



SWANMORE COLLEGE

Centre of Excellence

ENRICHMENT OPTIONS

2024-2025



ENRICHMENT PROGRAMME

It has never been more important for a school to seek to develop and nurture the whole child, to ensure that during their five years of secondary education, they are mentally, physically, and academically ready to thrive in the adult world.

To this end, we launched our Enrichment Programme in September 2022, and it has proven a huge success. It provides an opportunity to be creative, ambitious, and visionary in our approach to the secondary school experience. We are pleased to be able to continue to run this programme again this year.

The aim of the Swanmore Enrichment Programme is to celebrate and promote wellbeing, functional skills, and social skills in a purposeful way, tailored to the interests of the individual. Every pupil will have the opportunity to select activities and experiences that appeal to them, and with such a diverse range of options on offer, we believe that there should be something that appeals to everyone.

This booklet gives pupils an overview of the range of activities on offer to hopefully spark an interest in an opportunity or a skill that they would like to select.

The overriding aim of each activity is to pursue fun and high-level engagement with a sense of purpose, and we believe that this combination will serve to enhance and support the all-round experience of your child as they also pursue their academic education at Swanmore.

GUIDANCE NOTES

Please read these guidance notes before selecting your choices:

You are selecting activities for the AUTUMN term, 2024.

- Pupils will be selecting their options online in the coming week. Please discuss these option choices at home so pupils can make their selection promptly.
- Please pick 5 enrichment activities you would be willing to take part in. Everyone will get one of their five choices.
- We will allocate places once all pupils have selected their five preferences. We cannot, however, guarantee that pupils will be with their friends.
- If we are unable to give a pupil their preferences, then we will discuss options with them on an individual basis.
- Those pupils who have already committed to Duke of Edinburgh - Bronze (Group 1) or Duke of Edinburgh - Silver, GCSE French or GCSE Spanish will not be required to make five choices as they have already been allocated a place for Autumn 2024.
- Please be aware some activities are across multiple year groups while others are exclusive to a certain year group or groups. The options booklet clearly states the year groups eligible to take each activity at the bottom of each entry. The ages shown represent the year group you will be in in the Autumn Term 2024.
- You will only be able to select activities that are assigned to your year group on School Buddy.
- For most activities, we request a voluntary contribution of £10 per pupil, per term.
- Some activities incur an additional charge which is clearly identified. This is to meet outside costs such as formal certification or the use of external resources. For these activities a £10 voluntary contribution is not necessary.
- If you require support or advice with regards to payments please get in touch with Pupil Premium via PP-help@swanmore-sec.hants.sch.uk
- If pupils do not engage with the selection process, we will allocate them to appropriate activities. This allocation may not be able to be altered once the enrichment programme has started.

3 SIMPLE STEPS

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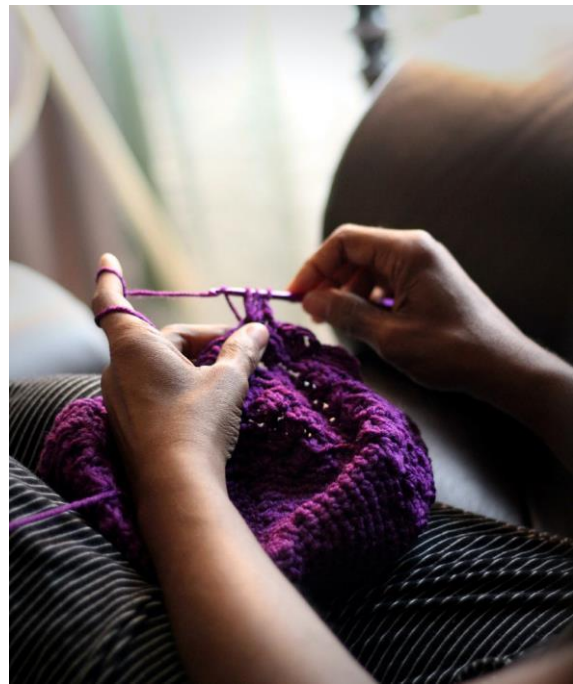
Choose 5
Options

2

Enter Your
Selection in
School
Buddy

3

Enjoy Your
Activity!



THE OPTIONS

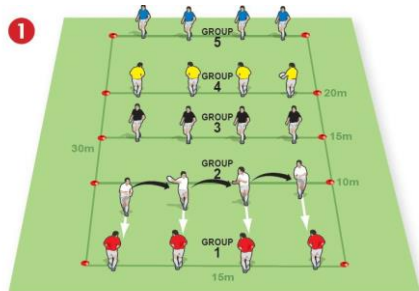


Tag Rugby ACTIVE

Tag rugby is a safe and fun way to develop and improve your rugby skills whilst making friends and developing social skills. This is perfect if you are interested in trying rugby or already play and want to get involved in a more skills-based version of the game.

This activity will improve:
Mental Wellbeing, Physical Wellbeing,
Confidence, Social Skills, Motor Skills

AVAILABLE TO ALL YEAR GROUPS



Girls Football ACTIVE

Our girls football programme is perfect for all abilities, whether you are a newcomer or experienced pro. The sessions are inspired by the FA's 'Just Play' programme, providing an inclusive and enjoyable environment for girls to learn, play and enjoy the fastest growing women's sport.

