



CHRIST THE KING

CATHOLIC HIGH SCHOOL AND SIXTH FORM CENTRE

WITH THE POWER TO ACT

Year 10

Extra-curricular

Timetable

2021-2022

“Discover your talents”

In school there are many 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 the clubs and support on offer to you before school, during lunchtime and after school. This year 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. 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 which our staff provide enables you 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”



WITH THE POWER TO ACT

At a glance

Day	Club	Time	Room	Teacher
Mon - Fri	Homework	3-4pm	Library	Support staff
Mon - Fri	Active Lunchtimes	Lunchtime	Backyard Sports hall	Duty staff
Mon-Thurs	Piano Club	Lunchtime afterschool	TBA	Mr Pindlowski
Monday	Library	Lunchtime	Library	English Dept
Monday	Badminton	3-4pm	Sports hall	Miss Summers
Monday	Boccia	12.30pm	Gym	Miss Plummer
Monday	Girls Football	3-4pm	Field	Miss Plummer
Monday	Boys Football	3-4pm	Field	Mr Critchley Mr Mitchell
Tuesday	Basketball	3-4pm	Gym	Mr Critchley
Tuesday	Stillness and Meditation	12.30-1pm	RE3	RE Department
Tuesday	Netball	3-4pm	Courts	Miss Plummer Miss Summers
Wednesday	Climate Council	3-4pm	Chapel	Dennis Jones
Thursday	Media Photography	3-4pm	ICT3	Miss Hardman
Thursday	Film Making	3-4pm	FM	Mr Kkounnous
Thursday	Netball	3-4pm	Courts	Miss Plummer Miss Summers
Thursday	Boys Football	3-4pm	Field	Mr Mitchell Mr Critchley
Friday	TGI Friday	8.30 am	Chapel	Dennis Jones
Monthly	Music Ministry	Lunchtime	Chapel	Dennis Jones
TBC	Duke of Edinburgh Award	Lunchtime Afterschool	TBC	Mr Mitchell

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Club: Homework Club

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Mon - Fri</i>	<i>Library</i>	<i>3-4pm</i>	<i>Support staff</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:

Independence, Ambition

Club: Active Lunchtimes

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Mon - Fri</i>	<i>Back yard</i>	<i>Lunchtime</i>	<i>Duty Staff</i>

Description:

Football takes place on the Tennis Courts at lunchtime and there is space to run around and be active. Improve your health, wellbeing and concentration in lessons by being active during the school day!

Characters:

Confidence

Club: Piano Club

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Mon- Thurs</i>	<i>MU1, Music practice rooms 1 and 2</i>	<i>Lunch Afterschool</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!

pindlowskig@christtheking-school.com

Characters:

Courage, Ambition

Club: Library Club

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Monday</i>	<i>Library</i>	<i>Lunchtime</i>	<i>English Dept</i>

Description:

Do you have a love of books? Do you enjoy reading? Then this club is just for you! Come along on your own or with friends to read the latest books from the library collection, or volunteer to help run the library!

Characters:

Ambition

Club: Badminton

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Monday</i>	<i>Sports Hall</i>	<i>3-4pm</i>	<i>Miss Summers</i>

Description:

Play badminton and have fun with your friends!

If you would like to play competitively we have fixtures against other schools that you could take part in, or if you just enjoy playing with your friends then come along and join in.

This club is open to all pupils regardless of experience and ability.

Characters:

Honesty, Respect

Club: Boccia

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Monday</i>	<i>Gym</i>	<i>12.30-1pm</i>	<i>Miss Plummer</i>

Description:

Boccia is a sport that is played all over the world! It is a game that involves decision making, strategy and team work. If you would like to try a new sport that is fun and accessible to all then join us on Monday lunchtimes.

Characters:

Respect, Independence

Club: Girls Football

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Monday</i>	<i>Field</i>	<i>3-4pm</i>	<i>Miss Plummer</i>

Description:

Football is one of the fastest growing sports available to girls so why not come along and join in!

Every Monday football training takes place for all year groups 7-11. For those who would like to play more competitively you can represent the school in fixtures and competitions against other local schools. For those who just enjoy exercising with friends and meeting new people then come along. Everyone is welcome.

Characters:

Respect, Confidence

Club: Boys Football

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Monday</i>	<i>Field</i>	<i>3-4pm</i>	<i>Mr Mitchell Mr Critchley</i>

Description:

Football club is open to anyone who has a passion for the beautiful game. Every Monday and Thursday is dedicated football night where you are invited to come along, play and train with your friends. If you want to play more competitively you can represent the school in fixtures against other local schools.

