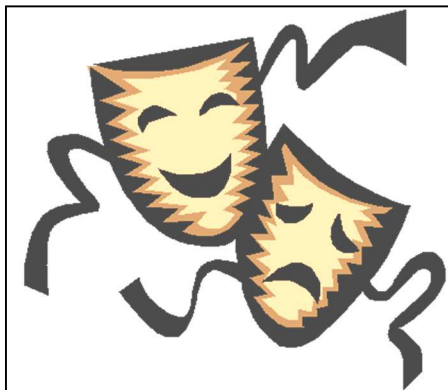




Kings Langley School



**Extra Curricular Programme
2016/2017**

Kings Langley Secondary School

Extra Curricular Programme 2016/2017

Dear Parents/Carers

I would like to extend a warm welcome to all new and existing students and families to this new school term. We hope that all our students are ready to embrace the many opportunities that we provide to help you make the most of your school experience.

One key aspect of this is our extra curricular programme which provides our students with a range of opportunities to gain new skills and interests. Many of these activities are run by teaching staff and as with normal lessons, we expect high standards of attitude and behaviour.

In order to run these activities we need to make a small charge, in some cases, to assist with covering costs and as a way of encouraging commitment from students. We make every effort to keep costs to a minimum and as a school, we would not want the cost of an activity to be the reason for a student not participating. Therefore, if cost is a concern, please contact our Student and Family Services team on 07912 390356 or the main office on 01923 264504.

As many of the activities are held after school please ensure that appropriate arrangements have been made for students to travel home safely after any activity. If for any reason an activity needs to be postponed, your child will be informed.

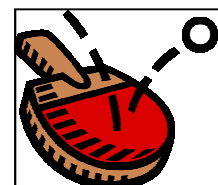
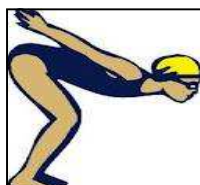
All details of our school programme are included within this booklet as well as a booking form. All activities must be booked in advance and parental consent and contact details must be provided. If you have any queries with regards to our programme please contact our Student and Family Services office on the numbers above.

Mr G Lewis
Head Teacher

PE Department Programme

The PE Department run a wide variety of clubs for students in all years and these are run throughout the term. There is no charge for PE Department clubs however if students sign up for any of these activities, regular attendance is expected. To find out more about the clubs that are taking place, speak to Mr Annett or any member of the PE Department

Day	Activity	Time
Monday	Girls Football	Lunchtime
Monday	Year 7,8,9 Badminton	Lunchtime
Monday	A Level PE Surgery	Lunchtime
Monday	GCSE PE	After School
Monday	Basketball	After School
Tuesday	Basketball	8.00am
Tuesday	Year 7 & 8 Netball	Lunchtime
Tuesday	A Level Mountain Walking	Lunchtime
Tuesday	Year 9 & 10 Boys Rugby	After School
Tuesday	Girls Rugby	After School
Wednesday	Year 9 & 10 Girls Netball	Lunchtime
Wednesday	Year 10 & 11 Badminton	Lunchtime
Wednesday	Year 9 Boys Football	Lunchtime
Thursday	GCSE PE Surgery	Lunchtime
Thursday	Year 7 & 8 Boys Football	Lunchtime
Friday	Table Tennis	Lunchtime
Friday	A Level & GCSE Trampolining	Lunchtime



Music Department Programme

The Music Department run a wide variety of clubs for students in all years and these are run throughout the term. There is no charge for lunchtime clubs however if students sign up for these activities regular attendance and commitment is expected.

All the music clubs begin at the start of lunchtime. If you have a packed lunch bring it to the music room at the start of lunchtime. If you buy your meal from the canteen see Mrs Hardy for an early lunch pass.

If you are interested in learning an instrument there are many different opportunities. Please talk to Mrs Hardy if you are interested.

Day	Time	Location
Monday	School Choir	F213
Monday	Guitar Group	F214
Tuesday	Senior Choir (Years 10+)	F213
Wednesday	Funk Band (Grade 3 minimum)	F214
Thursday	School Band	Drama Studio
Friday	Man Choir	F212
Friday	Ukelele Group	F213

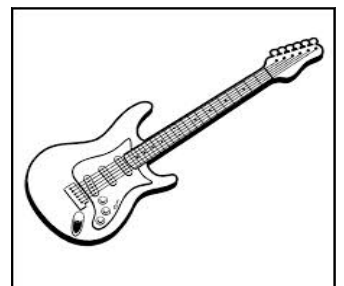
In addition the Music Department are also running the following activities. For more information on these please contact Mrs Hardy in the Music Department:

Monday Before School

Gifted and Talented Choir

Thursday After School

Rock School



Library Support & Activities

The Library can offer a range of activities for Students before, during and after school. Students are able to purchase new equipment, make copies of work or use the library printers. In addition students can use the library computers at breaktime, lunchtime and after school to help with any homework, research or coursework. For more information speak to a member of the Library Staff.

