

Extr^{atime}

Chipping Norton School

CLUB PROGRAMME AUTUMN 2025



COURAGEOUS & COMPASSIONATE HEARTS



CREATIVE

&

CURIOUS

MINDS

Extratime



It is important to us at CNS that our students thrive both in the classroom and in their extra-curricular life. It is one of the ways in which we develop a sense of belonging within our school community and we want all of our students to know that our extra-curricular programme is for them. There are many opportunities for students to pursue interests which fulfil them, give them a sense of achievement and promote our school values of compassion, curiosity, creativity & courage.

This programme will give you information on the school clubs and ExtraTime clubs running throughout the week.

ExtraTime Clubs

Extra-Time clubs are run by teachers or external coaches for a duration of 10 weeks starting in term 1, 3 and 5. They are 50 minute sessions that take place after school until 17.00. These clubs range from sports to cookery to crochet. Students can sign up to these clubs on the My Child At School (MCAS) app. Please keep your details up-to-date on the app as we will use this information to communicate changes and for emergencies.

School Clubs

These clubs can take place during lunchtime or straight after school and are run by Departments. Students do not need to sign up but can just 'go along'. Please check details with the teacher at the beginning of term. These clubs range from study clinics to sports to drama rehearsals.

We are extremely proud of our students at CNS. The high standards of behaviour and effort expected in the school day are extended to our extra-curricular programme. • Be punctual • Be prepared • Enjoy yourself

ExtraTime booking

Autumn 2025 clubs start Monday 15th September

Students can sign up to ExtraTime Clubs on the MCAS app. Please sign up by 8am Monday 8th September

Places are not filled on a first come first served basis, if a club is oversubscribed by this date then names will be drawn from a hat. Please assume that your child has a place, we will only contact you if they don't. Please let us know if your child will be absent for more than two weeks.

The ExtraTime programme may change slightly through the year with the addition of seasonal clubs. So do keep your eye open for the spring programme starting in term 3 and the summer programme starting in term 5.

FAQ's

Can I pay for the ExtraTime clubs with childcare Vouchers?

Yes. Please email rbissett@chippingnortonschool.org stating which clubs you would like to join before the deadline date and arrange payment at the same time.

Do PP students receive any support?

Yes. We do not want any child to miss out on Extra Time Clubs because of financial restraints. If your child is in receipt of the Pupil Premium Grant you are entitled to pay 30% of the full price. Chipping Norton School will pay 70%. This applies to all of your clubs.



Is transport available home from these clubs?

At present no, the late night bus service is not running.



How do I sign up for the ExtraTime clubs?

Sign up to these clubs on MCAS, the My Child At School app by the closing date. If over-subscribed names will be drawn from a hat, and you will be notified if you do NOT get a place.

What can my child do if their club has a 4.10 start time?

If your child is attending a later club they can stay at school and use the 'Study Zone' facilities in the library until 4.30pm or attend one of the other after-school clubs offered. Some children choose to go home and come back to school for later clubs.

How will I know if my child has a place at the club?

Please assume your child does have a place at the club. If the club is over-subscribed by the deadline then names will be drawn from a hat and we will contact you if they do not have a place.

What should my child wear for their club?

For non sports clubs, school uniform should be worn. For sports clubs school PE kit should be worn. Students can use the PE changing rooms to get ready for their club

Can my child attend a club at a time that is intended for another age group if they can't attend their own?

Probably yes, please contact Robyn Bissett on rbissett@chippingnortonschool.org or 01608 656902 to discuss the options.



OUR CLUBS

COOKERY

Work in a sociable, supportive and safe environment to create a delicious supper. Liz Jones will guide you through the cooking process teaching you lifelong skills along the way. You will then sit down to eat with everyone and enjoy your main course and dessert together. The price includes all ingredients. Everyone is welcome.

COOKERY (open to all) Tuesday 3.30 – 5.00 £70 for 10 sessions



Liz Jones - Biography

I've been leading Extra Time Healthy Cookery for about 15 years so have helped lots of students to gain confidence in the kitchen. In the past I've also taught Family Focus Cookery classes at CNS, and now teach Cookery at Charlbury Primary School and for Abingdon & Witney College.

CROCHET CORNER

Crochet provides a mindful escape, an opportunity to express your creativity and the chance to make a wide variety of amazing things including bags, hats, cushions, jewellery, soft toys, clothes... Our friendly and supportive Crochet group will be open to everyone from complete beginners to experienced crocheters. You will work at your own pace and Anna will be there to support and inspire you along the way. Materials including crochet hooks and yarn will be provided so you won't need to bring anything. However if you have your own hooks, yarn, projects that you are working on or project ideas, you are very welcome to bring them along.

