



ST. JOHN'S ACADEMY

SHAWNIGAN LAKE

2371 Shawnigan Lake Road, V0R 2W5, Shawnigan Lake, BC

Tel: 250-220-4888. Email: info@stjohnsacademy.ca

September 17, 2020

Co-Curriculars Clubs (CCC) – Semester 1-

Our Co-Curricular Clubs are offered after school and during school hours (with the exception of some additional weekend offerings on occasion). Our CCC's are organized into three categories that are in line with the IB Program. They are Creativity, Activity and Service (CAS).

Participation in CCC's is expected for all students in Grade 4 to 12. Each student in Grade 7-12 is expected to select a minimum of 2 CCC. There may be exceptions due to outside school commitments that we will consider on an individual basis. These students are asked to speak to Mr. Visscher. Grade 10-12 students may also be asked to take a student leadership role in leading clubs. For Semester 1, due to Covid-19 restrictions, we will keep the learning cohorts separate. Please note that we are running CCC in semesters this year, as last year the second term only consisted of approximately six sessions. The semester will last from Wednesday September 23rd- Thursday January 28th. During this time, there will be some days where clubs do not run, which we will publicise in advance. This includes the week beginning Monday November 30th due to virtual parents' evenings that we have scheduled.

At St John's Academy Shawnigan Lake, we are committed to offering CCC free of charge when they are offered at school by our staff. In the case of CCC activities offered off campus or through a service provider, specific information will be sent home regarding date, time and fee details.

SJASL will also provide a late bus (5pm) on CCC afternoons for those that take the school buses. Please find below a list of CCC descriptions being offered in Term 1. Throughout the term, we will liaise with students and look to offer new clubs based on student feedback from Semester 2 and beyond. Please

Why offer Co-Curricular Clubs to students?

- Explore interests and maybe even find a passion for something.
- Join other students from your own grade, or even other grades, that otherwise would not connect with.
- Provide more opportunity to become a well-rounded individual.
- Learn a new skill and help to relieve academic stress.
- Support further academic pursuits in a comfortable setting and more time with the teacher.



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Semester 1 – CCC Descriptions -

Art Club - Art Club is an after-school club for students interested in expanding their creative experiences in the visual arts. Art Club promotes imagination, creativity and production. You do not have to have any prior art experience to join Art Club. This is an excellent opportunity for students to get involved and learn about different art techniques. We are here to learn and have fun (*Gr. 7-12 - Wednesdays*).

Chinese/East Asian Culture Club - In the East Asian (Chinese) Culture Club, we teach the Chinese and Japanese languages as well as presenting to students all East Asian cultures. With our current student group, our focus will be on the Chinese sector but we're looking to grow with the school. Students are required to attend one lunch (Wednesday) of language teaching and conversation practices plus one extra meeting where will enforce more concrete language teachings and conduct cultural presentations. The cultural themes we will be presenting are:

- Festival celebrations (Mid-autumn festival, Lunar New Year, Kite festival/spring outing etc)
- Chinese and Japanese cooking workshops
- Chinese music shows and rehearsals
- Ping-Pang
- Tea ceremony 茶道
- Kanji Calligraphy
- Japanese Kimono workshop
- Animation and cosplay
- Chinese and Japanese medieval histories
- Chinese and Japanese modern history (*Gr. 4-6 Wednesday lunch; Gr. 7-12 Mondays afterschool*)

Dance Club – we are looking to bring an LT Dance studio instructor in on two different days per week (Mon/Tues or Wed) if there is enough interest (we need 4 or more students). One day would be for Grade 4-6 and the other for Grade 7-9. Beginners and experienced dancers are all welcome. If you have an interest in this club, please let me know which styles of dance you are interested in. (*TBA*)

Dungeons and Dragons Club - This club is for adventurers who want to explore their creativity, problem-solving and passion for medieval adventure, battling Orcs or Elves or Snakes with a 20-sided dice, or planning an adventure as the Dungeon Master. Participants will create their own character and use this character in play. There will be opportunities to design, 3-D print, and paint your character.

