



St Albans
High School
for Girls

GIVE IT A

GO



CO-CURRICULUM

WELCOME



Whether choosing from the 80+ activities on offer, working towards their Duke of Edinburgh's Award or finding ways to support our local community, STAHS pupils benefit enormously from the myriad opportunities to learn and develop beyond the confines of the classroom. Our founding philosophy, articulated by Headmistress Miss Grace Lee in 1889, was to provide 'an education of the highest stamp', and we are still driven by this pursuit of excellence, although we go much further than preparing girls for exams.

At STAHS, education is not limited to achieving outstanding results, but also encompasses the life skills, creative pursuits and character development that are the hallmarks of the STAHS experience.

STAHS pupils flourish in our challenging and supportive environment. We value each girl as an individual, and as such, ensure that she has every opportunity to pursue her passions and develop her talents – perhaps discovering talents she didn't even realise she possessed!

Through their engagement with STAHS co-curricular clubs and societies, charitable endeavours, sport, music, art, drama and other creative and academic pursuits, our girls are gaining the skills and attributes that will help them achieve success not only throughout their time at school, but at university and beyond. Whilst gaining these all important 'soft skills', our pupils make friends, find new hobbies, gain independence, enjoy 'down time' where

they can let off steam and, most importantly, have fun.

It is impossible to capture the breadth and vibrancy of our vast Co-curricular Programme in this brochure, but I hope it gives you a flavour of the opportunities on offer. The best way to learn more about the STAHS experience is to visit us – so I do hope to see you soon!

A handwritten signature in black ink that reads "A Waite". The signature is fluid and cursive.

Amber Waite
Head

CO-CURRICULUM OVERVIEW

STAHS provides an education for life; and for us, this means so much more than classroom learning. Our expansive and dynamic co-curriculum provides girls the opportunity to explore new and interesting ideas and to discover hobbies and passions that will stay with them long after they leave school.

Through the STAHS co-curriculum, our pupils engage with activities that excite and challenge them, and that both complement and further develop the knowledge and skills delivered through our curriculum. All the while, they are learning many life skills that they would not

necessarily obtain in the classroom, thus equipping them for the 21st century workplace.

There really is something for everyone. For some, it's the thrill of taking part in one of the dozens of recreational and competitive sports on offer, others are drawn to the adventure and comradery of the Duke of Edinburgh's Award. From chamber music and choirs to the production of plays and musicals, to organising the School's TEDx-style conference, to participating in chess tournaments, all passions and interests are catered for.



Through all STAHS activities, both curricular and co-curricular, we nurture the development of the qualities most looked for by employers: critical thinking and problem-solving, collaboration and leadership, agility and adaptability, initiative and entrepreneurialism, effective and compelling written and oral communication, curiosity and imagination and the ability to access and analyse complex information. These skills aren't deliberately taught – instead, they emerge as the girls discover the things that fire them up.

Fun is of paramount importance when it comes to the co-curriculum, making these activities some of the most rewarding aspects of school life. Because our co-curriculum is 'live', always adapting, growing and changing based on pupil input, every year offers new opportunities. In or out of the classroom, there's never a dull moment at STAHS!

CO-CURRICULUM STRUCTURE

The co-curriculum at STAHS is vast, and the opportunities for girls to engage in the activities they love are myriad. Our programme is divided into a number of strands, and we encourage our pupils to get involved in each of these strands during their time at STAHS.

The co-curricular strands are:



Creative

Whether they are musicians, actors, artists or dancers, girls have a huge selection of creative clubs and activities to get involved with.



Sport

Both competitive and recreational team and individual sports and fitness activities.



Academic

Every department offers super-curricular and extension clubs and activities to enable girls to pursue their academic interests well beyond the curriculum.



Leadership

Whether chairing a society, representing their classmates in Student Council, or captaining the Chess Team, we encourage all girls to pursue the many leadership opportunities available at STAHS.

Performance

There are a number of plays, concerts, sports fixtures and tournaments and House events each term, allowing STAHS pupils plenty of chances to enjoy the spotlight.



