



KILGRASTON

JUNIOR YEARS · SENIOR · SIXTH FORM

Clubs & Activities



Beyond the classroom

Education at Kilgraston is certainly not limited to the classroom. We actively encourage all forms of creativity, community service and personal challenge, and recognise the importance of experiencing a wide range of activities and opportunities in order for girls to develop as rounded, confident individuals.



Education at Kilgraston is certainly not limited to the classroom. We actively encourage all forms of creativity, community service and personal challenge, and recognise the importance of experiencing a wide range of activities and opportunities in order for girls to develop as rounded, confident individuals. Our co-curricular activities are integrated seamlessly with our core curriculum, and girls see their 'extra' activities as a fundamental part of their education. Our girls excel on the playing field, on the stage and in the orchestra, and are as likely to be seen in wellingtons as they are in their tartan sashes!

The majority of girls at Kilgraston learn a musical instrument and there are many opportunities to perform in concerts, choirs and performances at school and throughout the country.

Our theatre provides the ideal setting to experience drama; an important, popular and rewarding part of the curriculum. Participation in drama is extremely beneficial in building communication and teamwork skills, whilst enjoying an enormous amount of fun.

The school's reputation for Art & Design is legendary with many past pupils gaining national recognition. From the beautiful surroundings of the department balcony, with Central Hall below, girls have the opportunity to study a range of art disciplines across traditional and new media.

Co-curricular activities

Optional co-curricular activities (compulsory for boarders) take place between 4.30pm and 5.30pm and again between 5.30pm and 6.30pm each weekday. Although optional for Day Pupils, we consider co-curricular activity to be an important and integral part of school life and encourage everyone to take part in at least one activity per week. Details of all activities can be found within this booklet.

Mrs Stephanie Speed

Co-Curricular Coordinator

Clubs & Societies

The following pages outline activities that are not sporting or musical, due to their number they are outlined separately.

Further information is available from the member of staff leading the activity.



List of activities

Art Club - Juniors

R - U3

Mrs Cooper & Mrs Ferguson

Monday after school, 4:15pm - 5:15pm

Unleash your creativity at Junior Art Club. This is an opportunity to be involved with creative projects and have fun working with different materials.

Free



Anime Otaku Club

All

All welcome

U6 - Jenny

Friday lunchtime, 1:40pm - 2:10pm in the music department

Everyone is welcome to join in our creative activities. This club is for anime lovers who like drawing digital manga, watching anime (Japanese animation) and reading manga (Japanese comics), cosplay (costume role play) and lots more. We learn lots of skills such as: speaking and writing in Japanese, hand making costumes, learning dance choreographies, acting skits and artistic drawing using digital media and 2D /3D animation using professional bone rigging programmes.

Free





AH Jane Austen Club

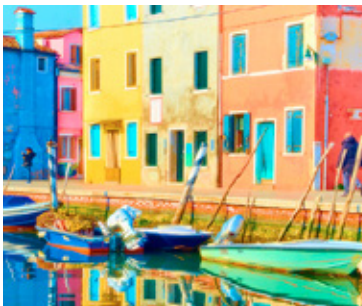
U6

Mrs Saunders

Meet twice per term, Friday after school

This club meets on Friday evenings by arrangement to watch and discuss films of Jane Austen's novels to accompany the Jane Austen element of the Advanced Higher English. Films include Pride and Prejudice, Sense and Sensibility, Emma and Northanger Abbey. Anyone with a love of Jane Austen is welcome.

Free



Bella Italia

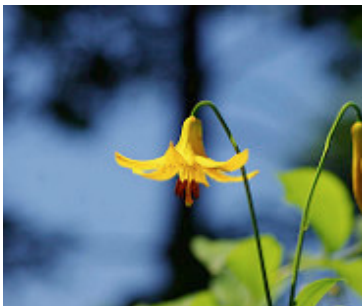
U5+

Mme Depreux

Thursday after school. 4:30pm - 5:15pm in ML4

The Club provides an opportunity to be introduced and gain an insight to Italy, the Italian Language, the Italian Culture, History, Food, Music, Cinematography and Art and how Italy influences and has influenced the rest of the World for many centuries.

Free



Botanical Society

All

Spring & Summer

Mrs Blackler

Wednesday after school: 4:30pm - 5:30pm in the science department

For those with an interest in horticulture the Botanical Society will guide pupils in plant husbandry, cultivation and propagation techniques. Girls will have the opportunity to create a botanical plot of their choosing. This could be anything from edible flowers, medicinal plants, to a garden for bees.

Free

Chess Club**L3+****all year****Dr Phillips**

Monday lunchtime: 1:40pm - 2:10pm in the Geography room

Chess is more than a board game. It teaches us to analyse situations, evaluate options, plan strategically and solve problems. It teaches us how to be magnanimous in victory and honourable in defeat. Chess allows us to meet like-minded people and to have fun! Chess Club is open to all interested regardless of ability level from complete beginners to competitive Grandmasters.

Free

**Chinese Club****L4+****Spring term****Mrs Lund**

Wednesday lunchtime: 1:30pm - 2:00pm in the History room

Chinese Club is a chance for students to learn all about Chinese culture. Sessions will include learning the language, painting, history, festivals, food and lots more!

Free

**Code Club****U3+****Autumn & Spring****Mrs Speed**

Monday afternoon: 4:30pm - 5:15pm in the ICT room

We will be learning how to code using Scratch from MIT. We will start right from the beginning and show you how to download a free version of Scratch on your own computer, as well as using it in school. Later we will be using the BBC micro:bit, a pocket-sized codeable computer with motion detection, a built-in compass and Bluetooth technology. No prior knowledge of coding is required.

Free



Committees

R - L3

Mr Stewart

Friday morning: once a month in G7

Junior girls may wish to take on some additional responsibilities within the school. From Reception to L3 your daughter will be part of the following committees: The Junior School Pupil Council, Eco Group and Junior School Librarians.

Free



Cultural trip - Rome & Pompeii

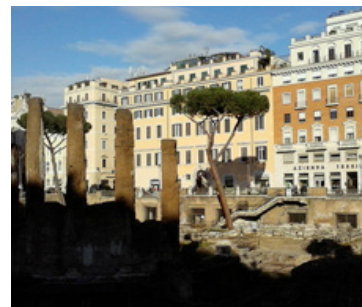
U4-U5

Mrs Bluett

8th - 15th October

In the October Half term we will visit Pompeii, Herculaneum and Paestum and then Rome for a few days. Lots of art, archaeology and delicious Italian food!

Price varies



Current Affairs Club

U4+

Mr Campbell

Monday lunchtime: 1:40pm - 2:10pm in the History room

At the Currents Affairs Club students will have the opportunity to research, discuss and debate topical news stories of their choosing. This may range from terrorism to economic issues, human rights violations to upcoming elections, and everything else in between. Students will have access to political magazines such as the New Statesman, broadsheet newspapers and online resources such as political journalists' blogs to enable them to delve deeper into contemporary matters. It is hoped this will help foster a greater understanding and appreciation into issues which affect our world today.

Free





Early Morning Club

R - U3

Trish

8am - 8:30am in the Junior school library.

