

MEARNS
CASTLE
HIGH
SCHOOL

EXTRA
CURRICULAR
ACTIVITIES

PLEASE NOTE

All after school clubs must be booked through a Microsoft Form which will be emailed to parents/guardians with a link to the extra-curricular booklet.

All lunch time clubs are drop in classes so please just turn up on the day to your favourite club.

MEARNS
CASTLE HIGH
SCHOOL





EXTRA
CURRICULAR
ACTIVITIES

Club captain

At the start of the extracurricular term, each club will nominate a captain. The club captain will be involved in leadership roles and help support the sessions. Their job will also be to represent and promote the club. For more information, speak to Mr Turnbull.

MEARNS
CASTLE HIGH
SCHOOL





EXTRA
CURRICULAR
ACTIVITIES

2025



MCHS SKILLS FRAMEWORK



School extracurricular activities help students develop important meta skills by providing opportunities to manage time, work collaboratively, and solve problems in real-life contexts. Through participation, students build selfmanagement, communication, adaptability, leadership, and critical thinking skills.

Clubs also encourage resilience and self-reflection, fostering a growth mindset that supports continuous learning and personal development beyond the classroom.

EXTRA

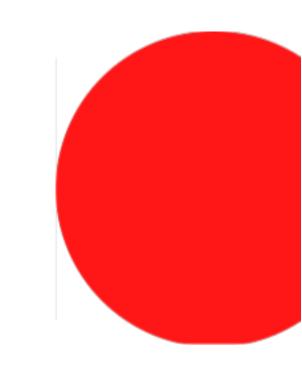
CURRICULAR
ACTIVITIES
MEARNS CASTLE
HIGH SCHOOL

Monday Lunch Time After School Gym club Knitting club Netball Philosophy club Maths Study club **Table Top Games** Debating club (Junior) Taylor Swift club **Badminton** National 5 / Higher performance practice **After School Lunch Time Tuesday** Rollercoaster club Gymnastics c Mearns Magazine Basketball Drama club (S1) Hockey **Book Group** Girls Football Lego club Rugby Rights Respecting School Group Muslim Prayer Group Volleyball **Lunch Time After School** Wednesday Geography Club Anti Racism Warhammer Club Chinese Club Urdu Club Pickleball **Engineering Society Lunch Time After School Thursday Eco Committee** Chess Club Drama: Ghost Tour Club Pride Club STEAM Club Photography Club Cheerleading Basketball Debating club (Senior) Hindu Club **Medics Society** Futsal **Lunch Time After School Friday** Frisbee Club CryptoCrackers **Scripture Union** Choir Club Volleyball Junior Volunteering Club **Crochet Club** The Self-Care Society Comic Club Japanese Club **Teams**

TERW 1



SPORTS



MEARNS
CASTLE
HIGH
SCHOOL



BADMINTON

MR GIBSON

Come along to the PE department to be involved in playing a mixture of games and a variety of different people. It's a great way to keep fit, make new friends and do something fun at lunch time. Looking forward to seeing you all then.



SERVITIUM

MONDAY 12:20 - 13:00 GAMES HALL

S1 - S6



BASKETBALL

MR ROBERTSON

Come along to the PE
department to be involved in
playing a mixture of games and
a variety of different people.
It's a great way to keep fit,
make new friends and do
something fun after school.
Looking forward to seeing you
all then.



SERVITIUM

THURSDAY 12:20 - 13:00 OLD GYM

S1 T0 S6



CHERLEADING

MISS THOM

Learning to work in a team, practicing stunting up to level two, with the opportunity to create a routine involving jumps, dance and other cheerleading skills. Can be competitive and partake in schools competitions or recreational depending on the desires of those who attend.

It's a great way to keep fit, make new friends and do something fun after school. Looking forward to seeing you all then.

S1 T0 S6







THURSDAY 15:35 - 16:25 NEW GYM



GIRLS FOOTBALL

MR MCFARLANE

An opportunity, open to all, to come along and enjoy football!
This club is for girls with no to lots of experience. Come along to try and develop!

S1 - S6

year.





TUESDAY 15:35 - 16:25 FRONT PITCH

GYMNASTICS CLUB

MRS McNAB

JODIE McNAB AND ANNA

McKNIGHT (PUPILS)

Available to all levels. The club will compete in East Renfrewshire Council during the year.

S1 - S6





TUESDAY 12:20-13:00 NEW GYM

FOOTBALL 113

MR FREW

This team will be selected through trials.

training formal There İS no scheduled for this club.

competitions throughout the year.

The club will compete in various

S 1





PLEASE SEE LEADING **TEACHER FOR MORE**

DETAILS

FOOTBALL 1114

MR MCFARLANE

This team will be selected through trials.

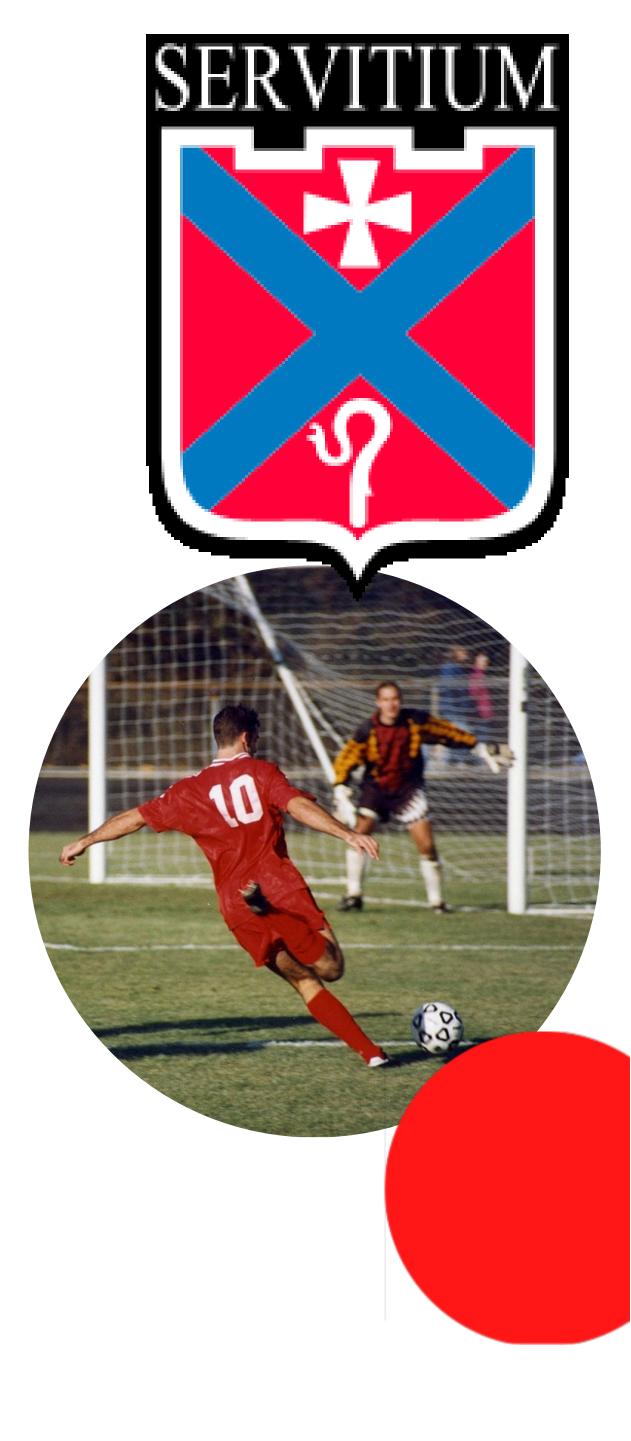
training formal There İS no scheduled for this club.

competitions throughout the year.

The club will compete in various

S 2





PLEASE SEE LEADING **TEACHER FOR MORE**

DETAILS

FOOTBALL U16

MR JACKSON

This team will be selected through trials.

There is no formal training scheduled for this club.

The club will compete in various competitions throughout the year.

S3-S4





FOOTBALL U18

MR KYLE AND MR KYLE

This team will be selected through trials.

