



AMPLEFORTH COLLEGE

2022-23

At Ampleforth we encourage all of you to engage in a range of activities. This booklet gives details of the activities presently on offer (activities can be added throughout the year and will be advertised to you). **Students will make their choices on returning in September; this is done online after the Activities Fair.**



All **Year 9 students** will be hosted by the CCF for the first **two** Friday Afternoons of term; this forms part of their induction and is another chance to get to know their year group. At the end of that process, they will complete their Friday afternoon activity choices and therefore should opt for a second activity choice ahead of time, should CCF not be to their liking.

**Activities are open to all unless specified**

**There are several conditions:**

- All students must choose a Friday **afternoon** activity. This is a timetabled afternoon.
- Y12 Students must choose a **Service** Activity as one of their activities
- Y7/8 Boarders will do an activity every evening (Day students may join these and should choose up to 3) – this may include prep
- Y9 must choose a minimum of 3 activities (may include Team Run)
- Y10/11 should choose a minimum of 2 (may include a GCSE/academic activity)
- Y12 Should choose a minimum of 2 (may include a late evening activity/Society) and one **must** be a **service** activity
- Y13 must choose a Friday afternoon activity (may be an academic activity). All other activities remain **optional**.
- Activities marked with <sup>DoE</sup> count towards the Duke of Edinburgh Award (skills, volunteering, physical)

**Summer Term Only**

- Y11 may choose a private study activity\* (Library, or subject support)
  - Y13 Friday afternoon activities slot is available for private study in houses\*. All activities remain optional.
- \*Orchestral students should continue with Music unless released and CCF cadets must continue to attend CCF until released after Exhibition

**Students may opt for *more* than two activities.**



### Other points to note:

- Musicians may need to include additional musical activities (dependent on instrument/skill) but would be expected to opt for a further non-musical activity. (Tutors will take into consideration the overall loading of a student who is involved in both the Orchestra/Pro Musica and is in a games team set.)
- Team Set games players should opt for at least one **non-games** activity.
- Group lists will be drawn up for each activity and this will appear on students individual timetable/co-curricular record. This will be visible to students and House teams.
- Group lists will be finalised before the first activity slot of each term. After this date no further changes will be made unless agreed by the Director of Co-Curricular in discussion with activity leaders and tutor.
- Students must treat activities as lessons. Failure to attend an activity will result in an activity sanction. These sanctions are:
  - Missing activity without valid reason – warning
  - Attending a different activity without communication - warning
  - Missing second time without valid reason – school DC
  - Missing multiple times - Saturday evening DC
- Students who do not choose the correct number of activities will have an activity allocated to them. This can be changed after a discussion with the Director of Co-Curricular.

### Activity times

Friday afternoon - 14.30-16.30

Evening activities – 17.00-18.30 (Juniors/Inters until 18.00 - Y7-10)

Please note: Some activities e.g. for sixth form, will take place during prep or after prayers. Some sports activities take place before breakfast, such as S&C/swimming. These students will sign out with Hsms.

Unless stated otherwise, the following applies:      **Juniors Y7/8/9**                      **Inters 10/11**                      **Seniors 12/13**

### **Please take particular note of the following to avoid possible disappointment:**

- Some activities are only aimed at Sixth Form Students.
- The Theatre holds regular auditions for the many productions that are put on and so there are many opportunities to be involved in this aspect of College life.
- Those wishing to join a theatre activity should choose a 'back up' activity if unsuccessful at audition. This can of course be theatre related (make up, costume etc).

Although these guidelines exist, you are encouraged to discuss your interests with the activity leaders, Director of Co-Curricular or your Tutor. Please note that some activities do incur an extra charge, but this should be made clear before these are raised against the bill and are subsidised where possible.

Mrs V Anglim

Director of Co-Curricular



## ACTIVITIES LIST:

### ALBAN ROE PROJECT (PART OF THE ST LAURENCE SERVICE PROJECTS)

*Service: Y12<sup>DoE</sup>*

This is your opportunity to do something of practical value for other people outside of the school environment, in the local community around Ampleforth. It gets you out of school once a week, and helps you learn about other people's needs and the satisfaction of helping them. Each placement also gives valuable experience which reads well in your cv or university application.

Placements usually include

- helping with activities with children in local primary schools
- bringing a bit of joy and conversation to people in retirement homes
- working in a charity shop (sorting clothes, serving customers at the till)

**13.30-16.30 Friday afternoons – meet Music school car park (contact Mr Hudson)**



### AMPLEFORTH ARCHERS

*Seasonal*

Ampleforth Archers is a Target Archery society which meets on some Sundays, (as advertised). Initially it was started as a recreational society but as the skill level of participants improves students may be entered into three awards - Beginner which is performed at a distance of 10m and will assess their initial mastery of the skills required to be a good Archer as well as their ability to achieve a minimum score of 100 with 15 arrows. Intermediate which will look at not only the basic skills of shooting but also their ability to string and unstring a bow, they will learn the different parts of the bow and how they are maintained as well as also being required to shoot a minimum score of 115 with 15 arrows at 15m. Finally, the Advanced award will see them shooting at 20m as well as learning how to fletch arrows. This is also the minimum distance at which they might shoot in competition. **(14.00 on advertised Sundays). Outdoor range (contact Miss Hudson).**<sup>DoE</sup>





## ASTRONOMY CLUB

*Lent term - All years*

The Astronomy club meets every week after school to look at the night sky. We are privileged to be on the edge of a Dark Skies national park. Timings vary throughout the year but in the winter months at 5pm once it's dark. Throughout the year, there are additional events (based on significant space news and events such as meteor showers etc) and trips to nearby observation towers and observatories. <sup>DoE</sup> **17.00 Bamford Labs and the Wall on the Bounds tbc**



## THE AQUINAS SOCIETY

Y12 – Y13

The Aquinas Society, named after the great medieval philosopher and theologian, gives students in the sixth form the opportunity to read more widely in these disciplines. Meetings take the form of informal discussions based on a text. A Society tie will be awarded to those who have presented a paper at meetings of the society. Involvement in the society is an ideal way of preparing to study Theology, Philosophy, or related subjects at university. **Friday St Aidan's Common Room 21.15-22.00 (contact Mr Hutchinson)**





## ART

Art <sup>DoE</sup> activities offer an opportunity for all of you to develop your creativity and to enjoy a social and relaxed time whilst learning new skills. Some activities are reserved for those studying Art, but if you would like to do one of those, come and speak to Mrs FP and there may be a space for you. Contact **Mrs Frith-Powell or Mr Bush**

The facilities include:

- Sculpture Studio: working in stone, wood, clay, plaster, and metal
- Digital Imaging and computer art
- History of Art and Art appreciation resources
- Drawing & Painting in a variety of media



