



THE KING'S HOSPITAL SCHOOL

# MICHELMAS TERM 2019/2020

## Weekday Extra Curricular Schedule

Colour Key Guide At A Glance:

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

\* Entries with this symbol denote compulsory sport sessions for 1st year students

### MONDAY

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

### TUESDAY

6.45am	SWIMMING CLUB	SWIMMING POOL	7.35am
1pm	ORCHESTRA Woodwind	MUSIC ROOM	15
	ENVIRONMENTAL COMMITTEE	D8	40
4pm	YOGA	B2	5pm
	ORCHESTRA TUTTI	D8	5pm
	POTTERY	E4	5.30pm
	MATHS CLUB	B3	5.30pm
	CREATIVE WRITING CLUB	F4	5.30pm
	DANCE	WILSON WRIGHT HALL	5.30pm
*	HOCKEY 1st Year Boys/Girls	ASTRO	5.30pm
	BASKETBALL 2nd Year Girls	SPORTS HALL	5.30pm
	BASKETBALL Senior & U16 Girls	OUTDOOR COURT	5.30pm
	RUGBY 2nd Year Boys, All Girls	RUGBY PITCHES	5.30pm
	RUGBY JCT, SCT	RUGBY PITCHES	5.30pm
	BADMINTON Social for All	WILSON WRIGHT HALL	5.30pm
	COMPUTER ROOM & LIBRARY OPEN		5.30pm
	SWIMMING POOL & GYMNASIUM OPEN		5.30pm
5pm	BADMINTON Team Training	SPORTS HALL	6pm
	HOCKEY Junior Girls & Junior Boys	ASTRO	6pm

### WEDNESDAY

7am	YOGA Senior Girls (intermediate)	B2	7.40am
1.45pm	BADMINTON U16 & U19 Boys & Girls	SPORTS HALL	2.30pm
2.00pm	ROWING All	ON THE RIVER	4.00pm
2.30pm	SWIMMING POOL OPEN		4.00pm
	LIBRARY OPEN		4.00pm
4pm	GYMNASIUM OPEN		5.30pm

**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.

Also, matches for a variety of sports will be on at various venues around Dublin

### THURSDAY

7.00am	YOGA	B2	7.40am
8am	CHOIR	MUSIC ROOM	8.45am
1pm	STUDENT COUNCIL	B2	1.50pm
4pm	BASKETBALL 2nd Year Girls	SPORTS HALL	5pm
	HOCKEY 1st Year Boys/Girls	ASTRO	5pm
	COOKING CLUB	B14	5.30pm
	ROWING Open	ROWING ROOM	5.30pm
	POTTERY	E4	5.30pm
	YOGA	B2	5.30pm
	PHOTOGRAPHY	C3	5.30pm
	RUGBY 2nd Year Boys	RUGBY PITCHES	5.30pm
	BADMINTON U14 Boys & Girls	WILSON WRIGHT HALL	5.30pm
	ARTISTIC PERF 2nd Year Boys & Girls	MAHONY ROOM	5.30pm
	COMPUTER ROOM & LIBRARY OPEN		5.30pm
	SWIMMING POOL & GYMNASIUM OPEN		5.30pm
5pm	HOCKEY Junior Boys & Girls	ASTRO AT KH & WESTON HOCKEY CLUB	6pm
	BASKETBALL Senior & U16 Boys	SPORTS HALL	6.15pm
	HOCKEY Senior Boys & Girls	ASTRO AT KH & WESTON HOCKEY CLUB	6.15pm