For more information on how to play this ROLE-PLAYING GAME, come to our first meeting in Mr. Jeff's class for CCC on (*Gr. 7-12 - Wednesdays*)

Duke of Edinburgh's International Award allows students to set and achieve goals in four activity areas: skill development, volunteering, physical activity, and an adventurous journey. These areas help young people develop



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their leadership skills by stepping outside of their comfort zones and challenging themselves. Please visit the [web-site](#) for further information. Please note that students must be 14 to take part in the official award. However, we will offer a modified program for younger students that want to participate. This award is open to Grade 7- Grade 12 students. During CCCs, we will primarily spend our time cross-country running as part of physical activity, working on developing our skills and preparing for the adventurous journey, so students should bring their PE kit to the club. *(Gr. 7-12 - Thursdays)*

Eco Club is offered to students who care about being active stewards of the environment. Students will continue to develop a love for the natural world through hikes, nature scavenger hunts, and docuseries. Collectively, students will make decisions about the changes they want to see in their school, local community and world. We will work together to accomplish projects to increase environmental awareness and improve environmental conditions. Possible projects could include, battery blitz, water taste challenge, fundraising for a water bottle filling station, or starting a community garden on campus. *(Gr. 7-12 on Thursdays; Gr. 4-6 Wednesdays)*

Fitness Club is offered to students looking to get more health, physically fit and/or enhance their training related to their chosen sport and activity. Students will receive guidance around strength and conditioning as well as provided with information around current thoughts in exercise, diet, nutrition and hydration. Be changed and ready for a workout! *(Gr. 7-12 – Thursdays)*

Fitness / Gym Club is offered to students looking to be active, have fun and enhance some skill development in various sports and activities. Students will receive guidance and direction around building their physical literacy while deepening their understanding of various rules of sports and sportsmanship. Be changed and ready to get fit, have fun and be open to new activities. *(Gr. 4-6 – Mondays)*

Glee Club will comprise of a group of students who love to sing, who already play an instrument and enjoy dancing... a place where creativity is boundless. The chosen music will be a collaboration with the students and myself. We will successfully work toward common goals and have fun doing so. *(Gr. 7-12 Mondays, Gr. 4-6 – Thursdays)*

Interact Club - Is a leadership club that is sponsored by the Rotary Club, a club started by business leaders around the world to make their communities a better place. The Interact Club would give students a chance to work with the local community on projects or other ideas to make the Cowichan Valley better. There are other Interact Clubs at other local high schools, so joint projects could be planned. *(Gr. 7-12 - Mondays lunch)*

Kick Boxing Club is a non-contact kickboxing/ boxing class, an energizing workout that implements moves from boxing and kickboxing, effective for all fitness levels. Fun fitness to build confidence. *(Thursdays) - Max of 6 spots – Grade 7-12.* Depending on numbers and with Covid restrictions we may require students to bring their own gloves and wraps. *(Gr. 7-12 – Thursdays)*

Leadership and Houses Club Lead by Mr. Nick, this after school club will allow students to develop their leadership skills, work in groups and help develop activities, games, mascots and other ideas that are important to our school house system. *(Gr. 4-6 Mondays and Gr. 7-12 Wednesdays).*



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Library / Homework Club – The library will be open to students from Grade 4 to 12 who want to stay after school to do their homework, work in a group or simply read books. **There will be separate designated areas in the library for G4-6 and G7-12. Should they come in contact they need to be wearing their masks.** (Gr. 4-12 Wednesdays and Thursdays)

Motivated Mathematics Mentoring - Students motivated to deepen their understanding of mathematics are welcome to join this group. If you feel a little behind in class and need some help catching up or help understanding things this is the group for you. If you find mathematics class not challenging enough and want more then we want to work with you. Students preparing for mathematics contests or SATs should join us. - (Gr. 7-12 - Tuesdays and Thursdays at lunch from 12:15 to 1:15 – ME 202)

Performing Arts Club - Do you have a talent you want to develop? Whether you want to improve your acting skills, work on your musical stylings, finesse your performance in front of (or behind) a camera, or just dance, the Performing Arts Club is for you. Focused upon developing your artistic mien, with arts trained teachers both from within the school, and the broader community as needed, you can have the opportunity to stretch yourself in the artistic direction of your choice. (Gr. 7-12 – Wednesdays and Fridays lunch)

Photography Club will allow students to use their creativity while learning to use some of the settings and features of a camera. We will take various types of pictures, including portraits, landscape, action shots or abstract patterns, and learn about proper lighting and photo editing. Donations of old cameras are welcome! (Gr. 7-12 - Mondays)

SJA Mental Health Alliance (7-12) Students will learn, explore, and take action on topics around mental health. Students will do activities to learn more about mental health (their own and others), add tools to their mental health tool boxes, learn skills to support friends, and come up with positive mental health and awareness initiatives at St. John's Academy. This club will work with themes of mindfulness, active listening, mind/body/heart connection, and journaling. This is also a safe and supportive space for LGBTQ+ students. (Gr. 7-12 – Thursdays)

Stock Market Competition Club - Ms. Julie will be advising our school's team in the Wharton High School Investment Competition. The team will have \$100,000 in virtual cash to buy and sell stocks for the client's portfolio. Students will learn how to develop an investment strategy, analyze industries and financial statements, and to trade on a stock exchange. Teams that present the best investment strategy will advance further in the competition. We will have lively discussions and debates and have time to research companies or industries of interest. The skills learned will help you throughout life with your own future investments. *Must be 14-18 years old. The team will be chosen from interested students, as it can only have 4-7 members. (5 spots available – Mondays)

