

8 January 2021

Dear parents and guardians

Extracurricular provision during lockdown

[Enclosed with this letter is a spreadsheet](#) some of the clubs on offer during lockdown. Music and Drama clubs will continue to function and involve students from all year groups; for example, a new club, Acting 101, has been established for Wednesdays in Session 1.

For younger students, many activities require a hands-on presence and so clubs such as Sugar Craft and CCF will not be taking place during lockdown. That said, some departments will be providing challenges such as the [Go Green Challenges](#) which we hope students will enjoy and which will take them away from their computer, and Miss Findley will be running a new photography club for First to Third Years.

The SOCS sign-up is still open to facilitate signing up for clubs.

Furthermore, we will continue to offer some clubs which require students to log in online, particularly for the older students who may benefit from study periods during the day. For such clubs, such as Greek Club for Third Years, Italian Club, the Sixth Form Debating Society or World Cinema, students should complete their sign-up in SOCS in the usual way and then the clubs will be set up on Teams to enable the students to engage in them.

Mr Pannell has put together a six-week running club programme for girls in the Third Year and above to complete, and Mrs Thommesen and Dr Parker will organise a running club for First and Second Years with the girls linking to Strava to record their runs. In the latter case, it is important that parents accompany their daughters or that you monitor their activities closely given the winter conditions.

The Sports Department will also be running GO Fit which includes a variety of activities and mini-challenges for the students to complete. We encourage the students to sign up for these and attend a clinic to get advice and support from the PE staff. There is a Form to register their interest and to receive initial advice [here](#).

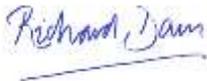
Furthermore, we have Zumba workouts organised by Girls Love Fit which nominally take place on Wednesdays at 19:30, although, since these are recorded, the girls can access them at any time. These are posted weekly in the Extracurricular Team but here is an example to whet your appetite: <https://youtu.be/6ghEZYhgwTM>.

Sister Gill has Yoga exercises on You Tube available [here](#) with workouts ranging from three minutes to 45 minutes or so, so there is plenty to keep the girls fit and healthy.

For some examination subjects there are weekly clinics to help students develop their understanding. These include GCSE Maths and Poetry, GCSE and A-level Art and Design, Lower Sixth Statistics and A-level coursework in English Language. Again, sign-up is available on SOCS.

Finally, an invitation to Third Years to wind down with a good book on Thursday evenings. A new Book Club has been set up for you to relax with a cup of tea and a good novel, to read and chat together about the books you share.

Kind regards



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