### FRIDAY

6.45am	SWIMMING CLUB	SWIMMING POOL	7.35am
1pm	BOOK CLUB	LIBRARY	40
	LGBT+ COMMITTEE	B10A	1.50pm
	PREFECTS MEETING	MAHONY ROOM	1.50pm
4pm	* BASKETBALL 1st Year Girls	SPORTS HALL	5pm
	RUGBY JCT & SCT	RUGBY PITCHES	5pm
*	RUGBY 1st Year Boys	RUGBY PITCHES	5pm
	HOCKEY 2nd Year Boys & Girls	ASTRO	5.30pm
	ARTISTIC PERF 2nd Year Boys & Girls	MAHONY ROOM	5.30pm
	ROWING All	ON THE RIVER (until October mid-term break)	5.30pm
	COMPUTER ROOM & LIBRARY OPEN		5.30pm
	SWIMMING POOL & GYMNASIUM OPEN		5.30pm
5pm	BASKETBALL U16 Boys	SPORTS HALL	6pm

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 lunchtimes in B2 depending on competition schedule.

**Saturday Morning Programme:**

9.45am - 1.00pm - [See Noticeboard](#)



# SAMPLE MENU

## AUTUMN/WINTER



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.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Selection of cereals including Bran flakes, All Bran, Weetabix and Cornflakes served with Full fat and Low fat milk</li> <li>• Whole fresh fruit with probiotic natural yoghurt with a selection of toppings including home-made granola, dried and fresh fruit pieces, honey and preserves</li> <li>• 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</li> </ul>						
	Scrambled Egg with Smoked Salmon	Large Croissant	French Toast	Freshly Cut Fruit Pieces	Roasted Potatoes with Chorizo (Spanish style)	Pancakes with Fruit Compote	Full Irish Breakfast
<b>LUNCH</b>	Freshly-made Potato, Onion & Herb Soup	Freshly-made Leek & Potato Soup	Cream of Vegetable Soup	Cream of Tomato Soup	Onion & Thyme Soup	Tomato & Roast Red Pepper Soup	Juice & Infused Water
	Spicy Chorizo Pasta in a rich Tomato Sauce	Irish Ground Beef Burger, Brioche Bun	Homemade Selection of Pizza Slices	Oven Baked Chicken Breast in a Wild Mushroom Sauce	Friday Fish & Chip Shop, Hand-battered Fish and all the Seaside Extras	Italian Style Chicken Parmigiana	Full Irish Breakfast Brunch
	Beef Massaman	Cajun Chicken Burger, Brioche Bun	Chicken & Vegetable Stir Fry	Homemade Fishcakes			
	Mushroom Wellington	Vegetarian Burger	Courgette & Goats Cheese Pie	Vegetable & Chickpea Casserole	Ricotta & Spinach Cannellini	Leek & Mushroom Pie	Filled Irish Mature Cheddar, Beef Tomato & Red Onion Panini
	Garlic Bread Rice Pea & Sweetcorn Mix	Baked Potato Wedges "All the Burger Trimmings"	Cajun Diced Potatoes Rice	Champ Mash Cauliflower Gratin	Baked Potato Wedges Mushy Peas	Spaghetti Garlic Bread	
	<ul style="list-style-type: none"> <li>• Self-serve Salad Bar with a varied selection of Composite, Simple, Protein, Carb &amp; Green Salads</li> </ul>						
Fruit & Cut-fruit Bar	Chocolate Brownie	Fruit & Cut-fruit Bar	Sticky Toffee Pudding in a Homemade Caramel Sauce	Vanilla Cheesecake	Fruit & Cut-fruit Bar	Profiteroles with Chocolate Sauce	
<b>TEAS</b>	Pork Steaks Potato Bravos Peppercorn Sauce Honey Glazed Carrots	Chicken Carbonara Garlic Bread	Turkey Bolognese Rice Garlic Bread	Beef Rogan Josh Curry Rice Mixed Vegetables	Spiced Mini-Meatballs serviced in a rich Tomato Sauce Penne Pasta Garlic Bread	Roast Loin of Bacon Parsley Sauce Creamy Mash Potato Buttered Cabbage	Homemade Southern Fried Chicken Pieces Roast Potatoes Mixed Vegetables
	Vegetable Fritters	Paella	Vegetable Korma	Vegetable Bhaji in a Curry Sauce	Bruschetta	Vegetable Gateaux	Tomato & Mozzarella Bruschetta