There is no formal training scheduled for this club.

The club will compete in various competitions throughout the year.

S5-S6





FUTSAL

MR MCFARLANE

Our futsal class is perfect for players of all levels who want to improve their game in a fast-paced, high-energy environment.



THURSDAY
12:20 - 13:00
GAMES HALL

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

S1 - S2



NAT 5 / HIGHER PE

MR ROBERTSON

Come along to develop your practical performance in the PE department. This programme will be custom built to those who wish to develop their practical performance prior to being assessed.



MONDAY 12:20 - 13:00 OLD GYM

S4 - S6



HOCKEY MR ADELSTON

Join our Hockey Club where pupils of all skill levels can learn, stickhandling, passing, and shooting in a friendly, supportive environment. It's a great way to build teamwork, boost fitness, and have a blast with friends!



TUESDAY 15:35 - 16:25 TOP PITCH

S1 - S6



NETBALL

MISS LAFFERTY AND
MISS COLE

department to be involved in playing a mixture of games and a variety of different people. It's a great way to keep fit, make new friends and do something fun after school. Looking forward to seeing you all then.



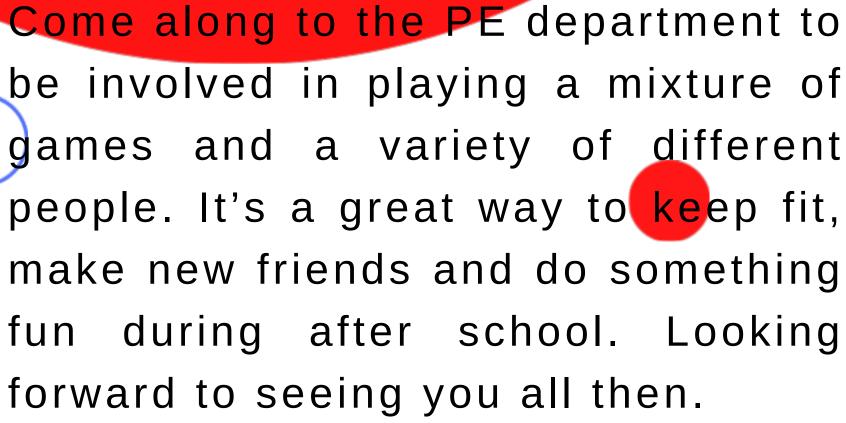
SERVITIUM

MONDAY 15:35 - 16:25 OLD GYM



RUGBY CLUB

MR FINDLAY



S1-S4





TUESDAY 15:35-16.30 BOTTOM PITCH

VOLLEYBALL JUNIOR CLUB

MR MCFARLANE

Come along to the PE department to be involved in playing a mixture of games and a variety of different people. It's a great way to keep fit, make new friends and do something fun. Looking forward to seeing you all then.



FRIDAY 14:45 - 16:00 OLD GYM

S1 - S2



VOLLEYBALL CLUB

MR GIBSON

Come along to the PE department to be involved in playing a mixture of games and a variety of different people. It's a great way to keep fit, make new friends and do something fun. Looking forward to seeing you all then.



TUESDAY 12.20 - 13:00 GAMES HALL

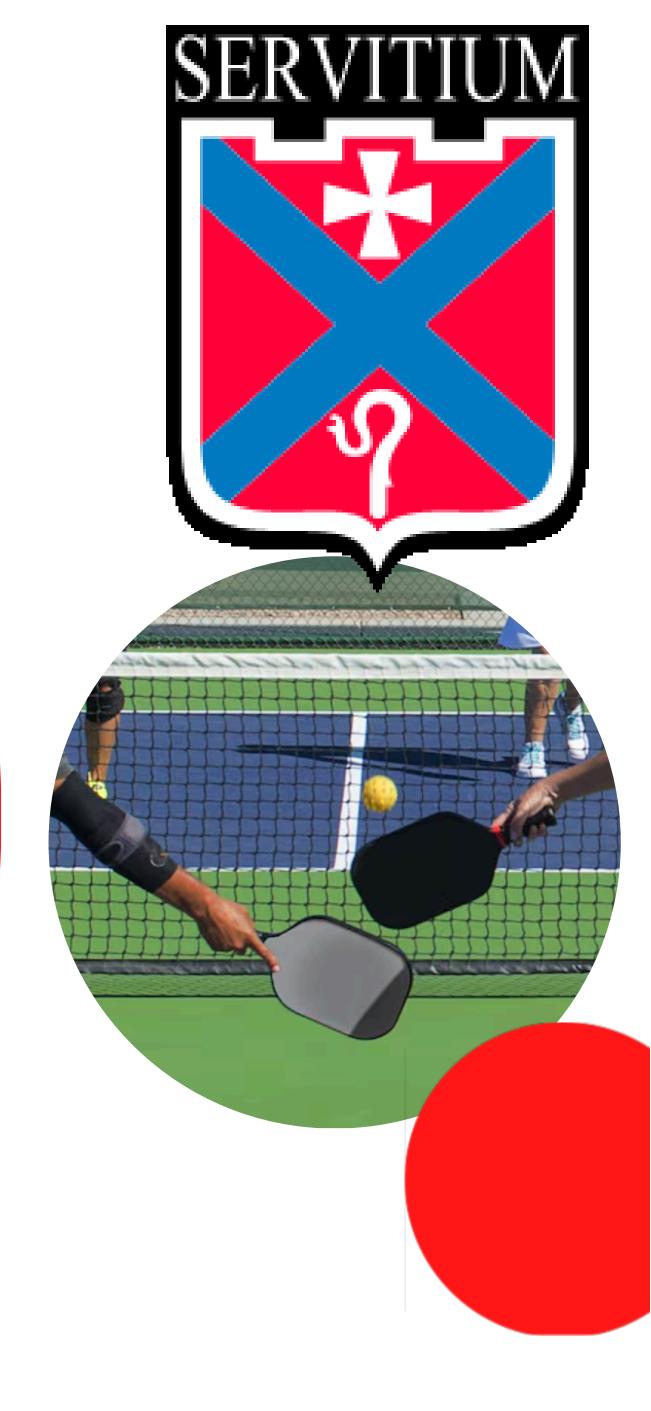
S1-S6



PICKLEBALL CLUB

MR FREW

Pickleball is a fast-growing paddle sport that combines elements of tennis, badminton, and ping-pong. Played on a small court with a perforated plastic ball and solid paddles, it's easy to learn, fun for all ages, and great for both casual games and competitive play.