### Activities on offer:

- |                                       |  |
|---------------------------------------|--|
| • Life Drawing Y11/12/13 artists only | <b>Tuesday 17.00 Life Room Mrs Frith-Powell/Mr Bush</b>        |
| • Stained Glass Design <sup>DoE</sup> | <b>Wednesday 17.00 Grayson Perry Studio Miss Hudson</b>        |
| • Critical Studies Y12 <sup>DoE</sup> | <b>Friday 17.00 Art Library Mrs Frith-Powell/Mr Bush</b>       |
| • Art Open studio Y13                 | <b>Friday afternoon 14.30 Mrs Frith-Powell</b>                 |
| • Ceramics All Years <sup>DoE</sup>   | <b>Friday afternoon 14.30 Grayson Perry Studio Miss Hudson</b> |
| • Art Printmaking <sup>DoE</sup>      | <b>Friday afternoon 14.30 Frink Studio Mr Bush</b>             |





## AMPLEFORTH NEWS

This is one for our budding journalists. The Ampleforth News Group writes for the school newspaper, collecting news items, writing articles of interest and interviewing key figures. The news group also writes articles for the local press and are regularly published in our local county newspapers. Friday after school. <sup>DoE</sup> **Wednesday Fortnightly 17.00 English Classroom Contact Mr Davison.**



## BAKING & COOKERY

Cooking takes place in the St Laurence Cookery School which is on the lower floor of the Bamford Centre. It is well suited for the use of up to 12 students. The group changes each term to allow students to experience this wonderful facility. We cook a variety of sweet and savoury dishes which the students then eat. We aim to teach pupils basic culinary skills, the ability to follow a recipe and the joy of cooking. <sup>DoE</sup>

**Baking Club 14.30 Friday afternoon (Dr Beveridge). Senior Cookery Course Y11-13 17.00 Tuesday (contact Mrs Worton), Junior Baking Club (7/8/9) Tuesday 17.00 (Mrs Hannah)**



## BRIDGE

Bridge is the ultimate trick-taking card game, easily the greatest source of enjoyment that four people can have with a pack of cards. Bridge is a sport: the World Bridge Federation is recognised by the International Olympic Committee. Just like every sport, Bridge offers enormous benefits to its players. It is enjoyed by tens of millions of people throughout the world – more so than any other card game. In social circles it is considered *the* card game. Whether you play casually among friends or seriously in clubs and tournaments, you will find it to be fascinating, challenging and enjoyable. <sup>DoE</sup> **Tuesday 17.00-18.00 Library (contact Mrs Carter)**





## BRITISH SIGN LANGUAGE (PART OF THE ST LAURENCE SERVICE PROJECTS)

*Lent Term Service – All year's welcome<sup>DoE</sup>*

Within Britain the most common form of Sign Language is called British Sign Language (BSL). BSL has its own grammatical structure and syntax, as a language it is not dependent nor is it strongly related to spoken English. BSL is the preferred language of between 50,000 – 70,000 people within the UK. We are incredibly fortunate that students are able to learn BSL with our experienced instructor and can even work towards a qualification in BSL. This is an ideal choice for those in Y10 and Y12 needing a service option but is open to all. **(Contact Mrs Anglim)**



## BIOLOGY

### BIO OLYMPIAD

Biology Olympiad is for 6<sup>th</sup> form students who wish to increase their biological knowledge and understanding. This is an extra-curricular enrichment activity that culminates in a 2hr online multiple-choice paper. It is a National competition; medals are awarded to high scoring candidates. This is an enrichment activity that takes place at various times to suit the timetables of our sixth form students. A great activity if you are considering a career in Medicine or Biochemistry. **17.00 Ad hoc – as advertised (Contact Mr Anderson)**



## MEDICAL SOCIETY

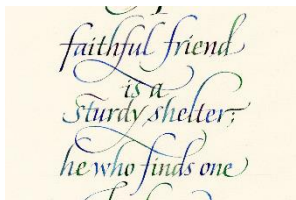
For students interested in applying for Medicine at University, this is a must do activity. Advice on applying, UCAS support, personal statements and the BMAT system can all be provided here. **Monday lunchtime (contact Mr Anderson)**





## CALLIGRAPHY

Do you enjoy making your writing beautiful? Would you like to create name plates, or depictions of your favourite poems and prayers in ornate and inventive text? Would you simply like to develop your penmanship and use some concentrated time, working on your writing skills to produce a distinctive script? The Calligraphy Club on Thursdays after school in Room 11 will provide the materials and guidance you need to make beautiful works of art in a friendly atmosphere. <sup>DoE</sup> **Thursday 17.00-18.00 Rm 11 (contact Mrs Moses)**



## CHAPLAINCY

All our students are welcome to join the numerous Chaplaincy sessions on offer. This wide and varied programme is advertised through the year group Chaplains and take place in the Lower Chaplaincy. Sessions are run by the Year Group Chaplains and Miss Foster (**contact Miss Foster and Fr Ambrose**)

- Monday 17.00 – Y12 chaplaincy
- Monday evening – Reconciliation service
- Tuesday 13.00 – Y9 chaplaincy and Y10 chaplaincy
- Tuesday 17.00 – Y11 chaplaincy
- Tuesday 21.15 – Sixth Form Chaplaincy Book Club
- Wednesday 20.00 – compline and cocoa (on House rotation)
- Thursday 13.00 – Bitesize Benedict
- Friday 08.00 – Y13 chaplaincy
- Friday 16:30pm – Y12/10 mentoring (Y12 Service) <sup>DoE</sup>
- Sunday 17.00 – Reconciliation services (House rotation)



## CHEMISTRY OLYMPIAD

The Chemistry Olympiad activity is for 6th Form students who wish to explore areas of chemistry beyond the AS and A2 specifications and increase their knowledge and understanding of the subject. The weekly programme will include a variety of discussion topics, quizzes and on-line challenges. It is hoped that many of those attending the activity will enter Round 1 of the International Chemistry Olympiad competition in January/February. A great enrichment choice for those looking at a career in Biochemistry, Chemistry and pharmaceuticals. This activity meets informally with admission via classes. **17.00 Ad hoc – as advertised. Also Chemistry Recovery 5pm Wednesday Lab 6 (contact Mr Howard)**





## CHESS

Chess is a very popular pastime at Ampleforth so sign up quickly! Chess can be taken as an activity, by boys and girls of all ages and all playing strengths. Coaching is provided during the session from a highly respected coach. Those taking the Duke of Edinburgh's Award can take chess as their DofE 'skill' by regular attendance at the session. There is also the opportunity to compete against other schools and clubs including University Teams. <sup>DoE</sup> **Junior Chess (Y7-10) 17.00 Monday Lower Library (contact Dr Vowles) Senior Chess (Y10-13) Wednesday 17.00 (Mr Butler)**



## CLASSICS SOCIETY - ARCADIA

### Lent Term

The Classical Society is intended to broaden the experience of those studying Classical subjects in the school with a focus on learning about aspects of the Classical World which aren't covered in any of the specifications. It is an academic society geared towards enjoyment! A super enrichment club for those considering Classics at university or just come to learn something new. <sup>DoE</sup> **(contact Dr Goddard)**





## THE COMBINED CADET FORCE

**Aim.** The aim of the Ampleforth College is to provide students with the opportunity to develop their self-discipline and sense of responsibility; improve their self-reliance, endurance and resourcefulness through active participation in numerous activities and encourage them to persevere in all tasks often in difficult conditions, in order to develop their leadership skills (both inherent and acquired).<sup>DoE</sup>



**Equality and Diversity.** The CCF treats everyone fairly and does not tolerate unlawful discrimination, including harassment and bullying. We recognize that everyone is unique and respect differences. We give all cadets the opportunity to develop their abilities fully, whilst emphasizing their responsibility to others and the Corps. We expect all our cadets to operate as members of a close-knit community, where trust, cohesion and teamwork are decisive factors in our success. We rely on leadership at all levels and the effective contribution of every cadet to achieve this.

