

Activities

Cake Baking and Sugarcraft

Develop your baking and icing skills as well as baking with vegetables at our weekly club for all year groups, run by Miss McLaren. Places will be allocated on a first come, first served basis and the club will be restricted to 12 students per night.

Day: Mondays (Year 8-9) Tuesdays (Year 7) Thursdays (Year 7)
Time: 3.30pm – 5.00pm
Where: Aspire Cookery room, register at Student reception first
Cost: £1 per session and please bring a container

Life Skills / Duke of Edinburgh Club / Year 9-13

Volunteer and gain skills, experience and accreditation that will prepare you for life beyond school. Complete your Bronze Award in Year 9/10 and your Silver or Gold in Year 11/12/13. Both awards include two residential visits.

Day: Mondays
Time: 3.30pm – 4.30pm
Where: DST
COST: £10 Registration (this is non-refundable and covers both residential visits)

Indoor Sports / Greenhouse Volleyball Club / Years 7-13

If you like sports, would like to make new friends and be a part of our volleyball community, come down to one of our fun sessions and learn the tricks of our sport. These clubs will be run on a single year group basis. Please contact Lulama for further information

Day: Please consult the PE clubs notice board
Time: 3.20pm-5pm
Where: Sports Hall, register at Student reception first
Cost: FREE

Modern Languages / Year 7&8 Bengali Club

Do you have a gift for languages? Do you want to help make Bengali news bulletins and have fun?

Day: Thursdays
Time: 3.30pm – 5.00pm
Where: F4 / F10

Modern Languages / Year 9 Bengali GCSE

Do you have a gift for languages? Do you want to help make Bengali news bulletins and have fun?

Day: Fridays
Time: 3.30pm – 5.00pm
Where: F4 / F10

Indoor Sports / Karate / Year 7 - 11

Join Kaizen Karate and take part in a term of Karate lessons. Those that attend regularly will have the chance to get their own uniform and be put forward to gain their first belt.

This is one of our most popular clubs, so sign up quickly!!

Day: Year 8/9 - Wednesday 3:30-4:15pm
Year 10/11 – Wednesday – 4:30-5:30pm
Year 7 – Thursday 3:30-4:30pm

Where: Dance Studio, register at Student reception first

Life Skills / Tower Hamlets Volunteer Police Cadets / Year 7

Be inspired to develop yourself and others. Enjoy learning new skills and doing something exciting and worthwhile volunteering with the police. Karate club members can take part in both activities, or you may go home after school and return at 4:30pm.

Day: Thursdays
Time: 4.30pm – 5.45pm
Where: DST

CENTRAL+

PERSONALISED LEARNING AND SUPPORT

Please fill in the registration form and return it to the Student Reception, or sign up online via the email your parent has received from EVOLVE CLUBS.

Emails will be sent out confirming your place.



Activities



As a Rights Respecting School we have ensured that we provide a range of interesting and challenging activities which have been designed by you through the Central+ Student Panel (Articles 12 and 29 of the UNCRC).



