



SJK CO-CURRICULARS

CLUBS, ACTIVITIES, & VARSITY

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SJK's Co-Curricular Program

All SJK students have the opportunity to participate in a robust Co-Curricular Program focused on nurturing and developing the whole child. The Co-Curricular Program features diverse activities and clubs across the arts, academics, athletics, and service, with something for everyone. The Program runs for 6 to 10 weeks and each club or activity is offered either after school (usually from 3:30 to 4:40 p.m.), before school, or at lunch.



“
an integral part
of student life
”

Participation in the Co-Curricular Program is an integral part of student life throughout the year and students are expected to participate regularly. Meaningful participation helps our students improve their life balance, take risks, have fun, and grow socially and personally. We encourage students to follow their interests and passions, step out of their comfort zones, try new things, and participate in a range of activities throughout the school year.

Lower School Arts



Art Club (Gr. 1-6)

The Art Club encourages creativity, elevates confidence, and enhances artistic learning. Students will focus on fun, introductory, and creative concepts of painting. Kids will learn some of the fundamentals of artistic development explore acrylic paint and watercolours and have fun exploring texture to bring dimension to their artwork.



Dance Club

Students will learn techniques that will help them learn not only how to dance but also give them better balance and more fluid movements. Dance Club is for students who wish to learn how to dance or simply wish to participate in dancing.

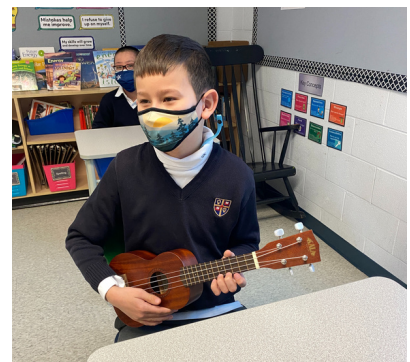
Drama Club (Gr. 4-6)

This club is a place where students come together to participate in many drama styles, including cooperative games, tableau, mime, improvisation, and stage combat. This fun and active club engages students to explore their creative side.

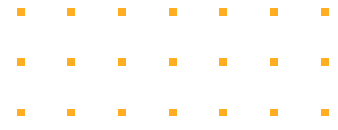
Ukulele Club (Gr. 1-6)

Cost attached to this club

Students come and learn how to play the ukulele in a fun and engaging way. Lessons are weekly at lunch time. Parents are treated to a final performance at the end of the sessions.



Lower School Athletics



Silly Soccer (Gr. 1-3)

Silly Soccer is about providing students with the opportunity to develop the skills and confidence to play soccer in a non-competitive environment. Students will enjoy all of the fun that comes with the sport of soccer without the formal organization of a real soccer match.



Soccer Club (Gr. 4-6)

Soccer Club is a mixture of engaging skill development exercises as well as some scrimmage time.

Karate Club (SK-Gr. 6)

Cost attached to this club

The Karate Classes encompass an intuitive approach, looking at the big picture. This combination of education, physical training, and mentoring provides an holistic approach. Students have opportunity to work on skills as well as improve fitness.

Learn to Play Softball/T-ball (Gr. 1-4)

This club teaches fundamental softball skills including throwing, catching, and batting (with tee and coach pitch).

Volleyball Club (Gr. 4 - 6)

This club offers an opportunity for students to develop their skills in a fun and engaging way. Students will learn the fundamentals of volleyball and participate in some game play.

Lower School Athletics



Multi-Sport Club (Gr. 1-3)

A fun and eclectic club where students will be exposed to all kinds of different sports, including volleyball, basketball, frisbee golf, spike ball, handball, and many more.

Cross Country Running Club (Gr. 4-6)

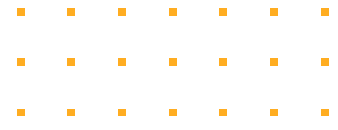
Students have the opportunity to run around our beautiful campus while getting some great fitness. They will also be taught some techniques on the difference between cross country running and road running.

Field Hockey Club (Gr. 3-5)

This club invites students who have an interest in learning about the game of field hockey. It is a chance to develop skills and knowledge of this sport. Once students reach Grade 6, they will have the opportunity to play with the Varsity team.



Lower School General Clubs



Environmental Club (Gr. 1-6)

Environmental Club inspires kids to become more engaged with the outdoors. It helps kids understand why the environment is important and how we can all work to protect it. We use our amazing campus to learn not only about plants, trees, the pond, birds, and insects but also about environmental problems such as pollution, gas emissions, energy consumption, recycling, good use of water, and a whole host of other important aspects.