Have a relaxed start to the morning with our early morning provision. Girls can be dropped to Junior school from 8am from Monday through to Friday.

Free



Enrichment Club

L5+

**Autumn & Spring
term**

Mrs O'Hear

Once per half term

This will provide an opportunity for pupils to take a deeper look at some topics both within and away from the curriculum. There will be events and trips including university talks, theatre trips and Team Building experiences.

Price varies



Ethos Club

R - L4

Mr Stewart

Friday morning: once a fortnight in G7 from 1:30 - 2pm

Here at the Junior School Ethos Group we want to learn more about the Sacred Heart Goals and make the world a better place. We take part in fun activities such as organising Fairtrade sales, updating blogs, taking part in competitions, improving the school grounds and doing assemblies. We take part in projects with schools in Malta, Ireland, Scotland, India, Spain and America (just to name a few places!). There is something for everyone here in the Ethos Group.

Free



GeogSoc

L5+

all year

Dr Phillips

Monthly meetings after school

The Geography Society aims to develop a wider appreciation of Geography as an academic discipline, as well as providing a social forum for Geography students across senior year groups, by running trips to RSGS lectures and organising in-house film nights on topics of Geographical interest.

Free



Interhouse Quiz League

L4+

Spring term

Mrs Stewart

Thursday lunchtime: 1:40pm in the Theatre

The Interhouse Quiz League gives the pupils an opportunity to showcase their academic ability in a house v. house competition. Each week two houses will battle it out in two rounds of quizzing; general knowledge and a randomly selected category. Teams will consist of a maximum of five members and they can change each week.

Free



Meditation

All

all year

Mr Johnston

Tuesday & Thursday break time in SW3

The school day can be very busy, so here is an opportunity to take some time out to clear the mind and relax. In meditation club we will spend a few moments focusing on the breath and clearing the mind. Meditation can help generate optimism, self-esteem, confidence and motivation. We end with a short reflection to help us on our spiritual journey. Come and try. It might be what you need in your day.

Free



Opera Appreciation

U5+

Mrs Guthrie

One trip per term usually at weekends

Join Mrs Guthrie on a visit to see Scottish Opera. These trips will either be at the theatre or to see opera relayed live at the cinema. This club hopes to enable pupils to expand their cultural horizons.

Price varies



Personal Art Practice

U5+

Miss Macleod & Ms Martin

Tuesday after school. 4:30pm - 5:15pm in the Art Department

This club is to build upon and enhance core skills within the art curriculum. This club is open to all Art & Design candidates and provides an excellent opportunity to work alongside girls from different year groups to develop a wide variety of approaches within your own work.

Free



Philosophy Club

all

all year

Mr Johnston

Tuesday evening: 4:20pm - 5:20pm in SW3

Philosophy Club allows students to explore the big questions of life like: do we have a Soul? Why are here? Does God exist? and much more. We will also look at Philosophical ideas in films and books.

Free

PoetSoc	U4+	Autumn	Mr Kearns
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Autumn

Mr Kearns

Thursday after school, 4:30pm - 5:15pm in SW2

PoetSoc exists for anyone who loves - or is merely curious about - reading and/or writing poetry. We meet every week in SW2 and look at new and classic poems, as well as sharing work we have written ourselves. Students participating can see their work in print, and also hone their critical reading skills - vital for success in future English examinations. An imagination and an open mind are all that we require of those opting in.

Free



Science Club	L4 - L5	Spring & Summer	Mr Connolly
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L4 - L5

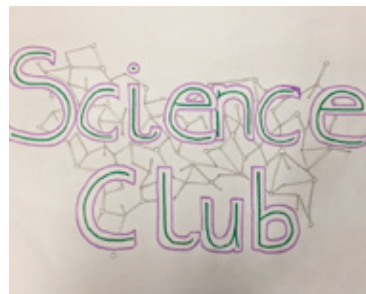
Spring & Summer

Mr Connolly

Wednesday lunchtime: 1:30pm in Lab 5

To engage younger year groups with fun and interesting Science activities to promote their interest in the subject. Come along and get involved in activities such as launching water rockets and making ice cream in a bag.

Free



STEM Club	U5+	Autumn	Mr Connolly
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U5+

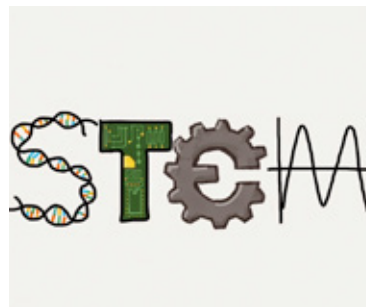
Autumn

Mr Connolly

Thursday at 1:30pm in Lab 5

Events and practical activities that relate to Science, Technology, Engineering and Mathematics. For example, we carry out a dissection such as squid or conga eel. Suitable for students with an interest in STEM and looking to study a STEM related subject area when leaving school.

Free



The Magazine Club

L6 & U6

**Mrs Saunders &
Miss Spurgin**

Meet twice per term, on a Tuesday lunchtime

This is a group for anyone wanting to be part of the process of producing the school magazine. Girls develop and contribute from a range of publishing skills including journalism, desk top publishing, networking, interviewing and sourcing copy. The magazine works closely with the Art Department for design and layout.

Free



Volunteering

All

Mrs Caldwell

Pupils can become active citizens by volunteering their time to help others. This can be done in school or within the local community. Pupils could volunteer in the local Care Home, take part in environmental projects or assist in a school club, whatever matches their interests.

Free



WebWriters

U4+

Autumn

Mr Kearns

Tuesday after school, 4:30pm - 5:15pm in SW2

WebWriters is for students who want to begin to write creatively, but don't know where to start. Working as a group we will set up a fictional online school and adopt personas through which an agreed storyline will be updated on a weekly basis for a term.

Free



Drama clubs

Participating in drama activities is a playful way to build self-esteem. Come and learn about acting and technical theatre skills.

If Drama is your thing, there are many ways to join in.



Drama is an important, popular and rewarding aspect of school life as well as featuring as part of the curriculum. Participating in drama activities is especially beneficial for developing confidence, communication and teamwork skills; at the same time giving girls opportunities to explore pertinent themes in a safe and fun environment.

There are also opportunities for performance throughout the year within the curriculum. The Prep School presents a major musical production each summer term, performing in front of an audience of friends, family, the school and members of the public in our theatre. Every Prep pupil takes part in the show which develops their confidence and leaves lasting memories. Older girls pull out all the stops for the Senior School's stunning biennial drama and musical productions held alongside the annual Prep School productions.

The impressive and varied performances attract not only parents and friends but also a wider audience from the local area.

Private LAMDA (London Academy of Music and Dramatic Art) classes leading towards examinations and awards offer another popular choice for pupils at Kilgraston who wish to further their interest.



Drama club**U5+****Drama Prefect &
Mrs Scott**

Wednesday evening: 4:30pm - 5:45pm

The Drama Club is run by the Drama Prefect for girls in U5-U6. The club provides an opportunity to participate in drama activities, games and improvisations as well as script work. Come along and try it!

