

ST ANDREW'S SCHOOL, TURI, KENYA

Seeking the Highest since 1931

Co-curricular in the Countryside

SENIOR SCHOOL EDITION

For over 90 years, St Andrew's School, Turi, has existed to provide not just academic experiences but life experiences as well for young boys and girls with the expectation that these experiences will not only shape them positively but also impact future communities.

While giving the proverbial reading, writing and arithmetic its due respect and attention; an equal and complementary effort is placed on life outside the four walls of the classroom. This is in line with our mission statement; To be the leading international School in Africa, transforming the Hearts, Minds, Bodies and Souls of tomorrow's leaders.

Our Co-curricular programme consists of activities that enables students and staff opportunities to grow outside the classroom, to evidence progression and to provide student leadership opportunities. Skill progression in the various activities is an expectation for all students.

Participation in co-curricular activities has proven beneficial to students in various ways;

- Academic progress through character development, attitudes to learning, problem solving skills and confidence in their own agency.
- The pastoral aspects of the school by developing relationships
- The life skills needed for a changing world by providing a wide range of challenging experiences
- The rapid and effective acquisition of transferrable skills that can be applied to gain success in any area of life.

The opportunity to live and learn on the 450 acres campus with the facilities and personnel to support the interests, talents and potential of individual students is a blessing that cannot be taken for granted.

This publication provides insight into the current co-curricular programme at St Andrew's Senior School. We continue to develop and expand it to meet the needs of a changing world.

Nicholas Martyn
Director of Co-curricular
St Andrew's Senior School, Turi



"Education is not preparation for life; education is life itself." - John Dewey

We are confidently the leading school in East Africa for co-curricular provision

CO-CURRICULAR IN THE COUNTRYSIDE

CO-CURRICULAR DEFINITION
An activity pursued in addition to the academic course of study.

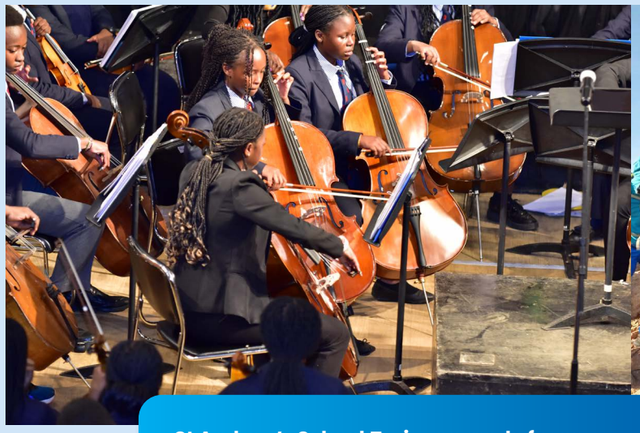
Life outside the Classroom

The best co-curricular activities are designed to compliment students' interests, needs and capacities;

- Complement their educational experience through the community wide promotion of passion and challenge in all relevant activities
- Teaches key transferrable skills that empower an individual and build character
- It is a protector of physical and mental health.









Co-curricular in Turi

St Andrew's School,Turi, was made for co-curricular activities; our up-country location provides the space, time and community necessary for holistic growth and development of students.

Our co-curricular activities are divided into four broad pillars:

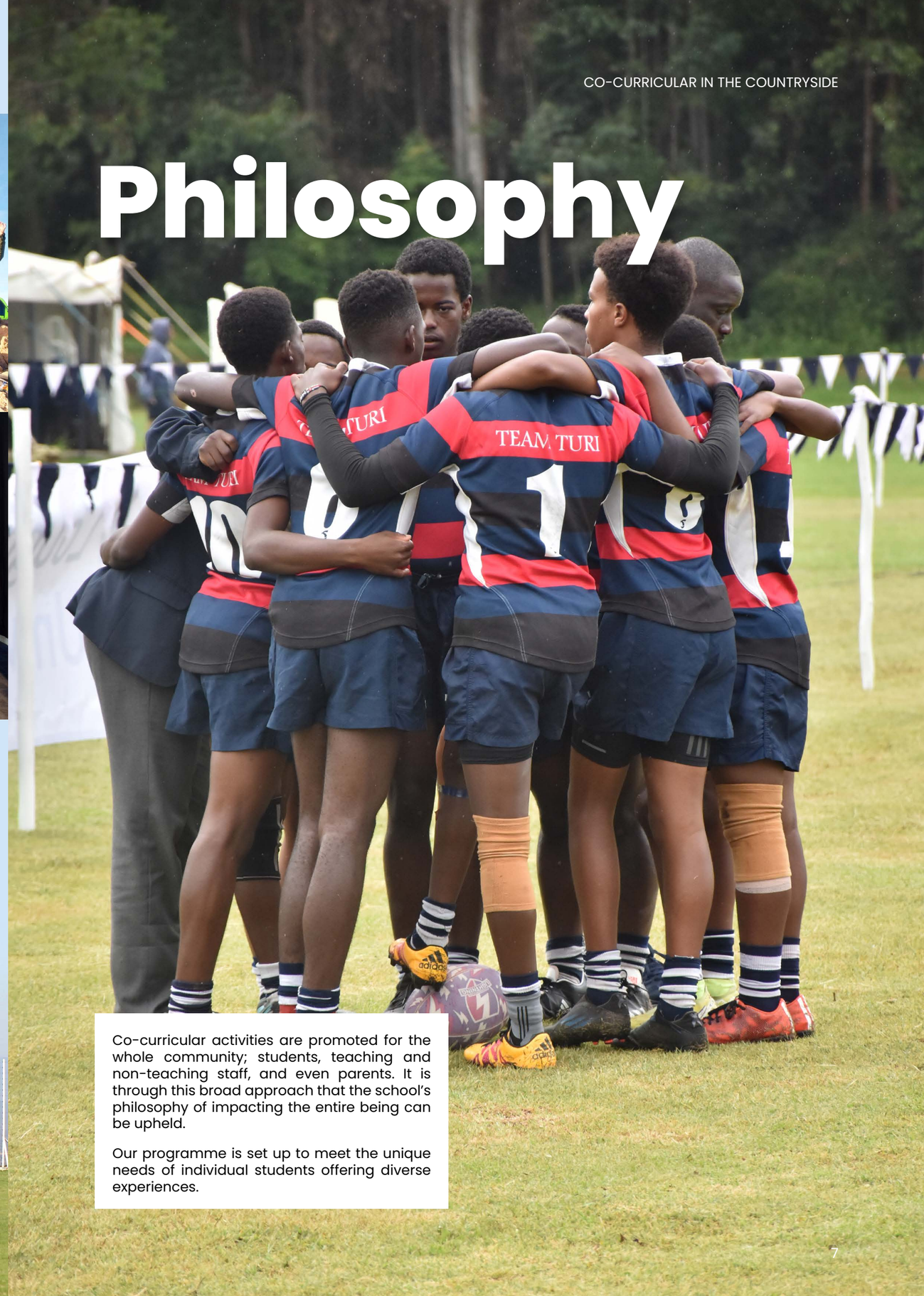
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- **Adventure and outdoor education**
- **Clubs**
- **Sport and physical fitness**
- **Creatives, including drama and music**





Philosophy



Co-curricular activities are promoted for the whole community; students, teaching and non-teaching staff, and even parents. It is through this broad approach that the school's philosophy of impacting the entire being can be upheld.

Our programme is set up to meet the unique needs of individual students offering diverse experiences.

Mechanics

Timetable

Co-curricular lessons are equivalent to academic lessons. Expectations are stated by the teacher after which student leadership is encouraged. Rewards and sanctions are applied consistent with the school policy. Colours are awarded for students with exemplary performance.

Compulsory co-curricular activities have a time allocation of about 7 hours 30 minutes per week in Main school (Year 9 to 11) and 4 hours 45 minutes per week in College (Year 13 and 13). It is expected that on average students will nearly double their co-curricular time by participating in voluntary activities.

Trips and External Events

Adding to the breadth of out-of-class activities are trips and excursions. These may be locally, around the country and internationally. Trips can be complementary to academic endevours e.g Geography, trips to Mombasa, Universities Town and Gown Trips to England or purely co-curricular e.g Regional Model United Nations Conference or an expedition to Mt Kenya.

Students also get to interact with their peers both competitively e.g Sports Fixtures and Tournaments and collaboratively e.g Orchestras, Conferences, Adventure Weekend Camps etc

A typical **week could include:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:50 - 8:15	Headmaster's / HOY assembly	Tutor time	Chapel	Tutor time	Outdoor Chapel (optional)	**9.30 - 11.30** Main school co-curricular morning, or fixtures if representing the school in sports
8:20 - 9:10	Period 1	Period 1	Period 1	Period 1	Period 1	
9:15 - 10:05	Period 2	Period 2	Period 2	Period 2	Period 2	
10:05 - 10:30	**Break**					
10:30 - 11:20	Period 3	Period 3	Period 3	Period 3	Period 3	
11:25 - 12:15	Period 4	Period 4	Period 4	Period 4	Period 4	
12:15 - 1:15	**Lunch**					
1:15 - 2:05	Period 5	Period 5	Period 5	Period 5	Period 5	
2:10 - 3:00	Period 6	Period 6	Period 6	Period 6	Period 6	
3:05 - 3:50	**Games (to 4.15)**	**Period 7**	**Games (to 4.15)**	**Period 7**	**Games (to 4.15)**	
	Break	**Break** / **Y9 – 10 Clubs (4.30 – 5.30)**	**Break**	**Peer mentoring** / **Y9 – 13 Clubs (4.30 – 5.30)**	**Break**	
5.45 - 6.45	**Supper**					
6.15 - 7.00	**Optional sports training**					
7.00 - 8.30	Prep time	Prep time	Prep time	Prep time	Faith Factor (optional)	
8.30 - 9.30	Optional sports training time					

Clubs

YEAR GROUP	CLUB OPTIONS
Year 9 and Year 10	Pick clubs from the Tuesday and Thursday options. Can choose from Tuesday and Thursday options. Year 10 doing creatives must do the curriculum clubs for coursework.
Year 11, Year 12 and Year 13	Pick clubs on Thursday. The options range from curriculum clubs, academic extension, public speaking, life skills and service clubs

We are KAISSO champions in U19G Netball, Hockey & Cross country, U15B Cricket, Rugby & Hockey



Diversity

In one academic year, a student is expected to choose at least 10 activities from at least 80 diverse options.

