

ST GEORGE'S
ASCOT 



Co-Curricular and Extras

New Joiners' Information 2024

Co-Curricular

There are a wealth of co-curricular opportunities for girls at St George's. New girls can get involved in many of these from their first days at the School, and each pupil's tutor will help them to plan their activities and clubs. Each girl will take part in a club or sporting activity from 4.15pm to 5.15pm Monday to Thursday and these cover an enormous range of co-curricular areas and interests. Although most day girls decide to take the Flexi-Friday option of leaving School at 4.00pm on Fridays, there are clubs on that evening and day pupils can choose to attend.

In the first term at St George's, the Year 7 girls' evening clubs will be organised centrally with the pupils enjoying a programme of Drama, Sport and Art. There are often clubs, society meetings and sports skills practices at lunch time too with swimming occurring before the normal School day has even started! Please note that Year 7 pupils will not be able to join the Equestrian Club in the Autumn term owing to the requirements of the pantomime that is rehearsed and performed by all pupils in the cohort.

There are lots of opportunities to be involved in music, drama and sport at St George's. New girls have the chance to audition for the Chapel Choir in the autumn term, as well as other music groups such as the Jazz Band.



Physical Education and Sport

Sport and physical activity is an integral part of life at St George's and we want pupils to make the most of all we have on offer throughout their time with us. This information will help parents and new girls understand how PE lessons and sport works at St George's and will hopefully answer any questions.

There are three curriculum PE lessons a week, each lasting for 55 minutes. During these lessons, the girls will participate in netball, swimming, football, invent a game, fitness, gymnastics, badminton, tennis, athletics and cricket. Sports in the curriculum will differ as girls move through the school and will branch out to activities such as boxercise, yoga and volleyball.

If a girl is unable to participate in a PE lesson due to an injury/illness, they should bring in a note from their parent or guardian to give to the PE teacher at the start of the lesson. They will still have to get changed into PE kit for the lessons for reasons of warmth, health and safety, as well as to enable them to assist within the lesson if appropriate.

Practices at Lunch Time and After School Clubs

If girls wish to be considered for the school teams, the relevant club and practices are compulsory. Lunchtime practices are rare, but in the event of an additional practice during this time, they will be scheduled in the School Calendar to ensure that girls are able to change, eat and return to lessons in school uniform.

After school clubs/practices start at 4.15pm and finish at 5.15pm. Girls get changed during tea break into PE kit and then get changed back into uniform to go to Prep. All after school clubs are compulsory for those who have signed up for them and registers are taken. If, for any reason a girl is unable to attend, she must inform the teacher taking the activity as soon as possible. If a girl is unable to participate due to injury/illness, her attendance in PE kit is still required (as per PE lessons).

PE Kit and Equipment

Each girl will be given her own locker in the Sports Hall locker room where she will keep all of her PE kit. Each locker has a number and a personal locker code. Lockers should be kept locked at all times and codes should not be shared with others in order to ensure the security of all sports kit. If any girl has a problem with opening/closing the locker they should please ask a member of the PE Department.

All kit is kept in the sports locker and we would recommend girls have an extra set of what they need so they can take items home (day girls) or put them in the laundry (boarders) for washing on a regular basis. Please make sure all items are clearly labelled with a name tape on the inside of the garment. It is important that girls keep their own belongings organised and if any items of kit are left outside the lockers, or if a girl's locker is not locked, she will receive a kit mark. If two kit marks are accumulated, this will result in a Sanction on the School system.

Swimming Kit

Girls in Year 7 to Year 9 will have curriculum swimming lessons in our indoor swimming pool and are, therefore, required to have a swimsuit and swim hat from the uniform list, and a towel and swimming goggles which they may choose themselves. Team swimmers in Year 10 and above must also have school swimming kit.

Ear Piercing/Jewellery

Please complete the [Co-curricular and and Sport online form](#) to confirm that you have read the school's policy below on ear piercing and jewellery.

In PE lessons, no jewellery is to be worn at any time; this includes earrings, necklaces, rings, bracelets and watches (including Apple watches and Fitbits). Medical alert bracelets can be worn, but should be taped down.

For netball matches, taping of earrings is no longer allowed and therefore, girls will be asked to remove their earrings before netball matches as stipulated by England Netball rules. Therefore, it is important that ear piercing is organised at the start of the summer holidays to allow time for healing as girls will not be allowed to participate with earrings in.

Sports Fixtures

Fixtures against other schools take place after school during the week as well as at the weekend.