CROCHET CORNER (open to all) Monday 3.20 – 4.10 £35 for 10 sessions



Anna Robbins – Biography

My name is Anna and I am passionate about passing on the craft of Crochet through my business Homebird Craft. My lovely Auntie Jo taught me 18 years ago and for the last 10 years I have been teaching and nurturing my amazing Crochet community.

www.homebirdcraft.com



DANCE COMPANY

Whether you're a beginner or an experienced dancer, the classes will focus on building technique, improving flexibility, and developing rhythm, while encouraging creativity and self-expression. Through a variety of choreography, you'll gain confidence in your movement, and have fun while building your skills in a supportive and energetic environment. Why not sign-up for both!

Contemporary dance is a versatile and expressive style that blends various dance forms, focusing on creativity, freedom of movement, and personal expression.

Commercial dance is a style designed for entertainment and performance, often seen in music videos, commercials, and live shows. It combines elements of hip-hop, jazz, and pop, focusing on high-energy moves and trends.

CONTEMPORARY (Open to all) Wednesday 3.20 – 4.10 £35 for 10 sessions

COMMERCIAL (Open to all) Wednesday 4.10 – 5.00 £35 for 10 sessions



Mrs White – Biography

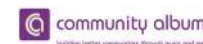
Hi, I'm Mrs White from CNS. I love dance and the performing arts. I am an experienced dance teacher, and choreographer also teaching at Stagecoach Performing Arts School - Banbury and Brackley. I am looking forward to offering dance classes for CNS Extra Time.

DIGITAL MUSIC PRODUCTION

Work with a musician from Community Albums, who have a passion for giving people a voice and creating positive change in the lives of individuals. You will work on our digital production software using vocals and/or instruments to produce your own songs and music.

DIGITAL MUSIC PRODUCTION (Year 9-13) Wednesday 3.20 – 4.15 £35 for 10 sessions

DIGITAL MUSIC PRODUCTION (Year 7/8) Wednesday 4.15 – 5.15 £35 for 10 sessions



Community Albums – Biography

At Community Albums we have a passion for amplifying people's voices and creating positive change in the lives of individuals and communities. We do this by devising and delivering bespoke projects and programmes for those wanting to use music and media to develop people and give communities a voice. Our projects are delivered by experienced and respected musicians, producers and writers who have worked and continue to work at the cutting edge of the commercial sector.

HOCKEY

Work with highly experienced coach Carol Hicks to develop your skills, tactics and game play on our astroturf pitch. Carol focusses on coaching through the game so be prepared for a good run around after a long week at school! All levels are welcome.

HOCKEY (Year 7/8) Friday 3.20 – 4.10 £35 for 10 sessions

HOCKEY (Year 9-13) Friday 4.10 – 5.00 £35 for 10 sessions



Carol Hicks - Biography

I am a qualified Level 2 Hockey Coach and I regularly play for Banbury Hockey Club. I coach at Banbury Hockey Club and currently at Enstone & Great Tew primary schools too working with Year 3 upwards. I have run Family Focus Hockey workshops at CNS; and have been the Extra Time Hockey Coach for over 10 years. It has been fantastic to coach and develop students through Years 7 - 13.

ExtraTime
Booked & Paid on MCAS
3.20 - 5pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room
ExtraTime Clubs 3.20 - 5pm PLEASE SIGN UP AND PAY ON MACS									
Crochet Corner 3.20 - 4.10pm	Anna Robbins F6	Trampolining 3.20 - 4.10pm	Sam Gurr Gym	Dance Company Contemporary 3.20 - 4.10pm Commercial 4.10 - 5pm	Mrs White Leisure Centre Dance Studio	Origami 3.20 - 4.10pm	YenYang Co Library	Hockey Yr7/8 3.20 - 4.10pm Yr9-13 4.10 - 5pm	Carol Hicks Astro
Table-Tennis Yr9-13 3.20 - 4.10pm Yr7/8 4.10 - 5pm	Rod Hadrell Gym	Cookery 3.30 - 5pm	Liz Jones F7	Digital Music Production Yr9-13 3.20 - 4.15pm Yr7/8 4.15 - 5.15pm	Marc Clifton H2	Teen Fitness Training 3.20 - 4.05pm	Jack Heritage Gym		
Tennis Yr7/8 3.20 - 4.10pm Yr9-13 4.10 - 5pm	Ryan Fitz-John Astro	LAMDA Yr7 3.30 - 4.15 Yr10 4.15 - 5pm	Pippa Phillips D4	Orienteering Yr7/8 3.20 - 4.10pm	Mr White Field	Karate & Self Protection 4.05 - 4.50pm	Jack Heritage Gym		
		LAMDA Yr8 3.30 - 4.15 Yr9 4.15 - 5pm	Miss Elvin G15	Squash Yr7/8 3.20 - 4 / 4-4.40 Yr9-13 4.40 - 5.20 / 5.20-6.00	Jason Varrie Leisure Centre Squash Courts				
				Young Writers 4.10-5pm	Mr Long A4				

