

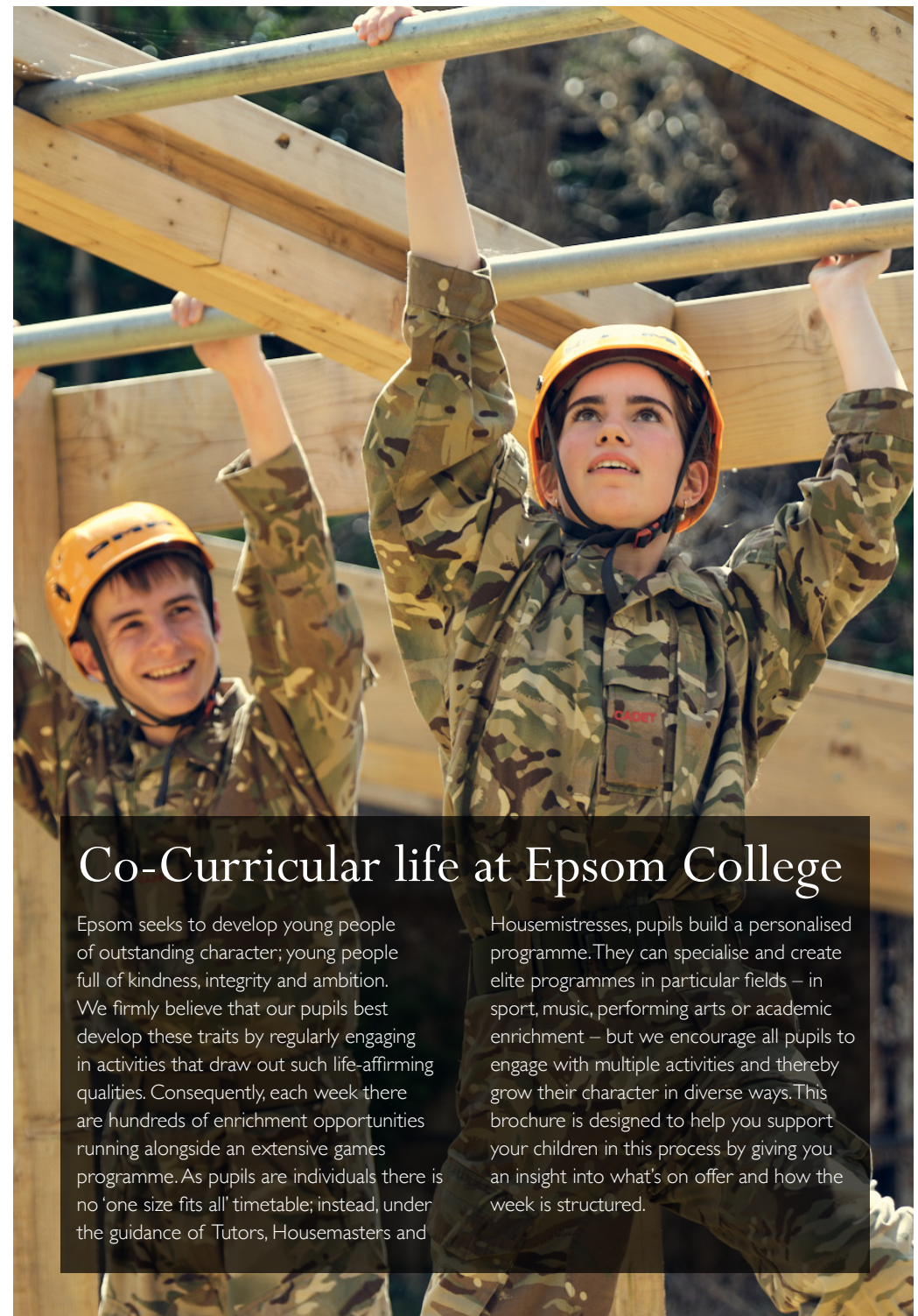


EPSOM  
COLLEGE

# The Epsom Experience

Creating Young People of Outstanding Character

GUIDE TO THE CO-CURRICULAR LIFE OF EPSOM COLLEGE



## Co-Curricular life at Epsom College

Epsom seeks to develop young people of outstanding character; young people full of kindness, integrity and ambition. We firmly believe that our pupils best develop these traits by regularly engaging in activities that draw out such life-affirming qualities. Consequently, each week there are hundreds of enrichment opportunities running alongside an extensive games programme. As pupils are individuals there is no 'one size fits all' timetable; instead, under the guidance of Tutors, Housemasters and

Housemistresses, pupils build a personalised programme. They can specialise and create elite programmes in particular fields – in sport, music, performing arts or academic enrichment – but we encourage all pupils to engage with multiple activities and thereby grow their character in diverse ways. This brochure is designed to help you support your children in this process by giving you an insight into what's on offer and how the week is structured.