Delivered by FA qualified and experienced coaches, sessions will include skill development, tactical development (defence & attack), goalkeeping, game play, competitions and more. Alongside the physical development of pupils, our sessions also focus on pupils mental and social development and wellbeing.

This activity will improve:
Mental Wellbeing, Physical Wellbeing,
Confidence, Social Skills, Motor Skills, Oracy

AVAILABLE TO Y7, Y8 & Y9





Arteta Ball ACTIVE

A six a side football league, concentrating on effort, commitment, communication, empathy, a sporting attitude, teamwork and winning or losing with equal grace. Arteta Ball is open to all genders.

This activity will improve:
Mental Wellbeing, Physical Wellbeing,
Confidence, Social Skills, Motor Skills, Oracy

AVAILABLE TO ALL YEAR GROUPS



Running Club ACTIVE

Running club is ideally suited for pupils who have an interest in running, would like to know more about it and show determination to improve their skills.

No previous experience is necessary and a range of abilities are welcome. We will follow a varied training-programme and at the end there will be the option to take part in a local Parkrun. This is a free, 5km timed run which aims to improve mental and physical health and the achievement of completing a 5km run.

Along the way we will look at small chunks of theoretical knowledge including diet, technology, mental well-being, goal setting and training methods and their link to running. This will be a fun and relaxed environment with the opportunity to run off site, however, everyone will be encouraged to push themselves and make progress each week.

This activity will improve:
Mental Wellbeing, Physical Wellbeing,
Confidence

AVAILABLE TO ALL YEAR GROUPS



Swan-lympics ACTIVE

Pupils will participate in various sports, including (but not limited to!) badminton, netball, basketball, volleyball, rounders, and more.

Throughout the term, they will rotate through both indoor and outdoor activities, focusing on developing new skills and enhancing their physical wellbeing. This program emphasises fair sportsmanship, boosting confidence, and fostering new friendships as pupils collaborate with peers they may not typically work with while they engage in mini tournaments.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence,
Social Skills, Motor Skills

AVAILABLE TO Y8, Y9 & Y10



1st4Sport Level 1 Award - Coaching Assistant ACTIVE

This qualification is designed to provide you with an introduction to the sport, physical activity, and active leisure industry, from an activity delivery perspective. Depending on your age, this qualification may support a role in the workplace, in paid or voluntary occupations, as support for a Level 2 of Level 3 qualified activity deliverer, such as a coach, instructor, leader or facilitator. This qualification will introduce and develop the skills required to support the delivery of activities to a group of participants in a safe and inclusive manner, under the support of more qualified deliverers.

This Level 1 qualification will provide suitable support and progression for you if you intend to develop within this area at higher levels. Successful achievement of the qualification enables you to apply the principles of safe and effective sport and physical activity sessions to a group of participants, under the supervision of more qualified deliverers. You will develop an understanding of appropriate leadership skills, the benefits of active lifestyles, the rules and resources required to facilitate a sport or physical activity session and planning, delivery and evaluation skills. The qualification will support the Health Agenda whilst encouraging participation in-line with the Sport England Participation Agenda.

The registration fee per pupil is £25. This covers registration to the awarding body, use of resources and certification.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence,
Social Skills, Motor Skills, Literacy, Numeracy, Oracy.

AVAILABLE TO Y9, Y10 & Y11



Functional Fitness ACTIVE

In Functional Fitness students will have the opportunity to utilise the range of specialist equipment our Fitness Suite has to offer. We will develop their ability to move free weights looking at form and safe application of different exercises, while also gaining an understanding of how to structure their workouts and providing opportunities to work on their cardiovascular endurance too.

Students will be expected to work hard, train hard and enjoy burning off some energy in this enrichment!

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence, Social Skills.

AVAILABLE TO Y10 & Y11



Golf Driving Range ACTIVE

This golfing activity would take place at the driving range at Swanmore Golf Centre. The aim is to give pupils the opportunity to try something they may not have experienced before. For those who already play golf, it is an opportunity to spend more time with this sport and hone their skills. Golf also improves skills such as etiquette and respect amongst individuals.

There is an additional payment of £50 (£4.25 per week) for the term for this activity to cover the cost of the external hire of the equipment and facilities.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence, Social Skills, Oracy