ExtraTime
Booked & Paid on MCAS
3.20 - 5pm

Lunchtime Clubs
Free of Charge

JUST POP IN! RUN BY SCHOOL STAFF									
Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room
Badminton	MC - Sports Hall	Badminton	CET - Sports Hall	Badminton	JHM - Sports Hall	DJ Club	JG - H2	Badminton	OR - Sports Hall
Folk Group	MJT - H2	Choir	CSB - H2	Concert Band Instrumentalists	CSB - H2	Maths Clinics	Maths Staff D6 & D9	Flute Ensemble	MAJ - H1
House Captains Meeting	HKS & CET - A5			Health & Social Care BTEC Clinic	LP - D7	PRIDE Club	HKS - G15	Keyboard Club Years 7-9	CSB - H2
Student Leaders Meeting - Monthly	HKS & CET - A5			Debating Society	SGD - A2			Reading Club	JHB - Library
Student Council Meeting - Termly	HKS & CET - A5			Duke of Edinburgh Drop In	CLR & JHM - G10			Knit & Natter	JXB - G11
MFL Film Club (Term 2 & 3)	JXB - G11			Language Leaders Yrs 9-11 (Wk B only)	JXB - G11				

Lunchtime Clubs
Free of Charge

After School Clubs and Clinics
Free of Charge

JUST POP IN! RUN BY SCHOOL STAFF									
Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room
Homework Club	Library	Homework Club	JHB - Library	Homework Club	JHB - Library	Homework Club	JHB - Library	Homework Club	JHB - Library
		Netball - Year 10	SDF - MUGA	Netball - Year 7	MC - MUGA	Netball - Year 9	MC - MUGA		
		Netball - Year 11/Senior	CET - MUGA	Rugby - Senior	KN - Field	Football - Girls	Field		
		Rugby - Year 8	JLT - Field	Rugby - Year 10	OR - Field	Netball - Year 8	JHM - MUGA		
		Sow n Grow(Terms 4,5&6)	ADC - Garden			Rugby - Year 9	JLT - Field		
English Clinic - Y11 (Starts Jan)	RLM - A5	Textiles Clinic - GCSE	JLD - F6			Psychology Clinic - A Level	EB - SF8		
Maths Challenge Club (Wk A only)	DB - D10	Biology Clinic - GCSE	JES - L2			Maths Clinics	Maths Staff - D6 & D9		
		Geography Clinic - A Level	KW - G13			Biology Clinic - A Level	SLC - L5		
		Art Clinic - GCSE	CJ - K4						

After School Clubs and Clinics
Free of Charge

Peripatetic
Music Lessons

BOOKED AND PAID FOR WITH MUSIC SERVICE - ASK MR BROWN FOR INFORMATION									
Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room	Subject	Teacher & Room
Flute	OCMS - P4	Brass	OCMS - P6	Piano	Maria Jurd - P4	Clarinet/Saxophone	OCMS - H1	Piano	Phillippa Furlong - P2
Guitar	Paul Cattell - P6	Violin/Viola	OCMS - H1			Drum Kit/Percussion	OCMS - P6		
		Singing	Sue Blunsdon - H1						

Peripatetic
Music Lessons

KARATE & SELF PROTECTION

In this engaging session you will gain insight into the basic skills needed to keep yourself safe in a variety of situations. Additionally, these skills will extend to learning how to Hit Pads, Grapple with a Partner, Practice Throws with a Partner, and problem solve in a variety of ways. No experience needed. You will wear your school PE kit.

KARATE & SELF PROTECTION (aimed at girls) Thursday 4.05 – 4.50
£35 for 10 sessions



Jack Heritage - Biography

Hi, I'm Jack Heritage. I'm a 4th Dan Karate Black Belt Instructor, and I have been studying Martial Arts since I was 7 years old. In this time I have found a deeper interest in how Martial Arts can be used practically for self-protection. In the last few years especially, I have dedicated myself to evolving arts like Karate to once again be useful outside of competitive fighting.