**Core Values.** Ampleforth College CCF has an excellent reputation based largely on its spirit, and on the high standards of professionalism, behaviour and self-discipline that the cadets consistently display. The Corps depends on teamwork, which comes from demanding training, strong leadership, comradeship and trust. Such trust can only exist on the basis of shared values, the maintenance of high standards, and the personal commitment of every individual to the task, the team and the organisation. Every adult and cadet has a duty to develop such trust and to uphold our core values:

**Selfless Commitment. Loyalty. Courage (Physical and Moral). Respect for Others. Discipline. Adherence to Law. Integrity.**



**Training and Competitions.** The CCF meets to conduct regular programmed training on Fridays between 3 and 4.50pm each week. In addition, frequent pre-programmed weekend training and activities are undertaken in local training areas and on the North Yorkshire Moors. Field craft and Self Reliance exercises are the culmination of our regular training. Promotion opportunities exist throughout a cadet's tenure in the Corps. Eventually the top cadets compete in the Nulli Secundus Competition to select our Senior Under Officer (the best cadet). Adventure training opportunities exist with qualifying courses being run at the Cadet Centre for Adventurous Training. Leadership courses are run at the Cadet Training Centre at Frimley Park. Each summer the CCF Summer Army and RAF camps are organised and are open for all cadets in those sections. RAF section cadets also have the opportunity to fly three times per year. The CCF also competes at Regional and National level in First Aid, Orienteering, Shooting and Military Skills competitions.<sup>DoE</sup> **14.30 Friday afternoon Theatre Square (contact Col. Blackford)**



## COUNTRY SPORTS

### Beagling Games Option

The Ampleforth Beagles, a subscription pack entirely independent of the College, are now kennelled here in Ampleforth valley, within a couple of miles of the College. Pupils are able both to follow hounds as they hunt legally, within the terms of the 2004 Hunting Act, over almost all of the wonderful N.Y. Moors, at a different location each time; they may also be invited to help control hounds by whipping in. Hunting is on Saturday afternoons after the shoot season ends. Students are charged £10 per day. **Contact Mrs Cook in the Academic Office for information.**



### Fishing Activity (and Games Option)

*Summer Term* <sup>DoE</sup>

Originally a group of five lakes were created by the Fairfaxes of Gilling Castle by damming a narrow valley curving round Temple Hill opposite the present Abbey and College. The land is now owned by Ampleforth Abbey, and two lakes have survived, although the Top Lake has been drained for dredging. In the Summer Term, coarse fishing is available free of charge in the largest, the Bottom Lake, and the Middle Lake is stocked with trout and is open only to pupils who join the Fishing Club and pay £25, as well as to staff and members of the monastic community. Fishing is available to pupils in the Summer Term both as a games option on Wednesdays and Saturdays and in free time. **Contact Mrs Cook for information. 14.30 Friday afternoon Summer Term only (Sundays by permission)**



### Gamekeeping Activity (and Games Option)

Game keeping takes place during Games periods on Monday, Wednesday and Saturday afternoons (Y11-13 students) alongside Friday Activities (students from all year groups welcome). It consists of feeding pheasants and partridge in the Release Pens and at large in the valley; keeping paths and rides clear to allow shooters and beaters easy access; and general maintenance of equipment and pens. Pupils can be usefully employed in larger groups, though three or four are usually sufficient for each locality. Pupils who take part are assumed to have an interest in country sports, and most will be hoping to shoot in the Sixth Form. No one may shoot unless he or she has spent some appreciable time on this activity beforehand. During the remainder of the school year (February to July) the activity functions less regularly, though small numbers of pupils continue to do this as a games option on Mondays, Wednesdays and Saturdays, since the tasks are mostly general maintenance. <sup>DoE</sup> **Contact Mrs Cook for information. 14.30 Friday afternoon meet Big Passage**





## CODING CLUB

Coding Club is an activity aimed at anyone interested in programming and Computer Science and is open to students in years 9 to 11. The format is open and students can engage in programming challenges, cyber security activities or aim to improve their knowledge of computing systems. Some of the schools best Computer Scientists from years 12 and 13 will be on hand to give students individual attention and help in whatever interests them. We particularly encourage students who are, or are hoping to, pursue Computer Science at GCSE and beyond but all who have an interest are welcome. <sup>DoE</sup> **Thursday 5.20pm in CR 2 (Contact Mr Bradbury)**



## DEBATING SOCIETY

The Debating Society hosts discussion of current issues in the United Kingdom and abroad. All are welcome. This is an activity that would benefit those students who would like to improve their public speaking skills, be informed voters, hope to study politics or PPE at university or are simply interested in the world they live in and want to know more about the decision-making process. <sup>DoE</sup> **Wednesday 9.15pm Library (fortnightly) Contact Mr Davison**



## DESIGN & TECHNOLOGY

### Jewellery Design and Making

Jewellery design and making takes place in the Sunley Centre Bamford Workshop at our custom made jewellery bench. State of the art equipment and materials are provided and students can produce a range of products from necklaces and brooches, to bespoke rings. <sup>DoE</sup> **Wednesday evening 17.00 (contact Mrs Smith Andrews).**





### Vehicle Restoration Project: Berkeley Electrification

Ampleforth has been rebuilding and renovating vehicles as an activity since 2006. This activity will introduce and/or improve your basic mechanical skills but also develop your understanding of engineering and in particular electric vehicles. It involves the removal and restoration of body panels, identification and handling of mechanics tools, preparation and painting body panels. This year, we have the support of an OA to electrify a Berkeley T60. <sup>DoE</sup>

**Wednesday 17.00 Sunley Centre (contact Mr Reid).**



### UK Rocket Competition

Students will work as a team preparing a rocket to take part in the regional heats, and hopefully National final of the UKROC competition. Students will gain an understanding of systems and control principles, aerodynamics in designing and testing a rocket that can meet this year's specific criteria of height and flight time. <sup>DoE</sup>

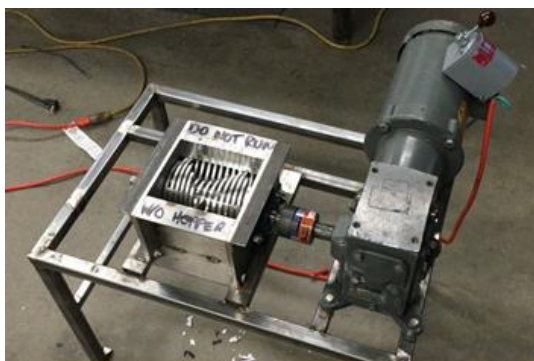
**Tuesday 17.00 Sunley Centre (contact Dr Anglim).**



### Engineering Workshop

The Sunley Centre has extensive facilities for working in metal, plastics and wood as well as Computer Aided Design software and Computer Aided Manufacturing hardware. Two ongoing projects are the completion of a plastic shredding machine and the CAD work for the electrification of the Berkeley T60. We are looking for students who want to develop their expertise but also learn new skills in supporting these projects. <sup>DoE</sup>

**Wednesday 17.00 Sunley Centre (contact Dr Anglim).**





## DRIVING LESSONS

*Year 13 only*

As well as the freedom to do private study on a Friday afternoon, Y13 may also opt to use the time for their personal driving lessons. Students wishing to learn how to drive must have the permission of their parents (via their Hsm). We cannot endorse any particular driving instructor but can provide a list of local instructors that follow our safeguarding guidelines. All lessons are arranged by students and parents independently. Year 12 may take driving lessons in their free time (eg Sunday afternoons), at the discretion of their Hsm and with parental permission.

