

Co-Curricular Clubs (CCC) – Term 1 - 2021

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). This year CCC's will begin the week of September 20th. Sign-up for CCC's will occur at Friday, September 17th at 7:00 PM (this is a first come first serve platform).

Information on how to login and register through the "Meet the Teacher" platform will be sent in a separate e-mail on Thursday afternoon. Participation in CCC's is expected for all students in Grade 4 to 12. Each student is encouraged to take a minimum of one CCC in each of the CAS areas over the course of the year. Along with CCC's this year, there will also be school athletics sports teams, and school band for students 9-12.

For students enrolled in a CCC or becoming a member of an Athletic team, the behavior and commitment expectations will be the same as any other class.

- Attendance is mandatory unless excused by a parent for a legitimate reason.
- Students will be expected to be on time and prepared for the duration of the term or sports season
- Students will follow all school/classroom behavior expectations. Changes to CCC selections will only be made prior to Oct 1st.
- Student exceptions from CCC's involvement, due to outside school commitments will consider on an individual basis. Parents of these students are asked to email, Mr. Visscher.
- This year **Grade 10-12 students** are being encouraged to take a student leadership role in leading clubs. Please see Mr. Visscher if you see leading or co-leading a CCC being something that will work for you.
- CCC offering will be divided into grade groups: Grade 4-7 and Grade 8-12.
- Term 1 will last from September 20th to December 2nd. During this time, there will be some days where clubs do not run, which we will publicize in advance.

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 (5 pm) on CCC afternoons for those that take the school buses.

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 opportunities 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.
- Service through student leadership opportunities

Grade 4-7 – CCC Descriptions -

Art Club - Grade 4-7 – Wednesdays – Max 22 students - 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 the 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. *(Ms. Beth – Lower Art Lab)*

Cheer / Stunt Club – Grade 6-12 – Thursdays – Max 20 students - Do you like cheerleading? Dancing, Stuntastics? Then join up and being a part of the cheer stunt team? *(Ms. Tanya - Dining Hall)*

Craft Club - Grades 4-7 – Mondays - Max 20 students - Each week will feature a guided creation that may incorporate nature, technology or various art techniques. The club will offer outdoor and holiday-themed crafts, plus suggestions from students will be considered. *(Ms. Keller – Creator Lab)*

Girl Up - Grade 7-9 – Wednesdays – Max 20 students - When girls rise, we all rise. Girl Up will aim to support and empower female-identifying students' mental, physical, and emotional well-being by gaining important tools and skills, and create space for important conversations. We hope to empower young women to love themselves, and in the process be able to take on a leadership role to advance gender and social equality worldwide. Safe and inclusive space for LGBTQ+ students. *(Ms. Corbett, SC102)*

Interact Club – Grade 7-12 - Mondays at lunch. No Max - The St. John's Interact Club is sponsored by the South Cowichan Rotary Club, one of three Rotary Clubs in the Valley. We create school, local and international projects based on the interests of club members and the needs the club recognizes. In the past, the Interact Club held a Fishing Derby, collected donations for the homeless and needy, volunteered with new Canadians, and other fun, helpful and meaningful experiences. Join the Interact Club to build your profile as a volunteer, a leader, a team member! *(Mr. Jeff)*

Junior Service Club – Grade 4-7 – Mondays – Max 25 students - Do you want to make the community a better place? If yes, join Ms. Laura for the Junior Service Club on Mondays where we will look at school, community, and worldwide needs and try to contribute positively to the world around us by serving others. *(Ms. Laura)*

Math Club – Grade 4-10 – Wednesdays - Max 15 students - Students that would like extra support in math are encouraged to join. Students can get help with their homework, learn new concepts at the whiteboard, practice with an online math software (IXL, Khan, or Prodigy), practice math contests, experiment with micro:bits and basic coding, and if there is time, play some math games or Kahoot. *(Ms. Julie, AC102)*

Personal Project Support & Genius Hour – Wednesdays – Max 30 students - Personal Project Support is for students in Grade 10 who would like additional time and support with the Personal Project. As well, students from Grades 4-12 are welcome to use the time for independent, self-directed inquiry. For more information on Genius Hour, [please view this video](#). Grade 10 students will also be pulled out of other CCCs during this time to conference with Mr. Bradley and to catch up on missing Personal Project tasks. *(Mr. Bradley)*

Waterfront, Outdoor Club - Grade 4-7 – Wednesdays – Max 16 - students - is offered to students who are interested in learning basic outdoor education skills. Possible topics might include risk management, planning, and preparation for trips, initiative exercises and team building, hiking, survival skills, shelter building, fire building, simple first aid, local flora and fauna, sustainable outdoor practices, and waterfront paddle sports, etc. Please be changed into non-cotton clothing, have a rain jacket with you and for the waterfront, water shoes are also recommended. (*Mr. Rob & Ms. Tracy*).