WEDNESDAY 12.20 - 13:00 NEW GYM

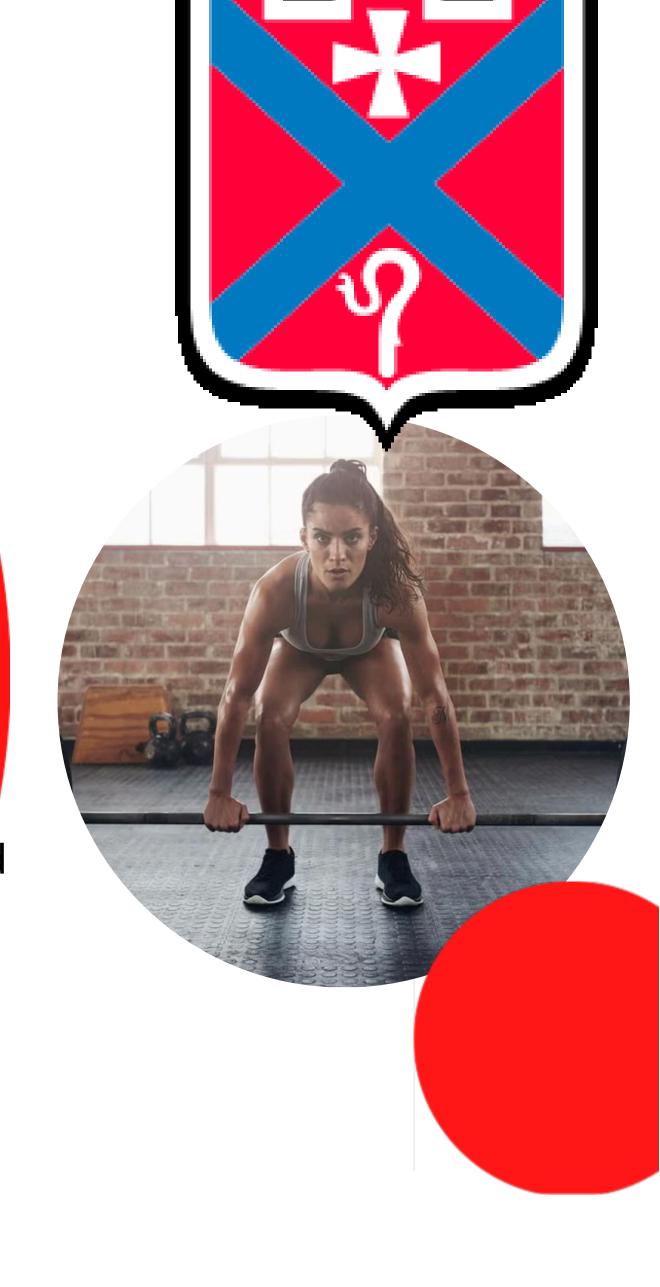
S1-S6



GYM CLUB

MR MCFARLANE

An opportunity for all to come along and get a workout in during school! Open to all, no matter the experience!



SERVITIUM

MONDAY 12.20 - 13:00 FITNESS SUITE

S1-S6



BASKETBALL CLUB

MR SCOTT

An opportunity for all to come along and play basketball games during school!

Open to all, no matter the experience!



TUESDAY 15:35 - 16:30 ALL PE FACILITIES

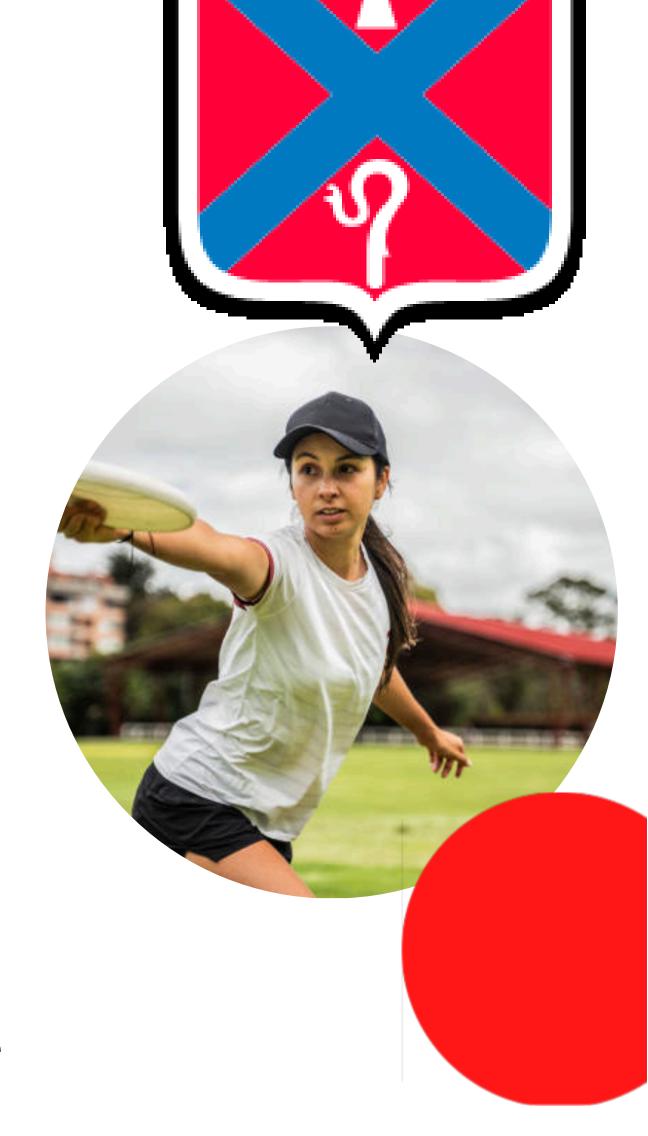
S1-S6



FRISBEE CLUB

MISS OLESEN

Come along and enjoy a friendly, relaxed game of frisbee! No experience needed and newcomers very welcome.

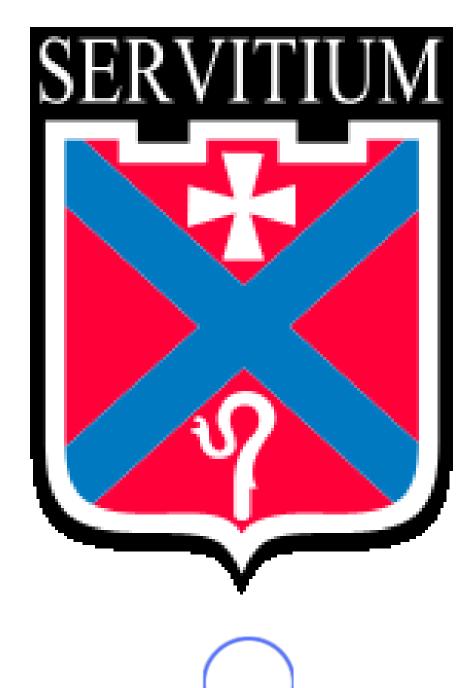


SERVITIUM

FRIDAY 12:20 - 13:00 GAMES HALL

S1-S2





SHAPING THE FUTURE

MEARNS
CASTLE
HIGH
SCHOOL





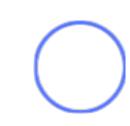
MISS RUSSELL AND MS LAFFERTY

Are you passionate about the planet? Want to make a real difference in your school and beyond? Then Eco Committee is the place for you.

We're looking for people who care about sustainability, protecting the environment, and creating a greener future. At the Eco Committee, you'll get involved in exciting activities like organising and entering eco competitions, litter picks, running school-wide initiatives, and even taking part in eco-themed trips.

Together, we'll work to make our school more sustainable and raise awareness about important environmental issues. It's your chance to take action, make an impact, and be the change you want to see in the world.

New members are always welcome, let's make a difference together.



THURSDAY 12:20 - 13:00 A5

CHEMISTRY DEPARTMENT



TERM 1 2025 PRIDE

Our well established school Gender,
Sexuality and Allies group is open to all to
attend. It represents anyone who identifies as
being part of the LGBTQ+ community, has a
family member or friend who identifies as
being LGBTQ+ or simply wants to support
the work that we have been doing so far on
our Equalities journey in the school.

We will continue to engage with other LGBTQ+ groups across East Renfrewshire Council and work with other LGBTQ+ organisations and groups to bring about positive change for the LGBQT+ community within our wider school community.



SERVITIUM

THURSDAY 12:20 - 13:00 D18



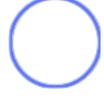
ERW 2025

RIGHTS RESPECTING SCHOOLS GROUPS

MR SINGH

The Rights Respecting Schools group has been setup to promote an inclusive environment at MCHS where pupils learn about their rights and how to ensure all young people have their rights respected. Pupils attend meetings where their voice is heard in matters that affect them, school life and life outside of MCHS. In the past pupils have been involved in delivering assemblies to different year groups, organising food bank collections and hosting a human rights week. We are always looking for new members who are passionate about making a difference to people's lives.





TUESDAY 12:30 - 13:00 **D13**

S1 TO S6











MCHS Anti Racism Group

MR SINGH



SERVITIUM

A safer, braver space to discuss issues around race and racism, giving pupils at MCHS the opportunity to work together to lead change and contribute to anti racism in Scotland.

