

Extra-Curricular Activities



Science Club

The Science Club, which meets after school one day a week, provides pupils in Years 8-10 the opportunity to further develop their skills in, and experience of, Science. The girls, supervised by two teachers and three Science Prefects, carry out dissections and practical investigations. They even grow their own fruit and vegetables which are used in the Canteen to make healthy meals. The girls enter a wide range of competitions and take part annually in the Salters' Festival of Chemistry competition which is held in Queen's University, Belfast. This gives the members a chance to work in a real laboratory with pupils from other schools. There are outings to recycling plants and a visit to the BT Young Scientist exhibition in Dublin. At present, the Science Club is actively involved in the eco-schools project, working towards the green flag approval.

Public Speaking

At Assumption Grammar School there are significant opportunities for students to develop valuable skills in debating and public speaking across all the key stages. Public speaking and Debating have been enjoyable, challenging and successful extra-curricular activities in our school, for many years. The pupils enjoy entering a variety of competitions throughout the year including The Soroptimist International. Pupils also get opportunities to attend workshops and extra-curricular sessions to improve and polish their public speaking and debating skills.

Spanish Club

The Spanish Department organise an after school club on Mondays for Year 9 and 10 pupils. The Spanish Assistant aims to improve the girls' use of the Spanish language, pronunciation, spoken Spanish and cultural understanding in a fun and creative way. The types of activities organised are Spanish games, songs, competitions, sampling Spanish food, Spanish and Latin-American culture and ICT projects.

French Club

For pupils in Years 8-10 who want to improve their understanding of the French language and culture, there is the weekly lunchtime meeting of "le Club de Français". Our French Assistant shares her unique experience of her native language and culture through photos, PowerPoint presentations, music, games, songs and conversation.





Music

Senior Orchestra

This comprises around 60 girls who have reached Grade 4-8 on their instruments. They rehearse for an hour each Tuesday afternoon playing pieces from the standard classical repertoire and lighter music. They usually perform in school at Christmas and at the Annual Concert in one of the Belfast concert halls.

Senior Choir

This award-winning choir consists of around 60 singers from Years 11-14. Meeting on a Thursday afternoon they cover a wide range of religious and secular repertoire including art music and arrangements of popular material. They perform several times each year culminating in the Annual Concert at Easter.

Junior Choir

This award-winning choir comprises 70 singers from Years 8-10. They rehearse on a Wednesday afternoon and perform a wide range of light music. They perform several times during the year including the Junior Concert in June.

Chamber Choir

This is a smaller choir drawn mainly from senior students who take vocal training as a core musical activity. They meet on Monday afternoons to rehearse a range of religious material and art songs, performing several times during the Christmas period and at the Annual Concert at the end of the Easter term.

Training Orchestra

This group of Junior instrumentalists (Grades 1-4) meet on Tuesday afternoons for an hour, playing a range of light musical arrangements. They perform at Christmas and at the main Junior Concert at the end of the school year.

Jazz Ensemble

This group of 20 musicians drawn mainly from the senior students meets on Mondays before school and performs a range of Swing music and Jazz arrangements of popular tunes. They perform at various events inside and outside school during the year.

Barbershop Group

An elite group of eight singers which performs 'a cappella' settings of popular material. They perform regularly throughout the year at music festivals, school events and in the community.

Senior and Junior

Traditional Groups

These ensembles are made up from those students studying traditional instruments and rehearse on a Friday, playing a wide range of Irish music. They perform at the main school concerts and several other events during the year including a 'Traditional' night in school.

Other Groups

The Music Department also supports a wide range of smaller vocal and instrumental groups which are subject to change according to availability of musicians and the requirements of students with regard to the practical element of the GCSE Music syllabus. The newest addition to the Department is the group of 10 African drummers who meet on Wednesdays to play authentic African djembe drums.

The Junior Book Club

The Junior Book Club meets weekly at Monday lunchtime in the Library from 1.10-1.40pm. All junior pupils are free to attend. Pupils discuss all kinds of books, newly published fiction and non-fiction, good reads, classical fiction, humorous and entertaining books. The girls are encouraged to recommend books that they have enjoyed. We are involved in reviewing the titles for the Northern



Ireland Children's Book Award each year and posting reviews on their website. The Book Club is very popular and well attended.

Politics Society

The Politics Society is for students in the Senior School. A team of pupils participate in a number of initiatives, for example, the British Council's European Youth Parliament at Stormont. Last year the team impressed the Council so much in their background research, work with the Czech Consul and debating skills that they were offered the prestigious position of European Commission for this year's event.

Physical Education

Netball Club



The Netball club for pupils in Years 9 to 14, caters for approximately 60 pupils. Training sessions are held every Monday and Thursdays after school and at lunch time on Tuesdays, Wednesdays and Thursdays. The teams are entered into the NI League and NI Cup.



Camogie Players of the Year Award

Year 8 Netball

Training for the Year 8 pupils occurs at lunch time on Mondays, Thursdays and Fridays. There are approximately 80 pupils involved and after Christmas the pupils will begin training after school to work towards the East Down Tournament which is held in May.

Camogie

Two science teachers are involved with the camogie teams. The girls train on a Tuesday and Wednesday after school. There are 4 camogie teams, and they are entered into the Down and Ulster Leagues.

Cross-Country and Athletics

Four cross-country teams are entered into the Districts Championships in February. The girls train for this during lunch time in the first term.

The District athletic meeting is held in May. The pupils train for this from Easter time.

Show Jumping

The school provides pupils with the opportunity to enter into show jumping competitions during the year.

Swimming

The school provides pupils with the opportunity to enter into swimming competitions during the year.

Dance - Aerobics

There is an internal dance competition offered to all pupils in Years 9 to 10 each year. From the 80 pupils who usually enter this, 20 are picked to represent the School in the NICMAC dance competition. The GCSE PE pupils also submit a team to this competition.

Ski Trip

The ski trip is offered to pupils in Years 8 to 11 and approximately 40 to 50 girls travel to various destinations throughout Europe and the USA.





Irish Society

Year 9 students have the opportunity to join the Irish Society and to get involved in:

- Celtic Art & Culture
- Tin Whistle & Traditional Music
- Online Interactive Irish Games
- Céilí & Irish Dancing
- Songs, Games and Irish myths & legends

Irish Club

Gaelic Football

Gaelic football is offered to pupils from Year 8 to 14. Training is on every Monday and Thursday and the teams play in the Ulster Championship. There are approximately 100 pupils who play gaelic and they are coached by three members of staff.

Under 16 Ulster Champions