Fixtures are listed on SOCS - our sports website - and should be accessed for the latest information by girls and parents: www.stgeorges-ascotsport.org.uk. There is also a link on the School website.

On this website is all the information needed for fixtures including team sheets, times and venue and it is updated throughout the week with new details, and should be checked if there is a chance a fixture may be cancelled (e.g. due to poor weather). This website is also available as a mobile app for convenience. Team sheets on the website are password protected, and can be accessed using the password: **dragonsports**

We like as many girls as possible to participate in sports fixtures and girls should be encouraged to come to practices regularly if they would like to be selected for a sports team. If girls attend practices, the coach will presume they are available for all matches unless told in advance that they are unable to play. Team sheets for fixtures are put up for the girls and parents and guardians to see on SOCS.

If selected, unless they contact their coach to inform them they cannot attend, it will be presumed that they can play. For Saturday fixtures, pupils will be contacted by their coach in order to ascertain transport arrangements for the fixture. Fixtures are very rarely cancelled but on the odd occasion when this happens we will update SOCS to reflect this and - only for large scale fixtures or late cancellations - inform parents/guardians via text. A member of the PE Department will also send an email to pupils and their Head of Year.

For all fixtures and events, parents and guardians are very welcome to attend to support their daughters in their sporting endeavours. Day pupils are able to sign out from Reception and return home with their parents if they have been supporting rather than parents having to wait until after prep for weekday matches.



Additional Sporting Activities

Please complete the [Co-curricular and Sport Online form](#)

There are a number of paid additional sporting activities in which girls may participate throughout the year. These usually take place after school from 4.15pm. Polo and Equestrian fees will be charged to your School Bill, however, all other lesson charges are paid in advance and directly to the external teachers/coaches listed below via an invoice that will be sent out directly to you. Please be aware that once your daughter has started an activity a full term's written notice is required in order to discontinue any of the sporting extras as per the School's policy.

Tennis lessons are available with our professional visiting coach Mr Ingham. These lessons take place during the school day and are timed to limit the impact on learning through rotating the scheduling. If your daughter would like to take Tennis lessons, which are 20 sessions of individual or paired coaching please indicate this on the form.

Strength and Conditioning training sessions are offered by our visiting Strength & Conditioning Coach, Mr Watson, in our new state-of-the-art gym facilities. These are designed to help pupils improve their general fitness and overall health, and he can also provide programmes for pupils working on sport specific plans, such as for strength, power and plyometrics.

Strength & Conditioning Training is available to individuals, pairs or groups (maximum of 3 pupils). All sessions must be purchased in blocks of 10 Sessions.

Any Year 7 girls can start equestrian activities, subject to availability, after Christmas as the first term of activities is centrally organised to aid with settling in and encourage bonding amongst the year group.

Owing to the increasing popularity of some of the activities it may not be possible for a pupil to begin tuition immediately and in such cases her name will be placed on a waiting list.

Costs per term

	Tennis Coaching	Polo	Equestrian Club	Strength & Conditioning
Individual	£195	£79 per lesson	£64 per lesson	£400 per 10 x 1 hour lessons
Pairs	£145			£350 per 10 x 1 hour lessons
Group of three girls				£300 per 10 x 1 hour lessons

Dance at St George's

Dance is extremely popular at the School and the girls complete grades as well as performing in the annual Jazz and Dance Show in May in the Sue Cormack Hall. Dance lessons at St George's are provided by Envy Performing Arts in association with NSVDD (Natalie Vinson School of Dance and Drama), which has won five prestigious Dance School of the Year Awards in the past seven years.

Please note that group classes are three or more pupils. The scheduling of classes on Monday to Thursday evenings is completed in September and reviewed each term in the light of pupil demand. Day girls will have most lessons organised after the completion of lessons between 4.15pm and 6.45pm whilst boarding pupils may have classes in the early evening. Classes will begin in the first full week of term.

Classical Ballet: Pupils follow the RAD syllabus (Royal Academy of Dance) and can take Graded & Vocational exams. Lessons can also be taken as a recreational activity. Group Classes Grade 3-5 £117 | Group Classes Grade 6-8 £128 | Vocational Group Classes £169 | 1:1 Classes £310 (30 mins) or £445 (45mins) or £550 (60mins)



Pointework & Conditioning: This class is suitable for girls in Grade 4 Ballet & above who wish to be considered for an RAD Ballet examination. Pupils will improve their strength and flexibility through stretching and Pilates based exercises. Additionally, girls will do pointe-work or pointe preparation.

