



Welcome

At the end of their time here, we want all our students to leave with both breadth and depth in their lives. Of course there is a focus on academic achievement, and on our many sports programmes, but we want more than that. We want you to have the pleasure of belonging and the commitment that comes from participation in many different areas.

We want you to feel that your life here has been enriched and enhanced by finding interests outside the classroom – hobbies, activities and passions that can become lifelong.

You may find that you enjoy some more than others; you will find that you are better at some than at others. However, taking part in a wide variety of activities will help you develop a confidence in your ability to tackle many things – some of which you never dreamt you would even attempt: horse riding or martial arts, sign language or the mythology club, ballet or track cycling, film club or drama, the flute or the percussion ensemble. Take your pick.

That is why we have brought clear oversight to our 'Monmouth 100'. This is our co-curricular programme of breadth and depth. There is a huge range of activities here, so everyone will find something that appeals to them. We urge you all to pick four or five to try. We know that once you become enthused with one thing, you become good at it, and once you are good at one thing, it is so much easier to become good at other things. The Monmouth 100 is where to start.

There are over one hundred activities to choose from. Try many things. Surprise yourself. Surprise others. Go home inspired.

You never know – an interest that was sparked here could literally last a lifetime.

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Wednesday is Enrichment Day

Wednesday afternoons are dedicated to exploring and improving at whichever options our students have chosen. Also, because we have this dedicated time, off-site activities such as track cycling in the velodrome in Newport can take place.

Saturday Mornings

Importantly, our co-curricular activities flow right through Saturdays as well, meaning our school doesn't 'go quiet' at weekends. The huge range of activities on Saturdays include:

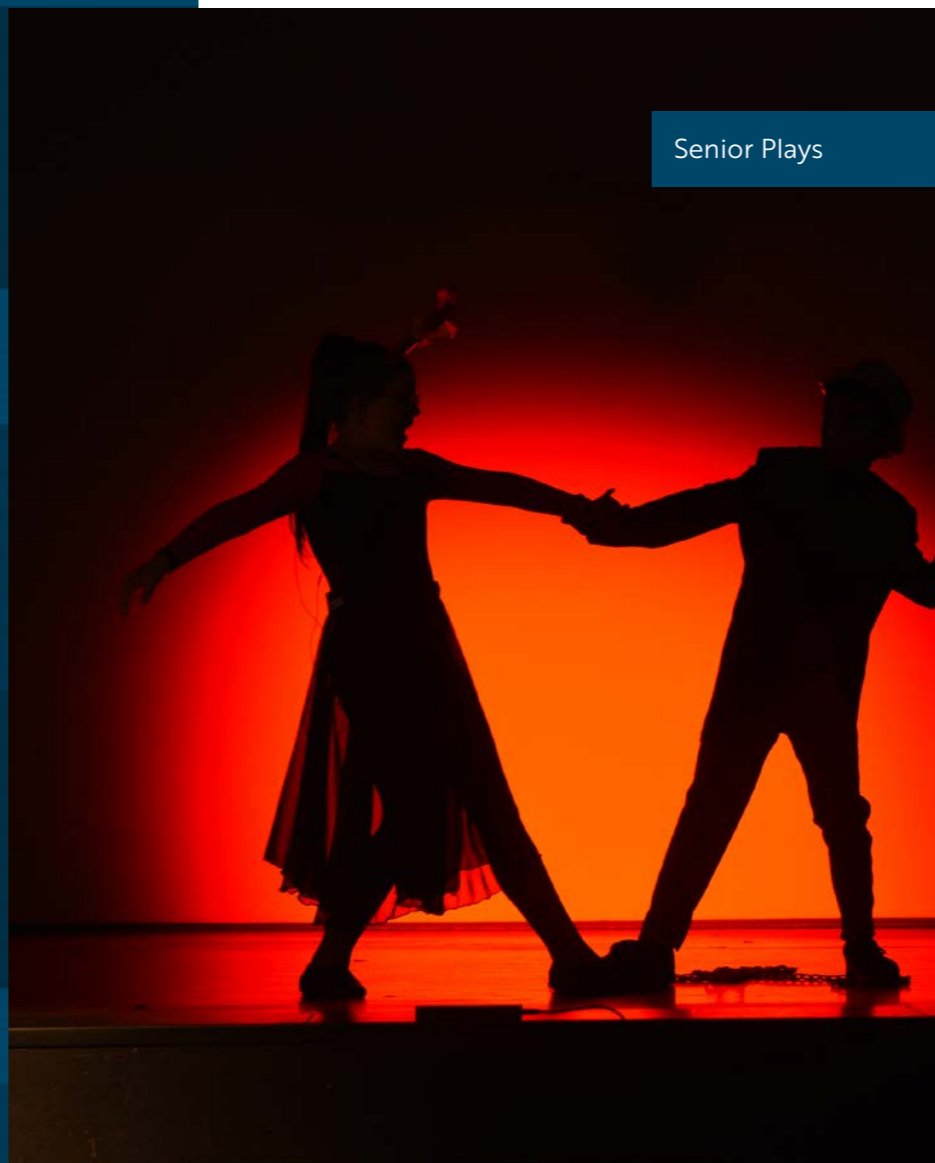
Climbing, Watersports (paddle boarding and canoeing), Science and STEM, Cadet Explorers Club, Prue Leith Cookery, Golf, Shooting, Art, Horse riding, Drama Club, Martial Arts, Fencing, Local charity work, Environment and Sustainability projects as well as supervised private study.