Service

Giving back to our School and local community, engaging in charitable activities and recognising that we are all part of the world beyond Townsend Avenue is fundamental to life at STAHS.



EXPECTATIONS

At STAHS, we not only encourage but require our pupils to engage in our fantastically diverse and exciting co-curricular programme. Our expectations vary as girls progress through the school: for our younger pupils, the focus is very much on participation, getting involved and trying something new. As pupils approach the Sixth Form, we ask that they take on leadership positions and act as role models for the younger girls. Our Sixth Form students complete the STAHS Diploma, which includes a commitment to co-curricular activities through both our formal co-curricular programme, and also through the opportunities for enrichment and skills development available through the STAHS Sixth Form.

Reliability, dependability and integrity are attributes both valued and developed at STAHS. To this end, we expect girls to commit fully to their co-curricular choices, and honour

those commitments by attending events, fixtures, rehearsals, workshops and meetings, giving the time that they have promised to their chosen activities. Commitment and dedication are rewarded and celebrated along with excellence in co-curricular pursuits, as we reinforce these important values.

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MUSIC

Music is integral to daily life at STAHS. The School caters for all musical interests and abilities, with a large number of ensembles and orchestras, choirs and bands. From Rock Bands to Saxophone Ensembles, String Quartets to Chamber groups, Chapel Choir to Community Choir, there is something for everyone. Over one-third of pupils in the Senior School take part in ensembles, orchestras and choirs.

In addition to instrument tuition, choral education and ensemble training, we run a bespoke chamber music programme where the girls take a lead role in music-making in much smaller groups. Through chamber

music, our pupils really develop as confident musicians as they experience both the thrill of performance and the responsibility of leading their group.

The Music Department produces a series of concerts and performances throughout the year at both internal and external venues, providing STAHS pupils with a number of opportunities to perform in front of a live audience. Our recording facilities also ensure that the girls are able to create a permanent record of their music that they can enjoy and share for years to come.



DRAMA

The Drama Department stages at least four productions each year, including a whole-school musical, the massively popular House Drama competition, the Shakespeare for Schools Programme and a bespoke production for our pupils in Years 7, 8 and 9. The STAHS Theatre Company allows pupils to learn all aspects of theatre production, including performance and technical skills, through writing and putting on their own shows. Workshops and Playwrights-in-Residence provide additional professional training. From radio plays to monologues, STAHS Drama caters to the interests and passions of all pupils with an interest in theatre arts.



SPORT

Co-curricular sport at STAHS is incredibly popular, with most girls taking part in regular sport and fitness activities. There are two main elements: Team STAHS and Active STAHS.

Team STAHS encompasses our competitive squads and is open to all girls who are willing to commit to the training sessions and fixtures. Our main Team STAHS sports include netball,

lacrosse, tennis, swimming, cricket, dance, gymnastics, trampolining and athletics.

Active STAHS is our recreational non-competitive programme, encouraging girls to keep fit and healthy through both team sports and other activities such as climbing, yoga, and strength and conditioning training.

HOUSE COMPETITIONS

Alongside our thriving co-curriculum programme sits our exciting House competition programme.