AVAILABLE TO ALL YEAR GROUPS



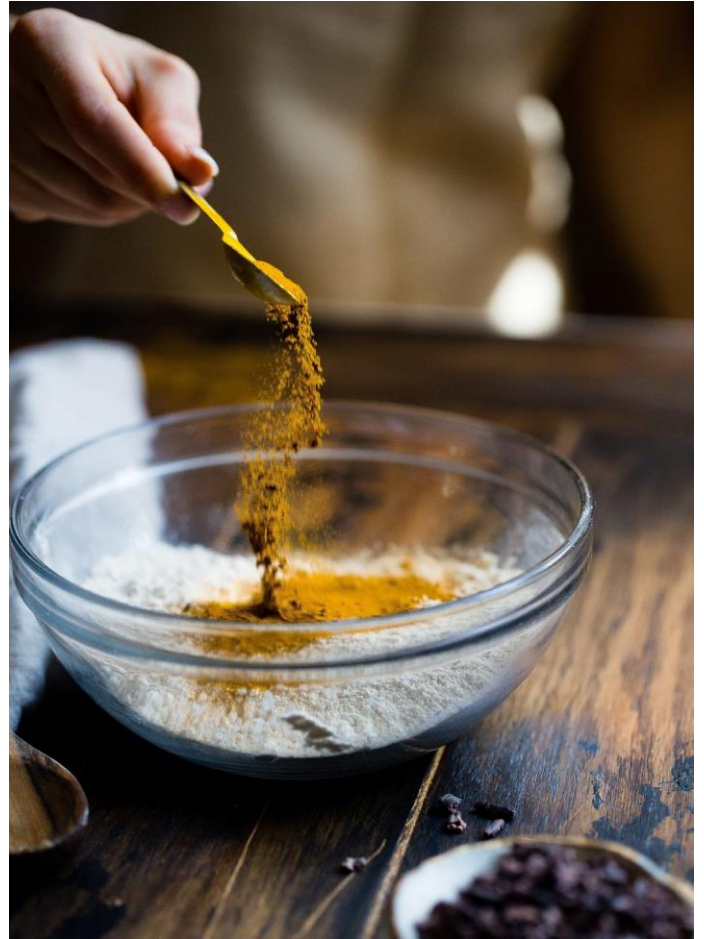
Culture Cooking

LIFE SKILLS

Learning to cook recipes from diverse cultures and countries from around the world and why they may be linked to religion, economy and beliefs.

This activity will improve:
Mental Wellbeing, Confidence, Social Skills, Motor Skills, Literacy, Numeracy, Oracy

AVAILABLE TO Y7, Y8 & Y9



Reclaimed Timber

LIFE SKILLS

During this activity, you will be using new and existing woodworking skills to make a small item of your choice. The challenge during this activity is about how to use the reclaimed timber, such as wooden pallets, to make your creation. Alongside learning and developing your practical skills, we will explore the reasons behind using reclaimed timber and how it can be salvaged before repurposing. it to make high quality and sustainable products/gifts.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence, Motor Skills, Numeracy

AVAILABLE TO ALL YEAR GROUPS

Debating

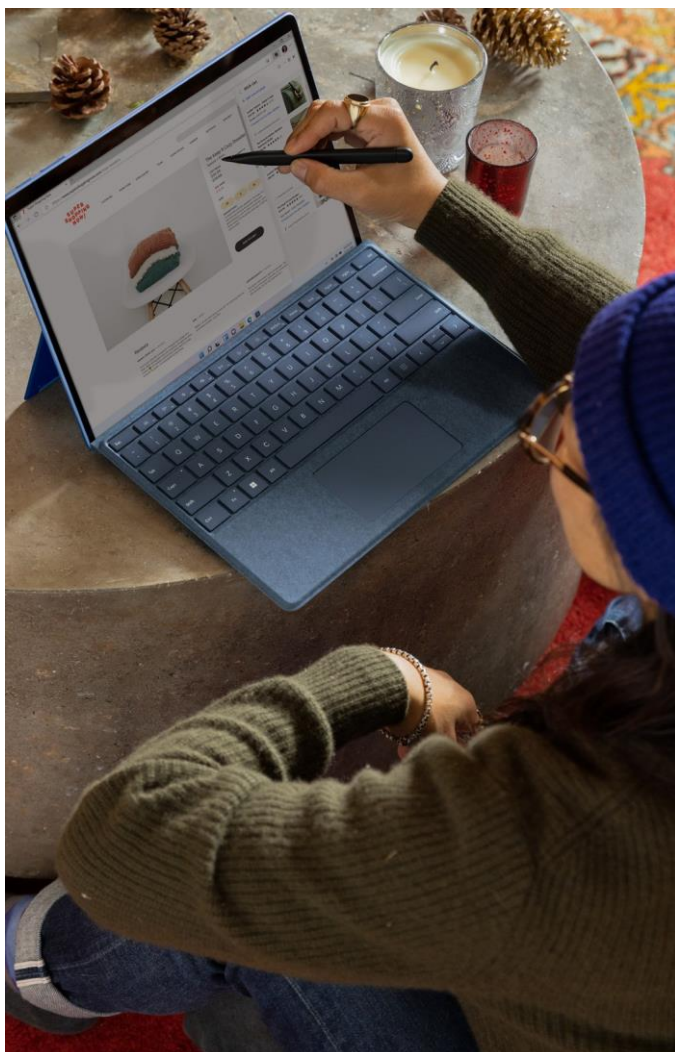
LIFE SKILLS

Polls show that many people list public speaking as their number one fear, ahead even of our fear of death! However, with a little know-how and, crucially, some practice, speaking in public can become something that anyone can actively enjoy and look forward to. The Swanmore Debating Society offers pupils an opportunity to learn how to structure compelling arguments, think on their feet and get to grips with a wide range of issues. Debating is a valuable skill for both education and beyond. Previous experience in either debating or public speaking is not a requirement.

