



JERSEY  
COLLEGE  
*Prep*

# **Jersey College Preparatory School**

## **Extra-Curricular Clubs**

## **Run by JCP Staff**

### **Music:**

#### **Senior Choir**

Senior Choir is for any pupil in Year 5 and 6. It is not an auditioned choir and rehearsals are in the school hall 15:00 – 16:00 once a week. We sing a variety of 2 and 3 part songs from many genres. The focus is on enjoying singing while learning the elements of vocal training. We have 40 singers who perform throughout the year at school events and in the community. We also take part in the annual music Eisteddfod in November.

#### **Junior Choir**

Junior Choir is for any pupil in Year 4. Rehearsals are held in school time during a lunch or break time. This choir has about 30 members and is a training choir for the senior group. We sing a variety of songs and begin to sing in harmony. We perform at several events during the year including the Carol Service and the Spring Concert on Open Day.

#### **Senior Orchestra**

Senior Orchestra is for players of about Grade 1 standard - pupils are invited to join when there is space within the orchestra. We have 30 players and we rehearse before school on a Friday. We play both modern and classical music and perform at several events including the Carol Service and the concert on Open Day. We also get together with the JCG Junior Orchestra at Christmas to play carols.

#### **String Ensemble**

String Ensemble is for any string player from Years 3 - 6 but mainly for the younger players. This is held on Tuesday lunchtimes 12.30 - 1.00 and is run by our violin teacher Julie Millow.

#### **Wind Ensemble**

Wind Ensemble is for the older wind players in Years 5 and 6. It takes place on Thursday lunchtimes and is run by Mrs Pippa Lumbard.

### **Sports:**

#### **Netball Teams**

The JCP Netball teams (A & B) are selected from girls in Year 6 only. At the end of the summer term of Year 5, we run a series of trials in order to select these teams. 16 girls are usually selected in total. In the Autumn and Spring terms, both teams either train or play a competitive league match against another school (this happens on a Monday after school in the playground).

#### **Netball Club**

A school-run netball club for anyone in Year 5 which currently takes place on a Thursday lunchtime.

## **Football Club & Teams**

In the Autumn and Spring terms, JCP run a weekly Football Club on a Wednesday after school, which is open to any girls in Years 5 & 6. This club either takes place at Heathfield or Grainville. JCP enter an A & B team into the Primary School Football League. The players that take part in these matches are selected from the girls that attend school training. Matches take place on various days, and at various venues, dependent on the opposition. These matches take place in addition to school training.

## **Hockey Club & Teams**

We do endeavour to run a school Hockey club each year. Our club usually takes place on Monday's after school at the Claremont Astro and has been open to all girls in Years 5 & 6. JCP usually enter a number of teams into the annual Primary School Hockey tournament - these teams are selected from the girls that attend school Hockey club.

## **Athletics Club**

In the Summer term, JCP run a weekly Athletics club on a Monday after school, which is open to any girls in Years 5 & 6. This club takes place in the Athletics arena at the FB fields. At the end of the Summer term, some girls in Years 5 & 6 are selected to represent JCP in the Primary School Athletics championships. The girls are selected for these championships based on observations made during their PE lessons and/or their performances during the school Athletics club.

## **Kwik Cricket Matches**

In the Summer term, JCP usually enter 2 teams into the mixed Kwik Cricket league (although we usually select 3 teams and each team plays on a rota). These matches take place every Tuesday at Grainville and each team usually plays 2 matches per week. We run a series of trials for any girls in Years 5 & 6 that wish to play, in order to select these teams (we try to give as many girls as possible the opportunity to play)

## **1K Wednesday Fun Run**

This is a weekly lunchtime 1K run which takes place on school grounds.

## **Yoga**

Little Greene Yoga Foundation

Yoga for age 3-8 years old

Run by Mrs Cartmell on Thursday lunchtimes from 12 – 12.30

Currently being offered to Year 1 pupils on a first come first served basis with a waiting list to enable all children to access the 5 week course.

## **Baton Twirling**

Baton twirling is a sport that has many benefits. It is a great, fun way to keep fit and encourages team work. It helps to develop ambidexterity, hand-eye coordination and strength.

Baton twirling is open to Year 2 only and runs from September until June. There are 12 places available and places are allocated by random selection. Classes take place in the school hall on a Friday morning at 8:00am and finish at 8:40am.

The school provide batons for the children to use in class but also to take home to practice. We learn lots of basic twirls and tricks throughout the year and put what we have learnt into a routine during the spring term.

### **Other:**

#### **Forest School**

These sessions are run during the second half of each school term, after school from 3-4pm and are open to those in Year 1.