# Lower School Pupils

Pupils in the Lower School will experience a range of activities to enrich the Life of the Mind and Body. The programme encourages them to embrace the opportunity to learn new skills, discover new passions and engage with the full breadth of co-curricular activities on offer to them by introducing them to the different options they will have as they progress through their time at Epsom College.

In 3rd Form (Year 7), all pupils take part in a Performing Arts Showcase, a chance to learn new skills and build confidence as they join a new school. In the Summer Term they will experience their first taste of Epsom's Outdoor Adventure opportunities with a selection of sessions designed to inspire an appreciation of the environment around us and ignite a sense of adventure.

In Lower Fourth (Year 8), pupils are introduced to our Charity and Community opportunities by taking part in a Service Programme. This encourages them to understand the importance of having a positive impact on our local community and supporting those around us.

Throughout the Lower School, pupils also have the chance to select particular co-curricular activities that are of interest to them. You can see some of the options available listed in the 'Activities' section of this document. Alongside these choices, they will also be exposed to enrichment activities they may not have considered signing up to previously, in the hope that it will broaden their horizons and develop an appreciation of the whole 'Epsom Experience'.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Games Afternoon	Individual choice of activities	Games Afternoon	Individual choice of activities	Early Prep or Selected Activities	Sports Fixtures or Training
Performing Arts Carousel (Year 7) Service Programme (Year 8)		Life of the Body and Mind Carousel			



# M4 (Year 9) Pupils

As with the Lower School, pupils in the Middle Fourth (Year 9) will experience a range of activities through the Enrichment Carousel. The programme encourages them to embrace the opportunity to learn new skills, try something they may not have considered before and engage with the full breadth of co-curricular activities on offer to them. In the Summer Term they will also experience Epsom's Outdoor Adventure opportunities with a selection of CCF taster sessions.

Alongside these compulsory aspects, Middle Fourth pupils have the chance to select co-curricular activities throughout the week that are of interest to them. You can see some of the options available listed in the 'Activities' section of this document.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Extended Games Afternoon	Individual choice of activities	Games Afternoon  Enrichment Carousel	Individual choice of activities	Individual choice of activities	Sports Fixtures or Training



# Upper Fourth & Fifth Form (Year 10/11)

As pupils enter their GCSE years, they begin to take more responsibility for building themselves a bespoke co-curricular programme to fit their passions, skills and interests. We continue to encourage breadth and an engagement with all areas of the 'The Epsom Experience'. However, some pupils will begin to engage with a much more specialist programme.

All pupils will be involved in either CCF (Army, RAF, Navy) or an Outdoor Adventure programme that includes completing the Silver Duke of Edinburgh Award, in addition to the excellent games programme on offer. Beyond this, they select the co-curricular activities that are of most interest to them.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Individual choice of activities	Games Afternoon  Individual choice of activities	CCF or Outdoor Adventure Programme	Games Afternoon  Individual choice of activities	Individual choice of activities	Sports Fixtures or additional Games options

# Sixth Form

By the Sixth Form, students are given the independence to explore their individual interests, specialise and prepare themselves for life beyond Epsom. The importance of exercise and a healthy lifestyle continues to be

embedded through the games programme, and leadership opportunities are available throughout the co-curricular life of the school. With over 150 activities to choose from, there are boundless opportunities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Individual choice of activities	Games Afternoon  Individual choice of activities	CCF or Outdoor Adventure Programme	Games Afternoon  Individual choice of activities	Individual choice of activities	Sports Fixtures or additional Games options



# Co-Curricular Activities



# The Arts

## ART AND ARCHITECTURE SOCIETY

This is a student-led society run by Art A-level students who are applying to an Art or Architecture degree.