Make sure to bring your PE kit, boots and shin pads to play.

Characters:

Respect, Confidence

Club: Basketball

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Tuesday</i>	<i>Gym</i>	<i>3-4pm</i>	<i>Mr Critchley</i>

Description:

Basketball is open to anyone in Year 9 and 10 regardless of ability. Come along to improve your skill and enjoy playing sport with friends.

For those wanting to play more competitively, there will be the opportunity to represent the school in fixtures against local schools.

Characters:

Respect, Confidence

Club: Stillness and meditation

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Tuesday</i>	<i>RE3</i>	<i>12.30-1pm</i>	<i>Mrs Guidi</i>

Description:

Take time out to be still in the hustle and bustle of the school day. This club is for ANYONE - those who need to learn to take it a bit easier, those who are already completely chilled. We will be learning some stillness and meditation techniques in a calm and relaxing atmosphere.

Characters:

Courage, Resilience

Club: Netball

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Tuesday</i>	<i>Courts</i>	<i>3-4pm</i>	<i>Miss Summers Miss Plummer</i>

Description:

Netball club is open to everyone who either loves playing netball or who wants to find out what this fantastic game is all about! For those pupils who want the opportunity to play more competitively you can represent the school in fixtures against other local schools.

The club is open to all ages and is a great way to exercise with your friends, meet new people and mix with pupils in other year groups.

Characters:

Confidence, Resilience

Club: Climate Council

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Wednesday</i>	<i>Chapel</i>	<i>3-4pm</i>	<i>Dennis Jones</i>

Description:

Do you care about your future? You CAN make a difference today to the world that you are going to grow up into. If you are passionate about our environment and making a difference to the climate then you are welcome to come along to the chapel on Wednesdays after school. Here, you will learn more about, and take more action on environmental issues, how they affect you and what you can do to change things for the better.

Characters:

Compassion

Club: Netball and Football

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

Description:

Same information as included earlier in the booklet!

Characters:

Club: Media photography

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Thursday</i>	<i>ICT3</i>	<i>3-4pm</i>	<i>Miss Hardman</i>

Description:

The Media Photography club will involve students learning about how to take photographs and then manipulating images using Photoshop (installed on computers already) to create a media practical piece. The experience will give you an insight into working to a production brief in the industry.

Characters:

Courage, Independence

Club: Film Making Club

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Thursday</i>	<i>FM</i>	<i>3.05-4pm</i>	<i>Mr Kkounnous</i>

Description:

From scriptwriting to film editing, you will gain an insight into filmmaking by creating your own short film. Most activities will be hands-on and practical once you learn the skills-based theory behind film production and the cinematic art of framing. Whether you're a beginner or have more established experience, develop your communication skills through a collaborative process and share knowledge in an environment designed to inspire and nurture your creative talent.

Characters:

Resilience

Club: TGI Friday

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Friday</i>	<i>Chaplaincy</i>	<i>11-11.15am</i>	<i>Dennis Jones</i>

Description:

TGI – Thank God it's Friday is when we celebrate all that we have done during the week with a time of prayer, chat and a treat in the Chaplaincy during Friday break (and sometimes extending this to Friday lunchtimes as well)

Characters:

Honesty

Club: Music Ministry

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>Monthly</i>	<i>Chapel</i>	<i>Lunchtime</i>	<i>Dennis Jones</i>

Description:

Can you share your musical talents of singing or playing a musical instrument? Join our group who provide music for our monthly celebrations of Mass in our Chapel

Characters:

Courage

Club: Duke of Edinburgh

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Teacher</i>
<i>TBC</i>	<i>TBC</i>	<i>TBC</i>	<i>Mr Mitchell</i>

Description:

A life-changing experience. A fun time with friends. An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement; respected by employers.

The DofE is many things to many people, supporting generations to successfully navigate adult life.

Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries.

Through a DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs and university and job applications.

Top employers recognise the work-ready skills Award holders bring to their business.

If you are interested, please email or speak to Mr Mitchell

Characters:

Independence, Courage

Club: Learn a musical instrument

Day	Location	Time	Teacher
N/A	N/A	N/A	Mrs Banks

Description:

Want to learn a musical instrument?

Lessons available for ALL YEARS at a subsidised cost.

Guitar
Drums
Brass
Woodwind
Voice

For more info contact Mrs Banks, Head of Creative Arts:
music@christtheking-school.com

Sign up for a lesson TODAY!

sky MUSIC HUB

Creative Arts @ CTk

Characters:

Confidence

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 curious 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