Free

**Lighting Club****U4+****all year****Mrs Scott &
Mr Muirhead**

Monday after school: 4:15pm - 5:00pm in the Theatre

Those attending will learn how to use the digital lighting board in the Theatre to operate the lights. This is a hands-on activity where girls have the opportunity to 'play' with the lights while learning this essential production skill. Open to girls with an interest in lighting and those who would like to help with the school shows and other events.

Free

**LAMDA lessons****All****Mrs Scott**

Mondays & Fridays

Extra tuition in Drama following the syllabus from the London Academy of Music and Dramatic Art builds self-confidence and communication skills. Preparation for the external examinations includes working on a variety of play scripts and exploring voice and movement for different characters. This is a fun way to learn about theatre and gain precious UCAS points as you progress through the LAMDA syllabus.

£180 per term



Sport clubs

“Sport is hearty, with the former GB hockey captain as Director of Sport. The Equestrian Centre has to be seen to be believed; the swimming pool is state of the art... [there’s] floodlit tennis courts, the music centre and a swanky new recording studio”.

Tatler Schools Guide



Sports clubs



Archery

Mr Stewart

Time TBA

Archery is a fantastic sport for young people to be involved in. It can assist the young ladies with developing mental focus, building self-esteem and confidence, improving hand-eye coordination and promoting teamwork and sportsmanship. Archery is also a fun and social activity, so why not join in the fun.

£TBA



Badminton

U4+

Mr Fynn

Monday evening: from 6:00pm - 7:00pm in the sports hall

A chance to improve your skills and enjoy exercise. Depending on numbers we play singles or doubles. There is a chance to take part in the club ladder (play everyone and gain points, obviously more for a win!) We take part in local competitions with other schools. Previously we have also visited to National & International tournaments to watch top players in action.

Free



Ballet

All

Mrs Meenaghan-Wackrow

Wednesday evenings: Junior pupils from 4:15pm - 5:15pm, Senior pupils from 5:15pm - 6:15pm

Ballet is an artistic dance performed to music, using precise and highly formal set steps and gestures. It is a beautiful and calm dance session as you perfect your light and graceful movements. From beginners to experienced dancers Ballet is open to all.

£80 per term



Climbing club

All

Mr Brown

Tuesday evening: Junior pupils: 4:30pm - 5:30pm; Senior pupils: 5:30pm - 6:30pm

Climbers Club is your chance to take part in the exciting sport of climbing! You will be taught a range of climbing techniques ranging from the basic belaying right through to advanced body movement overcoming fears and having fun as you do so!

This is held on the school climbing wall in the sports hall.

£50 per term



Dancing

All

Mrs Malloch

Thursday evenings: all pupils from 4:15pm - 6:00pm; Drama studio except in preliminary & final examinations, then in the Atrium.

From Highland to showtime and very occasionally 'strictly come dancing' come and join Mrs Malloch at Dancing club. You can keep fit and have fun with a variety of dance techniques.

£50 per term



Dinghy Sailing Club

U4+

Summer term

Mrs Speed

Short course at weekends - Venus TBA

Sailing has great health and fitness benefits for children. It develops hand-eye coordination, balance and muscle strength, and gives them a taste for the great outdoors. It helps the mind as well as the body: the thrill of handling a dinghy can do wonders for self-confidence. All students are equally welcome whether they've never set foot in a boat before or are already into racing.

Cost TBA



Fencing

All

Mr De Saint Croix

Monday evenings: Junior pupils from 5pm - 6pm, senior pupils from 6pm - 8pm, in the Atrium.

Run by Mr De Saint Croix this exciting and technique sport is open to all abilities from beginners to expert. Mr De Saint Croix runs the Wallace Fencing Academy. We work weekly and then compete in the National competitions both for teams and individuals. It helps your fitness and speed of thought so a great addition to our clubs.

£100 per term



Football coaching

U4+

Mr Carter

Monday evening, 5:30pm - 6:30pm on the Astro pitch

Football is an exciting game to play among friends or other football teams from other schools around Perthshire. Even more fun is learning how to shoot and score, to pass or cross the ball with weight and accuracy, tackle fairly and also to learn the theory and practical ethos of the game of Football. If you are also interested in learning coaching within the game this can be a stepping stone for future learning this all can be done within the grounds of Kilgraston School.

£40 per term



Junior School Hockey

Junior School

Sports Staff

Tuesday evening U11: 4:30pm - 5:30pm

Thursday evening for Senior Prep: 4:30pm - 5:30pm

Hockey is played through Autumn and Spring terms with Prep teams consisting of 8 players. This fast and technical game is great for fitness and fun too. You don't need to be experienced to come and try out, equipment can be provided but you will need your own gum-shield and shinguards to play. We have Prep games on Wednesday afternoons and then also matches and practice Saturday mornings.

Free



Senior School Hockey

U4+

Sports Staff

Monday and Thursday evening: 4:30pm - 5:45pm

Wednesday evening for U4 and L5 practice: 4:30pm - 5:30pm

Hockey is played through Autumn and Spring terms with Senior school teams consisting of 11 players. This fast and technical game is great for fitness and fun too. You don't need to be experienced to come and try out, equipment can be provided but you will need your own gum-shield and shinguards to play at Kilgraston. We have matches and practice Saturday mornings.

Free



Karate

All

Mr Clifford

Tuesday lunchtime: Junior pupils from 1:20pm - 2:10pm; Senior pupils 7pm - 8pm, in the Atrium

Run by Mike Clifford who is 4th Dan Kawasoe, Karate this is a fantastic martial art club and very popular. It teaches us discipline, strength and power in a friendly and positive way. Mike has been teaching at Kilgraston School for over 20 years and many girls have been trained along the way. Whether it is yellow belt to black belt; it is a wonderful club to be part of.

Prep pupils: £50, Senior pupils: £100 per term. Excluding costs related to gradings, belts and suits.

Senior School Netball

U4+

Sports Staff

Wednesday evening: from 4:15pm - 5:45pm
Thursday evening: L5 & U4 from 4:30pm - 5:30pm

Netball at Kilgraston is really popular as it is indoor, fast and fantastic fun with your peer group. It is played over 2 terms, Autumn and Spring and we play all the Scottish cup games in the year too. Great for fitness so come and give it a try!



Junior School Netball

Junior School

Sports Staff

Monday evening: U13s from 4:30pm - 5:30pm
Tuesday lunchtime: U11 from 1:20pm - 2:00pm

Netball at Kilgraston is really popular as it is indoor, fast and fantastic fun with your peer group. It is played over 2 terms, Autumn and Spring, and we play all the Scottish cup games for L4 only. Great for fitness so come and give it a try!

Free



Rounders Club

U11 - Senior

Summer term

Sports Staff

Rounders is a fantastic game with batting and bowling against your opposition. This is an excellent activity for hand/eye coordination. Rounders is also a great social team game.

Free





Running Club

U3+

**after February half
term to October**

Mrs Dunphie

Tuesday lunchtime: meeting 1:15pm in Sports Hall

Running Club is open to all abilities and is held within the school grounds. It is great for improving fitness, so give it a try. From beginners to experienced runners, it is open to all.