S1 T0 S6



WEDNESDAY 12:30 - 13:00 D13

VOLUNTEERING CLUB

MRS THOMSON



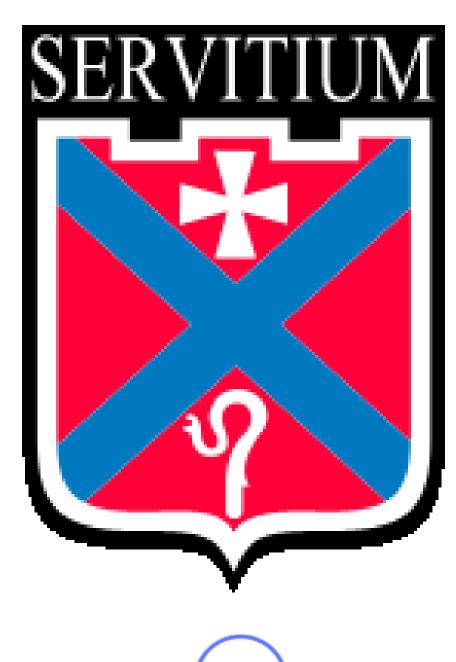
SERVITIUM

A club ran by S6 pupils to organising and record volunteering activities

S4 TO S6



FRIDAY 12:30 - 13:00 D15



LANGUAGE ART AND CULTURE

EXTRA
CURRICULAR
ACTIVITIES

MEARNS
CASTLE
HIGH
SCHOOL

JAPANESE CLUB

MRIITTIF

Come along to Japanese Club in D9 on Friday lunchtime to learn about Japanese culture, learn some Japanese, watch anime and play games.

FRIDAY

12:20 - 13:05

D

S1 AND S2



PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

SERVITIUM

CHINESE CLUB

MISS ZHANG

If you want to learn some Chinese language and Chinese culture, delebrate Chinese festivals and try some tasty Chinese snacks you can just bring your lunch and join the Chinese club in room D3 every Wednesday Lunch time!

SERVITIUM

WEDNESDAY 12:20 - 13:05

D3

S1 AND S2



HINDU CLUB

MRS THOMSON AND

MISS STOBO



SERVITIUM

THURSDAY 12:20 - 13:05 RMPS

A club ran by pupils to discuss Hinduism.

S1 AND S6



LIBRARY BOOK CLUB

MISS MCEACHERN

If you love books and reading then the Library Book Group is the place for you! You will have the chance to meet new (and old) friends in the library and chat about the books you are reading and get great recommendations. You will also be able to make suggestions for new books to be bought by the librarian for the library. We also shadow the Carnegie Book Award and you will be the first to read lots of brilliant new books which have been nominated for this important book prize. You can decide on a winner and vote online. We also have great fun taking part in various book-based games, quizzes, activities and competitions with great book prizes up for grabs! The Library Book Group is open to all year groups so come along and share your love of books and reading with like-minded friends in a safe, welcoming environment.



EVERY 2ND TUESDAY 12:20-13:05

LIBRARY

S1 - S6

(**)
(**)
(**)

PHILOSOPHY CLUB

MR HARDING

Learn how to argue about life's big questions such as:

Is there an afterlife?

Do we have free will?

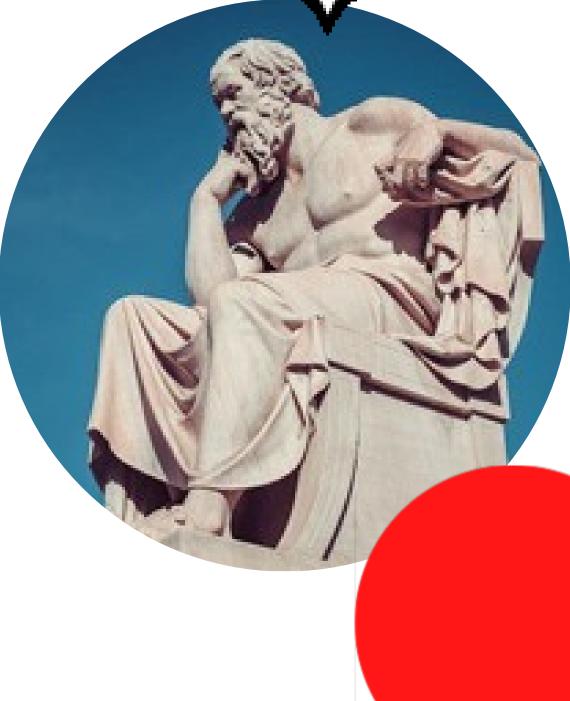
Does this room exist?

Is it ever morally right to end a life?

Are we being controlled by a supermind?

Plus more!





MONDAY 12:20 - 13:00

D17

PLEASE SEE LEADING **TEACHER FOR MORE DETAILS**

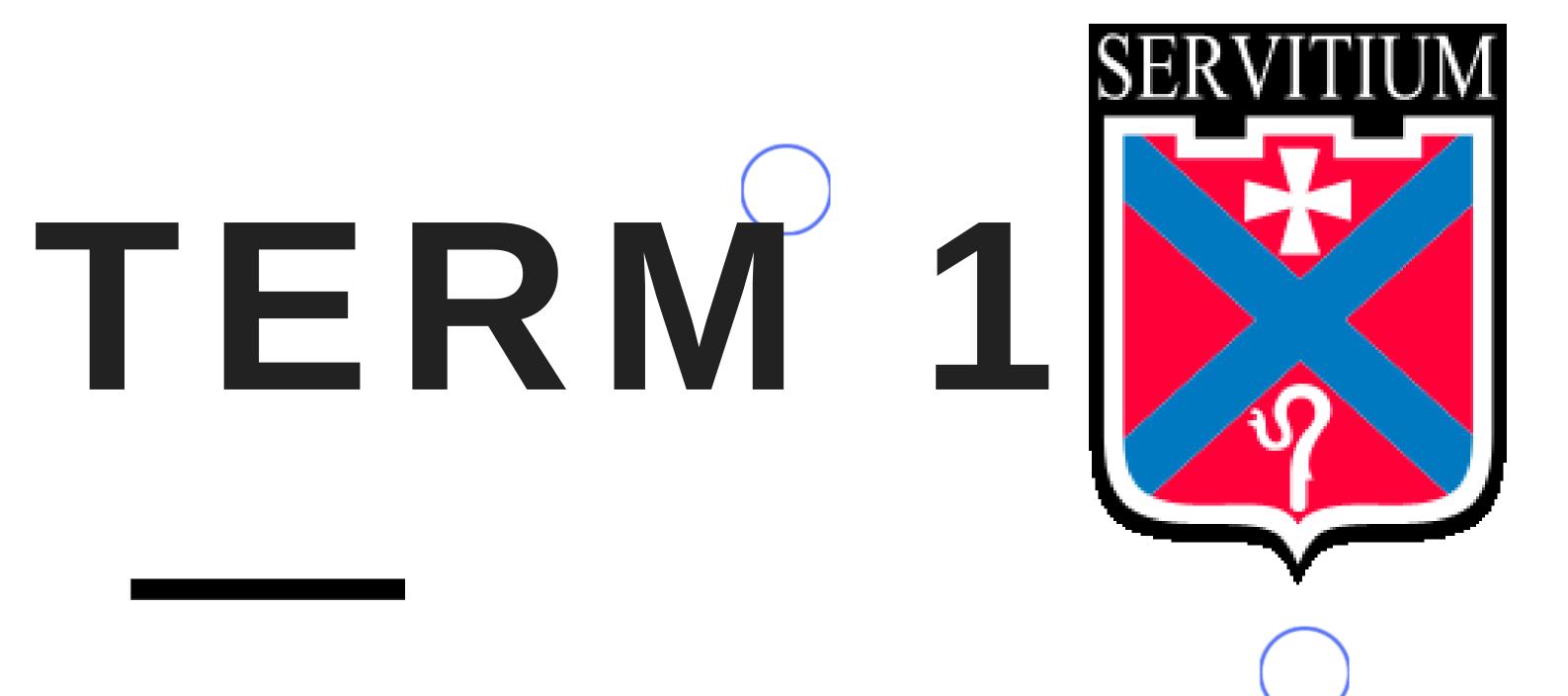
S1 TO S6











DEBATING

MEARNS
CASTLE
HIGH
SCHOOL







Pupils are involved in debating activities. Beginners to more advanced debaters are welcome. This club will run every week.

