Calling those with a love of literature! LitSoc encourages lively and stimulating discussions about books, writers, and literary genres. Sometimes explored as weekly meetings or as afterschool seminars, students are encouraged to indulge their passion and develop their knowledge of the world of literature.

### **Model United Nations**

Have fun whilst collaborating with fellow students, developing debating skills and learning about international issues! You will also have the chance to travel to Model UN conferences across Scotland and the UK.

### **Pride Soc**

A welcoming and inclusive space where students socialise over lunch while learning more about LGBTQI+ community.

### **WorldWise Quiz**

A 3-person team event with students from different year groups competing together in local heats to qualify to take part in the Scottish final. Teams are quizzed on a variety of topics to test their geographical knowledge and skills. These include O.S map skills, Geography in the News, observation rounds and Who Dares Wins. Individual questions, group challenges and 'faster finger first' rounds ensure much fun is had by all!

## *Enterprise, Business, Science and Technology action*

### **Arkwright Scholarships**

Interested in a career in engineering? Arkwright Scholarships provides the opportunity to enhance your engineering skills, gain industry exposure, and receive financial support for your future studies and career development.

### **Science Club**

You will get the chance to enhance your making skills and try out things that don't appear in science lessons. The aim is always to have fun and ignite curiosity.

### **UK Space Design**

The Space Design Club is our preparation group for the challenging and immersive Space Design competition that we enter annually. Students can come and share their knowledge and experience. Imagination is the only prerequisite.



### **Young Engineers**

Young Engineers provides students with an opportunity to explore and develop their engineering skills and knowledge through various hands-on projects, activities and competitions.

### **F1-in-schools**

Do you want to design and race miniature Formula 1 cars? Could you test their engineering and develop your teamwork skills? Compete in school and also consider entering the national competition to test your car!

*No limits! Challenge your thinking!*

### **Challenges and competitions**

Students from all areas of the school are encouraged to take part in a range of competitions and academic challenges. These range from the Lit Quiz to academic essay competitions or 'the Radio 2 - 500 words' competition. Everyone can take part and even if they do not win, they will have explored something new and learned from the experience!





### **Masterclasses**

Work with specialists to focus on a particular skill and develop your capability. Sessions on topics such as debating, academic writing and felt making provide diversity in the provision; there is something for everyone!

### **Student Societies**

These amazing societies offer the senior students the ability to lead, while also exploring an area of academic interest. Discussion sessions, reviews of articles or visiting speakers relevant to the field of interest form part of each society's programme.

### **Visiting Speakers**

Refugee experience, differing political perspectives, and an exploration of a renowned author's life are examples of some of the varied speakers who come to St George's. Each offers intellectual breadth and stretches pupils, no matter their age.

## *Speakers, Societies and Competitions*





## Music, Drama and Art

### *Creativity for now and life!*

#### **Middle School Choir**

Please join this group if you enjoy singing! We sing a range of music at a variety of events throughout the year. Everyone is welcome!

#### **Senior Choir**

If you enjoy singing and performing a range of musical styles and want to improve your sight reading, singing abilities and be part of a close-knit group then please join the Senior Choir. The Autumn term will be focused on learning all the fantastic Christmas music to sing in the Upper School Carol Service at the stunning venue of St Giles Cathedral - a magical event to be a part of.

#### **Rock Band**

If you enjoy 'rocking out' then this is the activity for you. If you enjoy pop/rock music and either sing or play a musical instrument such as keyboard, guitar, bass guitar or drums then please do sign up!

#### **Orchestra**

Do you play a string or wind instrument and want more experience playing and performing in a group? Then sign up for wind band! We perform in various concerts and events throughout the year.

#### **Cantate**

Cantate is directed by our specialist staff, affording an opportunity for individual pupils to refine their skills and gain enjoyment from singing in a small vocal ensemble. Girls from all year groups sing together enriching the learning environment.

#### **Dragon Ensemble**

If you play a musical instrument and would like to be part of a chamber group, then please join this group. You will have the opportunity to be coached, as well as be aided in choosing the right repertoire/instrumental grouping.

#### **Jazz Band**

If you like jazz and you play guitar, bass, drums, keyboard, brass or other wind instrument then please join the Jazz Band. We want to hear you! Join the jazzers!

#### **Lunchtime Recitals**

If you sing or play a musical instrument at a Grade 3 Level or above and want to get some performance



experience, then please sign up to perform in a Lunchtime Recital. Accompaniment is provided and it's a great way to gain confidence in performing for others in a relaxed and informal setting!

### **Off the Scale (Traditional Scottish Ensemble)**

If you enjoy Scottish traditional music and play a string or wind instrument, then this is the ensemble for you! All musicians are very welcome, and the club is led by two fabulous traditional musicians who are actively playing in the Scottish music scene on a regular basis.

### **Acting Clubs and Productions**

We run a whole range of clubs and productions throughout all year groups, including a collaboration with Merchiston Castle School. Take your acting skills to the next level! Challenge yourself and have some fun!

### **Drawing Course**

An experimental, observational drawing course where students can investigate new and exciting media, techniques, and approaches to mark-making and drawing. This stand-alone course offers students a new, and very different, aspect to their portfolios.

### **Clay Club**

Clay Club is an exciting introduction to hand-building techniques and working with clay. Practical skills and creative thinking are applied to developing your own characters for an animated film and designing your own teapot!

### **Online Gaming**

A super social club for students to chat, listen to music, and play online games.

### **Student Librarians**

Love the library? Play an important role in the day-to-day running and promotion of the Library and its collections.

### **Craft and Chat**

Opportunity to share craft projects with others, with a focus on crocheting and knitting. It can be used as a skill for DoE awards and students can contribute to charitable projects – such as making blankets.

### **Uni Scran**

Uni Scran offers a relaxed environment in which students learn to prepare a range of popular dishes that encourage independent cookery skills.



### **LEGO Library**

Create, play and share with us our fantastic collection of LEGO sets.

### **Miseducation**

This is a chance for you to learn about topics that are not in our curriculum. Whether it be the political system in Nigeria, cultural assimilations in Asian contexts, or cryptocurrency, come and listen and discuss topics that will enrich your education!

*Pursue your passions!*