This activity will improve:
Confidence, Social Skills, Literacy, Oracy

AVAILABLE TO ALL YEAR GROUPS





Duke of Edinburgh: Bronze LIFE SKILLS

This enrichment is for young people who in the Autumn Term wish to sign up for the full Bronze Award*. The sessions will explain the requirements of the award and cover the training elements to prepare pupils for the expedition section. This includes navigation and map reading, camp craft, first aid, camp cooking, countryside code, suitable clothing and equipment, teamwork, and planning walking routes in the outdoors.

Pupils signed up for the full award, will be given support to complete each required section or skill and they will participate in a practice and assessed expedition. These will be in The New Forest over 2 different weekends with 1 night camping on each. Pupils have already signed up for this activity and will be allocated either the Autumn or Spring Term to complete it. Those taking part only need to select an Enrichment option for the term they are not involved in DofE.

***To register for the Bronze Award and complete the practice and assessed expedition, a sign-up fee of approximately £130 is required to be paid to cover the cost of delivering these elements.**

This activity will improve:
Mental Wellbeing, Physical Wellbeing,
Confidence, Social Skills

AVAILABLE TO Y9 & Y10

Business & Enterprise LIFE SKILLS

Are you a budding entrepreneur? Do you have dreams of becoming a successful business owner? You will explore the basics of business and accounting, research and development. You will also be learning how to start a business and the basic laws around taxes. You will then get the chance to start up your very own business, having chance to buy stock and sell it with the aim to make some profit.

This activity will improve:
Mental Wellbeing, Physical Wellbeing,
Confidence, Social Skills, Motor Skills

AVAILABLE TO Y9, Y10 & Y11



Duke of Edinburgh: Silver LIFE SKILLS

The Silver Award is for pupils, in this year, who are in the process of completing their Bronze Award at Swanmore and have finished their independent sections of Skill, Physical and Volunteering, either at Swanmore or have achieved the Bronze Award.

We anticipate that participants would wish to sign up for the full award*, therefore, the sessions will cover the enhanced training required for the Silver Award and support other sections. The Silver Award, like the Bronze, covers the three independent sections of Volunteering for 6 months, plus 3 / 6 months for a Skill and Physical, with a longer 3-day independent walk and 2-night camp in unfamiliar territory - potentially Dartmoor and Purbeck Hills.

Pupils who have already signed up for this activity will be allocated it in the Autumn Term. As a result, you will not need to select another Enrichment option for the Autumn term.

***To register for the Silver Award and complete a practice/assessed expedition, a sign-up fee of approximately £200 is required to be paid to cover the cost of delivering these elements.**

This activity will improve:
Mental Wellbeing, Physical Wellbeing,
Confidence, Social Skills, Oracy.

AVAILABLE TO Y10



The Spud Club LIFE SKILLS

This enrichment activity will be for a small group of enthusiastic students to get involved with cultivating vegetables, flowers, and fruits and will last for the whole year. They will experience all 4 seasons in the garden and learn about the different work that is involved during each season.

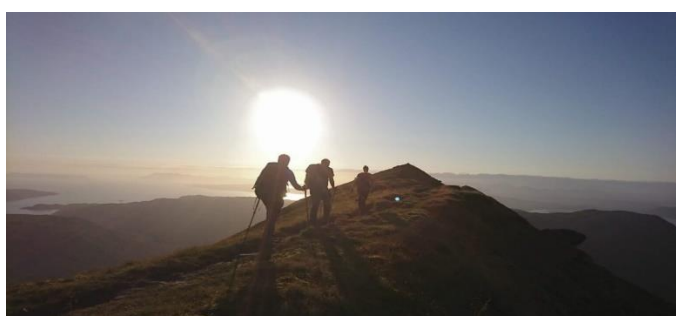
We will aim to get winter crops in, as well as spring and summer harvests, most of which the students will be permitted to take home as a reward for their efforts, subject to the usual Health and Safety checks.

We will be out in all weathers, so wellington boots and warm coats will be required in the winter months, and maybe a hat and sunscreen in the summer. This will be a physical enrichment activity with potentially fabulous rewards as we work our way through the seasons, so full participation will be required at all times.

It will take place in the fenced off garden area between the big canopy and the tennis courts and all tools will be provided. On really rainy days we will be classroom based and planning our next crops with a bit of research and design involved.

This activity will improve:
Mental and physical wellbeing, social skills,
confidence, and motor skills.

AVAILABLE TO ALL Y9, Y10 & Y11



Everyday Cookery

LIFE SKILLS

Anyone can appreciate fresh, fine food and in this enrichment activity you will have the opportunity to develop your home cooking skills. You will build your confidence in using ingredients to make good quality meals which you can reproduce at home.

This enrichment will be a mixture of demonstrations and practical tasks. Pupils are expected to bring ingredients to each of the sessions and will be issued with an ingredient list with plenty of notice/time to purchase these. Dishes will include bread and pastry-based products as well as curry and poultry dishes.

By the end of the term, you will have a wider repertoire of 'go-to' dishes and confidence to cook outside of Swanmore College.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence, Social Skills, Motor Skills

AVAILABLE TO Y10 & Y11



First Aid

LIFE SKILLS

This is a paediatric (accredited) Level 1 qualification for students aged 14+ and is run across a term.

