



Loughborough Amherst School
Co-Curricular Programme

Amherst Co-Curricular Programme

Enriching experiences to develop the whole person

At Amherst, we firmly believe that education extends beyond the classroom, encompassing holistic development of a child's social, emotional, physical, spiritual and intellectual attributes.

We offer a diverse range of co-curricular opportunities, enabling our pupils to enhance their academic enrichment and interests. These include Young Medics, Philosophy Society, Debating and STEM Crest Award, all of which have dedicated time slots in our timetable. Throughout the academic year, pupils have numerous opportunities for enriching experiences such as educational visits, cultural exchanges, engaging talks, conferences and team-building sessions. These activities are designed to expand pupils' academic interests beyond the classroom.





Sister Celine Award

Our esteemed Sister Celine Award serves as the embodiment of our commitment to developing the whole person, enriching our pupils' experiences and nurturing young individuals of character.

In 1969 Sister Celine joined the staff at Our Lady's Convent School (now Loughborough Amherst School) and spent 37 years at the School, 20 of those as Head of the Primary Department and with 17 years in charge of boarding. Now retired, Sister Celine continues to have the School interests as a whole at heart.



Sister Celine Leydon



Our dedicated form tutors diligently monitor each pupil's co-curricular involvement, ensuring a well-rounded portfolio of activities tailored to their interests. This deliberate approach lays the foundation for our students to craft compelling personal statement for UCAS and other pursuits beyond Sixth Form, such as applying for degree apprenticeships or international universities. The co-curriculum is an integral component of our educational framework at Amherst, complementing our academic curriculum and personal development programme.

Our co-curricular activities are categorised into four enriching domains: **Leadership, Creativity, Wellbeing & Exercise**, and **Community**. These endeavours empower our pupils to develop crucial skills such as leadership, resilience, teamwork, and an appreciation for wellbeing, attributes that hold immense value not only during their time at school but also in their future endeavours.



Leadership: Our pupils **LEAD** by example through mentoring, chairing committees, leading debates and more.

Creativity: Pupils are encouraged to **EXPRESS** themselves creatively through design, arts, STEM, higher-order thinking, dance and music.

Wellbeing & Exercise: We promote **PARTICIPATION** in weekly activities that foster physical and mental wellbeing, emphasising dedication and improvement.

Community & Teamwork: Our pupils **CONTRIBUTE** to the school community through charity fundraising, community service and representing the school at events.



Many of our co-curricular activities integrate into the school day during our extended lunchtime. These clubs and activities, whether conducted before, during break, lunchtime, or after school, all share the common goal of enriching the individual.

We encourage pupils to explore their passions and interests actively, recognising that discovering what does not resonate with them is equally valuable as finding new passions. The Sister Celine Award ensures that all pupils benefit from a well-rounded education, equipping them to grow into individuals of character.

Pupils can achieve this award by experiencing breadth or depth in co-curricular activities.

Amherst also provides opportunities for Years 9-12 to work towards The Duke of Edinburgh's Award and, in the Sixth Form, to engage in the Combined Cadet Force.

Preparatory School Co-Curricular

Pupils in the Preparatory School participate in the Sister Celine Award in the same way as in the Senior School. Clubs offered in the Preparatory School range from chess club to prayer journalling, book club, sports skills, puzzle club and gardening club.

From Year 3 and beyond, pupils have expanded access to after-school sports programmes as they settle into their new year group. This adjustment is based on our experience, which has shown that such provision increases stamina and helps children maintain focus during lessons.

The vibrant co-curricular programme in our Preparatory School is the perfect foundation for inspiring lifelong passions and interests that can be developed further in the Senior School.

Sixth Form Enrichment

Our Sixth Form students benefit from a comprehensive enrichment programme during Thursday afternoons, granting them access to a wide range of activities offered across the Loughborough Schools Foundation.

Our Sixth Formers actively contribute to various aspects of school life, from running their own Sixth Form Committee to House Leadership, mentoring younger peers, organising clubs and societies, engaging in community and charitable initiatives, participating in the Combined Cadet Force, and excelling in Music, Drama, and Sports.

Moreover, our Sixth Form experience is enriched by a full calendar of events, including balls, dinners, tours, trips and our guest speaker programme. Many of these events are organised in collaboration with Loughborough High School and Loughborough Grammar School, further enhancing the richness of Sixth Form life on campus.



High Academic Potential Pupils (HAPPs)

At Amherst, we take great pride in nurturing our high academic potential pupils to excel in their academic journeys. Our HAPPs programming challenges these pupils in regular classroom settings and enrichment activities, enabling rapid progress in school.

HAPPs programming not only positively influences pupils' futures but also enhances their post-secondary plans, as indicated by educational studies. Pupils who participate in HAPPs programmes are more likely to maintain their interests over time and engage in creative, productive work after completing school.



What is HAPPs?

HAPPs is a programme that identifies high academic potential pupils using our in-house identification rubric and provides specific mentoring and co-curricular opportunities to offer stretch and challenge.