Forest School is an inspirational process, which offers learners the opportunity to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees. Forest School is a specialised learning approach that sits within and compliments the wider context of outdoor and woodland education. The ethos is shared by thousands of trained practitioners across the UK and beyond. Its roots reach back to early years pioneers in outdoor learning and across the sea to Scandinavia.

#### **School Council**

The School Council meet once a week on a Friday lunchtime to share their views and discussions they have had with their peers regarding any issues or ideas that have arisen to either help to improve the school, or deal with wider community issues. The Council are voted in democratically at the start of each academic year with representatives from Year 2 – Year 6.

#### **Jèrriais Classes**

Children in Years 4, 5 and 6 have the opportunity to join weekly Jèrriais classes that take place on Wednesday lunchtimes. Lessons are fun, active and communicative. Children learn through playing games, hearing stories and singing songs. They also have the opportunity to participate in the Jèrriais Section of the Jersey Eisteddfod in January.

No cost and no previous knowledge needed.

If your child would like to take up lessons please get in touch with Marianne Sargent at the Jèrriais Teaching Service via email [m.sargent@jeron.je](mailto:m.sargent@jeron.je).

## Run by JCG Foundation:

### Little Leopards

Offering an After School Club, Breakfast Club and a Holiday Club

At Little Leopards, we have a simple vision; to create a home from home environment where your child will be actively engaged in a range of stimulating and creative activities led by our qualified team. Learning and play will be led by the children's interests and curiosities using both indoor and outdoor experiences. We aim to provide a high quality service which meets the needs of both parents/carers and children. For parents/carers, this means knowing that your child is safe and happy in a club that is reliable and offers a consistent service. For a child, this means an environment that is safe, supportive, encouraging, nurturing, a place to be with friends and make new ones, try out new activities, to relax, to have fun and enjoy.

Children will be able to enjoy a range of activities at Little Leopards including but not limited to:

- Quiet activities – board games, reading, puzzles, chatting, colouring, relaxation
- Imagination – dressing up, small world toys, imaginative play items for different real life situations
- Creative Play – Arts and crafts which reflect the interest and ages of the children
- Music – creative dance, listening to music, theatre
- Small Scale Toys and Constructions – lego, duplo, marble runs, cars, boats, trains, farms and zoo animals, doll's houses, building blocks.
- Large scale construction – loose parts resources, barrels, tubes, materials for making dens and cosy places
- Outdoor play

The club manager is Mrs Philippa Healey [p.healey@jcg.sch.je](mailto:p.healey@jcg.sch.je)

For all further information please refer to the information on the JCG website and contact them accordingly <https://jerseycollegeforgirls.com/little-leopards/>

## **Run by Outside Providers**

### **Brazilian Soccer**

#### **Philosophy**

Our training philosophy, put simply, is for players to become technically competent with the ball, work to develop the required physical components before going on to excel in game situations. Our programme is of a long term nature with the emphasis initially placed on the individual rather than a team methodology. We believe the game should first be seen as an individual pursuit and complete domination and mastery of the tool of the game, the ball, be attained before the player moves into game play. We saw the analogy with music in that a young and aspiring musician would spend a minimum of 3 or 4 years perfecting and developing command of their instrument before being invited to perform in an orchestra.

#### **Our Values**

- We want to play beautiful football and enjoy it
- We train all standards of footballer who are real sportspeople - determined and hard-working

#### **Training**

- BSS training sessions are designed to cater for various age groups
- A typical session is divided into the following parts. Intro and Expectations | Warm Up | Body and Ball Manipulation to Music | Juggling | Passing | Small Side Game or Fun Game | Cool Down | De Brief and Good bye
- Our sessions are intense, with limited breaks

#### **Brazilian After-school Club**

- The BSS after-school club is for boys and girls from Year 1-5
- Classes are held on Mondays, Tuesdays, Thursdays and Fridays after School. Thursday we run 2 x classes 2:45pm-3:45pm and 3:45pm-4:45pm
- Children are greeted at the School Hall where they will train or then be escorted to the school playground if the session is to be held outdoors
- Collection from the club is always from the School Hall

#### **Costs**

- The Brazilian Soccer School after school club ranges in price per term however a good guide price is £90-£108 per term

#### **Kit**

- Children should bring games kit to change into for the session
- BSS Kit is not mandatory however it is available and the full kit can be ordered at anytime
- BSS Kit comprises NIKE BSS shirt, shorts and socks
- Children train on hard court therefore trainers are required
- Shinguards are recommended

Come and join us! Sign up at: [jerseyoffice@braziliansoccerschools.co.uk](mailto:jerseyoffice@braziliansoccerschools.co.uk)  
Will Partington, Brazilian Soccer School Jersey

## **Samurai Kickboxing**

Empower Your Child with:

- Discipline, Confidence & Concentration
- Anti-bullying & Self-Protection Skills
- Knowledge of the Body, Health & Fitness

The Samurai Fitness Group specialises in teaching kickboxing to children and use kickboxing to enhance your child's physical, intellectual, emotional, social and self-protection skills within age-defined developmental stages. We have instructed over 4,000 students since the company started in 2010 and although the syllabus taught by The Samurai Fitness Group is based on kickboxing, our classes are non-aggressive, disciplined and great fun!