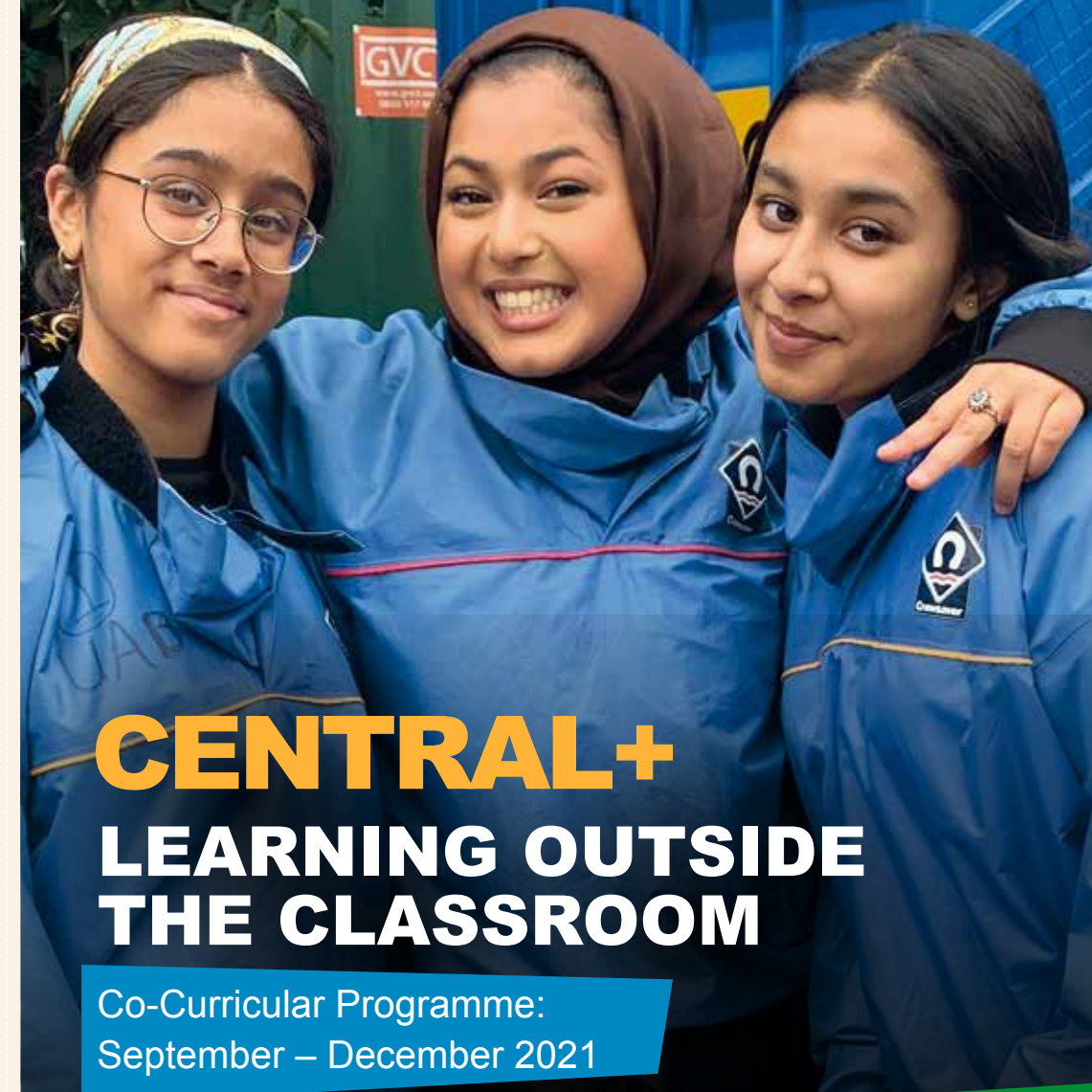
ENQUIRING

INDEPENDENT

AMBITIOUS

RESPECTFUL

RESILIENT



CENTRAL+ LEARNING OUTSIDE THE CLASSROOM

Co-Curricular Programme:
September – December 2021

Want to know more?

Find information and films of activities on our website:
www.central.towerhamlets.sch.uk



Student Registration Form

Personal Details

First Name:

Second Name:

Form:

I wish to attend the following course/s: (Please tick)

The Learning Lounge / Learning Hub
I would like to attend the Learning Lounge
/ Learning Hub on the following days:

Mon Tue Wed Thur

For these subjects:

English Maths Science Homework support

Please tick all that apply

Running / PE Department –
Local Area / Years 12-13

Debate Mate / Debating Club / All Years

Gardening Club / All Years

Life Skills / Cake Baking and Sugarcraft

Life Skills / Duke of Edinburgh Bronze

Indoor Sports / Greenhouse Volleyball Club

Modern Languages / Year 7&8 Bengali Club

Modern Languages / Year 9 Bengali GCSE

Indoor Sports / Karate / Year 7 - 11

Life Skills / Tower Hamlets Volunteer Police
Cadets / Year 7

Collection (Please tick one)

- I will be collected at the end of the Club
 I will go home on my own

Terms and Conditions

• Please note that social distancing measures will be in place at all clubs and rules must be adhered to. Students that do not follow these rules may result in being excluded from an activity or trip and being sent home, the cost of which will be billed to you.

• In the event of an emergency medical treatment may be authorised on your behalf by Central+ staff and their representatives

• Personal information will be held on an electronic database and will only be accessible by Central+

• Activities that you are involved in may be photographed, filmed or otherwise recorded with the intention that the materials are used for promoting Central+. If you do not wish for your image to be used you must contact Central+ before you take part in any course.

• Any form of abuse or threatening behaviour by you may result in you being excluded from an activity or trip and being sent home, the cost of which will be billed to you.