### **Driving Theory Lessons**

*Year 12 and 13 only*

Need help passing your theory test? Then this is the activity for you. Come along and learn some of the vital information needed to pass your test. Learn the highway code including road rules, signs, markings and hazards. Students have the opportunity to use the Driving Theory software to test themselves and to ask for help from a qualified and experienced driver. **Thursday 17.00-18.00 Rm 76 MFL (Contact Mrs Rowell)**



## THE DUKE OF EDINBURGH'S AWARD

Students can enrol in September of year 10 for the Silver programme and in September of year 12 for The Gold Award. Direct entry at Gold is accepted. The minimum time to complete a Gold Award is 1 year but more commonly 18 months. Up to 28 Silver and 42 Gold Awards can be registered each year. There is an initial registration fee, charged by the national DofE scheme, to cover Award administration costs. Each participant follows an individual programme within the four sections of the Award:

The Expedition Section: training takes place in the North York Moors, Yorkshire Dales & Lake District. Silver assessments are undertaken in the Yorkshire Dales during term time; for Gold the assessments take place over six days at the beginning of the M6th summer holidays in designated wild country areas, usually in Scotland. There are charges to cover transport, expenses and food for expeditions.





The Volunteering Section will be completed by most participants at home during their holidays. This will involve candidates identifying suitable voluntary, unpaid service activities which can be sustained for the required period of time (a minimum of 60 hours spread over a period of at least 12 months at Gold level) and an adult who will take responsibility for supervising and reporting upon their progress. There are a limited number of opportunities to do this within the College with Award participants represented in the CCF, Schola and some charitable work. Service in the participants' own communities, away from school, is preferable and encouraged within the spirit of the Award Scheme. The Physical Recreation Section is well catered for within the wide range of sporting and fitness opportunities at the School. In the Skills Section almost any interest or hobby can be approved, excepting those covered by Physical Recreation. Popular choices include playing musical instruments, art, photography, design and technology projects, the theatre, shooting, debating, librarianship, fishing and chess.



At Gold level participants must also undertake a Residential Project away from home. This must be for a minimum of five days and four nights in a non-domestic setting, taking part in shared activity with others not previously known to the participant. The activity should be either of service to others or educational to themselves. Choices are individual and varied: for example, working with the elderly, sick or young people in a variety of settings; music, sailing, language, classical studies, sports, leadership and revision courses; national park, canal and cathedral conservation projects. The Ampleforth visit to Lourdes cannot be chosen as many fellow students from Ampleforth attend. Our experience suggests it is well worth careful consideration of the expectations placed upon participants, alongside their existing commitments, before choosing to enrol. The Award requires sustained commitment and initiative, and participants are responsible for much of their own programme. Some existing commitments will mesh well with the Award and support a participant's progress. Some may not, and we are concerned to ensure that none are overburdened; students with a wide spread of existing commitments may find it difficult to manage this significant additional undertaking. The Award is both challenging and rewarding. Assessment in all elements of the Award is based upon effort, commitment, improvement and progress towards individually set goals. **(Monday 17.00-17.30 Silver 17.30-18.00 Gold Rm 63 Maths Dept. (contact Dr Large)**

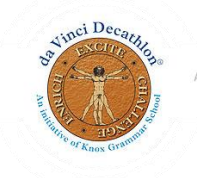
[DofE Skills, Volunteering, Physical - Activity lists](#)





## DA VINCI DECATHLON (SUMMER TERM)

The da Vinci Decathlon is an academic competition run in the spirit of an Olympic Decathlon, designed to challenge and stimulate the minds of students. Students compete in teams of eight across 10 disciplines: engineering, mathematics and chess, code breaking, art and poetry, science, English, ideation, creative producers, cartography and general knowledge. Throughout 2018/19, students in Years 6-9 will be able to try out the different activities and hone their skills before a College team travels to Italy in autumn 2019 to participate in the 2019 international da Vinci Decathlon competition. This is a fabulous enrichment activity (contact Mr Butler).



AN INITIATIVE OF KNOX GRAMMAR SCHOOL  
SYDNEY, AUSTRALIA

## DESIGN FOR GOOD –(PART OF THE ST LAURENCE SERVICE PROJECTS)

*Service (Y10/12) new this year!*

This activity combines craft, creativity, sustainability and fundraising all in one neat bundle. We will be based in the Sunley centre and will design and make gifts and products for our community, parents and friends to raise much needed funds for our school charities. Some examples of our products include: Log burner bricks from recycled coffee grounds, Soaps, Candles, Wooden Christmas Decorations and so on. If you are crafty, eco conscious and charitable, then this one is for you. <sup>DoE</sup> **Friday afternoon Sunley Centre 14.30 (contact Mrs Anglim & Mr Malak)**



## DUNGEONS AND DRAGONS

Dungeons and dragons is the most famous tabletop role-playing game of all time, which has recently been popularised by the Netflix show, Stranger Things. D&D will take you to magical worlds, where you can fight monsters and solve mysteries together with your party of friends. It is a fun filled fantasy adventure that has been proven to aid in honing your critical thinking skills, maths skills, creativity, and teamwork. In the sessions, you will learn how to create your own characters, and then learn the game through playing an official D&D story from start to finish. If you are interested, please do not hesitate to grab your dice and join the fun! All levels of play are welcome.

– **Friday afternoons 14:00 – 16:00 (Contact Miss Helliwell)**





## EQUESTRIAN (AMPLEFORTH COLLEGE EQUESTRIAN)

Students can take part in Riding lessons at Friars Hill Stables, Sinnington from qualified Instructors. Riders will ride the Riding school ponies/horses. These lessons are suitable for complete beginners, riders who don't live locally and have their own pony/horse at home but wish to keep up their riding during term time. Novice and experienced riders are welcome. <sup>DoE</sup> **Friday afternoon 14.30 (contact Mrs Cook). NSEA School Team**

For students who have their own ponies/horses who ride competitively, can represent the school at NSEA (National Schools Equestrian Association) events riding their own ponies/horses. These are regional competitions where riders can compete either individually or as part of a team, with the aim of qualifying for the National Championships.