LAMDA (London Academy of Music & Dramatic Arts)

The aim of LAMDA is to provide everyone with the opportunity to improve self-expression, self-assurance and, most importantly, have fun. The students work towards a qualification in the Autumn & Spring terms for which they take an exam at the end of Term 4. Starting in September, students are expected to commit to both of these blocks as they are part of a group play. In the Summer Term we are able to take new students again to work on drama exercises and games to develop drama skills.

LAMDA (Year 7) Tuesday 3.30 – 4.15 £35 for 10 sessions

LAMDA (Year 8) Tuesday 3.30 – 4.15 £35 for 10 sessions

LAMDA (Year 9) Tuesday 4.15 – 5.00 £35 for 10 sessions

LAMDA (Year 10) Tuesday 4.15 – 5.00 £35 for 10 sessions



Pippa Phillips - Biography

Pippa is on the committees for both the Chipping Norton Festival and the Cheltenham Festival of Performing Arts. Pippa now teaches LAMDA in 5 schools and 2 theatres including Theatre Studio at The Playhouse in Cheltenham and The Theatre, Chipping Norton. She auditions 'Pippins' for the annual Chipping Norton Panto, tutors pupils for drama scholarships, and auditions for National Youth Theatre and for Drama schools, all of which have

extremely high success rates in the West End and TV appearances. Pippa loves drama not only for the skills and creativity it can inspire and develop in people but for the confidence, clarity and friendships that it creates.

Miss Elvin - Biography

After graduating from The Arts Educational Schools London, where I studied up to Grade 8 in LAMDA - I chose the educational vocation. I am a Youth Theatre practitioner for Chipping Norton Theatre along with running LAMDA sessions at CNS for the last few years.

My 9-5 job is teaching in the English department at CNS; so being able to get to know the students during the school day has been massively beneficial to the openness and comfort of my actors.



ORIENTEERING

Come and test your outdoor skills, stamina and knowledge on our new Orienteering course around the fields. Students will take part in physical and mental challenges in each session, involving preparation, teamwork, fitness and problem solving all while having fun in group situations. We will use the course to learn and improve map-reading skills but also link this to the wider outdoor environment both locally, around the UK and internationally. Bring your PE kit, and a raincoat if the weather looks wet.

ORIENTEERING (open to Years 7/8) Wednesday 3.20 – 4.10 £17.50 for 5 sessions

***NOTE* Sessions will only run in Term 1, Back in Term 4**



Mr White – Biography

Mr White joined the CNS Maths Department in January 2024 and is keen to try out the brand new Orienteering course around the school fields. He is a qualified Mountain Leader and in previous schools has led teams of students through various charity challenges in the mountains of the UK. He is looking forward to challenging the Orienteering club both mentally and physically as they navigate around the fields chasing clues and solving puzzles.

ORIGAMI

Origami (paper folding) is a skill which helps develop hand-eye coordination, fine motor skills and mental concentration. Yen-Yang will guide you through this traditional Japanese art fold by fold and progress your skills week by week. Everyone will have fun learning this skill and creating something beautiful to take home. All material provided. You will love it.

ORIGAMI (open to all) Thursday 3.20 – 4.10 £35 for 10 sessions

***NOTE* Sessions will run 18.Sep-23.Oct & 27.Nov-18.Dec**



Yen-Yang Co - Biography

I was born in Hong Kong, but spent most of my adult life in England, including 25 years in Chipping Norton. My interest in origami began when I first visited Japan about 20 years ago, where it's a national hobby. I think it should also be a national hobby here, and so have been teaching this fascinating skill to others. I am delighted to share my passion with students at CNS.



SQUASH

Coaching sessions in the squash courts with our highly qualified and experienced squash coach Jason Varrie. Learn this fast paced game where strength, agility, coordination and split second decision making are all necessary. Jason will develop your skills through drills and game play. This club is for both beginners and more experienced players and has small class numbers.

SQUASH (Year 7-9) Wednesday 3.20 – 4.00 £35 for 10 sessions

SQUASH (Year 7-9) Wednesday 4.00 – 4.40 £35 for 10 sessions

SQUASH (Year 10-13) Wednesday 4.40 - 5.20 £35 for 10 sessions

SQUASH (Year 10-13) Wednesday 5.20 – 6.00 £35 for 10 sessions



Jason Varrie - Biography

Growing up in Zimbabwe I have been playing squash for nearly 30 years where I had the pleasure of representing my country at both junior and senior levels. The highlight of my squash career was representing my country at the 2003 All Africa Games. As well as being a full time squash coach I also compete in 3 different squash leagues in the top division and represent Oxfordshire in both squash and racketball. I became a squash coach to help give back to a sport I have loved playing and to try to build squash back up to a thriving sport.