## ART FOCUS

For all Art students from Year 10 - Year 13, to work on their GCSE/A-level Art work.

## JUNIOR ART CLUB

Art Club activity, where students can be creative learning new skills, as well as building on techniques learnt in lessons. It is a space for them to create, make and explore a range of mediums, making sketchbooks, using clay and plaster, drawing, printing and painting.

## COSTUME FOR THEATRE

Pupils from all year groups have the opportunity to work together to develop the theatrical costumes used for all academic and co-curricular performances at the College.

## CREATIVE WRITING (JUNIOR & SENIOR)

Creative writing has long been a strength at Epsom, as evidenced by the numerous students who have seen their work appear in print over the years. In the Creative Writing Club, students are introduced to the foundational skills of excellent fiction writing, and engage in weekly games, challenges, and writing practices to hone their abilities and expand their imaginations.

## DT FOCUS

For all DT students from Year 10 - Year 13 to spend time in the workshop and enhance their GCSE/A-level work.

## EPSOM COLLEGE DANCE COMPANY (JUNIOR & SENIOR)

A chance for elite dancers to prepare choreography for performances throughout the year.

## FOURTH FORM DRAMA

In the Michaelmas Term, Lower and Middle Fourth pupils have the chance to develop their acting and performance skills during this weekly club. As well as being good fun and an excellent way to build confidence, creativity and collaborative skills, it is great preparation for those wishing to audition for the Junior Production, which will start rehearsing in January.

## GERMAN DRAMA AND SINGING CLUB

Do you like singing? Do you like to perform? Would you like to learn more German? Then come to the German Drama and Singing club. The aim is to offer students the chance to learn some additional German by using drama and singing which is not only fun but can also help build confidence and express different emotions in a foreign language. The main aim is to practise language skills and create a short play in German by the end of the term.

## HISTORY OF ART SOCIETY AND THE ARTICULATION PRIZE

The ARTiculation Prize is a national competition run by the National Gallery. Students aged 16-19 are invited to deliver a 10-minute presentation to an audience about a work of art, architecture or an artefact in a museum or gallery setting. Articulation engages young people, regardless of background or experience, with art and develops their confidence and ability to express their opinions, thoughts and conclusions. In the Michaelmas Term we engage in discussions to help those entering the competition to understand the relevant topics within history of art and put art into context. The art ranges from historical pieces to modern day and their links to the society of their times to foster interesting conversations and perspectives.

## JAZZ TECHNIQUE

A fun, upbeat dance class for all abilities working on building technique and developing skills in different genres of jazz dance.

## LYRICAL/CONTEMPORARY DANCE

A chance for pupils to explore different genres of contemporary dance and choreographic techniques.

## MUSIC - BANDS & ENSEMBLES

Big Band  
Junior Blues  
Lower School Orchestra  
Symphony Orchestra  
Senior Concert Band  
'The Get Downs' Funk Band  
Chamber Music Ensembles

## MUSIC - CHOIRS

Barbershop Chorus  
Chamber Choir  
Chapel Choir (Junior & Senior)  
Girls' Acapella  
Year 7 Choir

## MUSIC TECHNOLOGY AND PRODUCTION

### MUSICAL THEATRE DANCE

Pupils have the opportunity to learn a range of dances styles found in musicals on the West End and Broadway. Musical Theatre Dance is all about having fun dancing together whilst building towards performance opportunities for those who would like to get on that stage!

### POTTERY

Pottery is a fun and creative space where students are taught various different hand building techniques to create both functional and decorative pieces.

## THEATRE DESIGN & TECH (JUNIOR & SENIOR)

Pupils have the opportunity to develop their skills and experience working backstage in the theatre, assisting with areas such as lighting, sound, costume, set and props, as well as stage management for some of our major school productions.

### SENIOR PLAY

Pupils in Year 10 and above can audition to be involved in the senior play, one of the major school productions performed each year in December.

### SENIOR MUSICAL

Another of the major school productions performed each year in March and open to pupils in Year 10 and above.