This qualification is the **MUST HAVE** for anyone looking to enter the sports coaching and education sectors. In this qualification you will learn how to respond to emergencies, both non and life threatening. Through theoretical and practical course content you will gain the knowledge and skills to deal with such things as managing emergency situations, CPR, Burns, allergic reactions and more.

As you continue on your journey as an educator/ coach this qualification will become part of your continued personal development plan throughout the years and in all sports, is a coaching license requirement. This is also an accredited course.

The registration fee per pupil is £25. This covers registration to the awarding body, use of resources and certification.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence, Social Skills, Motor Skills

AVAILABLE TO Y10 & Y11



Board Games

MEDIA & ENTERTAINMENT

An opportunity to learn and play a variety of board games, with the chance to design and make your own board game in the second half term.

This activity will improve:
Mental Wellbeing, Confidence, Social Skills, Motor Skills, Literacy, Numeracy, Oracy

AVAILABLE TO ALL YEAR GROUPS



Warhammer Club

MEDIA & ENTERTAINMENT

As well as learning to play the incredibly popular tabletop game Warhammer, you will design, build and paint your own miniatures and scenery - something that has become a popular art form in the gaming community. We will explore how to create a visually impactful display, design a structure that will support itself, and learn miniature building techniques. The result will be a handmade miniature diorama that you have designed, painted and built yourself, which you can use in Warhammer or other tabletop games and to display your own miniatures!

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence, Social Skills, Motor Skills

AVAILABLE TO ALL YEAR GROUPS



Dr Who Club

MEDIA & ENTERTAINMENT

Each week would involve watching a particular, cherry-picked episode, followed by episode relevant tasks that deal with the ethics and philosophy contained within them.

Dr Who is a great British institution which has been with us for over 60 years. Pupils who attend will be encouraged to think about life, the universe and their meaning within it, and I am confident I will be enriching all who attend.

This activity will improve:
Mental Wellbeing, Oracy, Confidence, Literacy and Social Skills

AVAILABLE TO ALL YEAR GROUPS

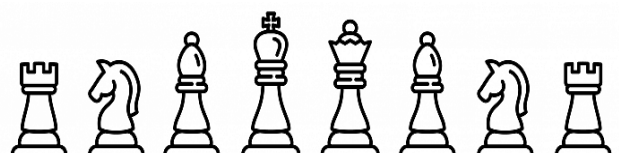
Chess Club

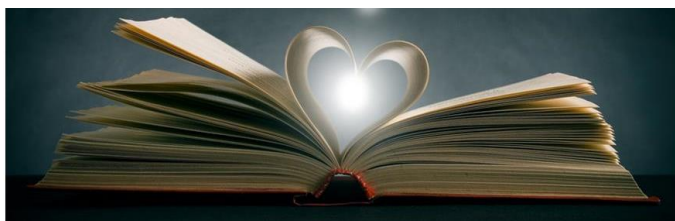
MEDIA & ENTERTAINMENT

An opportunity to develop your skill and confidence at a game many would describe as the greatest strategy game of all time.

This activity will improve:
Mental Wellbeing, Confidence, Social Skills, Numeracy

AVAILABLE TO ALL YEAR GROUPS





Darts

MEDIA & ENTERTAINMENT

180! Join us to become the next Phil Taylor, Michael van Gerwen or Fallon Sherrock! We will play 501, cricket, round the clock and many more games! You will learn how to throw, how to score and how to win games of darts!

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence, Social Skills, Motor Skills

AVAILABLE TO ALL YEAR GROUPS



For the Love of Books!

MEDIA & ENTERTAINMENT

Do you love reading? Fantasy? Thrillers? Dystopia? War fiction? Romance? If so, this is the group for you! Whether there is a particular genre you prefer, or you are keen to read something new, we know you will love the chance to relax, recline and read. In addition, there will be activities for you to enjoy such as meeting an author or publisher, creative book art, making film trailers, quizzes and sharing your enjoyment of books.

This activity will improve:
Mental Wellbeing, Confidence, Social Skills, Literacy, Oracy

AVAILABLE TO ALL YEAR GROUPS

Marvel Club

MEDIA & ENTERTAINMENT

A club that looks at the ever-expanding Marvel Cinematic Universe, with a clear focus on representation across the superhero genre and how this is reflected in our world. There will be a range of creative tasks and discussions across the term that will explore/challenge stereotypes in the heroes and villains of the MCU, with the potential to create a short film combining your knowledge and skills. There will be opportunities to develop this knowledge through the various Marvel TV shows and films that make up the MCU. Swanmore, assemble!

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence, Social Skills, Motor Skills

AVAILABLE TO ALL YEAR GROUPS

Media Makers

MEDIA & ENTERTAINMENT

Welcome to the Media Makers Club, an exciting new opportunity for students to unleash their creativity and explore the dynamic world of media production.

Whether you're passionate about filmmaking; have a knack for podcasting; or dream of crafting magazine covers, this enrichment is the perfect place for you. This is also an amazing opportunity to experience a taster of the Media Studies GCSE course.