Free



Skiing Club

U3+

**Autumn and Spring
term**

**Mrs Stewart &
Mr Stewart**

Friday evening: 4:30pm - 9:15pm, Travel to and from Edinburgh provided.

Friday evening skiing is for EVERYONE! As a novice you can take your first steps (or runs!) in a safe, secure environment, building the confidence you need. The next step is to improve your skills and what better way than to learn with your friends? A bit of healthy rivalry is never a bad thing and you can soon be part of the Kilgraston Development Squad, working on technique and racing for the first time. Being part of the Ski Team will need dedication, commitment, hard work and a sense of fun!

Approximately £100 per 6 week block.



Yoga

All

Mrs Dibnah

Wednesday evening, Junior pupils: 4:30pm - 5:30pm; Senior pupils: 5:30pm - 6:30pm @ viewing gallery

We are trying out some Acro-Yoga poses and interestingly we are did doing some Chocolate Meditation! We learn yoga through games and creative play and then we introduce breathing & relaxation techniques which are skills for life. We explore partner and group postures and offer opportunities to lead. We explore feelings in body and mind in an open, accepting and non-judgmental way. Yoga is a great way to improve energy levels and de-stress so why not come along and give it a try.

£50 per term



Zumba

U4+

Zumba instructor

Tuesday evening: from 4:30pm - 5:30pm in the viewing gallery (seniors)

Zumba is a chance for you to forget all about study and exams for an hour and to enjoy dancing for what it is, fun! We dance to music from all over the world! Dances are easy to follow and are fairly energetic to help you gain fitness. Instructor Gemma has been Zumba-ing for 6 years because she loves it so much. The class is pretty relaxed and includes some gentle stretches at the end. Gemma is also an aerial circus acrobat and was on TV's Ninja Warrior in 2015!

£40 per session per term

Swimming

Swimming lessons that are part of the school curriculum for Nursery pupils upwards.

If you want to spend more time in the pool there are lots of ways to become more involved.

Mrs Hewitt is the swimming development manager:
swimming@kilgraston.com



The 25m swimming pool at Kilgraston boasts fantastic facilities in an area of the school grounds that allows swimmers to look out on beautiful panoramic views across fields and hills.

The swimming programme is led by Stacy Hewitt, our Swimming Development Manager. Having built her sports development knowledge both here in Scotland and in the United States, Stacy has in her time at Kilgraston built a thriving activity schedule to suit all needs and abilities.

The coaching staff includes Anne Dickson. Anne is currently head coach for Perth City Swim Club. She has a fantastic reputation for producing strong performance athletes and she is contributing her wealth of knowledge and experience within our growing performance squad sessions.

The activities at the pool range from nursery classes through core PE to Performance and Academy sessions, for ages 3 through to 18 plus. Swimming is available within the Physical Education curriculum and also on an extra-curricular basis. The bustling activity in term time is complemented by a more relaxed approach during exeat weekends and holiday periods when the swimming pool is open to families for recreational sessions.





Swimming Lessons

All

Monday - Thursday evenings: 4:15pm - 6pm & Saturday morning: 8:30am - 11:30am

Lessons after school are held in small groups for 30 minutes. Lessons are ability specific and cater to individual learning paces. Instructors are pool side rather than in the water. Students will be developing stroke technique, building confidence alongside stamina development. Instructors are water based on Saturdays.

£80 for group lessons per term or £180 for individual lessons per term



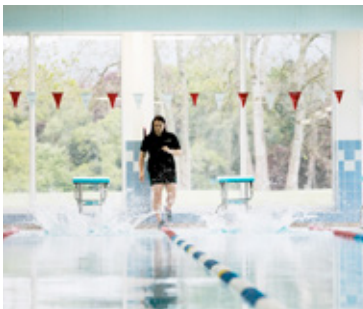
Lane Swimming

U4+

Monday morning: 6:00am - 7:45am

Swimmers are free to swim their own self-styled program or consult with the Swimming Development Manager for a specific design. Swimmers should expect to swim between 60 and 120 lengths over the 90 minutes. This session is overseen by a lifeguard and swimmers are expected to make good use of this extra time to take ownership of their own training.

Free



Performance Training

U3+

Monday, Tuesday & Thursday evening: from 5:45pm - 6:30pm & 5:30pm - 7:00pm

Performance training is available to those who wish to be considered for the school team and who wish to challenge their swimming fitness. Sessions include skills, drills & stamina training with monthly timed sessions to monitor speed progress. Anne Dickson leads the Thursday evening session from 5:30pm - 7pm and these sessions are high-intensity and stroke-specific. The Thursday sessions are charged at £45 per term; other sessions are complementary.

Fun Swim

All*

Tuesday & Thursday evening: 7pm - 8pm & Friday evening: 4:30pm - 5:30pm

The fun swim sessions are open to all and are a very relaxed time to enjoy recreational swimming.

*This is available to all pupils achieving a pre-assessed specific standard in class.

Free



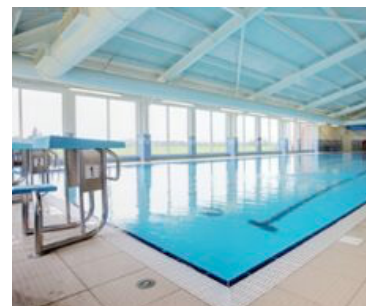
Parents Swim

Parents

Monday morning: 7:45am - 9am & Thursday morning: 8:30am - 10am

All parents are invited to join us for a swim after dropping the girls off for school.

Free



Family swim

All & Parents

various

The pool is also open occasionally for family swimming and information on these dates can be obtained by emailing swimming@kilgraston.com or by following the alerts from the Facebook page.

£6 per family of 4 with 1 adult swimmer minimum per group. Multi-ticket options are also available.



Tennis

The Tennis Club at Kilgraston is run by our resident coach, Billy McNeil, who is an LTA level 4 Senior Performance Coach and former National Team player.

If you would like to join the tennis club, contact Billy at tennis@kilgraston.com.



Kilgraston Tennis Club - one to one & group lessons

Mr McNeil

Monday - Friday evenings: 5:30pm - 8:30pm

The Tennis Club is a great way to learn and improve your game whether you have never lifted a racquet before or are the next Serena Williams! Lessons are always great fun and you can learn to play a great sport in a relaxed, social environment with one of Scotland's leading tennis coaches.

£16 per 30 minute lesson or £80 per term for group lessons, pairs coaching £11 per 30 minute lesson



Free Sessions

All

Nursery pupils:	Monday from 3:10pm - 3:40pm
Mini tennis red, ages 6 & 7:	Tuesday from 4:15pm - 5:00pm
Mini tennis orange, ages 8 & 9:	Wednesday from 4:15pm - 5:00pm
Green & yellow tennis, ages 10 - 12:	Thursday 4:30pm - 5:30pm

These sessions are a great way to learn all the fundamentals, through fun and energetic game-based practices. Everyone is welcome, so get down to the tennis courts and give it a go!