Fishing Club (Gr. 4-6)

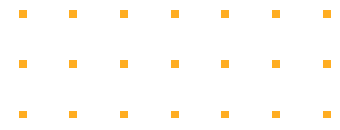
This club is a fun and interactive way to introduce students to fishing while showing them real life examples of how this aquatic ecosystem works. In addition, it is a great way to connect and enjoy some time in nature, catch and release fishing.



LEGO Club (Gr. 1-3)

Students come together in groups to collaborate and use their creativity to build LEGO structures. Each day the students are given a challenge to complete.

Lower School STEM



Cost attached to these clubs

LEGO Robotics WeDo 2.0 Advanced (Gr. 1-3)

You can gain a deeper insight into science using WeDo 2.0 with engaging, high-impact lessons. The hands-on tools encourage students to get involved in science exploration by asking questions, analyzing data, and communicating their findings.



Arcade Game Building (Gr. 4-6)

MakeCode develops your programming skills by quickly creating and modding retro arcade games with Blocks and JavaScript in the MakeCode editor. Microsoft MakeCode Arcade is a web-based beginner-friendly code editor to create retro arcade games for the web and for dedicated hardware.

LEGO Mindstorm Inventor (Gr. 4- 6)

LEGO's Mindstorms kits take the boundless possibilities of LEGO blocks (and the mechanical potential of the Technic system) and add robotics components like servo motors, sensors, and a brain you can program.

Minecraft Hour of Code (Gr. 1-3)

Hour of Code focuses on introducing basic programming skills in a simple, accessible way. The player can pick one of three scenarios. In each scenario, there is an objective the player must achieve in order to complete the first level.

Upper School Arts



Art Club (Gr. 7-12)

In this club, students will enhance their drawing, painting and creating skills while making various personalized artworks.

Choir (Gr. 7-12)

Dance Club (Gr. 7-12)

In Dance Club, students learn to dance for fun and fitness. Students also learn about dances around the world and design their own choreographies.



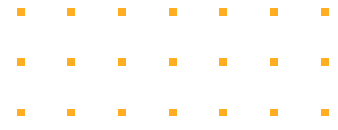
Green Fashion Club (Gr. 9-12)

In this activity, students experiment with ways to reuse and upcycle old clothing (e.g., developing sewing skills, creativity, critical thinking, etc.), discuss the effects of fast fashion on the Earth, and promote ethical alternatives within the SJK community. In the Spring, students will host/participate in a Green Fashion Show.

Jazz Band (Gr. 7-12)



Upper School Arts



Open Art Studio (Gr. 9-12)

This is an opportunity for students to pitch an art project that they would like to work on independently. Students will be given support and guidance throughout their development.

Upper School Play (Gr. 9-12)

In this activity, students audition for, rehearse, and perform in the Upper School Play. Rehearsals run each day, but each actor will have a specific rehearsal schedule depending on their role. The play will be performed in late February or early March.



Upper School Athletics



Badminton Club (Gr. 7-12)

In the Badminton Club, students focus on having fun while playing badminton together.

Basketball Club (Gr. 7-12)

The Basketball Club is focused on playing basketball, learning, and practicing basketball skills, and having fun together.

Canoe and Fishing Club (Gr. 7-12)

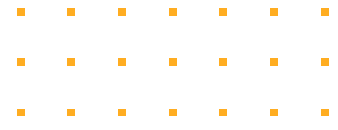
In the Canoe and Fishing Club, students spend time on the water learning to paddle a canoe and develop confidence on the water. Students can also fish on the pond or off the dock/boardwalk.



Fitness Club (Gr. 9-12)

In the Fitness Club, students engage in supervised exercise and fitness training using a variety of fitness machines and manipulatives.

Upper School Athletics



Hockey Club (Gr. 7-12)

The Hockey Club is focused on playing hockey, learning and practicing hockey skills, and having fun together.



Martial Arts Club (Gr. 7-12)

In the Martial Arts Club, students engage in both combat sports as well as self defence training. This is mainly done through a focus on striking arts such as Muay Thai and Karate. The Martial Arts Club also practices clinching and basic wrestling.

Softball (Gr. 7-12)

Come out and join some casually organized softball games. This is open to anyone who wants to come out and have fun; we can teach you anything you need to learn!

Ultimate Frisbee (Gr. 7-12)

Learn all aspects of the game and play lots of fun recreational games.