S1 - S3



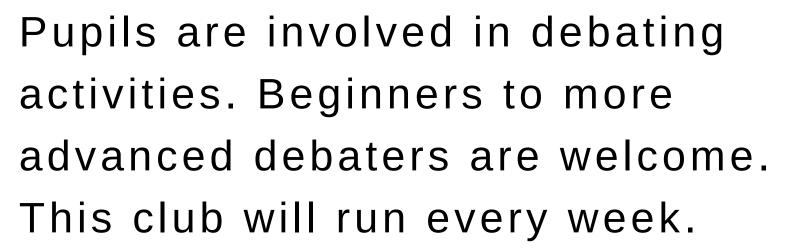
MONDAY

15:35 - 17:30

Room: E4

DEBATING CLUB SENIOR

MR. MCGOWNE



S4 TO S6





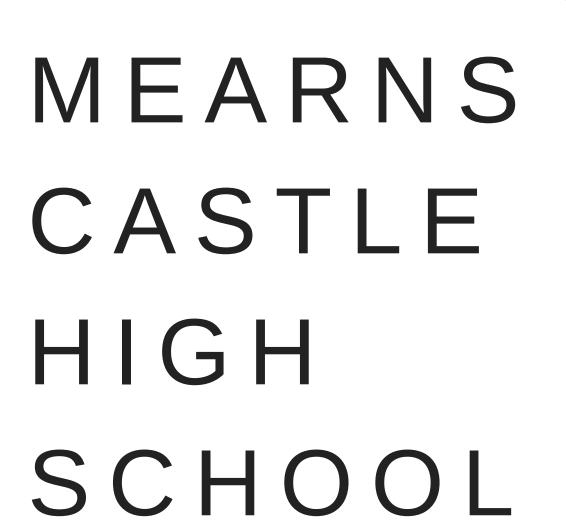
THURSDAY

15:35-17:30

Room: E4



MATHS, PROBLEM SOLVING AND SCIENCE



EXTRA
CURRICULAR
ACTIVITIES

FOLLOW FOR UPDATES

@MCHSCLUBS

CHESS CLUB MR WANG

Suitable for beginners and advanced players. Come along to learn how to play and to challenge someone to a game.



SERVITIUM

THURSDAY 12:20-13:00

F14

S1 - S6



MISS DICKSON AND MRS
THOMSON

CryptoCrackers club runs on a Friday lunchtime in the Maths department. We will learn to crack codes and ciphers and compete in national competitions throughout the year, run by the University of Southampton and the University of Manchester. All year groups are welcome!



FRIDAY 12:20 - 13:00 F15 MATHS

S1 T0 S6



ENGINEERING SOCIETY

DR. VAN VEGGEL

Club for pupils interested into go to study some form of Engineering. The aim is to get a broader understanding of the different engineering disciplines, through talks, excursions and activities.



WEDNESDAY 12:20 - 12:50

A9

S4 + S5

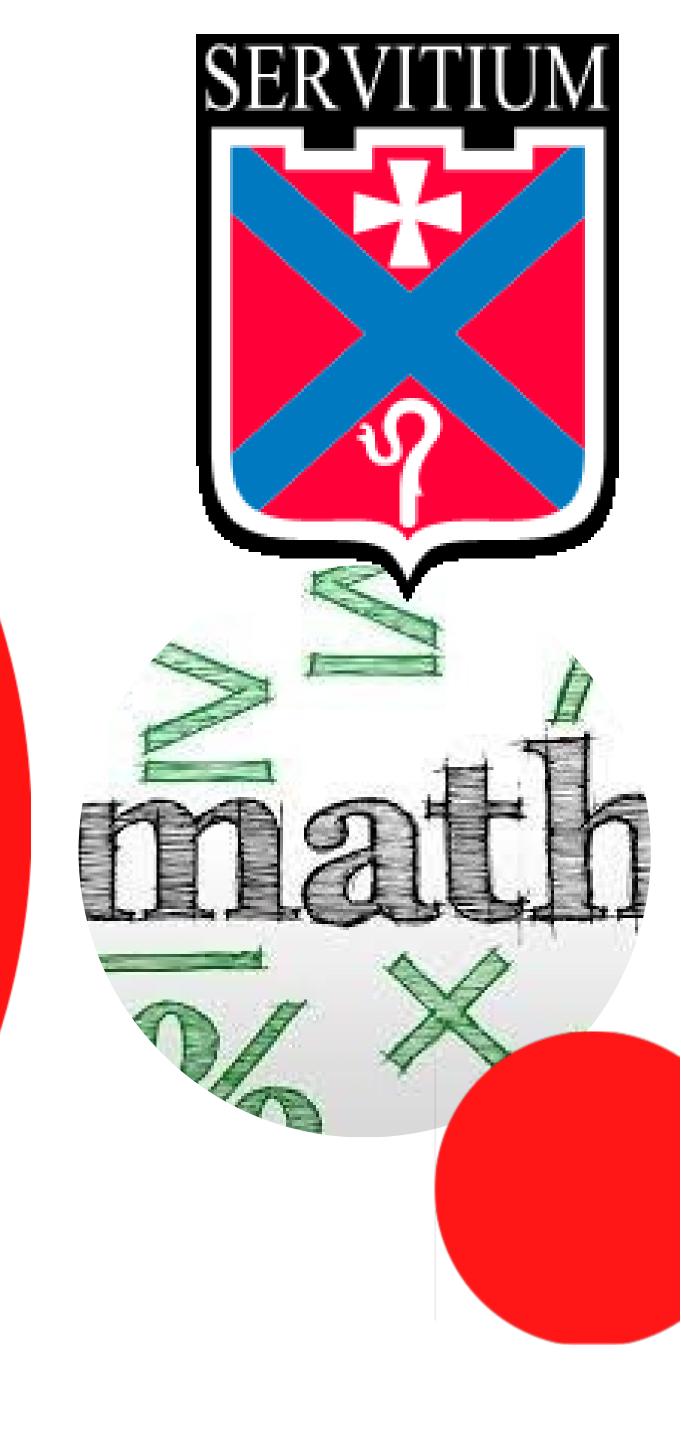


MATHS STUDY CLUB

MR WANG

The maths club is where pupils can come together to complete homework and get help with anything maths related.

As well as this pupils will be able to revise for assessments and receive help.



MONDAY 15:35 - 16:30

F15

S1 - S4



STEAM CLUB DR. VAN VEGGEL

Iterring that uses Science,
Technology, Engineering, the Arts and Mathematics as access points for guiding student inquiry, dialogue, and critical thinking. STEAM education results in students who take thoughtful risks, engage in experiential learning, persist in problem-solving, embrace collaboration, and work through the creative process. These are the innovators, educators, leaders, and learners of the 21st century!

S1 - S2





THURSDAY 15:35-16:25

A4

GEOGRAPHY

MISS SMITH

Geography support provided to learners from S3 - S6. Various activities like revision games, retrieval practice, past paper questions, quizzes, assignment support etc.

S3 - S6







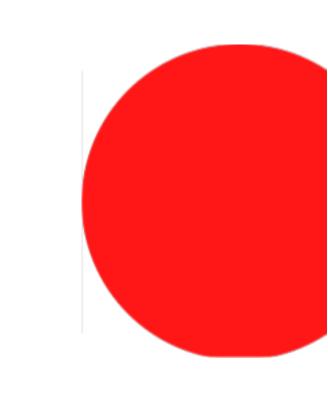
WEDNESDAY

12:00-13:00

E₅

TERW 1





ACTIVITIES

DRAM EXTRA CURRICULAR

MEARNS

CASTLE

HIGH

SCHOOL

BRASS GROUP

MR MITCHELL



SERVITIUM

If you are interested in this club please speak to lead teacher to find out more information.

ONLY MISS BORLAND CAN BOOK PUPILS INTO BRASS GROUP SEE MISS BORLAND

S1 - S6



PERCUSSION GROUP

MR MCBRIDE



SERVITIUM

If you are interested in this club please speak to lead teacher to find out more information.

