



CLUBS AND ACTIVITIES

It may not come as a surprise, that research has found participation in extra-curricular activities improves a multitude of outcomes for students.

Those who come along each week, whether it be for a friendly game of rounders against staff on a Thursday after school, creating a devised piece at Drama Club or practising their bee-keeping skills, the students benefit in a myriad of ways. They build stronger connections with the school through **Collaboration** and **Communication**. They further develop skills learnt in lessons too improving their **Creativity** and **Critical Thinking**. Students will experience a wider group of peers within the school which leads to improved confidence and self-esteem and the ability to show **Empathy** with others. It has also been proven in studies that students who participate in clubs achieve greater exam success. All of these benefits are in addition to actually getting better at the activity too - which also fits in with our final Character Education aim of **Resilience**.

Many students and staff enjoy and benefit from the slightly more relaxed feel of a club and reap the rewards of forming positive relationships. A mutual appreciation of a sport or activity sparks deeper interest and often a life-long affiliation with it.

At Imberhorne, students can benefit from a wide range of sporting clubs, drama activities, music appreciation as well as more intricate clubs such as knitting, gardening or the school newspaper. We appreciate that this last year has presented us with reduced opportunities for clubs and activities, we really look forward to resuming our packed schedule of lunch-time and after school clubs and activities as soon as possible.

Students and parents can keep in touch with the clubs on offer (which change across terms and from year-to-year) via our website.

Whether it be the biggest club or the smallest, our students are offered some brilliant opportunities and we hope they all take up at least one opportunity to see for themselves.



Athletics Club May 2021