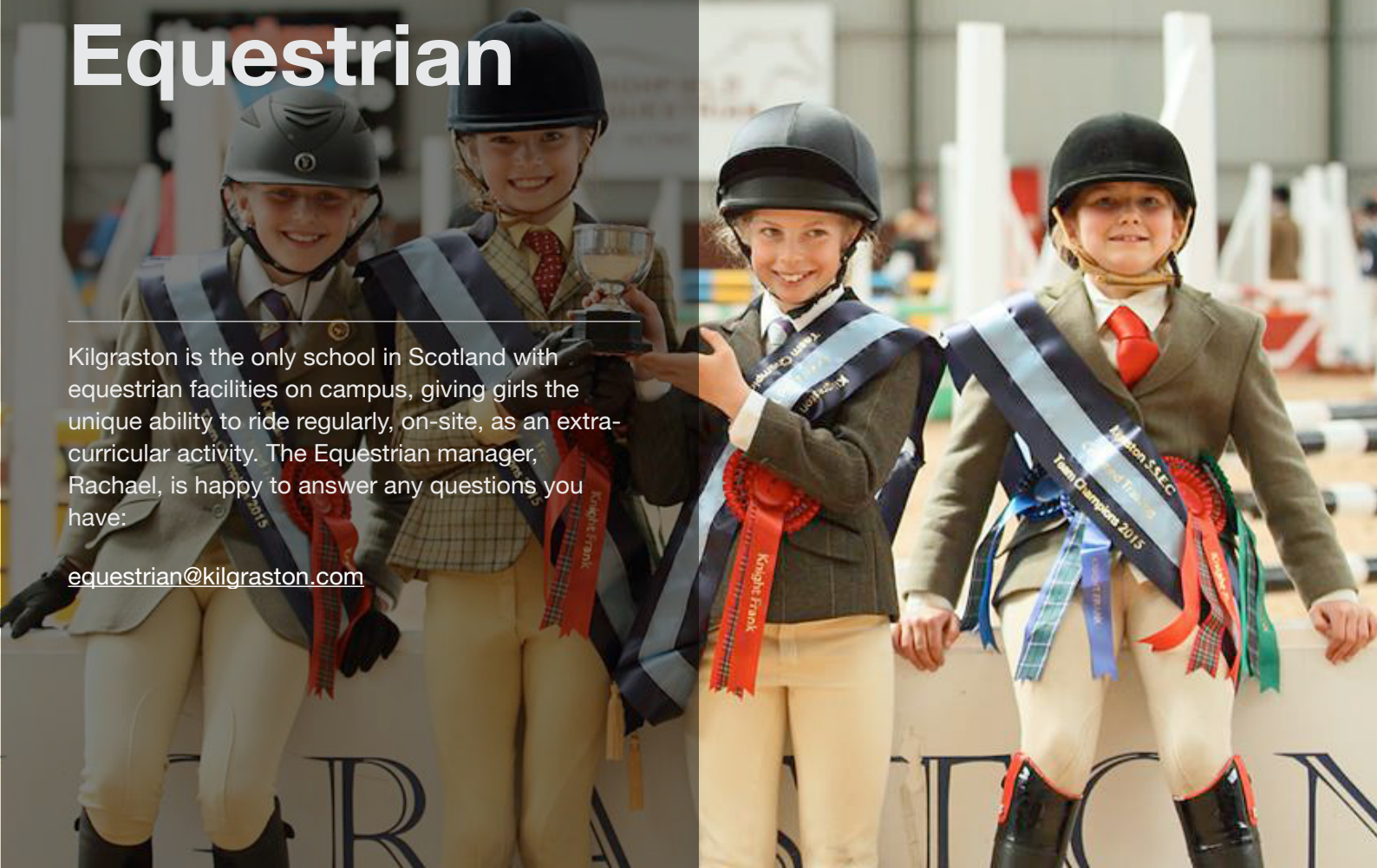
Free



Equestrian

Kilgraston is the only school in Scotland with equestrian facilities on campus, giving girls the unique ability to ride regularly, on-site, as an extra-curricular activity. The Equestrian manager, Rachael, is happy to answer any questions you have:

equestrian@kilgraston.com



Kilgraston is the only school in Scotland with equestrian facilities on campus, giving girls the unique ability to ride regularly, on-site, as an extra-curricular activity.

Lessons take place daily after school and at weekends in our 60 x 40m floodlit arena. Whether aspiring to ride for the school team or having never ridden before there is something for everyone. All levels are catered for from beginners to competitive riders and sessions are tailored according to the abilities of each rider. The emphasis is on progression, variety and fun.

Lesson numbers are restricted to ensure a high level of tuition and our riding school horses and ponies are hand picked for their excellent temperaments. Our teaching staff possess a wealth of experience and are all fully qualified. We have 3 full time members of staff on the yard, Rachael MacLean is our equestrian manager and our first port of call for booking lessons. Rachael is a BHS registered instructor, UKCC level 2 equestrian coach and has been teaching riding for 13 years. Ruth Elliot is our Instructor/Yard supervisor who is also a BHSAI registered instructor and Lauren Watt is our Groom/Trainee Instructor who is currently working through her BHS exams. All of the equestrian staff love working with the girls and ponies, aiming to boost confidence in the more nervous riders and pushing the more experienced riders to progress and develop further.

Kilgraston is at the heart of schools equestrian events in Scotland. We host the annual Kilgraston Scottish Schools Equestrian Championships at Gleneagles Equestrian Centre. This combined training, team event is always very highly contested, with up to 25 schools vying for the prestigious championships in each of the three age groups.

Booking and prices

To book a lesson or taster session, please email Rachael the Equestrian Manager – equestrian@kilgraston.com

Riding assessment - £22



Pony club

Kilgraston runs their own Pony Club. The Pony Club for aimed at those interested in ponies and riding. The objectives of The Pony Club are:

- To encourage young people to ride and to learn to enjoy all kinds of sport connected with horses and riding.
- To provide instruction in riding and horsemanship and to instill in the girls the proper care of their animals.
- To promote the highest ideals of sportsmanship, citizenship and loyalty, thereby cultivating strength of character and self-discipline.

The Pony Club is held every Monday evening at 4:15pm for juniors and 5:15pm on a Friday evening for senior girls. The Pony Club is open to anyone even if you don't own a horse or pony. You can use one of the many ponies that Kilgraston has available to ride.



Group Riding Lessons

age 5 and above

Monday - Thursday evenings: 4:30pm - 7:30pm, Saturday all day

Riding is available at Kilgraston on an extra-curricular basis with group lessons running after school. We have 12 – 14 school ponies available ranging from 11hh – 18hh so have a horse or pony to suit all ages and abilities. Whether you have been riding for years or have never sat on a horse, come and meet the team at the equestrian centre and give it a go! Hats are provided and we advise girls to wear boots with a heel to enable them to use the stirrups effectively.

£25 per 45 minute lesson



1-2-1 Riding Lessons

age 5 and above

Limited availability after school on weekdays, Saturday all day

For those of you who would prefer individual lessons, these can also be arranged.

