



# CHRIST THE KING

CATHOLIC HIGH SCHOOL AND SIXTH FORM CENTRE

WITH THE POWER TO ACT

## Year 9

### 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

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| Day       | Club                        | Time                     | Room                    | Teacher                      |
|-----------|-----------------------------|--------------------------|-------------------------|------------------------------|
| Mon - Fri | Homework                    | 3-4pm                    | Library                 | Support staff                |
| Mon - Fri | Active Lunchtimes           | Lunchtime                | Backyard<br>Sports hall | Duty staff                   |
| Mon-Thurs | Piano Club                  | Lunchtime<br>afterschool | TBA                     | Mr Pindlowski                |
| Monday    | Vocal group                 | 12.35pm                  | MU1                     | Mrs Banks                    |
| Monday    | Badminton                   | 3-4pm                    | Sports hall             | Miss Summers                 |
| Monday    | Boccia                      | 12.30-1pm                | Gym                     | Miss Plummer                 |
| Monday    | Girls Football              | 3-4pm                    | Field                   | Miss Plummer                 |
| Monday    | Boys Football               | 3-4pm                    | Field                   | Mr Critchley<br>Mr Mitchell  |
| Tuesday   | Stillness and<br>meditation | 12.30-1pm                | RE3                     | RE Department                |
| Tuesday   | Basketball                  | 3-4pm                    | Gym                     | Mr Critchley                 |
| Tuesday   | Netball                     | 3-4pm                    | Courts                  | Miss Plummer<br>Miss Summers |
| Tuesday   | Mysterious<br>Happenings    | 3.05-4pm                 | EB4                     | History/Geog<br>Department   |
| Wednesday | Climate Club                | 3-4pm                    | Chapel                  | Dennis Jones                 |
| Wednesday | Library Club                | Lunchtime                | Library                 | English Dept                 |
| Thursday  | STEM                        | 3-4pm                    | S1                      | Science Dept                 |
| Thursday  | Media Photography           | 3-4pm                    | ICT3                    | Miss Hardman                 |
| Thursday  | Film Making                 | 3-4pm                    | FM                      | Mr Kkounous                  |
| Thursday  | Computing                   | Lunchtime                | ICT2                    | Mrs Berresford               |
| Thursday  | Drama                       | 3-4pm                    | Drama<br>Studio         | Mrs Banks<br>Mr Harding      |
| Thursday  | Write like a writer         | 3-4pm                    | E1                      | Ms Lovett                    |
| Thursday  | Netball                     | 3-4pm                    | Courts                  | Miss S/Miss P                |
| Thursday  | Boys Football               | 3-4pm                    | Field                   | Mr M/Mr C                    |
| Thursday  | Faith in Action             | 12.50 pm                 | IT5                     | Dennis Jones                 |
| Thursday  | Language Culture<br>Club    | 3.05-4pm                 | EB8                     | Miss Stock                   |
| Friday    | Gardening Club              | 3.10-4pm                 | E2                      | Mrs Mockford                 |
| Friday    | TGI Friday                  | 8.30 am                  | Chapel                  | Dennis Jones                 |
| Monthly   | Music Ministry              | Lunchtime                | Chapel                  | Dennis Jones                 |

## *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-<br/>Thurs</i> | <i>MU1, Music<br/>practice rooms<br/>1 and 2</i> | <i>Lunch<br/>Afterschool</i> | <i>Mr<br/>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](mailto:pindlowskig@christtheking-school.com)*

### *Characters:*

*Courage, Ambition*

## *Club: Vocal group*

| <i>Day</i>    | <i>Location</i> | <i>Time</i>  | <i>Teacher</i>   |
|---------------|-----------------|--------------|------------------|
| <i>Monday</i> | <i>MU1</i>      | <i>12.35</i> | <i>Mrs Banks</i> |

### *Description:*

*Develop your musical skills in performance through singing. Your voice is a musical instrument you carry around with you all of the time. Singing makes you feel happy! You will also develop your knowledge of rhythm and musical pitch whilst learning how to work as a team. Other skills that you will be able to use in other subjects include resilience, self-motivation, communication, voice projection and listening skills.*

### *Characters:*

*Courage, Confidence, Resilience*

## *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: 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: 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: 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<br/>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: 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: 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: 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<br/>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: Mysterious Happenings*

| <i>Day</i>     | <i>Location</i> | <i>Time</i>     | <i>Teacher</i>                   |
|----------------|-----------------|-----------------|----------------------------------|
| <i>Tuesday</i> | <i>EB4</i>      | <i>3.05-4pm</i> | <i>Hist/Geog<br/>departments</i> |