The Library is open from 8.40am to 4.30pm every day.

Monday After School

Games Club for all year groups

This club is student led under the guidance of Library staff and is an opportunity to challenge others in a variety of board games and much more.

Tuesday Lunchtime

Chess Club for all year groups

This club is again student led and gives students an opportunity to socialise whilst playing chess. Students can also attend who are new players and want to learn the game.

Tuesday After School

Voluntary Prep

Supervised opportunity to complete homework or assessments.

Thursday After School

Voluntary Prep

Supervised opportunity to complete homework or assessments.

You don't have to be a big reader to use the Library. It is there for ALL students to use.

Learning Support Services

The school has a team of Learning Support staff who are available to support students in a variety of different ways. Many of the staff are available at lunchtimes in the library or in the Learning Support Rooms. A wide range of facilities are available within the department to both help and support students.

Homework Hub—G306

If you would like some additional support with your homework, visit the Learning Support department at lunchtime where staff will be available to help. The Homework club is available EVERY lunchtime and students will have the opportunity to discuss their homework and use the school computers to start or complete any work. This club will also run every Monday and Tuesday after school until 4pm.

Social Club for Year 7—G117

The Learning Support team run a Social Club during lunchtimes to support students in making friends or to just have a fun place to go to at lunchtime with existing friends. This active social group gets involved in a variety of activities and is often led by the students directly. This club is run and supported by a member of staff from the Learning Support team.

For more information about any of the activities run by the Learning Support team please contact the team using the main school number.



Monday After School

Sports and Nutrition Cooking Club

Contact: Mr Burt

Cost: £30 (10 weeks)

Time: 3.30pm to 4.30pm

Venue: Room G205

Dates: Mondays 10th October to 12th December

Join Mr Burt for cooking lessons that produce nutrient rich food that will aid your physical performance whilst playing sport or participating in activities such as dance. This club is open to students from years 7 to 11 and of all abilities.

Students who don't actively participate in sports or other physical activities are also welcome.

For more information contact Mr Burt

FUEL YOUR



BODY

Wednesday Lunchtime

Dance Club for Years 7 & 8

Contact: Miss Wilson and 6th Form

Cost: FREE

Time: 1.20pm-2.05pm

Venue: Activities Studio

Dates: Run throughout the term



This is a fun and energetic dance club where students will explore a range of dance styles. This is an open level class for all abilities.

For more information contact Miss Wilson

Wednesday After School Club

Art and Design Club for Years 7, 8, 9

Contact: Mrs White

Cost: £30 (10 weeks)

Time: 3.30pm—4.30pm

Venue: Art Room

Dates: Wednesdays 12th October to 14th December



This is an opportunity to experiment with a variety of different art techniques. These fun sessions are designed for students to learn and experiment about a range of materials as well as an opportunity to develop your own artworks. Activities will include painting/drawing, silk painting, clay, printing and craft projects.

For more information contact Mrs White

Thursday Lunchtime

Drama Club for Year 7

Contact: Miss Wilson

Cost: FREE

Time: 1.20pm to 2.05pm

Venue: Activities Studio

Dates: Run throughout the term



Run by our Performing Arts Department this is a fun and energetic performance collective with the emphasis on enjoying drama. Students will work towards small informal performances. Enthusiasm to perform is the key to this activity.

For more information contact Miss Wilson.

Thursday After School Club

Resonate Dance Company for Years 8 & 9

Contact: Miss Wilson and 6th Form

Cost: £30.00 (10 weeks)

Time: 3.30pm-4.30pm

Venue: Activities Studio

Dates: Thursday 13th October to 15th December



This Junior Dance Company is run by our own 6th Form students. Students are invited to attend after completing an audition. Students will work in a professional manner and focus on external competitions and performance events well.

For more information contact Miss Wilson

Thursday After School Club

Roleplaying Games (for all Year Groups)

Contact: Mr Lyons

Cost: £30 (10 weeks)

Time: 3.30pm-4.30pm

Venue: Learning Support

Dates: Thursdays 13th October to 15th December

If you like video gaming this is the club for you. Roleplaying Games or 'RPGs' allow you to create your own characters using intricate rule systems and play through exciting stories with other players. Games like Dungeon and Dragons, Star Wars and many others, allow you to play through exciting worlds like any story, film or video game. Whether it's Fantasy, Horror or Sci-Fi your team shape the game and decide what happens next.

For more information contact Mr Lyons

Resonate Dance Company Seniors

Dance Company —Years 10 & 11

Contact: Miss Wilson

Cost: FREE

Time: 3.30pm-4.30pm

Venue: Activities Studio



Students are invited to attend after completing an audition. Students will work in a professional manner and focus on external competitions and performance events well. This Dance club will be run on an ad hoc basis and students will be informed in school when the classes are to be run.

