



**CHRIST THE KING**

CATHOLIC HIGH SCHOOL AND SIXTH FORM CENTRE

WITH THE POWER TO ACT

**Year 8**

Extra-curricular

Timetable

Summer 2021

*“Discover your talents”*

In school there are lots of activities that take place during the week that we want you to know about and get involved in. This is your guide to where you can find out about all the clubs and support on offer to you before school, during lunchtime and after school. This summer we are encouraging you to try something new and develop your character. You never know, you may discover talents you never knew you had!

As you can see when you look through the timetable, our school offers different ways in which you can go above and beyond to discover your true potential and talents:

**Support** - providing resources and facilities to allow you to achieve your potential in your subjects, from offering one-to-one guidance from members of staff, to the use of computers and facilities to produce your best work.

**Enrichment** – providing opportunities for you to discover talents you never knew you had, from cookery to art, to learning how to use Photoshop in Media Club. You could even try different ways to keep you mentally and physically healthy through the wide range of sports clubs on offer after school and at lunchtimes.

At Christ the King Catholic High School we believe that taking part in activities outside the classroom is important for pupils to build positive relationships, develop self-esteem and lead an active and healthy lifestyle. The huge range of extra-curricular opportunities our staff provides allows you the opportunity to develop your character along with essential life skills that you can use in the next stage of your lives. In this booklet you can identify the characters that each club develops. Go through the timetable now and highlight the clubs that you would like to try out and.....

*“Discover talents you never knew you had”*

# Making our clubs safe

To enable our school to provide extra-curricular clubs, there are certain things you will find different to the way they are usually run. This page will explain the changes in place. If you do have any questions, please ask a member of staff.

## **1. Clubs will take place in year group Pods where necessary**

Each year group will have their own selection of clubs on offer. They will take place in the designated rooms for your Pod unless stated differently in the timetable.

## **2. All after-school clubs will take place from 3.00 pm.** If you are in KS3 you must make your way to the area below when the bell rings at 2.45 pm and wait there until 3.00 pm. You can then make your way to your club:

- Year 7 - Covered area / dining room
- Year 8 - Senior dining room
- Year 9 - Main hall

## **3. Please make sure you have informed a parent/guardian that you are staying at school to attend an after-school club and have organised how you will be getting home safely.**

You may notice that some of the clubs that have run in previous years are not running at the moment. This will be because some clubs involve pupils from different year groups in order to run. Don't worry; we will make these clubs available to you again as soon as we can. Maybe this is the opportunity you need to try something different.



WITH THE POWER TO ACT

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## *At a glance*

Day	Club	Time	Room	Teacher
Mon - Fri	Homework	3-4 pm	IT2	Mrs Knowles
Mon - Fri	Active Lunchtimes	Lunchtime	Backyard	Duty staff
Monday	Science	3-4 pm	S4	Science staff
Monday	Drama	3-4 pm	MU1	Mrs Banks / Miss Hardman
Tuesday	Mysterious Happening	3-4 pm	M5	Mrs Cane
Tuesday	Mindfulness	3-4 pm	ICT5	RE Dept
Thursday	MFL	3-4 pm	E1	Miss Stock
Thursday	Festival of Sport	3-4 pm	PE Dept	PE Dept
TBA	Mental Wellbeing	TBA	TBA	Miss Kennedy
TBA	Slavic Club	TBA	TBA	Mr Pindlowski
TBA	Piano Club	TBA	TBA	Mr Pindlowski

## *Club: Homework Club*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Mon - Fri</i>	<i>IT2</i>	<i>3-4 pm</i>	<i>Miss Knowles</i>

### *Description:*

*The opportunity to complete homework using our IT provision. You can also ask staff for help if you don't understand the homework you have been given.*

### *Characters:*

*Enthusiastic, hardworking, independent, well organised*

## *Club: Active Lunchtimes*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Mon - Fri</i>	<i>Backyard</i>	<i>lunchtime</i>	<i>Duty staff</i>

### *Description:*

*Football is available for pupils to play at lunchtime on the backyard and there is plenty of space to run around and be active on the front yard.*

### *Characters:*

*Confident, curious, team players, friendly*

## *Club: Drama*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Monday</i>	<i>MU1</i>	<i>3-4 pm</i>	<i>Mrs Banks / Miss Hardman</i>

### *Description:*

*The world is a stage!!! Do you love to escape? Come along to Drama Club and discover a world full of characters, imagination, escapism and performance. . Dare to be someone else!*

### *Characters:*

*Confident, good communicators, open to new ideas, independent*

## *Club: Science Club*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Monday</i>	<i>S4</i>	<i>3-4 pm</i>	<i>Science staff</i>

### *Description:*

*Want to do amazing science experiments that you will never get the chance to do in lessons?*

*Want to develop your practical skills whilst having fun in the laboratory?*

*Then this club is for YOU!*

*Come and join us with your friends every Monday after school to do what you love most in science ..... EXPERIMENTS!*

### *Characters:*

*Determined, curious, team players, reflective*

## *Club: Mindfulness*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Tuesday</i>	<i>ICT5</i>	<i>3-4 pm</i>	<i>RE Dept</i>

### *Description:*

*Mindfulness can be used to help manage your mental health, to be kind and to be positive. It allows us to reflect on the things we do as well as help to manage our self-care. If you would like to do all of this as well as find ways to help with the community then come along!  
Everyone welcome!*

### *Characters:*

*Reflective, enthusiastic, loving,  
kind*

## *Club: Mysterious happenings*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Tuesday</i>	<i>M5</i>	<i>3-4 pm</i>	<i>Mrs Cane</i>