### *Description:*

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

### *Characters:*

*Confidence, Ambition*

# *Club: Library Club*

| <i>Day</i>       | <i>Location</i> | <i>Time</i>      | <i>Teacher</i>      |
|------------------|-----------------|------------------|---------------------|
| <i>Wednesday</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: 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: Drama*

| <i>Day</i>      | <i>Location</i>     | <i>Time</i>  | <i>Teacher</i>                  |
|-----------------|---------------------|--------------|---------------------------------|
| <i>Thursday</i> | <i>Drama Studio</i> | <i>3-4pm</i> | <i>Mrs Banks<br/>Mr Harding</i> |

### *Description:*

*Develop your musical and drama skills through taking part in Drama Club.*

*You will develop your acting (and singing) skills whilst developing your confidence. Don't worry if you have never done this before... challenge yourself to have a go? You can be involved regardless*

### *Characters:*

*Confidence, Resilience*

## *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: Faith in Action*

| <i>Day</i>      | <i>Location</i>   | <i>Time</i>      | <i>Teacher</i>      |
|-----------------|-------------------|------------------|---------------------|
| <i>Thursday</i> | <i>Chaplaincy</i> | <i>Lunchtime</i> | <i>Dennis Jones</i> |

### *Description:*

*The Faith in Action Award rewards you for the good that you do in your community, whether that is school, parish or in the wider area. If you are interested in charity, supporting others and learning more about yourself, as well as giving a sound foundation for why we should all be good to others, then this award is for you!*

### *Characters:*

*Honesty*

## *Club: STEM*

| <i>Day</i>      | <i>Location</i> | <i>Time</i>  | <i>Teacher</i>          |
|-----------------|-----------------|--------------|-------------------------|
| <i>Thursday</i> | <i>S1</i>       | <i>3-4pm</i> | <i>Science<br/>Dept</i> |

### *Description:*

*An exciting opportunity to explore your own interests in Science and Technology. Join our STEM club and be free to plan, create and present your research project in regional and national competitions.*

### *Characters:*

*Ambition*

## *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<br/>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: Computing Club

| <i>Day</i>      | <i>Location</i> | <i>Time</i>      | <i>Teacher</i>        |
|-----------------|-----------------|------------------|-----------------------|
| <i>Thursday</i> | <i>ICT2</i>     | <i>Lunchtime</i> | <i>Mrs Berresford</i> |

## *Description:*

*You can win career enhancing badges, unlock new opportunities and ultimately, gain industry recognised Awards that will help them stand out from the crowd. Ultimately this club will help with:*

- Enhancing your skills and knowledge*
- Improving your digital literacy*
- Learn about staying safe online*
- Discover talents you didn't know you had*
- Get more confident with technology*

*What is a badge?*

*iDea badges are short interactive online module, created in consultation with industry experts that you can access for free!*

*The more badges you get the more points you will earn towards your Bronze and silver award. These awards will also be linked to receiving house points.*

## *Characters:*

## *Ambition*

# *Club: Languages Culture Club*

| <i>Day</i>      | <i>Location</i> | <i>Time</i>     | <i>Teacher</i>    |
|-----------------|-----------------|-----------------|-------------------|
| <i>Thursday</i> | <i>EB8</i>      | <i>3.05-4pm</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 whilst learning all about Spain and France!*

*Have a go at making Tik Toks in Spanish/French.*

## *Characters:*

*Ambition*

# *Club: Gardening Club*

| <i>Day</i>    | <i>Location</i> | <i>Time</i>     | <i>Teacher</i>      |
|---------------|-----------------|-----------------|---------------------|
| <i>Friday</i> | <i>E2</i>       | <i>3.10-4pm</i> | <i>Mrs Mockford</i> |

## *Description:*

### *Gardening Club Needs You!*

*Are you interested in improving our school environment, developing some useful practical skills and improving your emotional and mental health? If so, Gardening Club is for you! No previous experience of gardening is required, just a positive, can do attitude and the willingness to get your hands dirty (literally)! Who knows, you may discover that you are a budding (apologies for the dreadful pun) horticulturalist...*

## *Characters:*

*Resilience, Courage*

## *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: 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](mailto: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*