£35 per 30 minute lesson



Clinic Lessons

external instructor

Saturday all day

We also run a clinic every Friday with outside coaches who specialise in dressage, show jumping and eventing. There is no minimum age but riders must be able to walk/trot/canter independently and have their own pony. Clinics are held on a Friday after school with various local experts – Diana Zadjia BHSl who teaches both flatwork and jumping, David Harland who is one of Scotland's top show jumpers is here once a month for jumping clinics: ex KG pupil, Louisa Milne Home, who is an international 4* eventer, takes clinics through the summer and Elizabeth Leslie, BHSl, teaches mostly dressage.

£25 per individual as part of a group lesson



Music

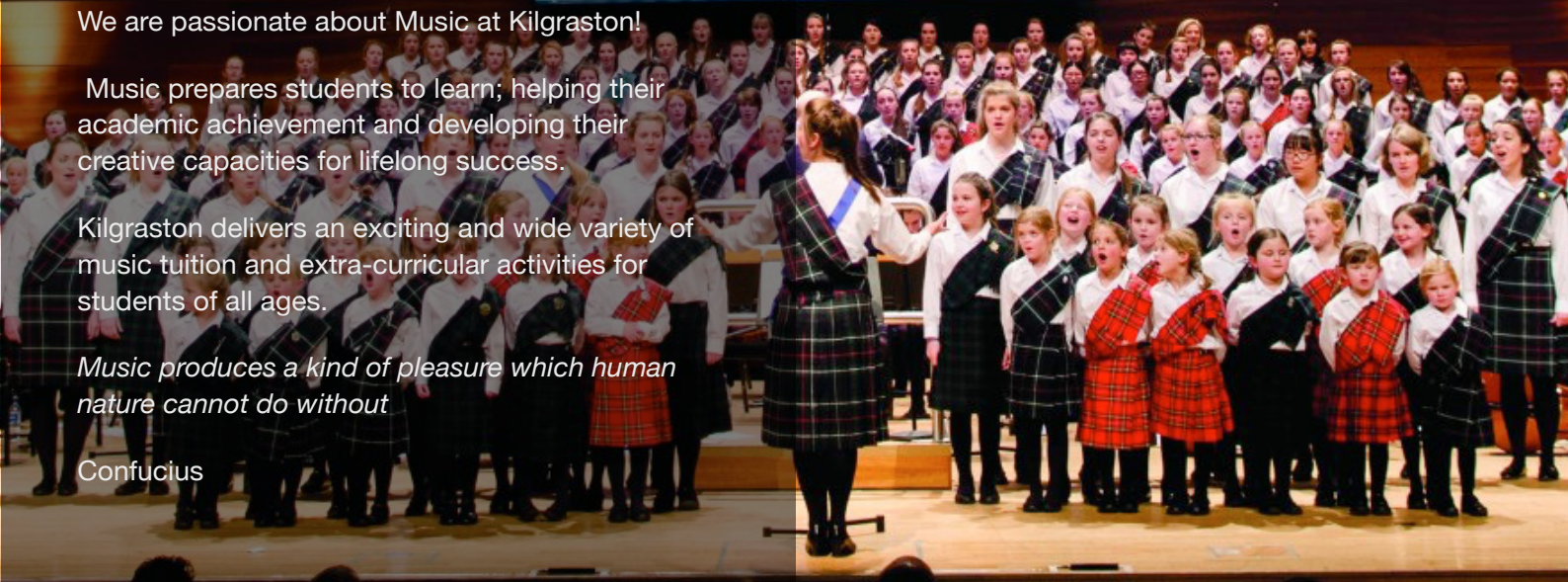
We are passionate about Music at Kilgraston!

Music prepares students to learn; helping their academic achievement and developing their creative capacities for lifelong success.

Kilgraston delivers an exciting and wide variety of music tuition and extra-curricular activities for students of all ages.

Music produces a kind of pleasure which human nature cannot do without

Confucius



Instrumental Lessons

Universities and employers all recognise the value of learning a musical instrument and it is immensely important to the music department that all students are encouraged to do so. In achieving this aim, it is essential that you as parents know the choices regarding Instrumental lessons that are available at Kilgraston.

Kilgraston has a flourishing instrumental programme providing lessons in: Strings, Woodwind, Brass, Percussion, Piano, Voice, Clarsach and Bagpipes.

Lessons are provided through the school day and last for 30 minutes and lesson times are rotated to ensure that pupils do not miss the same class on a regular basis. All girls have the opportunity to participate in the many ensembles that rehearse weekly in the department. There are also opportunities for some students to participate in workshops delivered by professional musicians. Students are offered the chance to enter for Trinity Guild Hall, ABRSM and Rock School Music Exams which take place throughout the year.

Individual lessons: £20 per 30 minutes

Music theory individual lessons: £20 per 30 minutes

Music theory group lessons: £80 per term

Instrument hire: £20 - £40 per term depending upon instrument



Chamber Choir**U4+****Mr McAuley**

Friday lunchtime: 1:10pm - 1:45pm & 4:15pm - 5:15pm

This is our most advanced vocal ensemble in school and provides the opportunity to sing in 2, 3 and 4 part arrangements of a variety of songs in varying styles. The Chamber Choir performs regularly at events in the local and wider community in addition to school concerts and services. Prospective members are auditioned at the start of each school year.

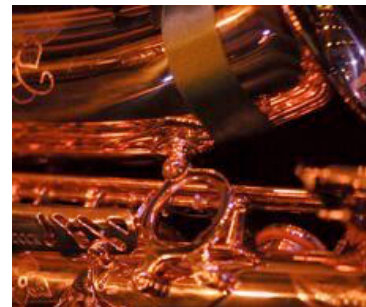
Free

**Kilgraston Jazz****U3+****Mr Flower**

Wednesday lunchtime: 1:30pm - 2:10pm

Pupils who have an interest in performing music in a Jazz and Pop style are encouraged to join the Jazz Group. All instruments are welcome and the music can be arranged to suit your ability (minimum Grade 2).

Free

**Fiddle Group****U3+****Mrs Blue**

Thursday lunchtime: 1:40pm - 2:10pm

For string players who would like to play Scotland's traditional music. This is currently available to string players but any flute and accordion players who are interested are welcome to join.

Free



Senior Orchestra

U3+

Mr McAuley

Tuesday evening: 4:15pm - 5:15pm

The school orchestra performs a wide and varied repertoire and provides the opportunity for pupils to play with instruments from all four sections of the symphony orchestra. There will be the opportunity to perform at end of term services, concerts and also the Perform in Perth festival.

Free



String Orchestra

U3+

Miss Peebles

Monday: 1:10pm - 1:40pm

This ensemble is for more advanced string players and they will have the opportunity to play a more difficult selection of pieces. Performances will include School concerts, recitals and the Perform in Perth festival.

Free



Junior Orchestra

R - L4

Mr McAuley

Thursday: 1:30pm - 2:10pm

Open to all pupils who play any instrument. To join you should be able to play at least 5 notes on your instrument. This ensemble is to provide pupils with the opportunity to play alongside friends and discover the joy of playing within a group. The Music is tailored to each individual to allow them to contribute to the performance.