ONLY MISS BORLAND CAN BOOK PUPILS INTO BRASS GROUP SEE MISS BORLAND

S1 - S6







MISS BROWN



SERVITIUM

If you are interested in this club please speak to lead teacher to find out more information.

ONLY MISS BORLAND CAN BOOK PUPILS INTO THE CHOIR SEE MISS BORLAND



CONCERT BAND

MISS BORLAND



SERVITIUM

If you are interested in this club please speak to lead teacher to find out more information.

ONLY MISS BORLAND CAN BOOK PUPILS INTO MUSIC CLUB SEE MISS BORLAND

PLEASE SEE LEADING
TEACHER FOR MORE DETAILS

S1 - S6



DRAMA CLUB

MRS GILES

Drama is a fun way to express yourself and meet other friends.

Come along at the start of lunchtime with a packed lunch!



TUESDAY 12:25-13:00 C1



DRAMA: GHOST TOUR CLUB

MRS GILES AND MR

MCGEEVER

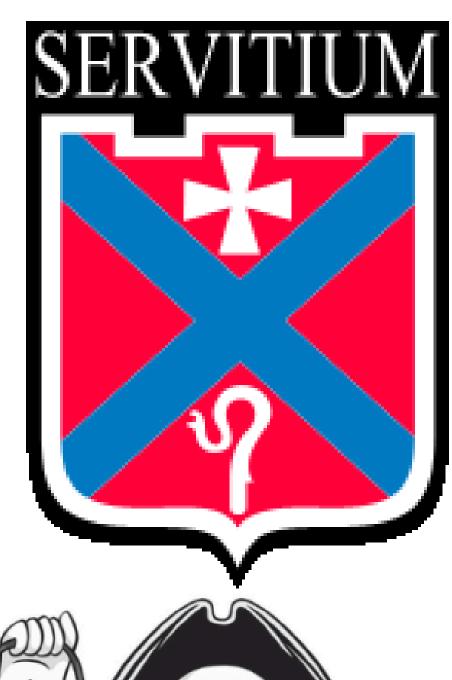
Calling all S3-S6 pupils!

Unleash your inner ghost and join the Senior Ghost Tour Drama Club. We're looking for creative minds to help devise a chilling and unforgettable promenade theatre experience. You won't just be acting; you'll be creating the entire show—from writing spooky stories and crafting eerie characters to guiding audiences on a haunted journey through the school building.

If you're passionate about drama, enjoy a good scare, and want to be part of an immersive, student-led production, this is your chance. No previous experience with promenade theatre is needed, just a willingness to explore the shadows and bring our school's ghostly tales to life.

S3 - S6







THURSDAY 15:35-16:45

04

STRING GROUP

MS BAILIE

If you are interested in this club please speak to lead teacher to find out more information.



S1-S6



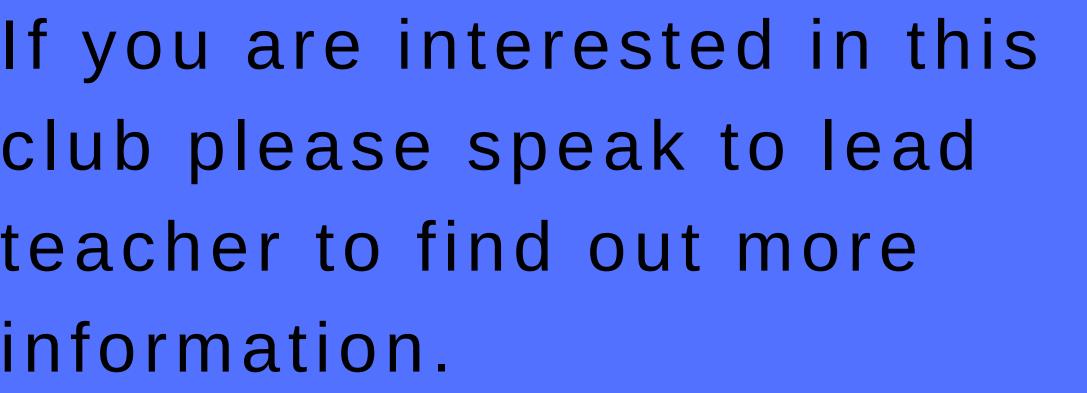
PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

SERVITIUM





MS BAILIE

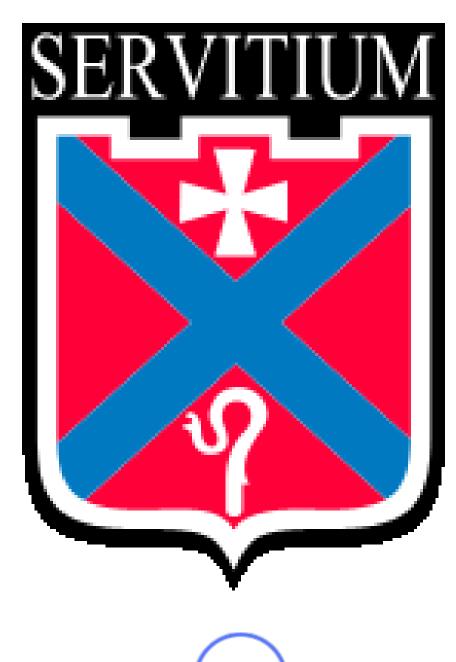


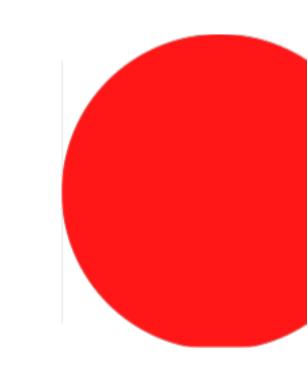
ONLY MISS BORLAND CAN BOOK PUPILS INTO MUSIC CLUB SEE MISS BORLAND



PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

SERVITIUM





MEARNS
CASTLE
HIGH
SCHOOL

EXTRA
CURRICULAR
ACTIVITIES

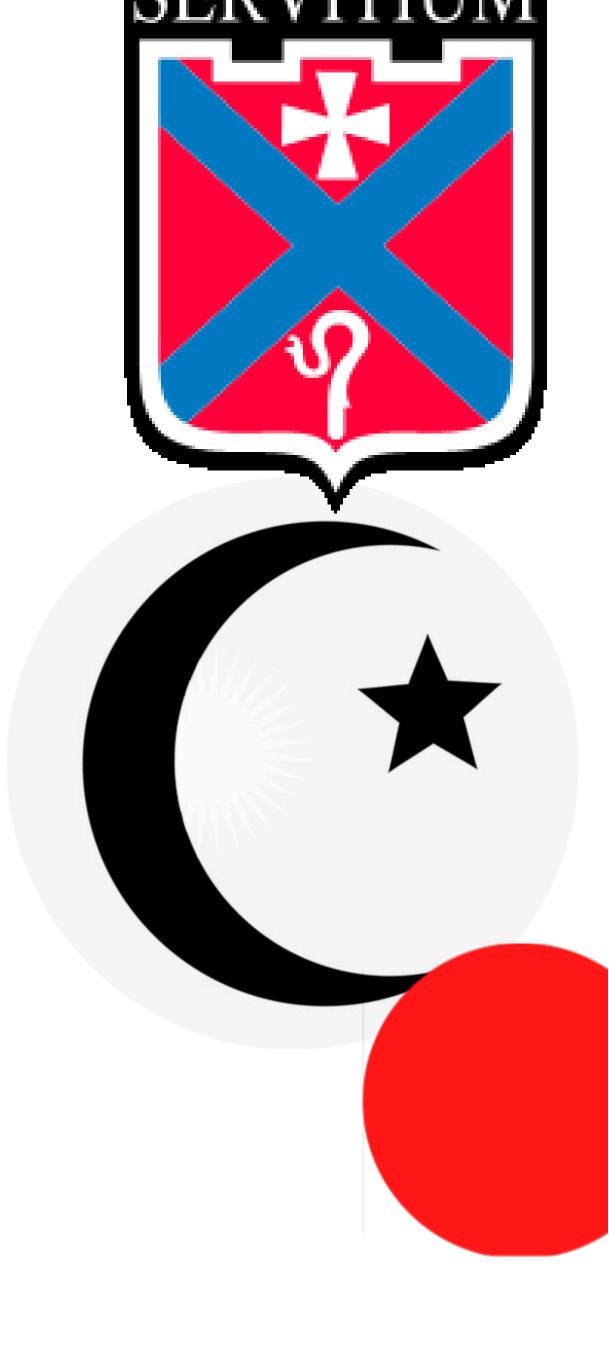
MUSLIM PRAYER GROUP

Mr Moghul

The club gives Muslim pupils the opportunity to offer their prayers during lunchtime, ask questions and spend time with friends.