Yoga club - Grade 4-7 - Mondays – Max 20 students - Using the Cosmic Kids fun video series. The goal is to encourage students to have fun while practicing mindfulness and guided relaxation. All students interested in Yoga are invited to participate. I am also planning a yoga studio field trip and to invite a yoga expert to run some yoga sessions. (*Ms. Sandrine, Library*)

Grade 8-12 – CCC Descriptions -

Art Club - Grade 8-12 – Thursdays – Max 22 students - 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 the 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. (*Ms. Martha – Upper Art Lab*)

Beginner Sewing – Grade 8-12 – Monday – Max 5 students - Project: basic drawstring bag. Since you are likely to learn this quickly, you will be able to choose another project (your expertise will determine difficulty) or sew hygiene and cosmetic bags for donation to a disaster relief organization (MCC Canada). (*Mrs. Sparling - Dwight Upper*)

Campus Design - Grade 8-12 – Monday - Max 8 students - The campus design and display club will be about creating engaging displays and advertisements for our school. This could look like but not limited to decorating the Bolotin boards around our academic building, creating classroom displays, designing advertainment signs for school events, decorating for holidays such as Christmas and Halloween (among others), as well as more advanced projects if the opportunity arises. In this club members will learn skills such as organization, planning, budgeting, teamwork, creative thinking, problem-solving problem outside the box, and pitching ideas to others in a comprehensible manner. This is an opportunity to leave your mark on our school. (*Elise, Sponsor Ms. Laura, Area outside Mr. Bradley's Office*)

Cheer / Stunt Club – Grade 6-12 – Thursdays – Max 20 students - Do you like cheerleading? Dancing, Stuntastics? Then join up and being a part of the cheer stunt team? (*Ms. Tanya, Dining Hall*)

Dance Club - Grades 7-12 – Thursdays - Max 20 students - In this club students will explore dance techniques in a range of styles, including jazz and hip hop. As a group we will stretch, strengthen, do cross-floors and learn dances that may be performed in front of the school. There will also be time to work on creating your own dances! Experienced dancers will be expected to be leaders in this club. (*Ms. Beth - Gym*)

Duke of Edinburgh's International Award - Grade 8-12 – Thursdays – Max 24 students - 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 their leadership skills by stepping outside

of their comfort zones and challenging themselves. Please visit <https://www.dukeofed.org/important-information> 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 8- Grade 12 students. During CCCs, we will primarily spend our time at the Lakefront 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, rain gear and water shoes are a good idea. Please note that to receive the official award, there is a registration fee of \$75 (*Mr. Dave, Ms. Moyra & Ms. Tracy*)

Fishing Club - Grade 8-12 – Mondays - Max 10 students - is open to students interested in learning about casting, fly-fishing, fly-tying, rod repair, and other skills and techniques necessary to be a top fisher. This club fishes in rain or shine - but safely and comfortably. The SJA Fishers will fish from the dock, from canoes, and from islands in the lake. Your own equipment would be helpful, though the club does have a limited selection of rods. The Fishing Club may participate in activities beyond fishing. If you are an outdoor enthusiast then you that learning ALL the techniques to be safe in the wilderness, whether you are fishing, hunting, or hiking, is critical for an enjoyable experience. (*Mr. Jeff, Lakefront*)

Fitness Club – Grade 8-12 – Mondays – Max 10 students - offered to students looking to get more healthy, 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 be provided with information around current thoughts in exercise, diet, nutrition, and hydration. Be changed and ready for a workout! (*Mr. Travis – Fitness Center*)

Girl Up - Grade 7-9 – Wednesdays - Max 20 students - When girls rise, we all rise. Girl Up will aim to support and empower female-identifying students' mental, physical, and emotional well-being by gaining important tools and skills, and create space for important conversations. We hope to empower young women to love themselves, and in the process be able to take on a leadership role to advance gender and social equality worldwide. Safe and inclusive space for LGBTQ+ students. (*Ms. Corbett, SC102*)