### *Description:*

*'Mysterious Happenings' is a club for anyone who is interested in murder mysteries and unexplained hazards.*

### *Characters:*

*Good communicators, team players, well organised*

# *Club: Language Culture Club*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Thursday</i>	<i>E1</i>	<i>3-4 pm</i>	<i>Miss Stock</i>

## *Description:*

*Have a go at writing a blog in French or Spanish or even do some Karaoke.*

*Make crafts and play games.*

*Create videos / Tiktoks in Spanish/French.*

## *Characters:*

*Good communicators, tolerant, curious, team players*

# *Club: Festival of Sport*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Thursday</i>	<i>PE Dept</i>	<i>3-4 pm</i>	<i>PE Dept</i>

## *Description:*

*The PE Dept are excited to offer a range of different sports such as Athletics events, rounders, cricket, Basketball, Netball and football. Come down with your friends and choose what you would like to do. After half term, there will be the opportunity to represent CTK in fixtures against other schools – we can't wait to get started. All abilities welcome. Let's get outside, improve our physical and mental wellbeing and make new friends!*

## *Characters:*

*Confident, happy, respectful,  
team players*

# *Club: Mental Wellbeing*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>To be arranged</i>	<i>To be arranged</i>	<i>To be arranged</i>	<i>Miss Kennedy</i>

## *Description:*

*How do you cope with day-to-day living? What are you doing to create a healthy lifestyle for yourself? Are you struggling to cope in this present time? Are you aware there are ways to help you deal with daily pressures? Ms Kennedy is going to be providing some support and guidance sessions to help you maintain healthy wellbeing, email her for further details.*

*[kennedy@christtheking-school.com](mailto:kennedy@christtheking-school.com)*

## *Characters:*

*Reflective, resilient, open to new ideas, respectful*

## *Club: Slavic Club*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>To be arranged</i>	<i>To be arranged</i>	<i>To be arranged</i>	<i>Mr Pindlowski</i>

### *Description:*

*Cześć! Привет! Ahoj!*

*Slavic Club is proud to open its doors to any pupil who is interested in learning about Eastern European countries, their languages, history and culture. Everyone is welcome to join and embrace a wonderful journey that will take you on a trip to places you have not seen before. You can practise your handwriting skills here too.*

*Do not hesitate, to speak to/email Mr Pindlowski and sign up!*

*[pindlowskig@christtheking-school.com](mailto:pindlowskig@christtheking-school.com)*

### *Characters:*

*Reflective, considerate, concern for others, respectful*

## *Club: Piano Club*

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>To be arranged</i>	<i>To be arranged</i>	<i>To be arranged</i>	<i>Mr Pindlowski</i>

### *Description:*

*Piano Club is opening its doors to everyone! Whether you want to*

*start learning the subtle art of music or just looking for an*

*opportunity to polish your piano playing skills, this club is for you.*

*Do not hesitate to speak to/email Mr Pindlowski and sign up!*

*[pindlowskig@christtheking-school.com](mailto:pindlowskig@christtheking-school.com)*

### *Characters:*

*Team players, friendly, reflective, concerned for others.*

# **The Benefits of Extra-curricular Activities**

## **1. Improved Academic Performance**

Lots of studies have been conducted on the relationship between extracurricular activities and academic performance, and they all show that pupils who participate in them have higher grades, more positive attitudes toward school and higher academic aspirations.

## **2. Explore Interests and Create Broader Perspectives**

When you participate in multiple different activities, you'll get the opportunity to explore a range of interests and unlock passions you never knew you had!

## **3. Higher Self-esteem**

The more you achieve success through activities you're passionate about, the more your self-confidence will improve.

## **4. Social Opportunities**

Let's be honest, making friends can be hard but one of the easiest ways to make friends is through extra-curricular activities!

Each extra-curricular club you engage in provides you with another opportunity to expand your social network.

## **5. Productive Breaks**

Extra-curricular activities give you something fun to do aside from school. It also gives you the chance to explore your passions and to discover things you may be interested in beyond academics while taking some time off studying.

Take the much needed break; you deserve it!

## 6. Essential Life Skills

On top of all of the benefits of extra-curricular activities we already talked about, one of the greatest advantages extra-curricular activities give's you is life skills.

These skills include (but are not limited to):

- Goal setting
- Teamwork
- Time management
- Prioritisation
- Problem solving
- Analytical thinking
- Leadership
- Public speaking

The more you push yourself in your extra-curricular endeavours, the more you'll develop these skills. If you're passionate about engineering, you might join the STEM Club where you'll develop teamwork, problem solving and analytical thinking skills.

However, you could take that passion even further and create your own coding club where you'll develop goal setting, time management, prioritisation, leadership and public speaking skills.

## 7. CV's

Without much previous work experience, one of the only ways hiring managers can assess your ability and work ethic is through your extra-curricular activities.

For example, if you were on a debating team, the manager would know that you work well with others, can argue a point professionally and have public speaking experience - all fantastic skills to have in the workplace!

## 8. University Applications

Universities want to see that you've gone above and beyond in your intended area of study and have made a difference and/or excelled in your field.

If you want to study Chemistry, a university is more likely to accept you if you've joined a Chemistry club.

*“Whether or not you discover your talents and passions is partly a matter of opportunity. If you've never been sailing, or picked up an instrument, or tried to teach or to write fiction, how would you know if you had a talent for these things?”*

*Ken Robinson*