Our Little Samurai class is for Reception and Key Stage 1 students. Our Young Samurai class is specifically designed for Key Stage 2 students and both age groups develop:

- Life Skills - such as Confidence, Discipline, Respect, Positive Body Language Projection, De-escalation of Aggression, Awareness of surroundings and places of safety (Anti-bullying, and Self Protection techniques)
- Physical Skills - such as strength, balance, acceleration, coordination, stamina, speed, agility, flexibility and, of course, kickboxing techniques. These physical skills are not only invaluable in martial arts, they also enhance the performance of your child in other sports

If your child has not trained with us before and would like to partake in a free trial class they will need to wear indoor trainers, loose fitting clothes in which they are happy to exercise (such as their P.E kit) and bring a drink.

We have a maximum of 24 students per class. Places in the class are reserved on a first come first payment basis.

If you'd like your child to join the class, please register your details and those of your child at the following link: [www.SamuraiKickboxing.je](http://www.SamuraiKickboxing.je). You will then be able to pay for the relevant JCP Kickboxing class, which will confirm your child's place in the lesson.

All instructors of The Samurai Fitness Group are enhanced DBS checked, have public liability insurance, are Red Cross Paediatric First Aid certified and of course are certified in Kickboxing.

If you would like any further information please do not hesitate to contact us on 07797 785375 or via email on [admin@samuraikickboxing.je](mailto:admin@samuraikickboxing.je)."

## **Viks Fit Kids**

Viks Fit Kids is an after-school activity which takes place here at JCP on a Wednesday from 3pm until 4pm. At Viks Fit Kids the children play games and do exercises in a fun filled non-competitive environment. The children learn and improve upon basic sporting skills whilst having fun with their friends. The activities are suitable for all ages and indeed we have children in Reception right through to Year 6 and it is a great way for your children to mix with other pupils in different year groups. It is very much the 'fit kids family' feel in our sessions and the emphasis is enjoying being active. If you would like more information please contact me, Vicky Barratt, on 07797 795107 or by email at [viksfitskids@gmail.com](mailto:viksfitskids@gmail.com)

## **Total Mayhem – Breakdancing**

Would you like to learn the new Olympic sport (Paris 2024) and go for your Bronze, Silver and Gold Breakdance Awards during a Wednesday lunch time at school? Learn how to spin or your back, CC's, around the clock, elbow freeze plus many more cool moves. Come join me for a pure Hip Hop time. Scott aka Bboy Shadow.

Contact Scott Mills, Total Mayhem Break Dancing, Email [millsbomb@hotmail.com](mailto:millsbomb@hotmail.com)

## **ThinkChinese**

ThinkChinese provides a wide variety of Chinese courses, including GCSE, YCT certificate course for primary school children, HSK for secondary school students and adults, and BCT for corporates and professionals, fun Chinese course for toddlers, and holiday activities clubs.

We have a new immersion programme for children between 4-6 years old which will begin in April 2020 and is a great platform to gain bilingual proficiency (English and Chinese). First taught at JCP in 2016, many students have followed us since and are proficient with daily conversations in Chinese. Some even gained global certificates through sitting tests. Our provision covers secondary school and college as well. Those who start in JCP can carry on their study by learning GCSE or the HSK courses.

All our teachers have gained MA degrees in teaching and linguistics subjects with experience working in Chinese and British schools.

We currently provide a lunchtime club on Thursday for students between Year 2-4 at beginner level, and a Friday after school club for students who have had at least three years learning experience.

For further information please contact us:

Suite 2 @ Bourne House, Francis Street, St Helier, Jersey JE2 4QE

Telephone: (01534) 864873 Email: [info@thinkchinese.net](mailto:info@thinkchinese.net) Website: [www.thinkchineseorg.net](http://www.thinkchineseorg.net)

## **Drum Lessons**

Lessons, which are on a one-to-one basis, are for 15 minutes and are held every Monday lunchtime. All necessary equipment including ear protectors and drumsticks are provided although children are welcome to bring their own equipment. Lessons are billed in advance in half-term sessions.

If you are interested in drum lessons, require any information or have any questions please feel free to contact:

Sam Willcocks (Dip.Mus) Tel: 482718 Mob: 07797798239 Email: [s.willcocks@hotmail.com](mailto:s.willcocks@hotmail.com)

**Please refer to our termly extra-curricular clubs information on our website:**

<https://jcp.sch.je/parents/clubs-activities/>