## ECO CLUB (PART OF THE ST LAURENCE SERVICE PROJECTS)

The Eco Club explores a range of eco issues that can lead to working with the Eco-Schools Programme involving exciting environmental projects. The Eco-club allows us to embark on a meaningful path towards improving the environment in both our school and the local community whilst at the same time embracing the Benedictine core value of stewardship. **(Thursday 5-6pm Rm 90 contact Ms Porter)**



## FACE/FAW (PART OF THE ST LAURENCE SERVICE PROJECTS)

Face-Faw <sup>DoE</sup> supports projects and is involved in promoting gap year opportunities for students and Old Amplefordians. Projects that Face-Faw supports include Mary's Meals focusing on Chigwaja Primary School in Malawi, The Romanian Children's Humanitarian Foundation through Face-Faw/RCHF Summer Camps, Francis Maria Libermann School in Zanzibar, San Lorenzo School in Santiago, Chile and Depaul UK, for the young and homeless in the North-East. Other UK based projects also include house retreats being linked to Yorkshire hospices. Further projects are located in Kenya, Bosnia-Herzegovina, and in the UK. In 2015-2016, Face-Faw organised activities to support these projects - such as SHACATHON and the 6th Annual Croquet Tournament. Other fundraising events include:

- All-Night Sleep Out
- Own Clothes Day
- A Gig at Windmill
- The Big Walk (supporting Friendship Holiday and other projects)
- Collections at Carol Services
- The Colour Run
- Marketing of Face-Faw projects.

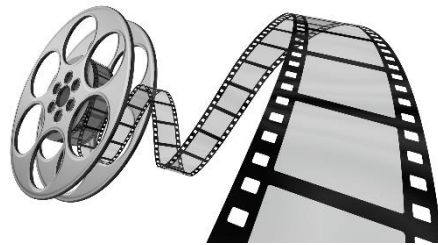


Face-Faw also provides links with projects for possible gap year service. Under its present title, Face-Faw dates from 1993; it was the inspiration of the then Headmaster, Fr Leo Chamberlain. However, the aspirations and activities of Face-Faw pre-date the invention of its title. In the Second World War and afterwards, the support for Eastern Europe and Poland involved the creation of a hostel for Polish students in Oswaldkirk. In the 1980s, Fr Leo was involved in supporting aid to Poland and even travelled to Poland on a relief lorry at that time. In 1992-1995, during the Balkans Conflict, Face-Faw helped with aid to Bosnia-Herzegovina. **Friday afternoon Y10/Y12 English Classroom (contact Mr Davison)**



## FILM CLUB

The first rule of Film Club is...Come along to watch, discuss, and analyse a huge variety of films, from *Nosferatu* (1922) to *City of God* (2002) and *Casablanca* (1942) to *Moana* (2016). You decide the shape of the year, and what the end products might be: podcasts, newsletters, blog posts, you name it. <sup>DoE.</sup> **Friday afternoons 14.30 English Dept. (contact Dr Rea-Knowles)**



## GARDENING STEWARDSHIP (PART OF THE ST LAURENCE SERVICE PROJECTS)

There are two Gardening activities. The **Monastic Gardening Service** provides a chance to engage in some long-term service for the benefit of the school community. The students will help plan and carry out outdoor tasks in the grounds and surrounding areas with an aim to improving the local environment and contributing to the Stewardship of the Valley. A great service in the Benedictine tradition. **Friday afternoon 14.30 St D/O (contact Fr Henry)**  
**The Ampleforth Allotment** is a new Gardening activity which will give students the opportunity to plan, design and make some raised beds and growing areas with the intention of growing a range of vegetables throughout the seasons. <sup>DoE.</sup> **Friday afternoon 14.30 St D/O (contact Mrs Dent & Mrs Graham)**





## GEOGRAPHY SOCIETY

New this year! <sup>DoE</sup> The Royal Geographical Society delivers a range of fascinating lectures, and this new society will be a forum to listen and discuss the numerous topics on offer. This is not just an option for Geographers – all are welcome. An example of previous offerings include:

- The path from Paris: the new global politics of climate change - Professor Michael Jacobs
- An atlas of countries that don't exist - Dr Nick Middleton
- The Nepal earthquake: a warning for the future? - Professor David Petley
- Africa's labels - Richard Dowden
- One man's Everest - Kenton Cool
- The invention of Nature - Andrea Wulf
- Geography in a bottle: the evolving map of wine - Jancis Robinson
- Geography and diplomacy - Paul Madden CMG
- Endangered archaeology in the Middle East and North Africa - Dr Robert Bewley
- Travels with a camera to the ends of the Earth - John Aitchison
- Tea's last guardians: the Himalayan muleteers - Jeff Fuchs



**Wednesday 17.00 Geography classroom (Mrs M Cook)**

### THE FRIENDSHIP PROJECT (PART OF THE ST LAURENCE SERVICE PROJECTS)

*Service – Y12<sup>DoE</sup>*

The pupils in the Middle Sixth organise and fund a range of trips and activities for local communities and schools in need. The Friendship Project was established in 2004 and works to provide fun activities and outings for a number of organisations. One of our links organisations is Oak Field School in Nottingham. Oak Field School is a special needs school for pupils with mental, physical and various other disabilities. The pupils from Nottingham are sixth formers, many of whom are leaving their school this year. Chronologically they are the same age as our own students at Ampleforth but have significant differences in their physical, mental and social needs.



Middle Sixth students are responsible for fundraising throughout the year in order to fund trips so that there is no cost to the Oak Field students or their staff. They are also responsible for planning and running the trips and activities

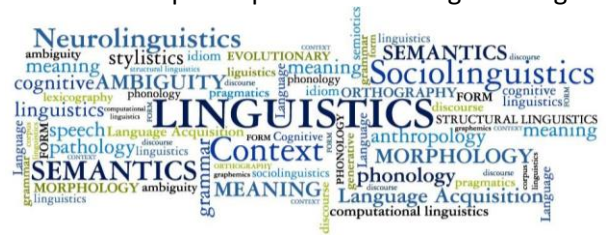
**Monday 17.45 Modern Studies dept. (contact Mrs Stannard)**





## LINGUISTICS SOCIETY<sup>DoE</sup>

The Linguistics Society<sup>DoE</sup> is about language and not about any specific language the students may be studying. In this activity we explore language as a code, as an ensemble of data which requires intelligent and logical deductions rather than intuition, and it is about developing curiosity about the around 7.000 thousand languages spoken in the world. We learn about them, while solving some language puzzles and conundrums, by deciphering the linguistic code of a long-lost civilisation, solving riddles in runes, translating sentences using Ogham, an Early Medieval alphabet used primarily to write the early Irish language, learning about Egyptian hieroglyphics, discovering how human beings started to speak and write, or debating whether emojis constitute a language or not. Linguistics is where maths, science, computing and languages meet and is ideal to develop independent thinking and logical skills. **Wednesdays 5.00pm room 73. (Contact Mrs Garcia-Ortega)**



## MODEL UN<sup>DoE</sup>

Model United Nations (also Model UN or MUN) is an academic or recreational activity in which participants assume the role of national ambassadors or representatives to debate and seek to solve global issues, Any UN body or agency can be simulated (the security Council and General Assembly are the most popular). By role-playing meetings like the Security Council and General Assembly, participants get a unique insight into how the United Nations works. They research, debate and try to solve some of the world's most pressing problems just like the real thing. It's great fun, giving you the opportunity to meet new people. It also helps you develop and demonstrate key skills like public speaking, teamwork and negotiation which will look great on your CV. **Mondays or Thursdays 5pm Maths Dept Student Led (Dr Pomroy student sponsor).**