Carpentry and DT Club



Senior Plays



Life Drawing



Creativity

Open Art Studios

Art Gallery Trips

Jewellery Making

Photography

Artist Workshops

Community Exhibitions

Origami

LAMDA

Play In A Day

Drama Club

Art Club



Ceramics

*...because art
of all kinds is
another way to
tell your story*



Theatre Trips



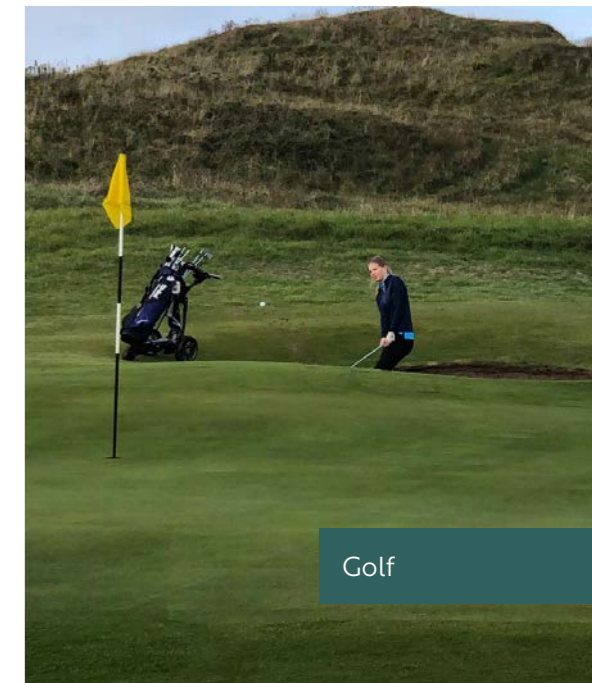
Indoor Climbing

Sports & Games

... because in order to win with grace, you must learn to lose with grace.