### OTHER OPPORTUNITIES IN THE ARTS, AVAILABLE AT AN ADDITIONAL COST;

Individual Instrumental and Singing Lessons  
Individual/ Small group Ballet, Modern or Contemporary dance lessons  
LAMDA Lessons





# Enrichment

## ACTIVE HISTORIANS IN THE EPSOM COLLEGE ARCHIVE

A weekly club that broadens historical knowledge about Epsom College and introduces the methods and standards of archival practice that underpin historical archives.

## BEGINNERS' ARABIC CLUB

Come along to Beginners' Arabic Club to master the basics of this beautiful language! We will cover the alphabet, colours, numbers, introductions and more; we will also understand more about Middle Eastern culture. There will be a certificate awarded at the end of the year to show you have completed the basic level in Arabic!

## BIOLOGY SOCIETY & DISSECTION CLUB

A chance for pupils to extend their knowledge beyond the curriculum, develop research and presentation skills as well as observing and taking part in various dissections.

## BIOPHILIA SOCIETY

In 1984, E.O. Wilson wrote about the innate emotional connection that humans have with other life on earth. He named this bond 'biophilia', meaning 'love of life', and said that 'our existence depends on it, our spirit is woven from it, hope rises on its currents'. In other words, people have a profound and in-built love of nature, and experiencing nature around us can enrich our lives and nourish our souls. Biophilia Society offers an opportunity to engage with the natural world around us. We will walk in the local area, including on the Downs, encourage biodiversity on site and watch nature documentaries.

## BOOK CLUB

Discuss books chosen in collaboration, both fiction and non-fiction in an informal environment. We meet in the College Library

and take turns to read sections out loud, as well as share our opinions on plot, character, themes and more.

## BRIDGE CLUB

Learn how to play, hone your skills or practise your competitive game – open to all levels of experience and abilities.

## CAFÉ SCIENTIFIQUE

Café Scientifique is a forum for the discussion of current work and interesting scientific issues. Pupils will have the opportunity to present and discuss a range of contemporary scientific concepts, as well as complete short scientific projects.

## CHEMISTRY EXTENSION

Chemistry extension is aimed at pursuing chemical knowledge beyond the curriculum, with a view to preparing students for higher-level study. Sessions each week are comprised of a mixture of university-style tutorials, preparation for external competitions such as the Chemistry Olympiad, and independent research projects.

## CHEMISTRY SOCIETY

Chemistry Society is aimed at advancing students' practical skills within the subject. Every session is lab-based and designed to improve students' abilities to perform a wide range of experimental techniques, including apparatus and skills beyond the curriculum.

## CHESS CLUB

Learn how to play, hone your skills or practise your competitive game – open to all levels of experience and abilities.

### CLASSICAL GREEK

If you enjoy languages and are a strong linguist, this may be just the opportunity for you! Here you will learn ancient Greek by decoding a new alphabet and learn to translate stories set in the cultural and mythological context of Ancient Greece. You will see how much of the Greek vocabulary has echoed down 2500 years into our own words e.g. technology, pandemic, arachnophobia, even cinema – these all stem from ancient Greek! This course would be particularly beneficial for those who currently study (or have studied) Latin as there is much grammatical overlap between the languages.

### CLASSICS SOCIETY (JUNIOR & SENIOR)

Join the Classics Society and dive deep into the captivating worlds of ancient Greece and Rome! Explore the complexities of Greek mythology, the strategic brilliance of Roman warfare, and the enduring influence of classical literature and philosophy. Our club offers engaging discussions on topics not covered by the curriculum as well as opportunities to practise key skills such as researching and presenting. You'll gain valuable insights into the ancient world, enhance your analytical skills, and connect with peers who share your passion for history. This is your chance to broaden your horizons and deepen your understanding of cultures that shaped our world. Don't miss out – the past is calling!

### CREST AWARDS (BRONZE, SILVER & GOLD)

CREST is a nationally recognised scheme for student-led project work in the STEM subjects. Bronze Awards introduce students to project work empowering them to work like real scientists, technologists, engineers or mathematicians. Students choose their own topic and methodologies, giving them complete freedom over their work. Silver Awards are designed to stretch students and enrich their STEM studies and Gold Awards are longer projects that immerse students in real research in the field of STEM, and require a sustained commitment to a novel research project.

### CS FOCUS, CODING AND CS-ENG SOCIETY

A range of opportunities to develop python programming skills, prepare for competitions or research the newest technologies and advancements in computer science and engineering and how they are transforming our world.