Free



Brass Ensemble

L3+

Mr Smith

Wednesday evening: 4:30pm - 5:15pm in side chapel

This ensemble is open to all players of Brass instruments in the school who would like to learn to play with other Brass players.

Free



Wind Ensemble

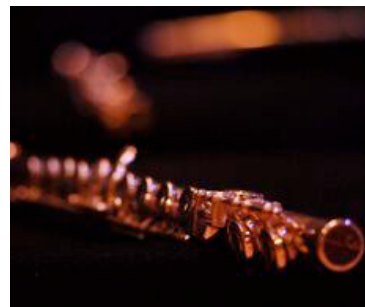
U3+

Mrs Campbell

Monday lunchtime 1:10pm - 1:40pm

This ensemble will give pupils who play a wind instrument the opportunity to play a selection of repertoire in different styles that is appropriate for wind instruments.

Free



Guitar Ensemble

L3+

Mr Patterson

Tuesday lunchtime: 1:40pm - 2:10pm

This ensemble provides guitarists with the opportunity to perform together in a variety of arrangements in the pop and classical style. Guitar playing is very often a solo instrument and the guitar ensemble aims to provide guitarists with the extra opportunity to play within a larger group.

Free



Junior Recorder Group

R - U3

Mrs E. Stewart

Tuesday morning, 8:30am - 8:45am

Junior will meet on Tuesday mornings at 8.30. It is for girls who already play a little. Our aim will be to play a few hymns which we could use at assemblies, a couple of Christmas items and maybe even Perth Festival in March.

Free



Duke of Edinburgh's Award Scheme

A flexible programme that helps to develop young people for life and work, the numbers speak for themselves: 93% of participants feel that DofE has helped them to work in a team and 84% feel that they have become a more responsible person. The DofE Award is a passport to a brighter future, valued by employers and universities.

The Duke of Edinburgh's Award scheme is run by Mr David Laird: dlaird@kilgraston.com



What is DofE?

OVERVIEW

1. There are three levels of award: Bronze, Silver and Gold.
2. The award has for compulsory sections
 - Volunteering
 - Physical activity
 - Skill
 - Expedition

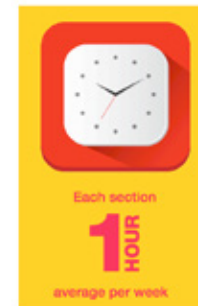
The DofE Award Scheme is a voluntary, non-competitive and balanced programme of activities designed to support the personal and social development of young people aged 14-25, regardless of background, gender, or ability.

The mission of The Award is “to inspire, guide and support young people in their self-development and to recognise their individual achievements”, which complements both the Sacred Heart goals of Kilgraston and the aims of the Curriculum for Excellence.

Participants must complete activities in the following sections: Volunteering, Physical activity, Skill and Expedition (and a residential at Gold) to achieve The Award, but the option also exists to achieve sectional certificates if a participant is unable to complete all sections.

You must be 14 to enrol at Bronze, 15 to enrol at Silver and 16 to enrol at Gold. You may also enrol as a direct entrant at Silver or Gold even if you have not done the previous levels but will be required to commit to a longer timescale to complete the level.

How long does a DofE programme take to complete?





Bronze level

Tuesdays: 4.30pm – 5.30pm: Bronze and Silver classes, **5.30pm – 6.30pm:** Bronze and Silver classes

N.B: Bronze participants only need to attend one of these weekly sessions, not both hours

Participants should attend the majority of weekly sessions and must complete training days and practice expeditions to be able to attend qualifying expedition. All staff and volunteers have had complete PVG checks and have all the relevant experience and qualifications to lead and supervise Participants in remote areas and with remote supervision when appropriate.

Bronze level costs: £19 to enrol

This includes enrolment, insurance through PKC, an online eDofE account to record progress, record book and a discount card for kit. Other costs are associated with expedition to cover transport and staffing costs but these are detailed in advance of all expeditions and training days and minimised where possible by using volunteers. Participants are also encouraged to fundraise where possible to support their expeditions.

Kilgraston has some equipment like rucksacks, tents cookers and first aid equipment but participants are expected to provide the rest of their own kit ([see attached kit list here](#)). A limited selection of boots and waterproofs can be hired but it is advisable to invest in personal gear.

BRONZE

Volunteering 3 months	<i>PLUS a further 3 months in the Volunteering, Physical or Skills section.</i>
Physical 3 months	
Skills 3 months	
Expedition 2 days 1 night	



Silver Level

Tuesdays: **4.30pm – 5.30pm:** Bronze and Silver classes, **5.30pm – 6.30pm:** Bronze and Silver classes

N.B: Silver participants only need to attend one of these weekly sessions, not both hours

Participants should attend the majority of weekly sessions and must complete training days and practice expeditions to be able to attend qualifying expedition. All staff and volunteers have had complete PVG checks and have all the relevant experience and qualifications to lead and supervise Participants in remote areas and with remote supervision when appropriate.

Silver expedition

6th November – training day walk

Silver level costs: £19 to enrol

This includes enrolment, insurance through PKC, an online eDofE account to record progress, record book and a discount card for kit. Other costs are associated with expedition to cover transport and staffing costs but these are detailed in advance of all expeditions and training days and minimised where possible by using volunteers. Participants are also encouraged to fundraise where possible to support their expeditions.

Kilgraston has some equipment like rucksacks, tents cookers and first aid equipment but participants are expected to provide the rest of their own kit ([see attached kit list here](#)). A limited selection of boots and waterproofs can be hired but it is advisable to invest in personal gear.





Gold Level

Tuesdays: 6.30pm – 7.30pm: Gold class (alternate weeks for L6 group and U6 group)

Participants should attend the majority of weekly sessions and must complete training days and practice expeditions to be able to attend qualifying expedition. All staff and volunteers have had complete PVG checks and have all the relevant experience and qualifications to lead and supervise Participants in remote areas and with remote supervision when appropriate.

Gold expedition:

6th November - training day walk

Gold level costs: £26 to enrol

This includes enrolment, insurance through PKC, an online eDofE account to record progress, record book and a discount card for kit. Other costs are associated with expedition to cover transport and staffing costs but these are detailed in advance of all expeditions and training days and minimised where possible by using volunteers. Participants are also encouraged to fundraise where possible to support their expeditions.

Kilgraston has some equipment like rucksacks, tents cookers and first aid equipment but participants are expected to provide the rest of their own kit ([see attached kit list here](#)). A limited selection of boots and waterproofs can be hired but it is advisable to invest in personal gear.





Chaplaincy

The goal for 2016 - 17 is *Social Awareness*.

There are lots of opportunities to become involved with the spiritual life of the school.



Central to Kilgraston's ethos is the religious and spiritual development of our students. As a Catholic school, we warmly welcome pupils from all faiths and none, and the Chaplain and Sacred Heart Goals Committee aim to provide each girl with opportunities to develop her spiritual life.

Through experiences of prayer, formal and informal, each girl can reflect upon her personal growth and the significant relationships in her life, growing in wisdom. Through community service and participating in charitable activities, she can develop her full humanity and discover a sense of completeness and purpose in her life.