S1 - S6

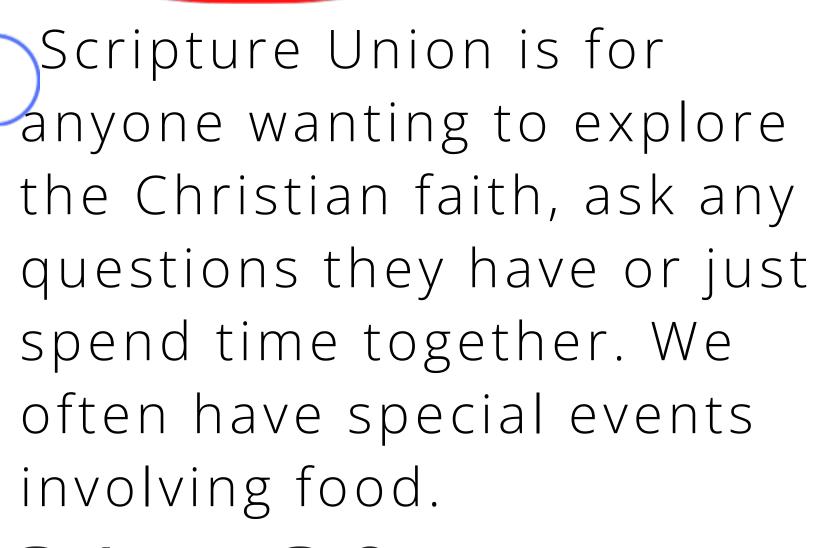




MON-FRI F10

SCRIPTURE UNION CLUB

MISS FORRESTER



S1 - S6





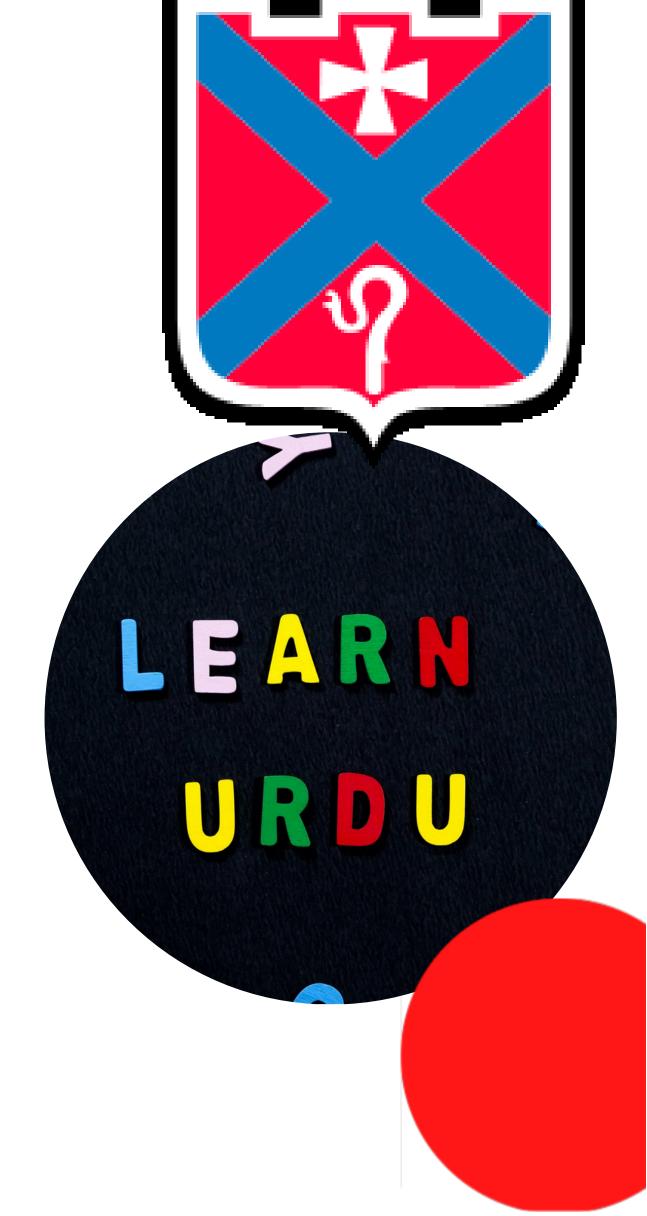
FRIDAY 12:30-13:00

F2

URDU CLUB

MS KHAN

Learn Urdu language in a fun way. Improve your reading, writing, listening and speaking skills.



SERVITIUM

WEDNESDAY 14:45-15.45 MODERN LANGUAGES

PLEASE SEE LEADING
TEACHER FOR MORE
DETAILS

S1 - S6





SOCIETIES

MEARNS
CASTLE
HIGH
SCHOOL

EXTRA
CURRICULAR
ACTIVITIES

THE TAYLOR SWIFT CLUB

Ms MacDonald

Are you inyour Swiftieera? Are you a Lover of everything Taylor Swift? If so, Speak Now!

Don't miss out on album ranking, secret song concert predictions, bracelet making, the Reputation release party, Karaoke and more!



MONDAY 2 · 30 - 13 · 00

12:30-13:00

B6



MEDICS SOCIETY

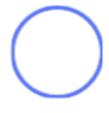
Ms Telfer

If you are in S5/6 and interested in a career in medicine, vet medicine, dentistry or other health care then come along to the medics society. We meet every two weeks to discuss the ethics of medicine, hear from current students and practitioners and prepare for interviews. For more information speak to Mrs Telfer in A3.









THURSDAY 12:30-13:00

A3

THE SELF CARE SOCIETY

Ms Stobo

Looking for a fun and relaxing way to spend your Friday lunchtime? Come along to Self-Care Society — all about aesthetics, skincare, beauty, wellness, and feeling your best, inside and out. Whether you're into face masks, mindful moments, or just want to chill and learn something new, everyone's welcome!

No experience needed — just bring your curiosity (and maybe your favourite lip balm 😌).

Let's glow together!







FRIDAY 12:20-13:00

D18

VOLUNTEERING CLUB

Ms Stobo

Looking for a fun and relaxing way to spend your Friday lunchtime? Come along to Self-Care Society — all about aesthetics, skincare, beauty, wellness, and feeling your best, inside and out. Whether you're into face masks, mindful moments, or just want to chill and learn something new, everyone's welcome!

No experience needed — just bring your curiosity (and maybe your favourite lip balm 😌).

Let's glow together!