Trail running (September - October) / **Badminton** (November - January) -The trail running club will run and hike various trails and hills around our campus and the South Cowichan. To participate you don't need to be fast or experienced, but you will need to be committed to improving your running and you will also need good trail running shoes and a light, breathable waterproof jacket. We will be running in both rain and sunshine, so you will need to be prepared. Once the timings of the day no longer permit outdoor running, the club will transition into playing badminton in the gym. (Gr. 7-12 – Wednesdays)



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Volleyball / Basketball Club - Are you interested in learning more about volleyball and basketball in a fun and interactive way? Do you already play these sports and just want to further your development? Or do you just want an opportunity to get more active in order to improve your overall health and fitness? Then come join the Volleyball & Basketball Skills Club! Learn the basics or work to perfect the skills you already have through drills and game play. No experience necessary; you just need a positive attitude and a desire to have fun! We will focus on volleyball during the first half of the semester (kneepads are recommended), and then transition to basketball for the second half. Hope to see you there! (*Gr. 7-12 – Thursdays*)

Waterfront, Outdoor and Fishing Club is offered to students who are interested in learning the basic skills of canoeing, kayaking and sailing. There is a possibility of going off campus time for sailing (a fee may apply in this case). Along with these possible topics we will also include risk management, planning and preparation for trips, hiking, camping, survival skills, shelter building, fire building, trail building, tree care etc. Please be changed into non cotton clothing, have a rain jacket with you and for waterfront water shoes are also recommended. Fishing Club portion - Is for outdoor lovers who want to learn how to fish rivers, lakes and the ocean. Students should be ready to go in rainy or sunny weather. We will learn how to set up our fishing rods, choose lures, tie knots and learn about fish and what they like to eat. We will fish from the shore and possibly from boats or canoes. We will learn the rules and regulations of fishing, and we will also learn how to clean and cook what we catch. This will be offered again in the spring. (*Gr. 7-12 - Mondays*)



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Student Selection: Please place an 'X' in the box of all the clubs you would like to be involved in (max one per session).

Timetable of CCC's - Semester 1 - Grade 7-12

Time	Monday	Tuesday	Wednesday	Thursday
3:45-4:50	<input type="checkbox"/> Chinese/East Asian Culture <input type="checkbox"/> *Dance <input type="checkbox"/> Glee Club <input type="checkbox"/> Interact (Lunch) <input type="checkbox"/> Stock Market Club <input type="checkbox"/> Waterfront/Outdoor/ Fishing Club <input type="checkbox"/> Photography Club <input type="checkbox"/> Francophone club	<input type="checkbox"/> *Dance <input type="checkbox"/> Motivated Mathematics (lunch)	<input type="checkbox"/> Art – <input type="checkbox"/> *Dance <input type="checkbox"/> Dungeons and Dragons <input type="checkbox"/> Eco Club <input type="checkbox"/> Leadership/Houses Club <input type="checkbox"/> Library /Homework Club <input type="checkbox"/> Performing Arts Club <input type="checkbox"/> Trail running /Badminton	<input type="checkbox"/> Duke of Edinburgh's <input type="checkbox"/> Fitness Club <input type="checkbox"/> Library/Homework Club <input type="checkbox"/> Kick Boxing <input type="checkbox"/> Motivated Mathematics (lunch) <input type="checkbox"/> SJA Mental Health Alliance <input type="checkbox"/> Volleyball / Basketball Club

Student Name: _____

Parent Signature: _____

Student Selection: Please place an 'X' in the box of all the clubs you would like to be involved in (max one per session).

Timetable of CCC's - Semester 1 - Grade 4-6

Time	Monday	Tuesday	Wednesday	Thursday
3:45-4:50	<input type="checkbox"/> *Dance <input type="checkbox"/> Fitness/ Gym Club <input type="checkbox"/> Leadership and Houses Club	<input type="checkbox"/> *Dance	<input type="checkbox"/> *Dance <input type="checkbox"/> Chinese/East Asian Culture Club (Lunch) <input type="checkbox"/> Library / Homework Club	<input type="checkbox"/> Eco Club <input type="checkbox"/> Glee Club <input type="checkbox"/> Library /Homework Club

*With Dance the hope it to bring in a LT Dance Studio teacher. Day are still being worked out by the dance studio. One night would be for Gr. 4-6 and the second for Gr. 7-12. **There will be a fee** for this club, which will be determined based on the number of students enrolled.

Student Name: _____

Parent Signature: _____