## MUSIC

### SCHOLA CANTORUM & SCHOLA PUELLARUM

#### Service<sup>DoE</sup>

Admission to the choirs of the Abbey Church is solely by audition and previous singing experience is essential, preferably supported by some instrumental ability as well. The Choirs sing Mass twice weekly during term time. Major concerts take place three times a year, and tours are made from time to time. There are also occasional broadcasts and recordings. Our choirs provide a fantastic service to our parish and are also famous for their amazing performances in the Abbey Church, in particular, Handel's Messiah. **Contact Mr Seymour (times as advertised on music boards)**





## ABRSM MUSIC THEORY: GRADE 5

Students usually take Grade 5 theory in order to take instrumental or singing grades beyond Grade 5 (which earn those good old UCAS points), or to help with GCSE/A level Music. Students work through 14 topics (one per class), take a mock paper, and then, depending on progress, take the exam in November, February or June. All classes are expertly taught by **Mr Pallister**.



## INFORMAL CHOIRS

There are a number of opportunities for students to sing outside of the Liturgical Schola. On offer are **Pop and Rock** Choirs and a **Concert Choir**. It's a great way to make new friends and sing together in a relaxed environment. There are also numerous opportunities throughout the year to perform in a number of different and exciting locations. <sup>DoE</sup>

**Pop/Rock Choirs Monday (Girls 17.00 Boys 17.30) PAC contact Mr Seymour**



## COLLEGE ORCHESTRA

### *Service* <sup>DoE</sup>

The College Orchestra is an integral part of a student's instrumental tuition. Membership is compulsory for instrumentalists and those chosen. Woodwind, brass and percussion players are selected by audition and string players join when their teachers think it appropriate. The orchestra performs as wide a repertoire as possible and also accompanies students who are judged capable of performing as soloists. There are opportunities to perform at the St Cecilia concert and Exhibition prize giving. **Friday afternoon 14.30 PAC (contact Mr Seymour)**



## PRO MUSICA

In addition to the orchestra, the Pro Musica offers advanced level ensemble coaching to selected string players as well as participation in specialist workshops and outreach days <sup>DoE</sup>. **Tuesday 17.15-18.15 Schola Room (contact Ms Hicks)**



## BIG BAND

The purpose of Big Band is to give more advanced saxophonists and brass players an opportunity to explore the rich and varied styles of swing, jazz through to soul and other fusion of pop/jazz styles. The band also includes a rhythm section (drums, bass, piano/guitar). The Big Band has a massive following and is extremely popular in the locality, playing at Hovingham Hall, Ampleforth Village Fundraisers and the Friday evening Exhibition dinner in the Marquee.

<sup>DoE</sup> **Tuesday 17.15-18.15 PAC (Contact Mr Dore)**



## AMPLEFORTH JUNIOR AND SENIOR BRASS ENSEMBLES

The Senior Ampleforth Brass Ensemble was formed in September 2006. Due to its success a Junior Brass Ensemble was formed in January 2008. Both groups perform brass music from both the Classical and Jazz repertoire. They perform throughout the year at a variety of public venues, from the St. Cecilia and Exhibition concerts to parents' days, house punches and carols at Christmas. <sup>DoE</sup> **Mr Dore.**

## THE AMPLEFORTH HIGHLANDERS PIPE BAND (JUNIOR AND SENIOR BANDS).

The Senior Ampleforth Highlanders was formed in 2001 and due to its success, a Junior Pipe band was formed in September 2013. The band is made up of a number of personnel, pipers, snare drummers, tenor drummers, bass drummers and a drum major(s). The Development Pipe band is for those learning pipes and drums who want to gain experience before joining the Senior band, no experience necessary. <sup>DoE</sup>



The Drum Corps is a very strong feature of the band, and they have their own performance when the band performs the Drum Salute, the band also performs at a number of events throughout the year both at college and at other schools. The band has vacancies in any of these areas for students who wish to learn to play in the band. All equipment and travel are provided free by the pipe band. <sup>DoE</sup> **Friday 14.30pm PAC and 17.00 PAC (contact Pipe Major Robinson)**



## THE POETRY SOCIETY

### Sixth Form

The "Poetry Society" is open to all sixth form students and meets weekly to enjoy poetry in all its facets in the peaceful surroundings of the Library after sunset. Members bring along poems published in English and in other languages as well as those of their own composition, reading and discussing these with the meeting.

Meetings are typically "themed": Christmas poetry accompanied by mince pies, Irish poetry around St Patrick's day, or the poetry of travel; or a particular poem might be the focus of the evening, such as a reading of Keats' 'The Eve of St Agnes' if the meeting falls on the 20 January.

Practising poets such as Vernon Scannell and Les Murray have visited and read their work to the Society. Former student members have gone on to win prizes in national writing competitions and to produce their own poetry publications in some of the UK's best university creative writing departments.

**Monday 21.15-21.45 Library (contact Dr Vowles)**



## PSYCHOLOGY CLUB

### *Service*

Ampleforth's Psychology Club is open to all Junior years. It is led predominantly by sixth form psychology students. The aim of the club is to provide students with an opportunity to explore some of psychology's most famous experiments and research that highlight the often surprising scientific work that have changed what we believe about ourselves and what makes people tick. There will also be opportunities for students to suggest and/or involve in psychological experiments and investigations. We meet every **Thursday 17.00 in Lab 14 (contact Dr Williams)**



## POLITICS SOCIETY & BOOK CLUB

### *Student Led*

Come along and catch up on world events, engage in political discourse and discuss readings of the week. This is a student led activity which takes place after prayers in House. **Contact I. Lazzaro Monday 21.20 (houses by rotation)**



## SEWING & TEXTILES

Sewing and Textiles club work on a huge variety of projects ranging from small craft projects and seasonal gifts right up to more advanced dress making and fashion design. <sup>DoE</sup> **Friday afternoon Sunley Centre (contact Mrs Garcia Ortega)**



Knitting and Crocheting club. Come along and learn how to knit or crochet small projects and seasonal gifts. <sup>DoE</sup> **Friday afternoon 14.30 (contact Mrs Tomasi)**



## SCIENCE CLUB

Ampleforth's Science Club is open to all Junior years (sixth form students should consider one of the Science Olympiads) to increase their scientific knowledge and rediscover the fun of science. The aim of the club is to provide students with an opportunity to conduct experiments and investigations of a greater variety and in more depth than is plausible during class time. Activities will be drawn from all sciences with some experiments being conducted in the Science Labs as well as surveying and observing the wildlife which lives in the valley. There will also be opportunities for students to suggest experiments or investigations which they would like to conduct <sup>DoE</sup> **(contact Mr Anderson and Dr Beveridge)**