This activity will improve:
Mental wellbeing, social skills, literacy, confidence

AVAILABLE TO Y8 and Y9



Radio Controlled Cars

MEDIA & ENTERTAINMENT

Radio-controlled 1/10th race cars. Working in a small team you will learn to drive, maintain and make each car perform to its optimum. In conjunction with TORCH racing, you will learn to race competitively, initially undertaking a driving course aimed at developing your technique. Once you have mastered controlling the cars you will then compete in a series of fast paced time trial challenges and races on a professional BRCA approved track.

You will have opportunity along the way to consider the design of racetracks and the elements that make an effective race team, all whilst working within your team to aim to secure a podium finish.

This activity will improve:
Mental Wellbeing, Confidence, Social Skills, Motor Skills

AVAILABLE TO Y9, Y10 & Y11

Amped PERFORMANCE

Some prior ability of your chosen instrument(s) is essential.

Are you a bedroom busker? Do you enjoy playing a musical instrument, such as guitar, drums, bass guitar or piano? Perhaps you love to sing? Do you dream of being part of a band, or being a singer songwriter? Join Amped! We will be coming together to form exciting bands of different genres. You will be able to select and perform songs of your choosing, record tracks in the Swanmore College recording studio, and play in the Performing Arts building.

This activity will improve:
Mental Wellbeing, Confidence, Social Skills, Motor Skills, Literacy, Numeracy, Oracy

AVAILABLE TO ALL YEAR GROUPS

Building Confidence

Through Magic PERFORMANCE

Pupils will improve their confidence through learning some simple magic skills. At the end of the course, pupils will put on a magic show for their friends. We will be teaching 'self-sorting' card tricks, how to use 'gimmick' card decks, such as the Svengali deck, and how to perform sleight of hand with cards and coins. In addition, pupils will learn about the art of misdirection, the history of magic and will watch performances of more sophisticated magic.

This activity will improve:
Mental Wellbeing, Confidence, Social Skills,
Motor Skills

AVAILABLE TO ALL YEAR GROUPS

3Sixty Dance Academy Street Dance PERFORMANCE

Our street dance enrichment programme at Swanmore College will provide a high-quality and fun dance experience for all ages and abilities. Join us to learn different street dance variations and skills, mastering routines and refining techniques. Our highly experienced dance coach will teach a variety of different street style workshops, exploring styles such as commercial, locking, hip hop and more.

Whether you are in it to just have fun, or to join our dance crew to perform at events and competitions, this is a great safe, positive and inclusive space for all.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence,
Social Skills, Literacy, Numeracy, Oracy

AVAILABLE TO ALL YEAR GROUPS

★★★ Dance Team Option ★★★

Dance live! PERFORMANCE

For this activity, pupils will be taking part in Dance Live. This is a national competition which hundreds of schools take part in. The competition is set up the same as Rock Challenge except for the added feature of an electronic screen to enhance your performance. If pupils choose this option, they can either be performing cast (dancers) or tech team (which includes everything from running backstage tasks during the performance, lighting, costume design, prop manufacturing and videography).

If Swanmore are successful in their first heat in February, we will then be going to the finals in April/May. We would need to adjust every feature (rehearsals/changes to costume/lighting/props) before then. Therefore, the Dance Live enrichment will require a full commitment of the three terms, and pupils will not be able to simply 'drop out' of the option. If Swanmore does not win our first heat, then pupils will attend weekly dance classes and workshops provided by the Dance department and guest choreographers.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence,
Social Skills, Literacy, Numeracy, Oracy

AVAILABLE TO ALL Y7, Y8, Y9 and Y10.



Bronze Arts Award

SUBJECT SPECIFIC

Develop your creativity, communication, and leadership skills as you work towards a nationally recognised art qualification, accredited by Trinity College London. You will create a portfolio for the four sections of the award, recording your participation in the arts, your experience of the arts as an audience member, your research of the work of an artist or craftsman of your choice, and how you have shared an art skill.

This year's Arts Award students are designing and producing a collaborative glass mosaic and are hosting an art workshop for local primary school children.

The Bronze Art Award will require a year long commitment from pupils to enable them to successfully achieve the award. **There is also a moderation fee for Bronze Arts Award, which is currently £33.**

This activity will improve:
Mental Wellbeing, Confidence, Motor Skills

AVAILABLE TO ALL Y8



Ancient Civilisations

SUBJECT SPECIFIC

Love Percy Jackson? Want to know more about myths surrounding the ancient world; the odious emperors, Greek tragedies and everything that made them great? The Egyptian world shaped the Greek one and this passed with the Romans to Britain. But that's just Europe! You will also learn about Mesopotamia (the cradle of civilisation), which led to the Persian empire, which was in turn superseded by the Steppes civilisations. Hopefully, you have heard of Attila the Hun, but how about the rose city of Petra used in 'Indiana Jones and the Last Crusade'?

At the same time Meso-America, the Indus Valley and China had civilisations that sometimes dwarfed those of their European cousins and through amazing inventions and trade, they influenced the whole world. What did the ancients ever do for us? Find out in Classical Civilisation.

This activity will improve:
Social Skills, Literacy, Oracy

AVAILABLE TO ALL YEAR GROUPS



Digital Art & Illustration SUBJECT SPECIFIC

An ideal opportunity for anyone who is interested in digital drawing. Using tools like Procreate on the iPad, you will learn the basics of creating digital artwork. During these sessions we will cover topics such as the fundamentals of drawing, understanding light/colour and building a back story to influence design.

