Central Foundation
Girls' School
Transforming lives through a Central Education

CENTRAL+

LEARNING OUTSIDE THE CLASSROOM 2024 /25

Find out more:
cfgs.co.uk/Centralplus

The Learning Hub

THE LEARNING LOUNGE

DofE

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BREAKFAST AND LUNCH TIME CLUBS

Breakfast Club / All Years
Start your day properly with a healthy breakfast and catch up with friends.
Day: Monday – Friday
Time: 8:00am – 8:30am
Where: Dining Hall and Aspire Café

Computer Club / All Years
Catch up on homework, browse the web and develop essential and technical IT skills.
Day: Monday – Friday
Time: 11:50am – 1:30pm
Where: Explore ICT Rooms and T16

Library / All Years
Come and get help with homework, read books and play games.
Day: Monday – Friday
Time: 11:50am – 1:30pm
Where: Library

Film Club / Years 7-11
Watch your favourite films on Disney + every lunch time in the DST!
Day: Monday – Friday
Time: 11:50am – 1:30pm
Where: DST

Homework Club / Years 7-11
Get specialist support with homework
Day: KS3 Monday – Wednesday
KS4 Thursday - Friday
Time: 11:50am – 1:30pm
Where: T14

Music Clubs / Years 7-11
Do you want to be the next Martha Argerich or Whitney Houston? Then come and take part at the lunch time music sessions and learn the keyboard or learn how to sing and join the CFGS Choir.
Day: Monday - Friday
Time: 11:50am – 1:30pm
Where: Music Department

Sports Clubs / All Years
If you like sports, like to make new friends and be a part of our sporting community, join in on one of CFGS lunchtime sports sessions.
Day: Monday - Friday
Time: 11:50am – 1:30pm
What: Volleyball, football, netball **plus more**
Where: Sports Hall

Outdoor Games / Years 7 - 11
Enjoy various playground games and sports with all your friends.
Day: Monday to Friday
Time: 11:50am – 1:30pm
What: Badminton, Chess, Table Tennis plus more
Where: Play Ground

Board Games Club / Years 7-9
Make friends and play games at our fun and friendly Board Games club.
Day: Monday (Year 7)
Wednesday (Year 8 & 9)
Time: 11:50am – 12:40pm
Where: S9 (Year 7) & T16 (Year 8 & 9)

AFTER SCHOOL CLUBS

Please register with Central+ staff at student reception straight after school, before going to your club.

Study Skills / The Learning Lounge / Years 7-9

Meet weekly to get specialist home work support from dedicated tutors. LL will provide access to laptops and computers whilst giving you free extra help with your English, Maths and Science, plus more
Contact the Learning Lounge Manager: learninglounge@central.towerhamlets.sch.uk for further information.
Day: Monday – Thursday
Time: 3:10pm – 4:30pm
Where: The Dining Hall & Explore Building

Study Skills - KS4 Learning Hub / Years 10- 11

Are you after an open supported study space for your learning? Join the Learning Hub where you can take advantage of a designated homework support centre run by Miss Begum – KS4 Academic Learning Mentor.

For more information, please contact **ambegum@central.towerhamlets.sch.uk**
Day: Monday – Thursday
Time: 3:10pm – 4:30pm
Where: S8

Study Skills / School Library / Years 7-13

Come and get help with homework, read books, play games, solve puzzles and more. No need to register, just turn up and sign in at the Library entrances.
Day: Mondays – Fridays
Time: 3:30pm – 5:00pm
Where: Harley Grove and Aspire Library

Communication / Debate Mate / Years 7-13

Debate Mate is an educational charity that uses debating as a vehicle to teach key transferable skills such as resilience, critical thinking and leadership. The course is run by Debate Mate Volunteers. It takes place in school, as well as regular trips out to Debating Competitions.
Day: Thursday
Time: 3:30pm – 5:00pm
Where: Science Department 101, 105, 106

Fitness / School Gym Suite / Years 7-13

Come along and use the indoor gym equipment free of charge after school. This club is run by the Central + Team and will take place on a first come, first served basis. Sign up at Student Reception after school.
Day: Tuesday – Thursday
Time: 3.10pm – 4.30pm (Year 7-13)
Where: School Gym

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Creativity / Cake Baking and Cooking Club / Years 7-11

Develop your baking at our weekly club for all year groups, run by Central+ Team. Places will be allocated on a first come, first served basis.

Day: Monday (YR 7)
Thursday (YR 8 - 13)
Time: 3:30pm – 5:00pm
Where: Aspire Cookery room

Life Skills / Duke of Edinburgh's Award/ Years 9, 10 & 12

Volunteer and gain skills, experience and accreditation that will prepare you for life beyond school. Complete your Bronze Award in Year 9/10 and your Silver or Gold in Year 11/12/13. Both awards include two residential visits.

Day: Mondays
Time: 3:30pm – 4:30pm
Where: DST
Cost: £20 Registration (this is non-refundable) + additional fee per expedition

Sports / Greenhouse Volleyball Club / Years 7-13

If you like sports and would like to make new friends, join our volleyball community and take part in one of our fun sessions. Please contact Lulama for further information

Day: Monday - Friday
Time: 3:30pm - 5:00pm
Where: Sports Hall

Communication / Bengali Club / Years 7-9

Do you have a gift for languages? Do you want to help make Bengali news bulletins and have fun?

Day: Wednesday (Year 7-8)
Thursday GCSE (Year 9 - 11)
Time: 3:30pm – 5:00pm
Where: F10

Sports / Climbing Club / Years 7-13

Develop new skills, improve your fitness and boost your confidence at Rock Climbing Club.

Day: Friday
Time: 3:30pm – 5:00pm
Where: Mile End Climbing Wall

Sports / Karate / Year 7-13

Join Kaizen Karate and take part in a term of Karate lessons. Those that attend regularly will have the chance to get their own uniform and be put forward to gain their first belt.

This is one of our most popular clubs, so sign up quickly!!

Day: Wednesdays (Year 8 - 12)
Thursdays (Year 7)
Time: 3:30pm – 4:30pm
Where: Dance Studio

Music Clubs / Years 7-11

Do you love music? looking to find your voice, develop new skills, meet new friends and grow in confidence.

Day: Monday - Friday
Time: 3:15pm – 4:15pm
Where: Music Department