



KING WILLIAM'S COLLEGE

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## CO-CURRICULAR ACTIVITIES

SPRING 2026

# KINDNESS

## MODEL KINDNESS

Lead by example and show everyone else what being kind looks like.

## ENCOURAGE KINDNESS

Have an expectation that others will be kind - carry out acts of kindness.

## NOTICE KINDNESS

Recognise and praise others when you notice them being kind.

## STAND UP FOR OTHERS

Give support to others and let them know they are not alone.

## BE KIND TO YOURSELF

Do not expect perfection. Challenge yourself while looking after your wellbeing.

# WELLBEING

## MIND YOUR HEAD!

Connect with the people around you. Be active. Go for a walk or run, cycle, play a game, garden or dance. Take notice. Be observant, look for something beautiful or remark on something unusual. Keep learning.

Give what you can: time, patience, and understanding. Be kind.

# CHALLENGE

## SET YOURSELF GOALS

Everyone has their own goals. What can you do to challenge yourself?

## BE REALISTIC

Consider having four realistic goals at a time: academic, mental, social and physical.

## BE RESILIENT

What do you do when you face a challenge? What do you do when things do not go to plan?

## BE DETERMINED

If at first you do not succeed, try, try again.



# INTRODUCTION

The co-curriculum is a vital part of the College's broad-based curriculum which has a focus on developing skills and attributes beyond the classroom and which helps our students become well-rounded individuals who can confidently contribute at KWC and beyond.

The pastoral aims of Kindness, Wellbeing and Challenge sit at the heart of our co-curricular activities and transferable skills such as problem-solving, critical and creative thinking, communication and teamwork are developed through our programme to pupils of all ages. We aim for our pupils to have the confidence to take healthy risks through balanced, knowledgeable and reflective reasoning.

Our dedicated staff offer a wide range of co-curricular activities and we strongly encourage all students to make the most of the opportunities available to them. We expect each student to take part in at least three different types of activity in school during the academic year, one for each of the following components: Kindness, Wellbeing and Challenge (which should involve creativity and exertion). In tutorials, the students will reflect on why it is an act of Kindness, Wellbeing or Challenge.

## KINDNESS

This involves putting others before yourself. To count as a true act of kindness or altruism, a person must receive no recompense such as gifts or money for their actions. Students are encouraged to take part in an act of kindness outside of the school community. This can take many forms but will involve the student giving up their time to help someone achieve something meaningful.

## WELLBEING AND CHALLENGE

**Creativity** includes any activity where a student creates something like art, music or a drama production, but also learning a new skill outside of normal school lessons.

**Exertion** involves either a physical or mental effort. Students can choose to fulfil this component by doing either or both elements if they so wish. Physical exertion will involve a physical activity that increases the heart rate but mental exertion can involve any activity where the student is doing something academic such as clubs and clinics that are run outside of lessons at College.

# COMMITMENT

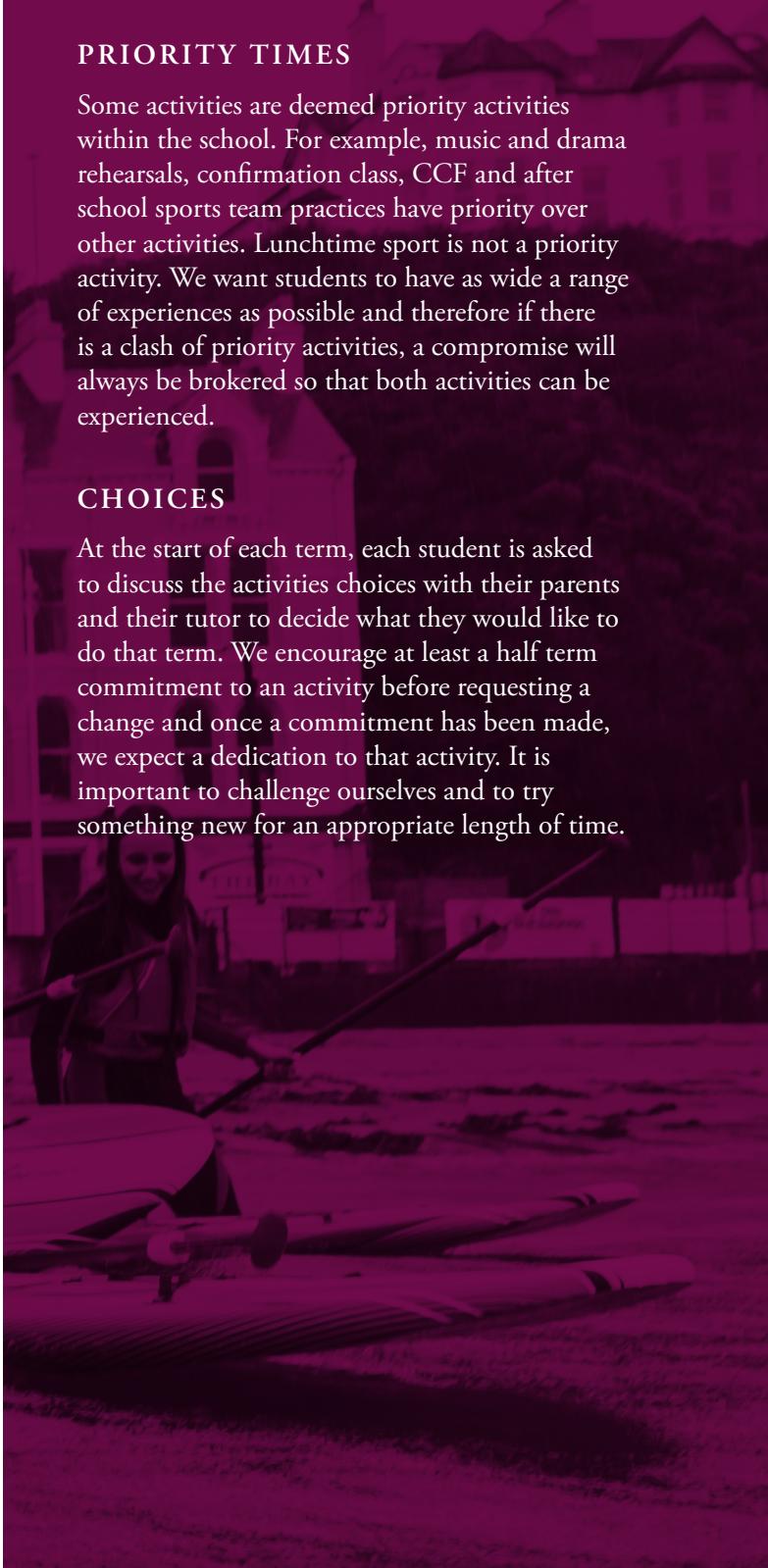
Year 7 and 8 (Fourth Form) are expected to take part in a minimum of three lunchtime activities in school per week. Year 9, 10 and 11 (Fifth Form) are expected to participate in a minimum of two activities in school per week. Year 12 and 13 (Sixth Form) are encouraged to take part in and organise activities for the younger students. Leadership opportunities are available for students who wish to run an activity which may also assist their own CAS contribution for the IB.