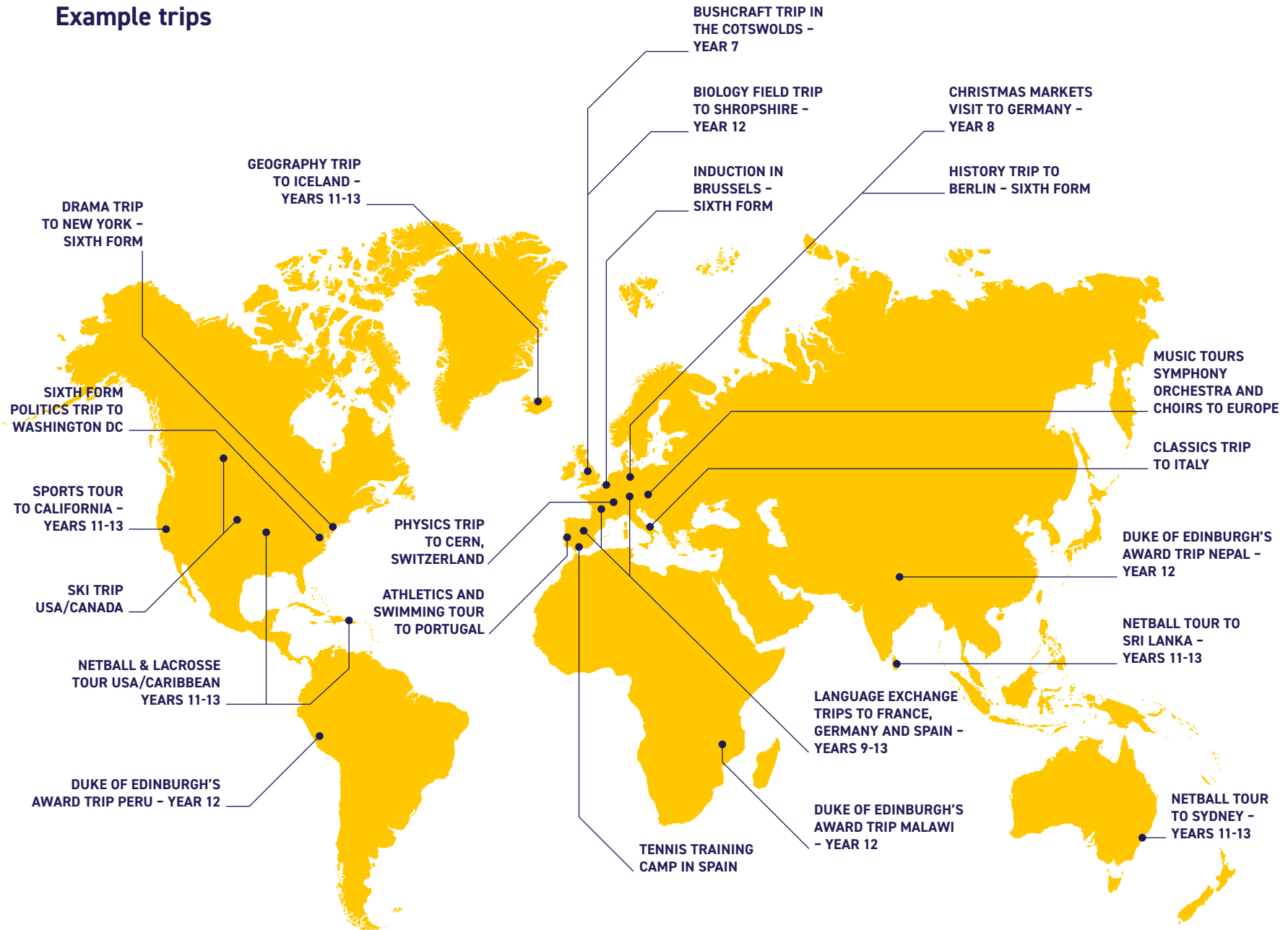
Every girl is a member of one of four Houses: Julian, Mandeville, Paris or Verulam. Our Houses are integral to each pupil's life, as our Pastoral Care and Academic Support are provided through the House System, with House Tutors, Housemistresses and Assistant Housemistresses being key links between girls and their teachers and parents and the School. Because girls feel very much a part of their House community, House spirit at STAHS runs deep. Never is this more apparent than when engaged in House competitions!

Girls are able to earn points for their House through both individual and team competitions – many of which attract whole-school audiences and necessitate coming off-timetable to accommodate. House competitions are led by our fantastic team of Sixth Form House Officers, but there are plenty of leadership opportunities for other girls as well.

TRIPS

Education is much more than a clutch of exam certificates. We believe the best way to prepare students for life in the wider world is to get them out there experiencing it. At STAHS, a wealth of opportunities for academic visits and overseas trips is on offer. Girls may find themselves trekking in Peru, doing development work in Nepal, on a cultural exchange in New York, or playing netball in Sydney. Such experiences enrich the academic understanding of students, but also take them outside their personal and cultural comfort zones, helping them to expand their horizons for life beyond school.

Example trips





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