## SHOOTING - (AMPLEFORTH COLLEGE SHOOTING CLUB)<sup>CH</sup>

Full and Small-bore shooting is available and takes place on the School Indoor/Outdoor Range and on Strensall Army ranges. National/Domestic competitions are entered in both disciplines and each year the school is represented at Bisley during the summer holidays. Inter House Shooting Competitions take place each term with Y9 Individual Shooting Competitions in the Lent term. .22 shooting takes place afterschool and begins in the Autumn term. Full bore shooting is by invitation and dates are dependent on range availability. **Daily after school from 17.00. Shooting Team Training Monday 17.00. (contact Col Blackford/SSI Steele)**

**Clay Pigeon shooting**<sup>DoE</sup> takes place in the valley and there are regular taster days throughout the year (Sundays). **Contact Mr Syms.**



## SPORTS

### BADMINTON (BOYS & GIRLS)

Badminton<sup>DoE</sup> is a much-enjoyed sport and pastime here at the college. Open to all years during the summer months, it's a great opportunity to learn something new and make some new friends. Coached by a Badminton specialist. **Mrs Edgar**

### CRICKET NETS (BOYS & GIRLS)

Throughout the two winter terms the school cricketers work on their skills in the indoor nets in SAC. They endeavour to fine tune their batting, bowling and fielding skills in preparation for their busy cricket programme in the summer term. During the autumn term juniors and seniors work together but as the Lent term draws to a close the seniors work separately to the juniors. These sessions are open to all students, but team players are strongly encouraged to attend at least one session a week. There is also an opportunity for Y12 to lead on coaching and planning as part of their service commitment.<sup>DoE</sup> **Indoor nets Wednesday 17.00 and Friday afternoon Mr Philips**





## FOOTBALL (BOYS & GIRLS)

Football <sup>DoE</sup> takes place after school and on Friday afternoons with sessions provided for both boys and girls **Friday afternoon (contact Mr Bradbury)**



## HOCKEY (BOYS & GIRLS)

Hockey <sup>DoE</sup> is a growing sport at Ampleforth and in order to increase the opportunities to train and improve their skill the students are offered a number of opportunities to play and train. The sessions consist of drills and match play and those who wish to play competitively are encouraged to attend. **Friday 17.00 (Boys Autumn Girls Lent Term) Mr Metcalfe Junior Girls Tuesday 17.00 Miss Guest**



## NETBALL (WINTER/LENT ONLY)

For all those keen to get into shape for the upcoming netball season or for those who just want to enjoy a friendly game, netball activity takes place on a Wednesday evening in the SAC, 5pm - 6pm. Sessions will include some fun skill-based drills followed by a practice match. Come along and see just how competitive you can be! All ages and abilities welcome. <sup>DoE</sup> **Junior Netball Monday 17.00 Senior Netball Tuesday 17.00 Mrs Edgar**



## RUGBY (BOYS & GIRLS)

Rugby <sup>DoE</sup> training takes place in and outside of the timetable and separate sessions are available for boys and girls to learn, train and compete. **Boys Tuesday 17.00 Mr James Junior Boys Tuesday 17.00 Mr Philips Girls Friday afternoon 14.30 Ms Butler**



## SQUASH (BOYS & GIRLS)

Most evenings the squash courts in the St. Alban Centre are in use, the students can make a booking with the SAC reception having had an induction. Squash is available on a Friday afternoon. Various standards from beginner to team players can be catered for. <sup>DoE</sup> **Friday Afternoon 14.30 SAC Mrs Rowell**





## TENNIS (BOYS & GIRLS)

With over 19 dedicated tennis courts and a further nine from the Hockey astro turf, Ampleforth boasts excellent tennis facilities, offering more courts than most other providers in the North of England.

As such, we are able to provide so many of our students with the opportunity to play quality tennis in the summer months where other schools struggle for court time. Our courts are flood lit so there are chances to play throughout the day, night and year. As a result, Ampleforth has, over the last ten years, consistently, produced excellent tennis results at both the elite and participation levels. We are one of only a handful of schools who can put out 15 couples per age group. We compete at all age groups, boys, girls and mixed levels. We play friendly matches every Saturday in the summer and enter national tournaments at U15 and U18 levels throughout the year. Tennis coaching is available for both boys and girls throughout the year. We have our own resident professional tennis coach (Mrs Forde) who coaches individuals and groups. In addition to this there is a group activity session on a Friday afternoon. <sup>DoE</sup> **Friday afternoon 14.30 Mrs Forde.**

## KARATE AND SELF DEFENCE

Many people in a variety of institutions - sports centres, schools, colleges, universities and private clubs, practise karate. They have chosen karate for a number of reasons - to keep fit, to develop a sense of awareness and self-confidence and also for self-defence. At Ampleforth Karate Club these activities take place within the context of teaching and learning in a safe, disciplined environment. Many different skills are learned, knowledge and understanding are developed, and a positive attitude with personal and social attributes is encouraged. It is important to understand that Karate is not the study of violence.

Karate training aims to contribute to the development of co-ordination, control and mastery of the body and, to a certain extent, the development of the mind. Students are encouraged to learn through action and observation as well as from theory. They are also encouraged to pass on as much of their knowledge and experience as possible, in a confident and mature manner. Self-defence sessions are also provided in the summer term on a Sunday.

Karate training requires determined thought as well as effort. It leads to improved physical and mental performance, which gives Karate students a good sense of discipline and etiquette. This often develops the ability to achieve high academic success through determined study. Students of Karate gain satisfaction and enjoyment from working towards a goal and practising diligently to overcome the many challenges presented to them. Two instructors from outside the college, Ian MacLaren and Jayne Drysdale, do the teaching, and have been doing so for many years. Ian has a 5th Dan Black Belt and Josie has a 4th Dan Black Belt, both awarded by the Japanese Karate Association. Open to all and newcomers always welcome <sup>DoE</sup>. **Wednesday 17.15 PAC (contact Mrs Anglim)**





## THE THEATRE

### DRAMA PRODUCTION (MUSICALS/SCHOOL PLAYS)

Every year the school puts on two major productions, with a whole-school musical biannually. Open auditions are held, and the successful students then attend rehearsals for approximately six - eight weeks. Rehearsals will be prioritised to reflect the commitment that being in a large production takes, however, the theatre director will try and work around other major commitments where possible.