In time, you will have a better understanding of how to use different tools and techniques in Procreate to create illustrations, characters and environments.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence,
Social Skills, Motor Skills

AVAILABLE TO ALL YEAR GROUPS



Beginners Pottery SUBJECT SPECIFIC

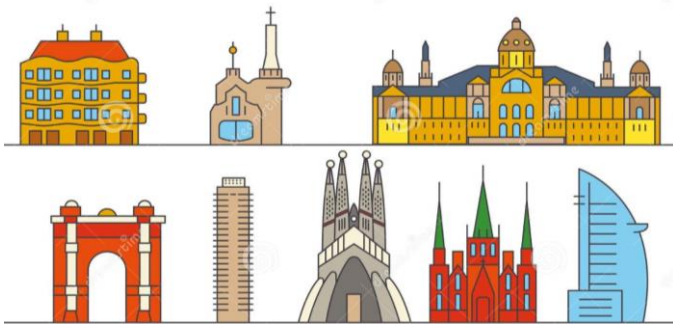
Pottery is the process and the products of forming vessels and other objects with clay, which are fired at high temperatures to give them a hard and durable form.

It is one of the oldest human inventions and has been used for both decoration and functional use (vessels, bowls, plates, cups etc.). During this course, we will cover hand-building techniques such as pinch pots, coiling and slab building. Work will be fired in the kiln and decorated using glazes, sgraffito and other options. Our inspiration will come from the ceramics of both ancient and modern civilisations.

This activity will improve:
Mental Wellbeing, Confidence, Motor Skills

AVAILABLE TO ALL YEAR GROUPS





GCSE Spanish SUBJECT SPECIFIC

This two-year course will give you the opportunity to gain a GCSE qualification in Spanish. This course is suitable for anyone who:

- currently studies Spanish in Year 9 but did not select it as a GCSE option.
- currently studies French in Year 9 but would also like to study Spanish as an extra language to take the GCSE exam in Year 11.

We are looking for committed and enthusiastic culture vultures, confident communicators, and logical thinkers.

This activity will improve:
Mental Wellbeing, Confidence, Motor Skills

PLACES ON THIS COURSE HAVE ALREADY BEEN ALLOCATED TO YEAR 9 STUDENTS MOVING INTO YEAR 10. TAKING THE COURSE COMMITS YOU TO TWO YEARS OF FURTHER STUDY.

If you have already been accepted onto this Spanish GCSE course, you do not need to make any other Enrichment choices this academic year.



GCSE French SUBJECT SPECIFIC

This two-year course will give you the opportunity to gain a GCSE qualification in French. This course is suitable for anyone who:

- Currently studies French in Year 9 but did not select it as a GCSE option.
- Currently study Spanish Year 9 but would also like to study French as an extra language to take the GCSE exam in Year 11

We are looking for committed and enthusiastic culture vultures, confident communicators, and logical thinkers.

This activity will improve:
Mental Wellbeing, Confidence, Motor Skills

PLACES ON THIS COURSE HAVE ALREADY BEEN ALLOCATED TO UPCOMING YEAR 11 STUDENTS CONTINUING THEIR STUDIES FROM YEAR 10.

If you are already involved with French GCSE, you do not need to make any other Enrichment choices this academic year.



Law

SUBJECT SPECIFIC

Fancy yourself as the next Harvey Specter (Suits) or Elle Woods (Legally Blonde)?

If a career in Law is something that interests you, then come and get a taster for it an enrichment. We will cover the basics of English Law and the Legal System in the UK, routes to qualifying as a lawyer, along with Criminal Law, Contract and Tort Law, and Human Rights. We will also hold a 'mooting' event where you put yourself in the shoes of a lawyer and argue your client's case – can you convince the Judge?

This activity will improve:
Mental Wellbeing, Confidence, Motor Skills, Oracy and Self Confidence.

AVAILABLE TO Y10 & Y11

Mindful & Relaxing Colouring WELLBEING

Our enrichment session is simple: mindful and relaxing colouring. In this group, we will listen to calming music, chat and enjoy focusing on bringing our beautiful and detailed colouring books to life. Colouring takes your attention away from yourself (and those things that are stressing you out!) – it is very much like a meditative exercise. When thoughts are focused on this simple activity, your brain tends to relax. If you are looking to wind down and chill out, this is for you!

Groups will be spilt into KS3 and KS4 classes for this enrichment.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence, Social Skills, Motor Skills

AVAILABLE TO ALL YEAR GROUPS



Mindfulness & Meditation WELLBEING

'Mindfulness and Meditation' sessions are about pupils paying attention, in the present moment, to their own thoughts and feelings, and to the world around them. This allows time to relax and reflect, and consequently improves mental well-being. Pupils will try different meditation techniques, as well as a range of mindfulness activities, including paint by numbers and jigsaw puzzles. Ideas learnt will support pupils in developing strategies which can help reduce stress and increase concentration.

This activity will improve:
Social Skills, Literacy, Oracy

AVAILABLE TO ALL YEAR GROUPS



Scrapbooking WELLBEING

Is your phone full of pictures you wish you could see all at once? Do you wish you could create a special keepsake, to cherish for a lifetime, which showcases the special memories of yours and your friends and family lives with all the places you have been?