### DEBATING SOCIETY (JUNIOR & SENIOR)

Debating is a popular and productive co-curricular activity at Epsom that incorporates communication skills with the rigour of logical thinking and rhetorical control. The Junior Debating Society welcomes M4 and U4 students who want to take their debating skills – introduced to many during the Trivium curriculum in the Lower School – to the next level. The Senior Debating Society offers a prime opportunity for students in the Fifth Form and above to find their voice. With topics ranging from geo-politics to art history, this is the perfect society for senior polymaths at Epsom who enjoy challenging their intellects while building their communication and rhetoric skills.

### JOURNALISM SOCIETY (JUNIOR & SENIOR)

The Journalism Society is a student-led club that offers students the chance to contribute to and design their own newspaper, all while learning the trade of journalism. Students can hone their skills in editing, teamwork and in written and verbal communication. The society is both fun and functional, helping to equip students with the tools they need for a potential career in journalism or other writing and editing roles. The Lower School Light student newspaper offers Lower School students the chance to experience the frantic fun and creative energy of being in a newsroom. As students learn about journalism, article writing, newspaper design and more, they can gain useful skills in communication, editing and teamwork – all while finding out more about their school community.





### JUNIOR MEDICS SOCIETY LEADING TO MEDICS/UCAT PREP

For students that are interested in exploring a career in medicine, including Doctors, Vets and Dentists. Students will have the chance to learn more about these careers through presentations from external speakers and start to develop the key skills that medical schools look for in successful applicants. They will also be able to discuss medicine in the news and have a go at some real medical procedures such as suturing and intubation on medical models. This can lead to preparation for Medic / Dentist / Vet applications for L6 (and application support for U6 in first few weeks of term).

### LAW SOCIETY

Open to all year groups, the Law Society provides students with both the practical and academic skills required to excel at Law. With

mock murder trials, pleas in mitigation and much more, the Law Society is an excellent option for those interested in law, politics, debating and public speaking.

### LEADERSHIP, COMMUNICATION AND NETWORKING

Elevate your communication skills with this comprehensive workshop which covers speaking with confidence, how to present to any audience, team building, networking, right through to making the best impression at interviews. Learn to communicate with confidence. This course is led by an Executive Leadership coach with 20 years of corporate experience.

### LITERARY SOCIETY

The Epsom Literary Society is the premier student-led society for the reading and appreciation of literature in English. The Society primarily caters to Sixth Form students although pupils in U4 and Fifth Form who have an interest in higher literary study are also welcome to attend. Students organise presentations, readings, discussions, film nights and much more.

### MUN

Engage with the Model United Nations. Develop your diplomatic, problem solving and public speaking skills. Attend conferences with other schools, where you will have the opportunity to simulate the work of the United Nations, discussing and working to resolve global issues.

### POLITICS SOCIETY & POLITICS BOOK CLUB

Politics Society is a thriving, popular and well-established student-led academic society. Students present on and discuss current political issues, both in the UK and around the world. There are also regular talks from external speakers, including current politicians, academics and political consultants. Participating in this society is a great chance for students to learn about the world of politics, share their ideas and develop their confidence in public speaking. Politics Book Club provides an opportunity for students to read and discuss books on current political issues. We read roughly two books per-term. Students read a chapter of the book in advance of each discussion; we then discuss the main themes emerging from this chapter in our meetings. This is a great chance to develop political knowledge and thinking in a relaxed and friendly environment.

### PSYCHOLOGY SOCIETY

Psychology Society is a great opportunity for those interested in deepening their understanding of psychology beyond the curriculum. Whether you are currently studying A-level Psychology or considering pursuing it at university, the society offers several enriching activities designed to enhance your knowledge and skills in this fascinating field.

### PHILOSOPHY SOCIETY

A student-led society that considers, discusses and debates philosophical questions and theories.

### ROCK SOC

Geology is fascinating and often underrated. This society will explore a huge range of themes from fossils and minerals to geoengineering and tectonic activity. Visiting speakers from industry are planned but the society will be mainly student-led. There is also potential for a field trip!

### ROBOTICS CLUB

Learn to use Lego Prime to create and simulate real-life scenarios and experiment with the various challenges before entering in a local competition.