HAPPs Provision:

Preparatory School:

- Special badge of recognition
- Enrichment activities
- Termly meetings with the Head of Preparatory School
- Learning Ambassadors' special dinner

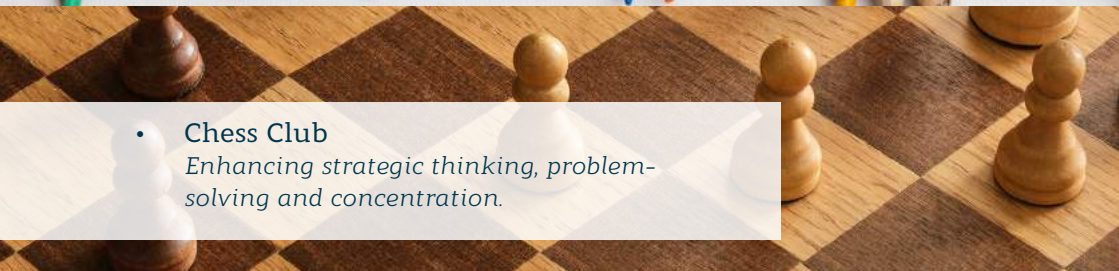
Senior School:

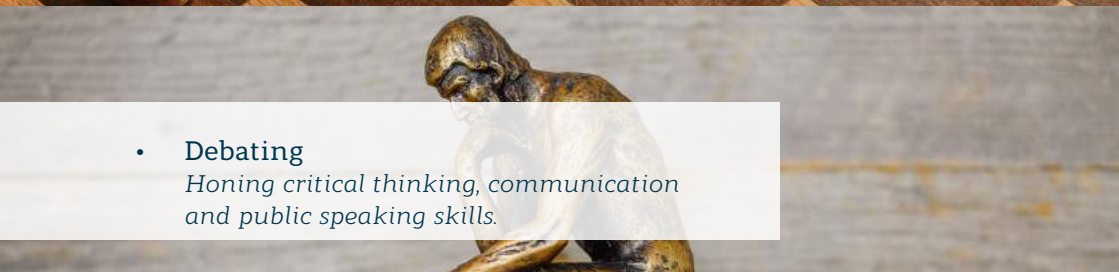
- Scholars' group project
- Independent research presentations
- Weekly Scholars' enrichment sessions
- Guest speaker workshops
- Scholars' badges and annual dinner
- Bespoke support for the most competitive Higher Education courses

Clubs & Societies

Our diverse clubs and societies offer pupils a wealth of opportunities to explore their interests and develop essential skills. Here is a small selection of the clubs on offer:

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- **Artsmark Award**
Promoting creativity through the arts

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- **Chess Club**
Enhancing strategic thinking, problem-solving and concentration.

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- **Debating**
Honing critical thinking, communication and public speaking skills.

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- **Drama**
Participating in productions and gaining valuable teamwork and communication skills.



- **History Society**

Delving into fascinating journeys through time, engaging in lively discussions, and finding inspiration in the stories of historical figures.



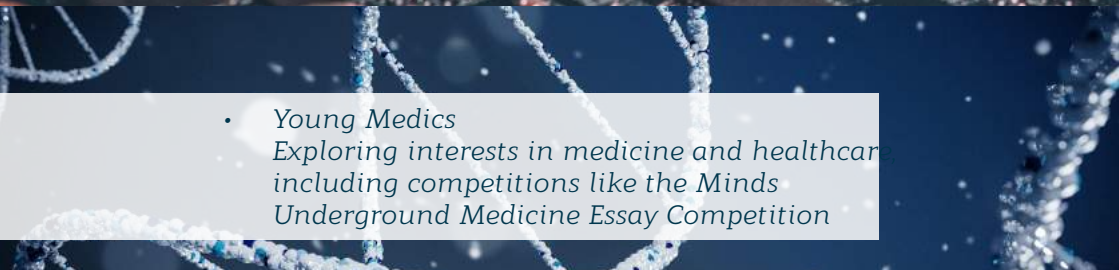
- **Philosophy Society**

Stimulating intellectual curiosity and critical thinking abilities.



- **STEM Crest Award**

Empowering pupils to work on projects independently, fostering their scientific and technological skills.



- **Young Medics**

Exploring interests in medicine and healthcare including competitions like the Minds Underground Medicine Essay Competition



Leadership

Our prefect team, carefully chosen each year, serve as role models for the school. They lead by example in academic and co-curricular activities, conduct assemblies, distribute prizes and awards, and collect pupil feedback to enhance school life. Our clubs and societies further empower pupils to cultivate leadership qualities.



Creativity

At Amherst, pupils' enthusiasms and creativity shine through in every aspect of school life. Whether they are a musician, an artist, a thespian or a coder, we have something for each child. Music is of course a key part of our offer at Amherst, as pupils benefit from state-of-the-art facilities in the only music department in the Midlands to have 'All-Steinway School' status.



Wellbeing & Exercise

There is a vast range of sporting options on offer for pupils at Amherst, including netball, hockey, football, basketball, swimming, badminton, rugby, cricket, tennis, athletics, rounders, gymnastics, dance and table tennis.

Pupils are given opportunities regardless of their ability and experiences, and the benefits of playing a sport are promoted in lessons and co-curricular activities. The approach is definitely sport for all!

All senior pupils can access the state-of-the-art fitness suite in the Parkin Sports Centre, paving the way for pupils to discover the physical and mental benefits of staying fit.

Community & Teamwork

Our close-knit, happy community is a hallmark of Amherst, and this extends to our co-curricular clubs focused on community and teamwork. Consistent with our focus on 'Faith in action', pupils take a leading role as Charity Leaders, shape our commitment to sustainability in Environment Club and write about topics that matter in our Student Newspaper.





Co-Curricular Fair

Our vibrant co-curricular fairs showcase a diverse array of activities, enabling pupils to explore and learn more about what's on offer before signing up. We provide co-curricular recognition cards to help pupils record their attendance and work towards the coveted Sister Celine Award.

At Amherst, we are dedicated to nurturing well-rounded individuals who are prepared for the challenges and opportunities of the future. The Sister Celine Award and our comprehensive co-curricular programme are integral to achieving this goal. We invite our pupils to explore their passions, develop their skills and embark on a journey of personal growth and enrichment.



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