There is also the opportunity to participate in a **Drama Club** on Friday afternoon run by **Mrs Moses** in the Matthews Rooms and Junior Drama on **Monday 17.00 Miss Lally**



The production this term is Tim Kelly's *Frankenstein* (By Mary Shelley). There are five production activity slots are Wednesday, Thursday and Friday 17:00 – 18:30. Saturday and Sunday 14:00 till 17:00. When the actor agrees to performing in the production it will be with the understanding that these slots must be kept free for attending rehearsals. Any actor agreeing to perform should attempt to put these activity slots as a priority, there are understandable exceptions to this, but they should be pre-agreed with the Director. The production dates are the 7<sup>th</sup> of December to the 10<sup>th</sup>. Tech and Dress rehearsal will be held in the week leading up to the performance. <sup>DoE</sup>

To perform in the production, you must have a good sense of teamwork, ensemble skills, you must be able to follow direction and take instruction, not just from the director but your peers who may be working as Stage managers, lighting operators, sound managers, costume designers and make-up artists. If you wish to be a part of this production then please fill in an audition slip, auditions will be held on the 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> of September, the results will be announced on the 22<sup>nd</sup> of September. Any question please feel free to visit us at the activity fair on the 9<sup>th</sup> of September, speak to us in the green room. **Contact Mr Lewis for Theatre Productions, Miss Lally for Junior Drama and Mrs Moses for Drama Club**

### GREEN ROOM

This activity involves the more practical elements of the theatre; constructing the sets used in productions, devising lighting plans, setting up sound systems and learning how to operate film cameras. Other elements include research for set design, set painting, prop making, woodwork, rigging lights, publicity and of course, being a crew member for the current production. Members of the Green Room will also have the option of undertaking the STSG Performance Support Award to gain a certificate recognising their skills and experience. <sup>DoE</sup>

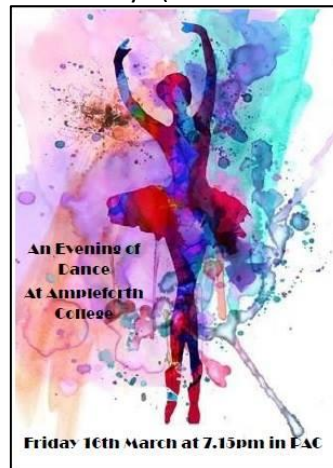




The Green Room in the Theatre is open at break time for the more social side to this activity. Members pay a subscription of £7 a term for tea, biscuits and toast. They are encouraged to be involved with productions even if they cannot attend the Friday activity afternoon slot. Times: Monday-Friday morning break and afternoon tea. **Friday afternoon 14.30 Theatre (contact Mr Ramsden)**

## DANCE ACADEMY

Dancing is taught in our custom-made dance studio with sprung floors and mirrors located in the college performing arts centre. Specialist teachers deliver a variety of dance lessons ranging from ballet to jazz to ballroom dance. Try your hand (or feet!) at something new or for those who are experienced, come along and continue your dancing grades. Musical Theatre Club also takes place on Thursdays (summer term). <sup>DoE</sup>



At several points in the year, there is the opportunity to learn Reeling (Scottish dancing) in preparation for the St Andrews Ball and Burns night. Ball room and swing dancing are also on offer to the sixth form in the run up to the leaver's ball. **Dance Monday 17.00 PAC Ballet Saturday 7.45-8.30am PAC (contact Miss Tomasi)**



## UCAS CLINIC

Need advice on university choices? Or help navigating UCAS forms? Then help and support is at hand. Open to Seniors, a UCAS drop in clinic is available on **Monday and Tuesday from 17.10 in Rm 3 (contact Mr Lofthouse)** and for **Y13 only on Friday afternoon in the Library (Dr Vowles)**

# UCAS



## WARHAMMER CLUB

Welcome to the exciting world of Warhammer! Warhammer is a tabletop miniature wargame with a futuristic theme based in the 41<sup>st</sup> Millennium. Students build, paint and then play with their own miniatures. Students are also encouraged to enter local and national competitions. Designed to support young people improve their engineering, arts, and maths skills, a Warhammer club is a great creative outlet for **year 8 and above**. There is also an enormous amount of literature to accompany the games and inspire. <sup>DoE</sup> **Friday 17.00 Sunley Centre (contact Mr Malak)**



## WINE SOCIETY

The Wine Society is for Sixth Form students and is held in boarding houses by arrangement. Starting with general tasting techniques we learn about different regions of wine growing and production around the world, different grape varieties and blends, and how to match wine to particular foods. Other tastings look at, for example: fragrant white wines, Italian reds, Burgundian classics, and sweet wines. Popular too are tastings of beers and ales. These focus on the differences between beers as diverse as larger, pale ales and stouts, and work toward an understanding of the differences between different ways of brewing, and gravity and strength of different brands and types of beer.

**On House rotation throughout the year 21.00 (contact Dr Moses)**





## OUTDOOR PURSUITS

Through good quality outdoor education, we don't just give a student an experience of going down a zip wire or running across the front of some rafted kayaks. When we take it to the next level, students go on journeys and adventures which place them under well-judged and controlled degrees of stress with real consequences to their actions. This is where the skills they need to thrive and succeed in the challenges of life beyond school are taught. In line with the Vision for Ampleforth College and including the Benedictine core values, outdoor education can teach students:

- How to conduct themselves within a team when under pressure (leadership, integrity)
- How to recognize and manage risk and how to put risk in perspective when making risk benefit judgements (attentiveness, respect, leadership, integrity).
- How to enjoy the natural environment, interact with it, challenge themselves against it, respect and appreciate it. Take stewardship over it (stewardship, respect, attentiveness, equilibrium, service)

The Cocurricular and Weekend program is an excellent opportunity to make the most of the valley and our local surroundings. Outdoor pursuits take place on Sundays at various points throughout the year.





## WATERSPORTS

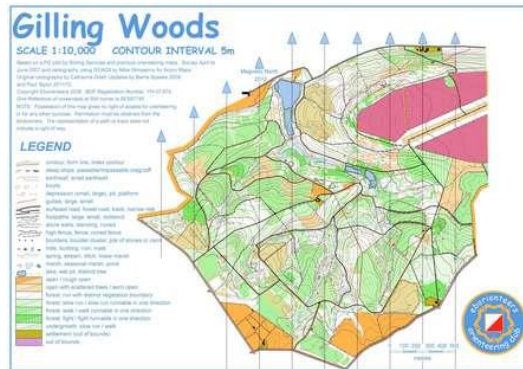
Paddle-boarding, Raft race, kayaking. **Benefits:** Adventure, self-reliance, teamwork, responsibility, managing stress and anxiety, identifying and managing risk, problem solving, planning and communication. Sunday social program activity. Fully qualified staff. **Contact Col.Blackford**



## ORIENTEERING

**Benefits:** Adventure, self-reliance, identifying and managing risk, problem solving, planning, independence. Sunday social program activity. Fully qualified staff (BOC Coach). Former student a British U18 Champion, Gilling Woods mapped, and area used for local and international events (World Championships held here in recent years)

– **Contact Dr Anglim**



## Mountain Biking

**Benefits:** Fitness, problem solving, risk identification and management, planning, navigation, communication, environmental awareness. Includes maintenance activity (STEAM).





**SURF SCHOOL Benefits:** Adventure, self-reliance, FUN! **Contact Mrs Anglim**



**Team High Ropes challenges**



Sunday Trips to Dalby Forest and Go Ape and Carlton Lodge. **Contact Mrs Anglim**

**Survival Skills**

After school Club focusing on Survival in the wilderness. **Contact Col. Blackford.**



**Skiing (indoor/outdoor)** - Skiing at the local indoor slopes Snozone (real snow).  
Ski trip December (Austria)





## **Wildlife/Nature Walks and Hiking**

**Benefits:** Adventure, stewardship, managing stress and anxiety, well-being. Friday afternoon and Sunday social program activity. **Friday afternoon 14.00 Meet by the wall on the bounds (contact Dr Weston/Mme Le Gall.**



### **Final Note**

**New activities are added regularly, and some Academic activity slots may not have been included in this booklet.  
Please keep an eye on notice boards and emails advertising new events.**