### STEM GREENPOWER

Greenpower allows students to get hands-on, designing and building electric powered racing cars. Students work as a team to prepare the cars and race at tracks around the UK with the goal of qualifying for the international finals. We compete against over 200 schools, colleges and universities from across the UK.

### STEM ROCKETS

STEM rockets competes in the UK Youth National rocketry competition. This takes place in June with the 2024/25 International Final taking place in Paris. The group will be in teams of six who research, design, build and then test rockets with the aim to win the competition.



# Community and Charity

## AMNESTY INTERNATIONAL

Should the death penalty be abolished? Why are people put in prison because they are gay? Why are people tortured because of what they believe? Amnesty International is a global organisation that fights for Human Rights. In the Amnesty International Youth Society we discuss all issues that Amnesty informs us about; matters linked to war, politics, religion and freedom of speech. Some of the topics are challenging and at times contentious and even disturbing. We go behind the scenes of the usual news coverage and research what Amnesty does to help individuals who have been denied their Human Rights.

## BRITISH SIGN LANGUAGE

A chance to learn and practise using BSL, the most common sign language in the UK.

## CHARITIES COMMITTEE

The charity representatives choose charity initiatives for the school, represent their Houses, and plan and run charitable endeavours. They also serve in leadership roles for charity within their Houses, running the Toy Drive, Harvest Festival, Charity Fair and other events. It can be a stepping stone role to other leadership roles in College. There is a lot of fun to be had, and this committee plays a very key role in the benevolent aims of the College.

## CLIMATE COMMITTEE

The Climate Committee is a student-led group dedicated to making Epsom College more sustainable. Students in this group work closely with each other and members of staff to develop exciting new ideas and start bold initiatives to reduce our environmental impact. In the last year, students have worked to reduce food waste, reduce energy usage and improve biodiversity on site. This is a rapidly expanding area of College life, so there is also enormous

scope for energetic, imaginative and ambitious students to lead their own projects and have a meaningful and lasting impact on College life.

## EPSOM EDI

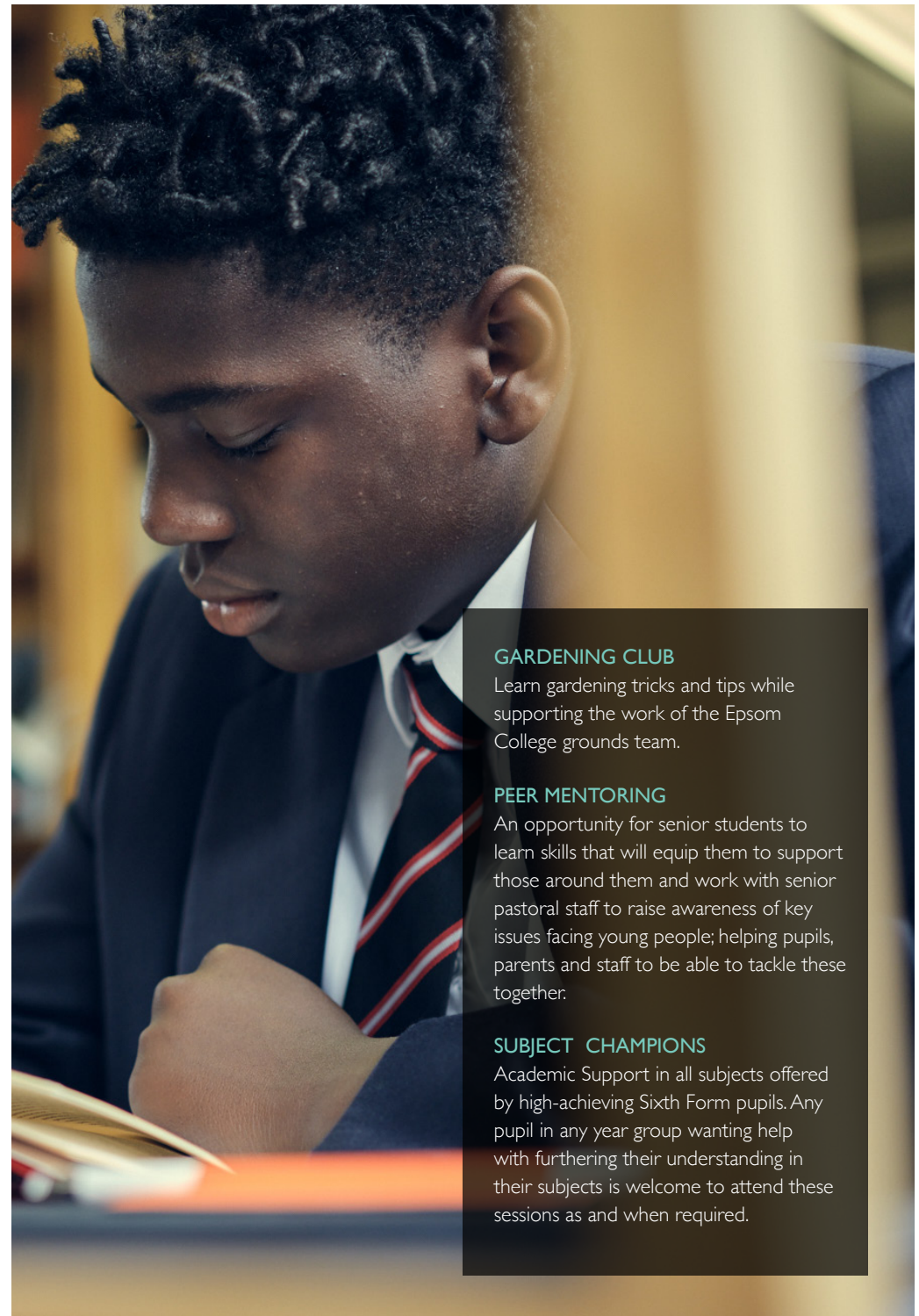
A student-led group that works to raise awareness and promote inclusivity both at the College and in the wider community, implementing initiatives and organising events throughout the year to promote and celebrate diversity within our community.