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Math Club – Grade 4-10 – Wednesdays - Max 15 students - Students that would like extra support in math are encouraged to join. Students can get help with their homework, learn new concepts at the whiteboard, practice with an online math software (IXL, Khan, or Prodigy), practice math contests, experiment with micro:bits and basic coding, and if there is time, play some math games or Kahoot. (*Ms. Julie, AC102*)

Model United Nations (MUN) / Debate – Grade 8-12 – Thursdays – Max 20 students - Within the MUN & Debate co-curricular activity, students will have the opportunity to develop their public speaking skills, debating skills, collaboration skills, and thinking skills as they work with others to discuss and debate timely and relevant topics and oftentimes even arguing perspectives or views, they may not even agree

with. Moreover, students will have the opportunity to attend MUN conferences and Debate competitions throughout the year. *(Mr. Dan, AC203)*

Motivated Mathematics Mentoring – Grade 8-12 – Max 20 students - Tuesday and Friday (lunches) - 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. *(Mr. Sparling, ME 202)*

Performing Arts CCC – Grade 9-12 – Thursday at Lunch & Thursday after School – Max 20 students - This may be an accredited production course and as such will demand student commitment to putting on a production. it will take place on Thursday lunchtimes and then after school on Thursdays. Students from the upper school community (y9 -12) will be devising and creating a performance for Spring 2022. *(Mr. Joseph, Room 201 and Dining Hall)*

Personal Project Support & Genius Hour – Grade 4-12 - Wednesdays – Max 30 students - Personal Project Support is for students in Grade 10 who would like additional time and support with the Personal Project. As well, students from Grades 4-12 are welcome to use the time for independent, self-directed inquiry. For more information on Genius Hour, [please view this video](#). Grade 10 students will also be pulled out of other CCCs during this time to conference with Mr. Bradley and to catch up on missing Personal Project tasks. *(Mr. Bradley)*

Programming in Python – Grade 8-12 – Mondays – Max 12 students - Peter will lead us through a course on the Python programming language. Several topics will be covered, including basic coding skills, computer automation, and creating user interfaces and games. There will be opportunities for participants to choose their own projects, and they will also be set up with resources to explore programming on their own. Participants must have their own laptop. Some familiarity with Python would be helpful but not necessary. As this will be 'hands on' it is expected only those people interesting in programming will join. *(Peter and Sponsor Mr. Sparling, ME 202)*

Scuba Club – Open Water Diver Certification + Dry suit Specialty - Age 15+ or previous Seal Team Drivers – Wednesdays - Max 8 participants - Teaming up with Wilson Diving, this club will provide students with training, skills and experiences to help them develop into a competent entry level diver with a broad range of new skills and abilities; and will establish a solid foundation towards more advanced training. Training sessions will be a combination of classroom learning, confined water sessions, and open water dives, **including approximately 5 ocean sessions on Friday afternoons or Saturday mornings**. Fee includes learning material and coaching, PADI open water diver + drysuit specialty certification, and rental equipment. Fee does not include mask, fins and snorkel, although special pricing and discounts will be made available to participants. Program fee per participant is expected to be: **\$875.00 PP + tax**. Please email ashlee.booker@stjohnsacademy.ca for the program proposal containing more information.

*Note: Discover Scuba - Seal Team experience (gr 6-8) will be offered in term 3; Open Water Diver Certification + drysuit specialty (15+) can be offered in term 3 if there is enough interest. Please contact *(Ms. Ashlee)* at ashlee.booker@stjohnsacademy.ca to inquire about these future offerings.

SJA Wind Ensemble – Grade 9-12 – Rehearsals Monday after School, Wednesday, and Friday at lunch – NO Max - is a concert band intended for students from Grades 9-12 who have intermediate or advanced

experience on a wind or percussion instrument. Students who have previous musical experience and would like to learn a new instrument, or are younger than Grade 9 but know how to play an instrument are encouraged to attend as well. As we build a brand-new tradition of musical excellence at St. Johns Academy, the more the merrier! This is **not** a club, but a graduation-credit granting course that will receive assessment and grades. *(Mr. Clausen, Music Room)*

Wellness Club - Grade 8-12 – Wednesday – Max 20 students - This club is all about finding ways to keep our emotional and mental health a priority. We will engage in discussions and activities to support a healthier wellbeing. While we have a great list of activities that we will be doing, we also want to have your input on what you do to keep YOU a priority. We hope to be able to facilitating smaller group activities and larger group activities to allow for a variety of wellness opportunities. *(Ms. Serena and Ms. Amy, Ms. Amy's Room)*