



CHURCHFIELDS
JUNIOR SCHOOL

Dear Parents and carers

Research suggests that pupils who participate in extracurricular activities perform better academically and socially.

Churchfields' children enjoy an unusually rich school day, with a generous allocation of time and specialist staff in French, Art, Dance, Gymnastics, Outdoor Games, Music and Design Technology. However, the school day is not limited from 08:40 until 15:30. Before school children can join the Breakfast Club, play netball, football, tennis and more. From 15:30 onwards the school and sports fields buzz with children having fun, honing their skills, discovering new passions and exploring their abilities. We are determined to support and enrich every child's classroom learning and wider development to become interesting and interested young people, by encouraging them to look outward to the world and the lives of others through clubs, visits and expeditions.

We want to inspire pupils to find things which will capture and sustain them – for life.

At Churchfields we like to encourage all children to take risks and try new things. Participation in clubs is something we want every child to be involved in, whether in or outside of school. Extracurricular activities enable children to learn discipline, leadership and teamwork.

A recent study found today's children are the first generation in 70 years to be less fit than their parents, because of a shift from active play outdoors to indoor screen-based activities. This comes amid overwhelming evidence that exercise not only helps us become physically fitter, but helps children's social and emotional development, too.

Researchers have found evidence strongly linking physically active children with improved self-esteem, confidence, attention span and even academic achievements.

Other obvious benefits are the endurance derived from aerobic exercise, the strength that comes from stronger muscles and bones, the increased flexibility – and the self-control, discipline and associated skills which come with learning to play a sport.

Then there's the team-building and resilience which participation in sport brings. Children learn how to organise themselves and other members of the team, how to take instruction, and how to win and lose gracefully.

These are all great life skills which will serve them well throughout their school days as well as in the world of work. Plus, becoming used to exercise establishes healthy habits which last a lifetime.

Sports Clubs Directory

<https://www.redbridge.gov.uk/media/6738/sports-club-directory.pdf>

This is primarily a guide to sports clubs in Redbridge but also includes details of leisure facilities and parks. It is a useful tool for finding information about sports clubs or a new activity to try out. We are also putting together our own directory of youth groups, clubs and societies offered locally such as Brownies, chess clubs etc... If your child already takes part in one of these activities please email the School

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Office with club details and contact information. We want every family to know what is available in their local area and get involved in local clubs and societies.

Evening and weekend clubs are an opportunity for children to explore their physical, creative, social, global, moral and cultural interests with like-minded people. They are a great way for children to find new friends who they didn't know shared the same interests.

The Arts

The Arts are flourishing at CJS!

We hold [Artsmark Gold Status](#) (Arts Council England), awarded to schools which demonstrate exceptional commitment to arts provision for pupils both within the curriculum as well as extra-curricular activities and wider links.

Art, Music, Drama and Dance enrich a child's cultural education and contribute immensely to social and emotional development. There is also well-researched evidence that **engagement in the arts results in higher academic standards**. Beyond the taught curriculum we offer a wealth of opportunities for learning and performing in the Arts. Churchfields' is very proud of its reputation for the extremely high standards achieved in its ambitious programme of Arts activities, partnerships and performances. Please explore the clubs list to get a taste of the extraordinary number and range of ways in which our pupils have fun in the Arts.

Trips and Visitors

The school is keen to extend the education we offer beyond the classroom, and there are numerous school trips during the course of the academic year, including some that are residential.

Something for everyone!

What can bring a History lesson about the Anglo Saxon to life better than a class trip to West Stow? Churchfields' pupils experience learning outside the classroom through a variety of trips and activities which are designed to stimulate, enrich and motivate further inquiry. The school also makes good use of London museums and galleries to augment teaching.

Residential trips for Year 5 to France and Year 6 to Wales offer invaluable experiences and fuel a healthy appetite for the great outdoors. By setting new challenges and experiences, residential trips help to build confidence and teamwork skills, all through the power of enjoyment.

Indoor lunch time clubs

You may notice some additional lunch time activities to keep children warm and occupied during these wet and cold months. Every day we have a computer club, lego club, book club and a colouring and puzzle club. Children do not need to register, simply just turn up at the room listed. There is a club list on the noticeboards outside each classroom too, to help children know what is going on each day. These daily clubs are in addition to the lunch time clubs such as choir, art club and orchestra etc... which are available once a week. We have invested resources to offer a comprehensive range of co-curricular activities, be it sports, the Arts, languages or volunteering so that **ALL** children can get active and be involved as we recognise the value of these activities as part of children's development into becoming responsible citizens and positive members of society.

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