## EXPLORE

Explore is a well-established society, where students meet to explore the key aspects of the Christian faith in a relaxed, friendly environment. A typical session involves some snacks, a game, followed by a short Bible study. Pupils are welcome to attend regardless of background, whether they call themselves Christian or not.

## HOLOCAUST MEMORIAL AMBASSADOR PROJECT

The Holocaust is perhaps the darkest era of human history and the sheer weight of horror involved in studying the subject can make the task of understanding the events and their impacts on everyday people a significant challenge. Holocaust education focuses on taking a step back from the enormity of the numbers involved and focus on understanding the Holocaust on a human level. Pupils involved in the Memorial project will attend seminars and hear from guest speakers and visit appropriate sites to deepen their understanding of the Holocaust and take on the role of leading Epsom College's own Holocaust Memorial efforts in 2025. Aside from the possibility to learn about working effectively with challenging subject matter, the ECHAMP project allows pupils to develop skills in research, public speaking and leadership.



## GARDENING CLUB

Learn gardening tricks and tips while supporting the work of the Epsom College grounds team.

## PEER MENTORING

An opportunity for senior students to learn skills that will equip them to support those around them and work with senior pastoral staff to raise awareness of key issues facing young people; helping pupils, parents and staff to be able to tackle these together.

## SUBJECT CHAMPIONS

Academic Support in all subjects offered by high-achieving Sixth Form pupils. Any pupil in any year group wanting help with furthering their understanding in their subjects is welcome to attend these sessions as and when required.



# Sport

In addition to the games programme that all pupils are involved with there are a wide range of additional sporting activities to choose from:

- American Flag Football
- Badminton Club and Team Training (Junior & Senior)
- Basketball (Boys & Girls Sessions)
- Cricket Nets and Cricket Academy (Boys & Girls Sessions)
- Football (Boys & Girls Sessions as well as specialist Goal Keeper training)
- Handball
- Hockey (Boys & Girls Sessions as well as specialist Goal Keeper training)
- Lacrosse
- Netball
- Open Gym Sessions
- Rugby (Boys & Girls Sessions as well as specialist skills clinics)
- Sprint Training
- Squash Club, Team Training and Individual Coaching
- Strength & Conditioning
- Swimming
- Table Tennis
- Target Rifle
- Tennis /Pickleball
- Volleyball
- Yoga





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COLLEGE ROAD, EPSOM, SURREY, KT17 4JQ T: 01372 821000  
EPSOMCOLLEGE.ORG.UK