ADVENTURE

1. Lenana, Mt Kenya
2. Archery
3. Mt Biking
4. Orienteering
5. Obstacle course
6. Paddle boarding
7. Canoeing
8. President's Award
9. Capture the Flag
10. Horse riding
11. Adventure Weekend
12. Hog Charge
13. Camping
14. St Andrew's Day
15. Forest walk
16. Hiking locally
17. Rock climbing
18. Fencing
19. Hunter and Hunted
20. Rwenzori or Kilimanjaro

CLUBS

1. Art
2. Drama
3. Astronomy
4. Robotics
5. Chess
6. Choir
7. Conservation
8. DT & CAD
9. Study skills
10. Lamda
11. Radio
12. Scrabble
13. Philosophy
14. Aviation
15. EA-MUN
16. ELA
17. Fundi
18. Investment
19. Young Enterprise
20. Business
21. Knitting & Crochet
22. Law
23. Maths Challenge
24. Turi Times
25. Debating
26. History
27. Languages
28. Orchestra & Music
29. Peer Counselling
30. Photography
31. Programming
32. World Scholars
33. Cookery
34. Elite Swimming
35. Elite Conditioning
36. Elite Tennis
37. Passion Climbing
38. Ministers of the Word
39. Digital Communication
40. Medical
41. Engineering
42. Young Geographers

CREATIVES

1. Orchestral weekend
2. Christmas Carols
3. Christmas tree lighting
4. Speech Day music
5. Chapel & Sunday service
6. School Production
7. Art competitions
8. Young Musician/ vocalist

SPORT

1. Football
2. Hockey
3. Rugby
4. Basketball
5. Netball
6. Rounders
7. Athletics
8. Cross country
9. Swimming
10. Volleyball
11. Gym & fitness
12. Squash
13. Badminton
14. Table Tennis
15. Lawn Tennis
16. Golf
17. Cricket
18. Coaching
19. TKD







Students' Voice

What 208 surveyed students say about impact of current co-curricular offerings.

74% learnt a new skill

50% became more confident and ambitious

46% increased effort and commitment levels

43% developed resilience

41% developed leadership skills

40% improved their physical or mental health

The best co-curricular I have participated in was being in the football team. This helped me a lot with my leadership skills as I was captain. Playing off each other's strength and sharing relevant communication to other teammates has helped me with my day to day life.

I truly appreciate the process training to be a peer counsellor because it has boosted my skills and confidence to help someone with their problems. I believe it has helped me become a better person because I can share information that assist in problem solving.

Philosophy has given me a deeper understanding of how others view the world and how my views are not as universal as I thought they were.

Chess has helped develop my critical thinking as well as my cognitive skills. The most important thing chess taught me, however, was patience. I feel as though that is the most important skill we as humans learn in life.

Being in the Choir and Orchestra has really brought the saying 'practice makes perfect' to life.

Mountain Biking really helped me learn how to be brave and believe in myself more.

MUN has helped with my confidence and public speaking skills. It also helped me gain a greater awareness of other people's and countries' problems, and widen my understanding of the world.

Environmental club has helped me realise that the earth is very valuable and that we need to be good stewards to the earth.

Climbing Mt. Kenya gave me the motivation to push harder in all I do.

Leadership

Through co-curricular activities, students hone their leadership skills through:

After GCSE exams, select Year 11 students are given a 1-week training to lead main school students in their specialist area of co-curricular. There is an active competitive house system, managed by student leaders from each year group. Each club has a teacher patron but, as much as possible, students provide the vision and organisation for the weekly meetings.

- **Self-discipline/self-improvement**-Improve in areas of weakness such as personal organisation/physical fitness etc. Show resilience on a challenging service expedition.
- **Theory of leadership**-an extended essay (1500 words) on leadership theory for students to learn and understand models of leadership and develop their ability to work independently over a long period on an extended study.
- **Service**-a record of sustained contribution to the community and learn that leadership and service are intertwined together.
- **Strategic leadership**-plan, implement, monitor and evaluate a project to improve an aspect of school life
  - Leading others
  - Organising others
  - Developing others
  - Emotional literacy
  - Inspiring others



Turi Leadership Award

"Let he who is greatest amongst you be your servant" **Matthew 23:11**

Turi Leadership Award is designed to strengthen and develop our mission to build and mould the next generation of leaders of integrity and vision in Africa and beyond. This is a rigorous two-year Leadership course undertaken by students in Years' 12 and 13.

The College level programme has independent assessment points where students' performance as leaders is assessed both internally and externally.

Emerging Leaders Foundation is the organization tasked with accrediting the leadership programme against clear and challenging attainment criteria.







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