Upper School General Clubs



Board Games and Chess (Gr. 7-12)

Come play board games together or work on developing your chess strategy and knowledge.



DECA (Gr. 10-12)

In this activity, students develop their entrepreneurial skills through business challenges to help them prepare for careers in marketing, finance, hospitality, and management.

Environment Club (Gr. 9-12)

The club engages students as leaders to work towards reducing the School's carbon footprint through student-led initiatives. Students brainstorm solutions to environmental issues that are important to them. There will also be opportunities to explore our beautiful school campus and learn about our local ecosystem.

Model United Nations (Gr. 9-12)

In this activity, students explore important world issues while engaging in United Nations-style activities and debates. This club may include participation in virtual and face-to-face conferences with other schools.

Upper School General Clubs



Peer Leaders (Gr. 7-8)

In this activity, students develop peer leadership skills as they organize activities and events that promote a stronger sense of community across the two grades.

SJK News Aquiline (Gr. 7-12)

In this activity, students have the opportunity to collaborate on writing articles and assisting in the production of the School paper, The SJK Aquiline, as well as filming their own video segments for SJK's Upper School online network.



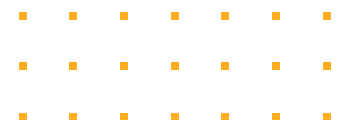
Spanish Club (Gr. 7-12)

In this activity, students are exposed to many aspects of Spanish-speaking countries, including language, location, geography, tourist attractions, food, festivities, celebrations, art and games. Students will also learn and practice vocabulary to have basic interactions in Spanish.

VEX IQ (Gr. 7-12)

VEX IQ is a robotics platform designed to foster STEM learning by allowing students to build custom and programmable robots. With VEX IQ, you can jump right in and snap together robots using the intuitive, tool-less components.

Upper School General Clubs



Women in STEM (Gr. 9-12)

This club meets every 2-3 weeks. In this activity, students will meet to plan engaging guest speakers for virtual events for the community. The focus of this group will be on promoting women in STEM and exploring careers, organizations and activities that support women in STEM.



Yearbook (Gr. 9-12)

Students engage in the process of creating the Yearbook, including taking photos, working on layout, and writing content.

Yearbook Photography (Gr. 7-12)

Students learn the basics of photography for Yearbook and add photos of our various activities to the collection of photos for the Yearbook.



SJK's Varsity Program

At SJK, physical fitness and a healthy lifestyle are lifelong values that go hand-in-hand. We are focused on developing and maintaining the balance that will enhance personal health and well being for years to come.

In addition to the physical benefits that result from regular activity, involvement in competitive athletics teaches students the importance of commitment, cooperation, time management, leadership and the skills needed to work with others towards a common goal. Participating in athletics helps to enrich a student's experience at the School and develop a sense of belonging.



“—
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—”



SJK's Varsity Program

“—
| outstanding competitive
opportunities for all
student-athletes |
—”

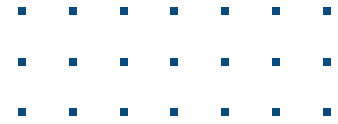
SJK students enjoy access to four immaculately groomed outdoor playing fields and a 15,000 square foot Athletics and Health Centre, featuring a double gymnasium, a combatives room, a full fitness centre, and four change rooms with shower facilities. All students in Grades 7 to 12 are expected to get involved in at least one athletic activity each school year. Each year, over 90% of our students participate in the competitive Varsity Program.



Through their co-curricular athletic involvement SJK students are constantly encouraged to stretch their personal limits. By experiencing the challenges that go along with participating as a member of a team, students learn to savour earned victories and to grow from defeats. High expectations motivate students to realize their full potential.

As a member of both the Conference of Independent Schools Athletic Association (CISAA) and the Ontario Federation of Schools Athletic Association (OFSAA), SJK provides outstanding competitive opportunities for all student-athletes.

SJK Varsity Program



Fall

Cross Country

- Junior Cross Country
- Senior Cross Country

Boys Soccer

- U14 Boys Soccer
- Senior Boys Soccer

Field Hockey

- U14 Girls Field Hockey
- Senior Girls Field Hockey



Spring

Girls Soccer

- Junior Girls Soccer
- Senior Girls Soccer

Track and Field

- Junior Track and Field
- Senior Track and Field



Winter

Basketball

- Junior Boys Basketball
- U14 Boys Basketball
- Senior Boys Basketball

Volleyball

- Junior Girls Volleyball
- Senior Girls Volleyball



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