GAMES

AND

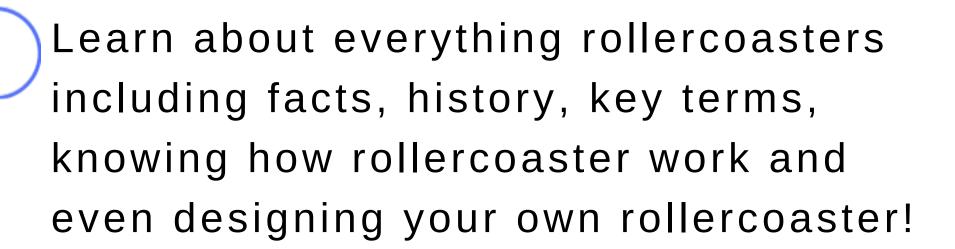
SKILLS

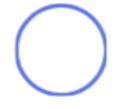
MEARNS
CASTLE
HIGH
SCHOOL





MR HARDING





SERVITIUM

TUESDAY

12:30-13:00

D17

S1-S6







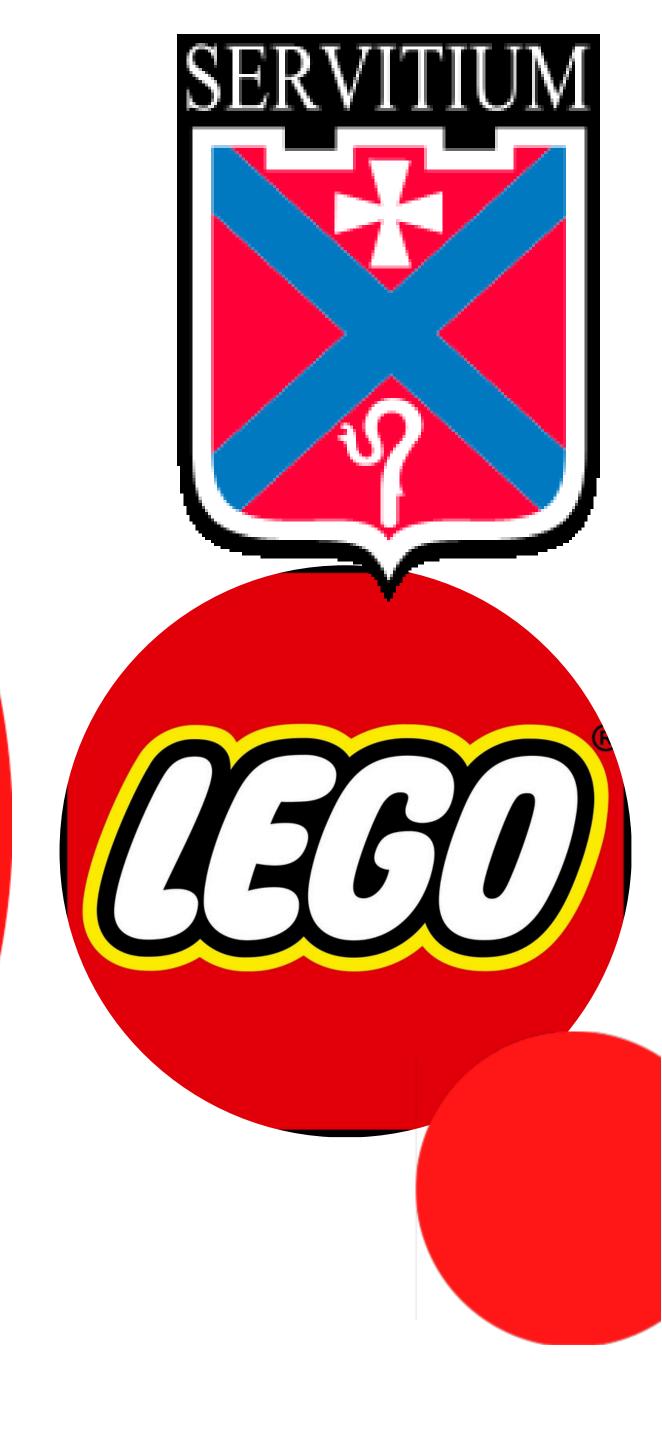




LEGO CLUB

MISS THOMSON

The Lego Club will continue to work on their enterprise project by building and selling Lego photo frames to the school community. We will also continue to run our Famous Moment in Lego competition which we design and build together. Lego Club is a great place to use your creativity and collaboration skills in a friendly and supportive atmosphere.



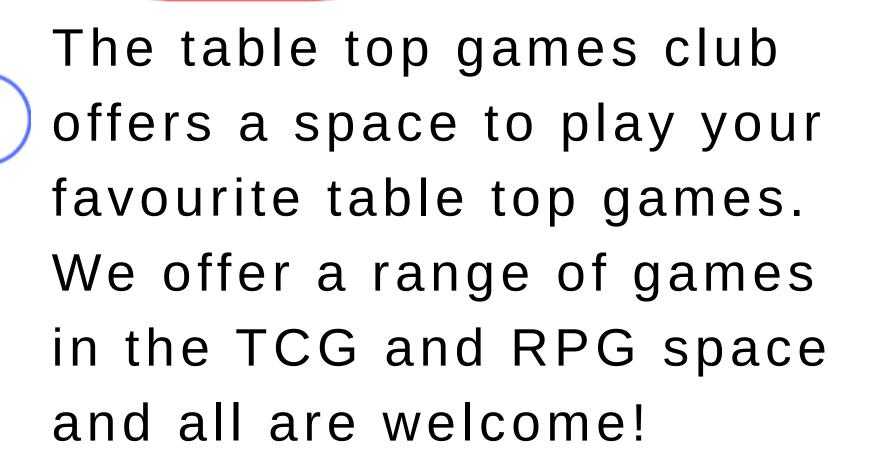
TUESDAY 12:20 - 13:05

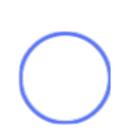
S1 AND S6

TERM-12025

TABLE TOP GAMES

MR WASSON





SERVITIUM

MONDAY 12.20-13.00 A18









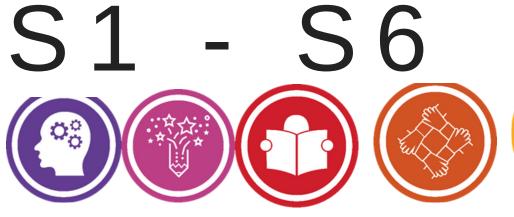
LEARN TO KNIT

MS ORAM

art of knitting - please come along and I will teach you the basics of casting on as well as some simple common stitches. If you are a proficient knitter and would like to join the group just to be part of the group or advance your skills - you are more than welcome.



MONDAY 12.20-13.00 F6









IERM 2025

WARHAMMER ALLIANCE CLUB

MR FORSYTH

What is Warhammer?

More than a game, the Warhammer hobby is your gateway to a global community of likeminded people who share a love for our worlds and the characters that inhabit them. With spectacular battles, extraordinary characters, and limitless creativity, Warhammer encompasses a variety of tabletop games, miniatures, universes, and stories. With loads of 15:00-16:00 ways to enjoy Warhammer, from Collecting, Building, Painting, Playing or reading there is somethingfor everyone.

WEDNESDAY

SERVITIUM

C12

PLEASE SEE LEADING TEACHER FOR MORE **DETAILS**











OWNLOAD

PHOTOGRAPHY CLUB

MR FORSYTH



It's a fun and relaxed way to improve your skills and see the world from a fresh perspective.

Bring your camera, your phone, or just your imagination, and get ready to shoot!





THURSDAY 12:20-13:00

C12









CROCHET CLUB

MS MACDOUGALL

Come and try a new craft at the Crochet Club! Whether you've never touched a hook before or you're already a wool wizard, everyone is welcome.



FRIDAY 12:20-13:00

DETAILS











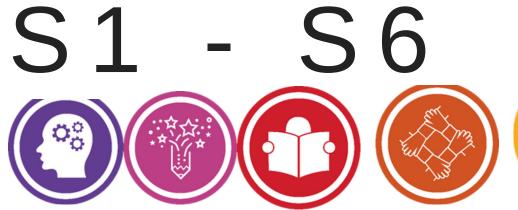
COMIC CLUB

MR WHITE

Bandes dessinées? Comic Club with Mr White is your opportunity to get together with people who share your interest and find out about titles you may not have heard of before. So whether you like Sci-Fi, Superheroes, Romance, Comedy or any other genre Comic Club is the place for you to come a long and share your passion. Anyone new to the hobby or interested in finding out more is more than welcome to join!

FRIDAY 12:20-13:00 C14

SERVITIUM









MEARNS MAGAZINE

MS ELLIOT



Join the Mearns Magazine Club and become part of the team that publishes our school's very own magazine. Whether you enjoy writing, photography, art, or design, this is your opportunity to develop your skills, collaborate with others, and share your work with the school PLEASE SEE LEADING community.













TUESDAY

12:20-13:00



SUGGESTIONS...



If you are interested in a specific club or group that is not currently offered, please scan the QR code above to make a suggestion for future clubs/groups.