

Activities

Indoor Sports / Greenhouse Volleyball Club / Year 7

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.

Day: Tuesdays
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: Wednesdays
Time: 3.30pm - 5.00pm
Where: F3

Modern Languages / Year 9 Bengali GCSE

Do you have a gift for languages? Do you fancy an early entry GCSE qualification? Come along to this club.

Day: Thursday
Time: 3.30pm - 5.00pm
Where: F3



Outdoor Sports / All Years / Horse Riding

Come and take a half term of lessons at Lee Valley Horse Riding Centre, be quick as this is our most popular club at CFGS! Please register on Wednesdays at Student Reception to let us know you are coming each week. Places will be allocated on a first come, first served basis each week.

Travel will be on the school minibus.

Day: Thursdays (Starting 19th September)
Time: 4.00pm-6.00pm
Where: Lee Valley Riding Centre (meet at Student Reception)

Cost: £3 per session, or £15 for the full half term (6 sessions)

Indoor Sports / Mafalda Ballet / Year 7 + 8

Take part in one of the most prestigious activities at our new after school Ballet Club.

Day: Thursdays (Starting September 19th)
Time: 3.30pm - 4.30pm
Where: Dance Studio, register at Student reception first
Cost: £1 per session, or £5 for a half term

CENTRAL+

PERSONALISED LEARNING AND SUPPORT

Please fill in the booking form and return it to the Student Reception.

Letters will be given out in form time confirming your place.

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



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

After School Programme 2019/20



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:

Emergency Contact

Contact Name:

Telephone:

Relationship to you:

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

The Learning Lounge / Years 7-9
I would like to attend the Learning Lounge
on the following days:

Mon Tue Wed Thur

For these subjects:

English Maths Science Homework support

Please tick all that apply

- Debate Mate / Debating Club / All Years
- Life Skills / Cake Baking and Sugarcraft
- Indoor Sports / Ice Skating / All Years
- Life Skills / Duke of Edinburgh Club / Bronze
- Life Skills / Duke of Edinburgh Club / Silver
- Modern Languages / Year 7&8 Bengali Club
- Modern Languages / Year 9 Bengali GCSE
- Indoor Sports / Greenhouse Volleyball Club / Year 7
- Outdoor Sports / Horse Riding / All Years
- Indoor Sports / Mafalda Ballet / All Years

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 some courses take place off site and will involve travel to the specified site with a tutor.
- 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.

Child's Name:

Parent/Guardian Signature:

Parent/Guardian Name:

Relationship to young person:

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.

Day: Monday - Friday
Time: 8:15am - 8:40am
Where: Dining Hall and Aspire Café

Lunch Time Clubs ITC Club / All Years

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

Day: Monday - Friday
Time: 12:40pm - 1:30pm
Where: Explore ICT Rooms and T16

Film Club / All Years

Watch your favourite films with friends 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 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.

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.

Please indicate on the registration form which day and subject you require.

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



Activities

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 entrance.

Day: Monday - Friday
Time: 3.30pm - 5.00pm
Where: Harley Grove Library

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: Mondays, starting date TBC
Time: 3.30pm - 5.00pm
Where: English Department
Cost: FREE

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.

Day: Mondays, Tuesdays and Wednesdays
Time: 3.30pm - 4.30pm
Where: PE Department
Cost: FREE



Indoor Sports / Ice Skating - Lee Valley Ice Centre / All Years

Come and learn to Ice Skate with friends at Lee Valley Ice Centre. Please register on Mondays at Student Reception to let us know you are coming each week. Places will be allocated on a first come, first served basis each week.

Travel will be on the school minibus.

Day: Tuesdays (Starting 17th September)
Time: 3:30pm - 6:00pm
Where: Meet at Student Reception at 3:30pm for a prompt departure

Cost: £3 per session, or £12 for the first half term (5 sessions) £15 per half term thereafter (6 sessions)

Cake Baking and Sugarcraft

Develop your baking and icing skills at our weekly club for all year groups, run by Miss McLaren. Please register on Mondays at Student Reception to let us know you are coming each week. Places will be allocated on a first come, first served basis each week.

Day: Mondays (Year 7 + 8)
& Wednesdays (Year 9 -13)
starting w/b Monday 16th September
Time: 3.30pm - 5.30pm

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. For more information please contact Mr Walsh, Miss Dewell, or Miss Smith.

Day: Mondays - (Starting 30th September)
Time: 3.30pm - 4.30pm
Where: DST
Cost: £10 Registration (this covers both residential visits and the full year course)