For more information contact Miss Wilson

Student & Family Services

A Guide for Parents

The Kings Langley Student and Family Services team is an integral part of the School's pastoral programme of support. As well as supporting the students it aims to provide support to parents as well.



Within the Student and Family Services Team we offer support from our Family Support Workers, staff with access to specialist agency teams, School Counsellor, Student Mentors and Personal Advisers from Youth Connexions, access to health support and professionals and links to other local organisations that can provide a range of help support and advice.

Support for Students

A key area of our work is ensuring we are able to help families in accessing additional support for those children and families who have particular needs or who may need additional support. We have access to local agencies who can provide therapeutic and counselling services which can help provide a greater level of support in particular in promoting increased self esteem, improved emotional wellbeing and positive mental health.



In addition we work extensively with external agencies who can provide other specialist input including providing support for those with behaviour issues, emotional difficulties, preparing them for changes and transition, dealing with difficult situations and stress, for example at exam times, or just giving them the opportunity for some individual support in school.



If you think you or your child may need support please feel free to contact the Student and Family Services team on 01923 264504

Parent Support Information

Our Schools Partnership team is available to provide a range of support to families. The support is very varied and we offer help with any concerns you may be facing with your child or your own personal circumstances. We work very closely with many of the local support services to help families in accessing support in times of particular difficulty.



Parenting is arguably one of the most difficult and important jobs in the world, but one for which we are often least prepared and supported. It can be a rewarding and happy experience. There are also times of difficulty and worry. There is no 'right' way to parent, each one of us has unique circumstances which affect our parenting.

Your Schools Partnership team are able to provide support with any concerns you may be facing with your child at home or at school. Your issues may be varied, for example :

- ◆ Changing Schools (transition phase)
- ◆ General routines (bedtime, eating)
- ◆ Housing Concerns
- ◆ Managing challenging behaviour
- ◆ Temperamental teenagers
- ◆ Communicating with your child
- ◆ Issues with smoking, drugs or alcohol
- ◆ Loss or bereavement
- ◆ Financial Concerns
- ◆ Family breakdowns
- ◆ Internet Safety
- ◆ Finding time for yourself
- ◆ Helping with my child's learning
- ◆ Managing difficult relationships

If you think you may need support or if you would just like someone to discuss with you any issues or concern you may have please feel free to contact the Student and Family Services team in confidence on 01923 264504.

Top Tips for Supporting your Child in School

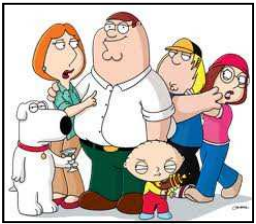
A Guide for Parents

Children achieve well at school when their family take an interest. Getting involved in your child's education, even in the simplest way, shows that you care about their school life. Often, the more supported a child feels at home, the more effectively they will learn at school. Whatever your family situation, it is never too soon (or too late) to start helping a child develop a positive attitude towards learning.



Help your child get the best out of school

- ◆ Give encouragement and show appreciation of your child's achievements—this will boost their confidence
- ◆ Help them develop the necessary organisation skills and how to manage their time so they are not overwhelmed with projects or homework
- ◆ Be realistic and avoid putting your child under pressure by having over-high expectations
- ◆ Try to give feedback rather than criticism. This helps them think about where they went wrong rather than feel a failure.



Tips to help you keep up with what's happening at the school

- Make sure your child gives you any letters that are sent home and look out for notices and posters for parents
- If you can, check the school website
- Try to make it to the fun events, like school fairs, and to parents' evenings

Out of school support

Education is more than just Maths, English and Science. Whatever your child's talents, you can help them aim high by boosting their confidence.

- Learn together and do things together and encourage talking with your child.
- ◆ Encourage reading by having books, magazines and newspapers in the home.
- Encourage them to join after-school clubs or activities
- Praise and encourage their efforts wherever you can.
- Ask them for help at home and encourage their independence



If you are worried about anything, talk to the school. They will want to help.



EXTRA-CURRICULAR ACTIVITY APPLICATION FORM

This form should only be used for charged activities. All forms must be completed and handed into the School Finance Office in advance of Students attending the activity.

Name of Student:

Year Group:

Contact Telephone Number:

I would like a place for my child on the following course(s):

Place in order of preference:

1.

2.

3.

Payment must be made for the whole course (see programme for prices). Payment must be paid online via the school web site.

All course applications must be received by **The Bursars Office** as soon as possible.

My child will conduct him/herself according to normal school behaviour policies. I accept responsibility for ensuring that my child is able to return home safely. I understand that the school is unable to provide transport for these out of hour's activities.

Signed: _____ Parent/Guardian