

6<sup>th</sup> October 2021

Dear Parents / Carers

### Extra-Curricular Activities

It is with great pleasure that we are writing to you to outline the extra-curricular activities available at The Abbey School.

Extra-curricular activities provide adolescents with a number of positive personal and interpersonal developmental experiences. Studies have shown that students who participated in extra-curricular activities had greater positive general self-worth and social self-concept than those that don't [Bloomfield and Barber, 2011].

Furthermore, other benefits of participating in extra-curricular activities include having better grades, improved attendance, improved leadership and teamwork, and an increase in students' connectedness with the school community [Wilson, 2009]. Finally, it permits students to apply the knowledge acquired in formal courses and to acquire concepts of democratic life.

At The Abbey School, we are aware of the benefits of promoting extra-curricular activities and since the pandemic, this is the first time we have had the opportunity to relaunch the programme and offer students more tools so they CAN BE THE BEST THEY CAN BE.

Please find attached a list of all the extra-curricular activities for this first term.

**Note:** We will work hard to update and advise of any changes that might occur. However, there is a possibility that certain clubs may be formed in the middle of a term and therefore may not appear in this document. Likewise, some clubs may be postponed or cancelled mid-term. As a parent/carer, it would be advisable to contact the school if there is any doubt relating to the status of any of our activities.

Additionally, The Abbey School Learning Resource Centre is OPEN FROM 8:00AM UNTIL 4:30PM (3:45PM ON FRIDAYS) with COMPUTERS, BOOKS, PEACE AND QUIET AND HELP ON HAND FOR EVERYTHING the students need to hand in THE PERFECT HOMEWORK. We appreciate your support and look forward to your son/daughter joining us for one or more of these additional activities.

Kind regards

Dr Dos Santos  
Extra-Curricular Coordinator

**Key:**

**Non-Academic**

**Academic**

### References

- Blomfield, C. J., & Barber, B. L. (2011). Developmental experiences during extracurricular activities and Australian adolescents' self-concept: Particularly important for youth from disadvantaged schools. *Journal of youth and adolescence*, 40(5), 582-594.
- Wilson, N. (2009). Impact of extracurricular activities on students. Master thesis, University of Wisconsin-Stout. USA.