Tennis



Golf



Boys Hockey



Track Cycling



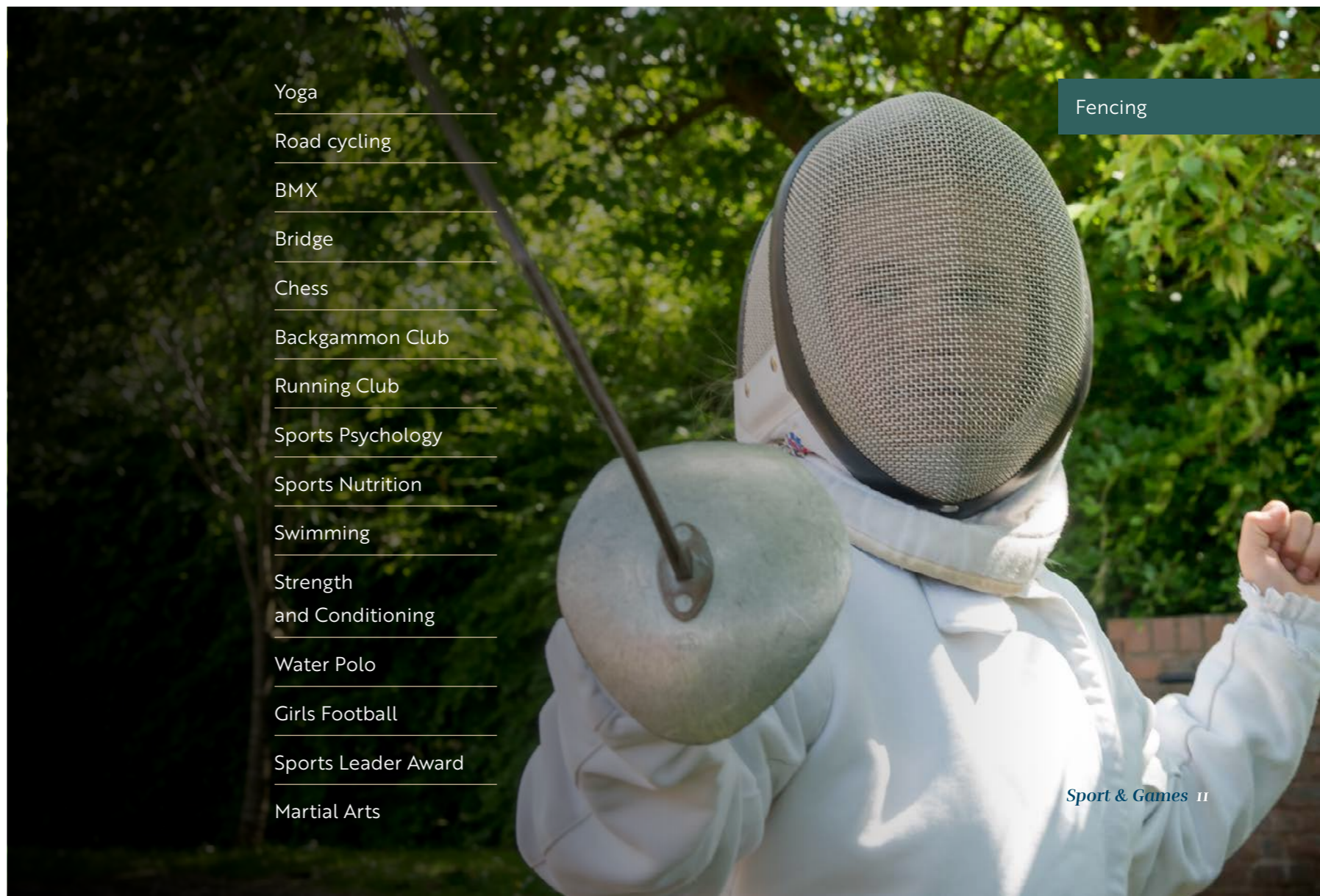
Girls Rugby 7s



Mixed Lacrosse



Mountain biking



Fencing

- Yoga
- Road cycling
- BMX
- Bridge
- Chess
- Backgammon Club
- Running Club
- Sports Psychology
- Sports Nutrition
- Swimming
- Strength and Conditioning
- Water Polo
- Girls Football
- Sports Leader Award
- Martial Arts

MUSIC



Jazz Orchestra



Junior Big Band



Senior String Ensemble

... because
when words fail,
music speaks >>>>>>

- Music Theory Club
- Music Technology
- Symphonic Winds
- Brass Ensemble
- Guitar Ensemble
- Bach Orchestra



Choirs



Community

*...because
none of us is
as important
as all of us*

Volunteer Programme

Charity Fundraising

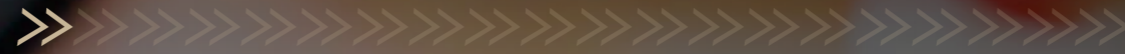
Chapel Service And
Confirmation

Talkline Newspaper

Supporting Local Schools

Church Outreach

...because knowing how to do something better, is always better



Upskill

Prue Leith Cookery

Young Enterprise

European Youth Parliament

Lion's Mouth Newspaper

First Aid

EPQ (Extended Project Qualification)

Life Guarding

Car Mechanics

Model United Nations

Baking

Engineering

Web Design/Coding

Video Games

Development Club

Robotics

The Monmouth

100

Extra-Curricular Brochure



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Monmouth
SCHOOL

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