Your Agreement

I have read and agree to the terms and conditions:

Your Signature:

Date:

Consent by Parent/Guardian:

I have read the terms and conditions. I am the parent/guardian and I agree to the terms and conditions on their behalf.

Parent/Guardian Signature:

Date:

This form must be returned to:

Central+, Central Foundation Girls' School,
25-33 Bow Road, London, E3 2AE

Activities

BREAKFAST AND LUNCH TIME CLUBS

All year groups, no need to pre-register, just turn up and join us!

Breakfast Club / All Years

Start your day properly with a healthy breakfast, catch up with friends, play games and even read/watch the news. Students must follow the guidelines and sit in year group areas as with school lunch time.

Day: Monday – Friday
Time: 8:00am – 8:30am
Where: Dining Hall and Aspire Café

ITC Club / All Years

Catch up on homework, browse the internet and learn all the vital skills needed to achieve your computerised goals.

Please contact the ICT department for further information

Day: Monday – Friday
Time: 12.40pm – 1:30pm
Where: Explore ICT Rooms and T16

Film Club / All Years

Watch your favourite films on Disney + every lunch time in the DST!

Day: Monday – Friday
Time: 12.40pm – 1:30pm
Where: DST



Outdoor Sports / All Years

Keep fit every lunch time by using our outdoor gym equipment as well as taking part in basketball in the playground, table tennis, Swingball and football on the roof terrace.

Day: Monday – Friday
Time: 12:40pm – 1:30pm
Where: Explore roof terrace and next to T Block

Greenhouse Sports Lunch Social Volleyball Club

If you like sports, would like to make new friends and be a part of our volleyball community, come down to one of our fun sessions and learn the tricks of our sport. It is free of charge and organised in the CFGS Sports Hall. These clubs will be run on a single year group basis. Please contact Lulama for further information.

Day: Mondays and Thursdays
Time: 12:40pm – 1:30pm
Where: Sports Hall

AFTER SCHOOL CLUBS

Please register with Central+ staff at the student reception straight after school, before going to your club

Study Skills / The Learning Lounge / Year 7-9

Meet weekly with your own private tutor from Queen Mary University, as well as members of the CFGS Sixth Form. Get free extra help with your English Maths and Science.

Mr Martin is our Learning Lounge Manager and can be contacted on: learninglounge@central.towerhamlets.sch.uk for further information.

Day: Monday – Thursday
Time: 3.10pm – 4.30pm
Where: The Dining Hall & Explore Building

Activities

Debate Mate / Debating Club / All Years

Debate Mate is an educational charity that uses debating as a vehicle to teach key transferable skills such as resilience, critical thinking and leadership. The course is run by Debate Mate Volunteers and Mr. Ghafoor. It takes place in school, as well as regular trips out to Debating Competitions of which CFGS reached the Grand Final last year! Please contact Mr. Ghafoor for further information.

Day: Start date TBC
Time: 3.30pm – 5.00pm
Where: Science Department

Fitness Club / School Gym Suite / Years 9-13

Come along and use the indoor gym equipment free of charge after school. This club is run by the Central + Team and will take place on a first come, first served basis. Sign up at Student Reception after school. Places are limited to 20 per day.

Day: Monday – Friday
Time: 3.10pm – 4.00pm (Year 7-11)
4 – 4:45pm (Year 12-13)

Where: PE Department

Gardening Club / All Years

Help make CFGS look a little greener with Ms. O'Reilly!

Day: Thursdays (Week A)
Time: 3.10pm-4.30pm
Where: Shelter

Study Skills - The KS4 Learning Hub / Year 10-11

Are you after an open supported study space for your learning? Join the Learning Hub where you can take advantage of free paid tuition provided by Queen Mary University students as well as access to a designated homework support centre run by Miss Amina – KS4 Academic Learning Mentor. Please contact ambegum@central.towerhamlets.sch.uk for more information.

Students will be allocated a slot with their designated days/subject and will receive a letter confirming their place.

Day: Monday – Thursday
Time: 3.10pm – 4.30pm
Where: S8



Study Skills / School Library

Come and get help with homework, read books, play games, solve puzzles and more. No need to register, just turn up and sign in at the Library entrances.

Day: Mondays – Fridays
Time: 3.30pm – 5.00pm
Where: Harley Grove and Aspire Library

Running / PE Department – Local Area / Years 12-13

Join Ms. Aiken-Membere every Monday afternoon and build yourself up to a regular 5k runner!

Day: Mondays
Time: 3.30pm-4.30pm
Where: PE Department

