



THE KING'S HOSPITAL SCHOOL

AUTUMN/ WINTER 2018/2019

Weekday Extra Curricular Schedule

Colour Key Guide At A Glance:

- SPORTS & LEISURE
- CLUBS
- MUSIC & PERFORMING ARTS
- PASTORAL

MONDAY

8am	8.45am		
JAZZ BAND		M14	
1pm	40	1.50pm	
ORCHESTRA Strings		MUSIC ROOM	
BOARD GAMES CLUB		LIBRARY	
MENTOR MEETINGS		D6	
4pm	5pm	5.30pm	
DEBATING Junior		C1	
DEBATING Senior		B10A	
COOKING CLUB		B14	
LIBRARY NEWS COMMITTEE		LIBRARY	
RUGBY 1st Year Boys		RUGBY PITCHES	
HOCKEY 2nd Year Boys/Girls		ASTRO	
BASKETBALL 1st Year Girls		SPORTS HALL	
RUGBY 1st Year, JCT		RUGBY PITCHES	
ROWING 1st Year		MUNICIPAL ROWING CLUB	
ROWING Open		ROWING ROOM	
COMPUTER ROOM & LIBRARY OPEN			
SWIMMING POOL & GYMNASIUM OPEN			
RUGBY 1st Year, SCT		RUGBY PITCHES	
5pm	6pm	6.15pm	
BASKETBALL 2nd Year Girls		SPORTS HALL	
BASKETBALL Senior & U16 Girls		SPORTS HALL	
HOCKEY Senior Boys & Girls		ASTRO	
9.10pm	9.30pm		
CHAPEL COMMITTEE		D7	

TUESDAY

6.45am	7.35am		
SWIMMING CLUB		SWIMMING POOL	
1pm	15	40	1.45pm
ORCHESTRA Woodwind		MUSIC ROOM	
CREATIVE WRITING CLUB		F4	
ENVIRONMENTAL COMMITTEE		D8	
4pm	5pm	5.30pm	
YOGA		B2	
ORCHESTRA TUTTI		D8	
POTTERY		E4	
MATHS CLUB		B3	
DANCE		WILSON WRIGHT HALL	
HOCKEY 1st Year Boys/Girls		ASTRO	
BASKETBALL 2nd Year Girls		SPORTS HALL	
RUGBY 2nd Year Boys, All Girls		RUGBY PITCHES	
COMPUTER ROOM & LIBRARY OPEN			
SWIMMING POOL & GYMNASIUM OPEN			
RUGBY JCT, SCT		RUGBY PITCHES	
4pm	5.45pm		
POLOCROSSE 3rd Year and Above		EXTERNAL LOCATION	
5pm	6pm		
BADMINTON Open		SPORTS HALL	
HOCKEY Junior Girls & Junior Boys		ASTRO	

WEDNESDAY

7am	8.45am		
YOGA Senior Girls (intermediate)		B2	
1.30pm	2.30pm		
BASKETBALL Senior Boys		SPORTS HALL	
2.30pm	3.30pm	4.00pm	
SWIMMING POOL OPEN			
LIBRARY OPEN			
BADMINTON Open		SPORTS HALL	
ROWING Open		MUNICIPAL ROWING CLUB	
4pm	5.30pm		
GYMNASIUM OPEN			
Sports fixtures arranged at home and away. Check sports screens and SOCS App for team selection and times.			

THURSDAY

7.00am	8.45am		
YOGA		B2	
8am	8.45am		
CHOIR		MUSIC ROOM	
1pm	1.50pm		
STUDENT COUNCIL		B2	
4pm	5pm	5.30pm	
BASKETBALL Senior Boys		SPORTS HALL	
HOCKEY 1st Year Boys/Girls		ASTRO	
COOKING CLUB		B14	
ROWING Open		ROWING ROOM	
POTTERY		E4	
YOGA		B2	
PHOTOGRAPHY		C3	
RUGBY 2nd Year Boys		RUGBY PITCHES	
COMPUTER ROOM & LIBRARY OPEN			
SWIMMING POOL & GYMNASIUM OPEN			
5pm	6pm	6.15pm	
HOCKEY Junior Boys & Girls		ASTRO AT KH & WESTON HOCKEY CLUB	
HOCKEY Senior Boys & Girls		ASTRO AT KH & WESTON HOCKEY CLUB	

Subject to Change: While we do our best to ensure the times listed are accurate, they are subject to change, so check with the person in charge of the activity regularly to ensure these times are correct for any given week.