TABLE TENNIS

Playing on our 6 high-quality table tennis tables in the gym join our qualified coach Rod. No matter what your ability, Rod will nurture your game to progress to competitive playing if you wish. You will be introduced to the game and coached to develop your skills in a friendly, supportive and fun environment.

TABLE-TENNIS (Year 9-13) Monday 3.20 – 4.10 £35 for 10 sessions

TABLE-TENNIS (Year 7/8) Monday 4.10 – 5.00 £35 for 10 sessions



Rod Haddrell – Biography

Rod Haddrell is a recently qualified Table Tennis coach who will run fun sessions designed to equip you to play an all-round game. Focusing on playing games you will learn the effective skills that can help you go on to compete if you wish to do so.

TEEN FITNESS TRAINING

In this high energy session, you will have an opportunity to learn a variety of body weight exercises that can help build muscle, increase endurance and improve sports performance. With a HIIT (High Intensity Interval Training) type workout, you will see an improvement in most areas of your personal fitness as the weeks progress. No experience needed. You will wear your school PE kit.

TEEN FITNESS TRAINING (Open to all) Thursday 3.20 – 4.05 £35 for 10 sessions



Jack Heritage - Biography

Hi, I'm Jack Heritage. I'm a qualified level 3 Personal Trainer and a level 2 Fitness Instructor. I have been interested in fitness of various kinds since I was a child, Karate being a big influence. With such an influx of teenagers jumping into a gym lifestyle I thought it seems fitting to encourage good habits and healthy goal setting in a group environment.

TENNIS

Tennis coaching sessions with our experienced tennis coach Ryan Fitz-John from Excel Tennis Academy. The sessions will be aimed at teaching you the core skills required to play tennis successfully. The sessions will have many elements to them from coach led exercises to partner based activities. 'Fun, enjoyable and educational is what we aim to achieve'.

TENNIS (Year 7/8) Monday 3.20 – 4.10 £35 for 10 sessions

TENNIS (Year 9-13) Monday 4.10 – 5.00 £35 for 10 sessions



Ryan Fitz-John - Biography

"Ryan has played tennis since he was 10 years old. He started by assisting sessions as a junior, taking his qualifications after he left school then went on to work full time for Excel. Ryan also works with many local schools, delivering curriculum time sessions as well as after school clubs, alongside club sessions including adult, junior and cardio tennis and individual lessons."

TRAMPOLINING

Work towards your British Gymnastics trampolining awards with our qualified coach, Sam Gurr, on our competition grade trampolines. Trampolining is great for your health and fitness, and when you master that skill that you've been persevering with it's a great feeling! This club is for both beginners and more experienced students.

TRAMPOLINING (open to all) Tuesday 3.20 – 4.10 £35 for 10 sessions



Sam Gurr - Biography

I have been involved in Trampolining from a young age, progressing to an assistant coach and then gaining my full qualification 20+ years ago. I enjoy supporting the students and helping them achieve their own goals and ambitions.

YOUNG WRITERS

Young Writers is an opportunity to develop your writing skills in a supportive creative environment.

Over the course of the Autumn Term, the Young Writers club will explore novel writing with Ms Skill before engaging in their own project of 5,000, 10,000 or 25,000 words. They will meet each week to read, write and critique each other's work. The writing portion will take place over the 5 weeks of November, in line with National Novel Writing Month - an international event where writers young and old attempt to write or finish a writing project of up to 50,000 words. Last year, we wrote 112,000 words.

In the Spring & Summer Terms Ms Skill will help you to explore the world of writing and publishing, exploring new and different styles of writing in all sorts of genres each week.

YOUNG WRITERS (open to all) Wednesday 4.10- 5.00 £35 for 10 sessions



Ms Skill - Biography

HK Skill has been teaching Creative Writing for 8 years, having previously written plays performed in theatres in London. She has been writing novel length works since the age of 13, when she completed her first National Novel Writing Month. She enjoys passing on her love for writing for younger generations and offering them the opportunity to write something they can keep for a lifetime.

Chipping Norton School website Extra-Time booking page



Use the QR Code to find out more and sign up



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