'Chapel is a nice quiet space in the school, where you can take some time out regardless of your faith' - Teresa U6

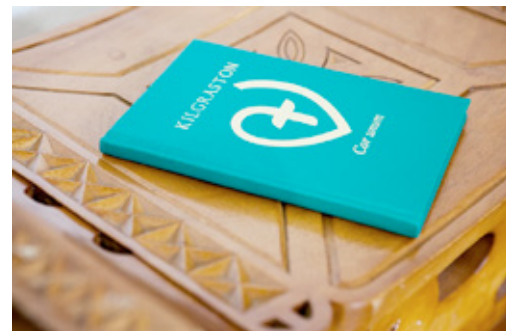


Sacred Heart

We are a member of the worldwide network of Sacred Heart schools, and we aim to help each pupil to become a responsible member of society, and to recognise her own self value, her capacity to be happy and her ability to bring joy to others.

We express our ethos through the five goals of the Sacred Heart:

- To develop a living faith
- To hold a deep respect for intellectual values
- To nurture the personal growth of each girl in our care
- To be a valued part of the community and to help build that community
- To have a social awareness which impels action



These values are experienced in many ways within the academic curriculum, the broader curriculum and in school life as a whole. There is a strong tradition at Kilgraston of both team work and pupil leadership. Each year we strive to live by these goals and we choose one in particular to focus upon.

The Sacred Heart network is world wide, with well in excess of 200 schools across the globe. From 2013, all senior girls have been offered the opportunity to visit another Sacred Heart school overseas for a fortnight as part of an exchange programme. This is an exciting development which offers a uniquely formative experience building friendships and providing the opportunity to experience another culture in a caring and safe environment.

Chaplaincy

Through the Chaplaincy, we hope to provide help, support, encouragement and care so that Kilgraston will be a happy, spiritual place in which to learn and grow in faith. Preparation for the Sacraments within the Catholic Church is given by the Chaplain and she is happy to organise programmes with local ministers for pupils from other denominations. Mass is celebrated on Sundays and major feast days in our school chapel and confession is also available for those who wish it.

Our school Chapel is located very aptly at the centre of the school. It is there that we congregate each morning for assembly, beginning the day as a community with a prayer, a thought for the day and a hymn of thanksgiving.

Graced with the presence of two Lorimer sculptures – the central crucifix and the statue of Our Lady in the Lady Chapel – it provides a space for each member of our school community, staff and students, to take time to reflect, pray and step back from the hustle and bustle of school life. It is also a place where we gather together to celebrate and mark special occasions.



Caritas Award

The Pope Benedict XVI CARITAS AWARD was introduced in 2011 by the Bishops' Conference of Scotland to recognise and promote the active faith commitment of young people.

This was the first young people's awards scheme which has been named in honour of His Holiness Benedict XVI, Pope Emeritus, – an honour which was granted to the Bishops' Conference of Scotland by the Vatican Secretariat of State. It was also the first award for young people to be introduced by the Catholic Church in Scotland. In session 2011-12, 450 young people received the award; in session 2012-13, 900 young people received it. In session 2013-14, over 1200 young people from schools across Scotland were enrolled for the award.

How does it work?

Focussed on three distinctive but interwoven elements – Faith Witness, Faith Learning and Faith Reflection – the Caritas Award is offered as an open invitation to young people of all abilities and all faiths to explore the impact on their lives of Caritas – described in 'Deus Caritas Est' as "the love which God lavishes upon us and which we in turn must share with others". Over the course of one school year, young people in Catholic schools and parishes volunteer to serve their local communities through committing their time and their talents to benefit others.

In the course of the award year, the young people involved, from a range of other religious traditions, are helped to see the links between their faith learning (in school and church), their faith witness and their own personal journey of faith through prayer, reflection and discernment. It is hoped that this year of service will encourage them to continue to share their God-given gifts, talents and time with others as they progress through adulthood. Some of the activities the girls can become involved include: chapel choir, leading assemblies, tidying the chapel, taking responsibility for notice boards, organising a backpack appeal for Mary's Meals, help organising the Fair-trade fashion show. Please see Chaplain for more details.

Who can be involved? Upper 6th

Goal 2016 - 17, Social Awareness

The Goal of Social Awareness can be said to be the practical outworking of the work on the other four Goals. The Goal of Social Awareness gives our young people the opportunity to translate the knowledge, skills and values acquired through our work on the Goals of Faith, Intellect, Character and Community into effective action for social change.

THE CHALLENGE

Mary Cavanagh rscj, in her letter of January 2000 introducing Heritage and Horizon says, 'Behaviour and practice surely demonstrate our convictions more effectively than words.'

'Be humble, be simple and bring joy to others.' Sophie

Therefore our challenge is to ensure that:

Our work on the Goal of Social Awareness has given our pupils the appropriate knowledge, values, skills and opportunities to enable them to effectively address injustice, conflict-resolution and environmental issues and thus become 'agents of transformation'.

Heritage and horizon

Other activities...

Night Prayer

On a Wednesday and Thursday night the Butterstone girls enjoy some quiet meditation; this gives them a chance to take some time out and reflect on their busy week.

Where: Butterstone common room

When: Wednesday and Thursday 8:30pm



Taizé Prayer Service

Taizé is an ecumenical inter-spiritual community in France. A Taizé prayer service consists of meditative singing and periods of silence in order to reach a contemplative state. It is very relaxing and provides a perfect escape from the busyness of school life

Who: senior school

When: first Monday of the month at 9:30pm

Where: side chapel

Sacrament classes

For those wishing to prepare for the sacraments of reconciliation, first holy communion and confirmation. At the end of the preparation, students may receive these sacraments during Mass at Kilgraston or at a church of their choosing. Parents who wish their child to be enrolled in the sacrament classes should contact the school chaplain on chaplain@kilgraston.com

Who: reconciliation and first holy communion L2 and above, confirmation U3 and above

When: from after February half term, time to be arranged through the school chaplain



conditions of booking



Information

All charges for the activities are subject to change if, for example, there is an unforeseen change in particular coaching staff or if sessions are increased to more than one per week. Many of the activities available are free of charge including; competitive swimming, badminton, mixed games, hockey, netball and lunch time clubs. Full details can be found within the activities booklet.

At the beginning of the autumn term, there is an opportunity for girls to try out the activities free of charge. It is expected that once they have signed up to attend on a regular basis they will be charged for the term. If an activity is started and then withdrawn from later in the term the full rate will still be charged.

Sixth Form and Upper Fifth have use of the gym in the evenings under the guidance of the residential staff.

Extracurricular activities do not take place either in the first week of the autumn term or the last week of the summer term. Similarly they are not run during exeat weekends. They are available at all other times. Girls are encouraged to take part in at least two activity sessions per week.

Notice of Withdrawal

A term's notice is required to discontinue an extracurricular or music activity which requires contracted instructors. In the event of this not being given, a term's fee in lieu of notice will be due and payable at the applicable rate for full attendance of said activity.







KILGRASTON

JUNIOR YEARS · SENIOR · SIXTH FORM

www.kilgraston.com

Kilgraston School, Bridge of Earn, Perth, PH2 9BQ