FRIDAY

6.45am	7.35am		
SWIMMING CLUB		SWIMMING POOL	
1pm	40	1.50pm	
BOOK CLUB		LIBRARY	
LGBT+ COMMITTEE		B10A	
PREFECTS MEETING		MAHONY ROOM	
4pm	5pm	5.30pm	
BASKETBALL 1st Year Girls		SPORTS HALL	
RUGBY JCT & SCT		RUGBY PITCHES	
RUGBY 1st Year Boys		RUGBY PITCHES	
HOCKEY 2nd Year Boys & Girls		ASTRO	
COMPUTER ROOM & LIBRARY OPEN			
SWIMMING POOL & GYMNASIUM OPEN			
4pm	6pm		
ROWING Open		MUNICIPAL ROWING CLUB	
5pm	6pm		
BASKETBALL Senior & U16 Boys		SPORTS HALL	

Weekend Activities: See Noticeboard

Evening Activities for TY Boarders: See Noticeboard

Daily schedules for **Instruments & Drama** are on the Noticeboards.

Spanish Debating takes place at lunches in B2 depending on competition schedule.

Saturday Morning Programme: 9.45am - 1.00pm - See Noticeboard



SAMPLE MENU

AUTUMN/WINTER 2019



Now entering the second year of our partnership with Independents by Sodexo we are committed to delivering the very best to each and every boarding & day student that dines in the school. Sodexo offer nutritionally balanced menus that promote healthy options and educate young people on the importance of eating a balanced diet. All dishes are freshly prepared from scratch, using the freshest, most seasonal ingredients, bought from sustainable accredited sources.

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> Selection of cereals including Bran flakes, All Bran, Weetabix and Cornflakes served with Full fat and Low fat milk Whole fresh fruit & cut fruit with probiotic natural yoghurt with a selection of toppings including home-made granola, dried and fresh fruit pieces, honey and preserves Build your own bowl of muesli or rolled oats porridge with a choice of toppings: Toasted oats and bran, natural honey, dried fruit, toasted coconut and selection of seeds 						
	Hash Browns, Baked Beans	Freshly Cut Fruit Pieces	Mini Danish	Large Croissant	Home-made Sausage Rolls	Scones	Full Irish Breakfast
LUNCH	Freshly-made Leek & Potato Soup	Roasted Red Pepper & Tomato Soup	Freshly-made Country Vegetable Soup	Carrot & Orange Soup	Juice & Infused Water	Celery & Red Lentil Soup	Juice & Infused Water
	Traditional Home-made Cottage Pie	Grilled Gourmet Sausages & Rich Red Onion Gravy	Chicken & Butterbean Hot Pot	Teriyaki Pork & Vegetable Stir Fry & Egg Noodles	"Friday Lasagne" with Ground Beef, Béchamel Cheese & Garlic Bread	Braised Beef Steak in a Chasseur Sauce	Full Irish Breakfast Brunch
	Cajun Breast of Chicken & Spicy Sauce	Beef Stroganoff & Tumeric Rice	Grilled Hake Fillet & Lemon Butter	Baked Chicken, Sage & Onion Stuffing, Rich Gravy	Roast Mediterranean Vegetable Lasagne	Vegetable Moussaka	Filled Irish Mature Cheddar, Beef Tomato & Red Onion Panini
	Vegetable Rogan Josh	Vine Tomato & 3 Cheese Macaroni	Goat's Cheese & Sundried Tomato Tartlet	Creamy Cherry Tomato & Courgette Risotto			
	<ul style="list-style-type: none"> Daily varied selection of Fresh Vegetables, Potato, Starch or appropriate side order Self-serve Salad Bar with a varied selection of Composite, Simple, Protein, Carb & Green Salads 						
	Strawberry Jelly & Cream	Upside-down Pineapple Sponge Slice	Fruit & Cut-fruit Bar	Apple & Cranberry Crumble & Custard	Home-baked Cookie	Ice-cream Bar	Home-made Caramel Slice
TEAS	Slow-cooked Creamy Lamb Korma	Piri-Piri Marinated Chicken Breast in a Floury Bap	Pizza Night - Pepperoni, Ham & Pineapple	Red Thai Beef Curry, Fragrant Rice & Naan Bread	Friday Theme Night - Dabbawalla, Chicken Kaathi Rolls, Paneer Makhani (v), Tumeric Roasted Cauliflower, Saag Aloo, Bombay Potatoes	Hot-Dog Bar & All the Trimmings	Slow-roast Beef & Yorkshire Pudding, Rich Gravy
	Vegetable Korma	Five Bean Burger in a Floury Bap	Halloumi, Rocket & Marinated Olive Pizza	Root Vegetable & White Bean Cassoulet		Chick-pea & Butter Bean Falafel	Cherry Tomato & Pumpkin Quiche