## PRIORITY TIMES

Some activities are deemed priority activities within the school. For example, music and drama rehearsals, confirmation class, CCF and after school sports team practices have priority over other activities. Lunchtime sport is not a priority activity. We want students to have as wide a range of experiences as possible and therefore if there is a clash of priority activities, a compromise will always be brokered so that both activities can be experienced.

## CHOICES

At the start of each term, each student is asked to discuss the activities choices with their parents and their tutor to decide what they would like to do that term. We encourage at least a half term commitment to an activity before requesting a change and once a commitment has been made, we expect a dedication to that activity. It is important to challenge ourselves and to try something new for an appropriate length of time.



# ACTIVITIES

SPRING 2026

	BEFORE SCHOOL	BREAK	LUNCHTIME	AFTER SCHOOL
MONDAY	Orchestra (SMD)		Dungeons & Dragons (SG) Chapel Choir (SMD) Football (Y7 - 9) (RM) Netball [Y7 - 9] (ZS) GCSE PE PFP training Learning Support Drop In (HA/GS) Board Games (CLB) Speech and Debate Club (TL)	Intermediate Football (EK) Intermediate Netball (LM) Library Prep Club (rota) Play Rehearsal (LJM/ DD) Linguistics Olympiad prep club (SH)
TUESDAY		Peer Mentor Drop In (ALB)	Football (Y7 - 9) (MM) Netball (Y7-9) (LM) GCSE PE PFP training Band Project (ECC) CCF Shooting (Y8 - 13) Library Prep Club (SLC) Learning Support Drop In (HA/GS) Art Club (ALB) Lighting Tech Club (LJM)	Senior Football (RM) Senior Netball (LTB) Rugby Skills (Y7-10) Library Prep Club (rota)
WEDNESDAY	Brass Ensemble (SMD)	Origami (ADV) Music Theory (ECC)	Music Theatre (SMD) Y9-11 Netball (LTB) Y9-11 Football (EK) GCSE PE PFP training Library Prep Club (DCH) Play Rehearsal (LJM) Learning Support Drop In (HA/GS) Duke of Edinburgh (CGP) Ballroom Dancing (Y7&8) (SME)	CCF Library Prep Club (rota)
THURSDAY		Fourth Form Choir (SMD)	Music Tech Club (ECC) Mixed Dodgeball (all years) (EK + LM) Library Prep Club Learning Support Drop In (HA/GS) Macramé & Craft (DW) Warhammer building (ALB)	Junior Football (MM) Junior Netball (LTB) Library Prep Club (rota)
FRIDAY		Philosophy Café (all years) (ECC)	Chapel Choir (SMD) Volleyball (Y7 - 9) (ALB) Library Prep Club (DCH) Learning Support Drop In (HA/GS)	Dungeons & Dragons (SG)

STRENGTH & CONDITIONING (ALL YEARS') – BY INVITATION

# TUTORIALS

SPRING 2026

	BREAK	LUNCHTIME	AFTER SCHOOL
MONDAY	IB Maths (CLB)	IB Maths (ADV) GCSE Chemistry (PHM/ CRB) Spanish (CGP & SH) KS3 Maths (KRB) IB Business Management (MVB) Physics (SB)	IB English (AK) Physics (SB)
TUESDAY	IB Maths (ADV)	German (SME) KS3 Maths (KRB) French (FH) GCSE Physics (SB) IB History (MQ) Physics (SB)	Physics (SB)
WEDNESDAY		KS3 & GCSE Maths (CLB) GCSE Maths (KRB) Latin (LG) Physics (SB)	Physics (SB)
THURSDAY		KS3/GCSE English (AK) GCSE Maths (ADV & KRB) IB Maths (CLB & MVB) IB/CAS/EE Drop in Clinic (JB) GCSE Art (ALB) Physics (SB)	Physics (SB)
FRIDAY		ESOL (SME) Maths (all years) (KRB) IB Economics (RR) GCSE History (MVB)	

## BY ARRANGEMENT:

Computing (JH)

IB ESS (MAS)

Geography (AJC)

Music (SMD)

IB Chemistry (PHM/CRB)

Art & Photography (SPK & ALB)