Scrapbooking (Memory Book) is a wonderful way to collect all these events together. By joining this activity, you will collect the treasured images of your life and categorise them into sections. This could be of your family; birthdays; your time as baby and toddler; friendships; school, holidays; pets; trips; parties...the list is endless!

Together we will use your images and create pages you can decorate and customise with stickers and accessories. At the end of the term, you will have transformed all your great memories into something unique and wonderful that you can cherish forever.

To prepare for each themed session, you will need to have your photographs/images ready. These may be printed images, photocopies or actual photographs. We can provide a standard scrapbook, or you may choose to purchase one from a craft store/online that is more bespoke to you. We will provide scrapbook accessories – again you may choose to bring some which are more suitable to you and your memories. Although coloured pens will be provided, you may bring stationery that you prefer to work with.

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence,
Social Skills, Motor Skills, Literacy, Oracy

AVAILABLE TO ALL YEAR GROUPS



Learn to Crochet WELLBEING

A beginner's course to learn how to crochet. Pupils will learn several different types of stitches and will create their own crocheted item.

This activity will improve:
Mental Wellbeing, Confidence, Motor Skills

AVAILABLE TO ALL YEAR GROUPS





Cross Stitch WELLBEING

In this enrichment we will be creating pieces using cross stitch and different sewing styles. We will start with beginners cross stitch creating small pictures to develop sewing skills. We will then be able to advance to bigger pictures or plan and create our own cross stitch.

This activity will improve:

Well-being, social relationships with peers, creativity, imagination, mindfulness, craft, maths skills (without realising probably!)

AVAILABLE TO ALL YEAR GROUPS

Advanced Crochet WELLBEING

Crochet for beginners has been running since enrichment started. With this in mind, we would now like to offer a more advanced version for those that want to progress further.

Advanced Crochet is for confident crocheters who want to learn new stitches, different techniques used to work with several colours in a project and Tunisian crochet. Week by week we'll go through several different stitches for texture and patterns, like waffle stitch, waistcoat stitch and fan stitch, and introduce working with different colours using the mosaic and tapestry techniques. We will also go through the basics of Tunisian crochet.

This activity will improve:
Mental Wellbeing, Confidence, Motor Skills

AVAILABLE TO ALL YEAR GROUPS



Learn to Cross Stitch and Embroider. WELLBEING

This embroidery and cross-stitch enrichment unlocks your creative potential!

Master essential stitching techniques and design your own unique project. Whether you're a complete beginner or a seasoned stitcher, there's something for everyone. Let's transform fabric into personalized masterpieces!

This activity will improve:
Mental Wellbeing, Confidence, Motor Skills

AVAILABLE TO Y10 & Y11



Learn to Knit WELLBEING

Learn to Knit will help you develop your creative side and promote your wellbeing. You will learn basic knitting skills: casting on and off and producing a range of patterns in knit and purl stitches.

Those completely new to knitting will be able to create a simple knitted garment, like a scarf. Keen knitters with some knowledge of the craft are also welcome and might make something more complex such as a knitted animal. If you are looking for a fun, relaxing and sociable activity where you can show your creative flair...learn to knit!

This activity will improve:
Mental Wellbeing, Confidence, Social Skills,
Motor Skills

AVAILABLE TO ALL Y7, Y8 & Y9.



Canine Wellbeing WELLBEING

This is a small, quiet wellbeing group for pupils who would like to spend time with the school dog either Wednesday, Sammy or both!

The group will also benefit from visits by outside speakers such as Canine Partners to show pupils how assistance dogs can also support people in day-to-day life.

We will do activities such as colouring, quizzes, dog & wellbeing walks as well as discuss personal care and wellbeing. This may be linked to appropriate educational films and documentaries.

Hot chocolate and brownies will be provided!

This activity will improve:
Mental Wellbeing, Confidence and Communication Skills.

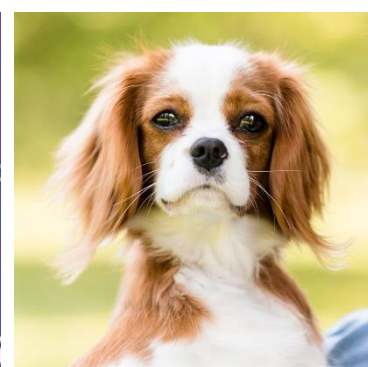
AVAILABLE TO Y9 & Y10

Find your Flow WELLBEING

This enrichment will take you on a guided tour of all things Wellbeing. Each week, you will spend some time focusing on yourself and your wellbeing through journalling, yoga, colouring and a range of other mindful activities. This is a calming and reflective group that will allow you some much needed 'down time' from the stresses and demands of the rest of your school week. It will be a very relaxing and restful activity!

This activity will improve:
Mental Wellbeing, Physical Wellbeing, Confidence, Social Skills, Motor Skills, Literacy, Oracy

AVAILABLE TO ALL Y9, Y10 & Y11





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The College office is open from 8.00 am until 4.00 pm on Mondays to Thursdays
and until 3.30 pm on Fridays.

An answer phone operates on the office line outside of these hours.