Group Classes £117

Contemporary Dance: Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements.

Group Classes £117

Pilates: Pilates is a popular form of exercise that focuses on the core postural muscles. These help to keep the body balanced and are essential for providing support for the spine. Pilates improves flexibility and teaches awareness of breath control. It requires focus and concentration.

Group Classes £117 | 1:1 Classes £310 (30mins) or £445 (45mins) or £550 (60mins).

Tap Dance: Tap has its roots in Harlem, USA. It involves the use of the ankles and feet incorporating different beats and rhythms to music. Not only is it a very popular form of dance but it's good fun too!

Private Individual Classes £310 (30 mins). Lessons can be shared by girls of a similar standard.

Modern/Street Dance: Pupils can learn some of the best dance moves as seen on TV, Social Media and Film. These classes are a great way to learn dance, keep fit and have fun at the same time.

Group Classes £117

Acro: Acro is a form of movement which combines dance with gymnastics. While all dance is physical, Acro is particularly athletic and has unique choreography due to its use of acrobatics in a dance environment. It seamlessly fuses elements of lyrical gymnastics, tricks, balancing, tumbling, ballet and jazz.

Classes £117

Dance GCSE: A new two-year course will commence in September 2024. This course is run by the Dance School, not by St George's and is held off-site, at the Marist School in Ascot. This is suitable for girls who will be in Year 9 or Year 10 in September 2024.

All prices are per term. To sign up, please complete the [online form](#). If you have any queries about dance lessons, please email: nvsd@stgeorges-ascot.org.uk

Languages at St George's

- All Year 7 girls start French in September.
- All Year 8 girls continue to study French and start to study Spanish.
- In Year 9 girls have the option of studying both Spanish and French or studying just one of these languages.
- All pupils take French or Spanish at GCSE and they can also choose to study both. At A Level, pupils can opt to study French and/or Spanish.

Extra Language Tuition

Please complete the [Co-curricular Extra Language Lessons form](#)

Pupils may have private tuition in an extra language, as listed below.

- Arabic
- Chinese
- German
- Italian
- Japanese
- Russian

Other languages may be available on request.

Owing to the requirements of the timetable and the tutor's availability, it is not always possible to start language tuition immediately. In this case, your daughter's name will be placed on a waiting list.

The cost of this extra tuition will vary according to the language. For the academic year 2024, the cost varies from £46 to £92 a lesson. Lessons will be billed termly in arrears.

Arts

Extra Speech and Drama Tuition

Many girls' ambitions in drama and performance are supported by Speech and Drama lessons which can be taken at St George's with our visiting specialist Speech and Drama teachers. Pupils will be taught the New Era Academy syllabus and can choose from a range of disciplines including, acting, devising and additionally in the Sixth Form Public Speaking and Interview technique.

The cost of tuition for ten lessons of twenty minutes is £180.00 per term for the 2024/25 academic year. They will bill parents directly, termly in advance. If you have any questions about Speech and Drama, please contact the Director of Drama after the start of the new term, in September.

Please complete the [Extra Speech & Drama Lessons form](#), if you would like your daughter to have Extra Speech and Drama lessons.

Extra Instrumental Tuition

Music is a passion for many girls and members of staff at St George's and we are able to offer a huge variety of individual instrumental tuition options. Although the Director of Music has been able to organise lessons for a number of instruments, there may be some instruments which are not possible to accommodate. Also, owing to the popularity of some instruments, it is not always possible to start tuition immediately. In this case, your daughter's name will be placed on a waiting list.

The cost of tuition for ten lessons of thirty minutes is £345.00 per term. Most lessons begin in the first full week of term with timings found on the Music School noticeboard as well as on Dragonfly. Instrumental tuition is scheduled to try and lessen the impact on a girl's learning with times rotated during the term. However, it must be noted that due to teacher availability, this is usually on a single day in the week which will limit the options in this regard.

Lessons will be billed termly **in advance** and a decision to cease taking instrumental lessons must be made, in writing, to the Director of Music. To do this, you must send an email to music.lessons@stgeorges-ascot.org.uk to advise us of your intent. Please keep a record of your email. You are required to give a full term's notice of cancellation if charges are to be avoided.

If you are interested in your daughter having extra instrumental lessons, please complete the [Extra Instrumental Tuition online form](#)



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www.stgeorges-ascot.org.uk

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