

# ENRICHMENT OPTIONS



## WHAT IS ENRICHMENT?

The purpose of the Enrichment Programme is to offer you an opportunity to do 'something different' whilst at the Carlton Academy Sixth Form.

The enrichment programme at the TCA Sixth Form involves year 12 students participating in the following:

1. **Attending a wider curriculum session each week**
2. **Attending VT as a co-tutor one tutor time each week**
3. **Volunteering as a TA in a KS3 or KS4 lesson, helping Y7 and Y8 students with their reading or volunteering at an after-school/lunch time club**
4. **Participate in the STELLAR programme**

Studying in the Sixth Form allows you to start specialising in curriculum areas but it is still important to retain a breadth of experience. The opportunities on offer for Enrichment cover a range of interests and skills that should appeal to all of you. A further very important reason why we ask you to take an Enrichment course is because of the added 'edge' it can give you in later applications. When you apply for university places, apprenticeship and employment you will be up against people who have similar qualifications and grades as you. How can you convince interviewers that it is you they want? That's where these courses can really help.

There are a number of options available but you have to ensure that it fits in with your own timetable. To enable you to gain the most from this enrichment experience you will do it for the whole year.

# Enrichment Task 1

## Wider Curriculum Sessions

*You need to opt for one session which you will do weekly throughout Year 12. You need to ensure that the session to select fits with your academic timetable.*

### **Art Therapy**

The use of artistic methods to enhance mental health is known as art therapy. Art therapy is a technique rooted in the idea that creative expression can foster good mental well-being. Research suggests that less than an hour of creative activity can reduce stress and have a positive effect on your mental health, regardless of artistic experience or talent. So, come along, clear your mind and get fully absorbed into something creative.

### **Book club**

If you have a love of reading, then the sixth form book club may be for you! We will decide together on a book that we will all read (approximately one per half term). We will select from genres such as crime, science fiction, comedy, romance, action and adventure, biography and many more. We will meet each week to keep on track and we will then review each book at the end through a series of discussion questions. The books will be decided by you but everyone will need to agree on the same book per half term.

### **Classics Club**

'Classics Club is a fantastic opportunity to become more familiar with the Greek and Latin literature that makes up the earliest recorded storytelling in the Western world. We will delve into myths, legends, cosmologies and genealogies once a week, starting with the big names all the way through to more obscure stories and versions of the greats.

*Was Heracles a great hero or childish brute? What were the worst punishments that the Underworld had to offer? Why shouldn't you ever, ever trust a swan? Find out at Classics Club!*

### **Extended Project Qualification (Level 3)**

The Level 3 Extended Project qualification is a research-based qualification where students research a topic of interest in great detail. Students develop a research question and produce a dissertation to answer the question. The qualification is viewed highly by universities and employers because of the critical thinking skills and problem-solving skills you develop throughout the process of carrying out the project. The Level 3 qualification is worth an AS level which equals UCAS points for University.

*Research question examples include: Is the free press a force for good? Should prostitution be legalised? Should the NHS pay for IVF treatment? Should human cloning be allowed?*

### **Food Safety & Hygiene Certificate**

An accredited qualification by City and Guilds which is completed on line and assessed through a 2-3 hour training programme offered by Virtual College. The course covers a wide range of topics including an introduction to food safety and hygiene and understanding food law and the regulations around food

safety. Alongside the theoretical aspect of the course, students will have the opportunity to build a repertoire of skills and techniques in food preparation, developing their confidence and ability in being able to plan and cook meals at home for themselves, their families and friends.

### **Home Cooking Skills Award**

Students will complete an internally assessed qualification where you will build a repertoire of skills and techniques in food preparation. Assessment is in the format of a practical session where students are required to plan, prepare, cook and present two dishes under controlled conditions. The course aims to give learners the knowledge, skills and confidence to enjoy cooking and how to economise when planning meals to cook at home. The unit will encourage learners to transfer skills learnt to other recipes to continue cooking for themselves and their families and to inspire others by passing on their knowledge. The unit is based on the proposition that being able to cook is an essential life skill which empowers people to make changes that have benefits to health and wellbeing.

### **IDEA**

The Inspiring Digital Enterprise Award, known as iDEA is an international award-winning programme that helps you develop digital, enterprise and employability skills for free. Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd. Many people write about their achievements with iDEA in their personal statement if they are applying to University or when applying for jobs - the Awards are recognised by UCAS in the same way as The Duke of Edinburgh's Award. Your Record of Achievement enables you to showcase the skills and knowledge you have learnt wherever you are on your journey with iDEA, whether you have earned two badges or fifty.

For more information go to <https://idea.org.uk/>

### **Philosophy and Ethics**

Philosophy and Ethics will provide you with an opportunity to explore and question the world around you, as well as develop critical thinking skills. Through engaging and lively discussion you will have an opportunity to understand key philosophical concepts and ways of thinking. It provokes challenging questions about meaning and purpose in life, beliefs about God, issues of right and wrong and what it means to be human.

### **'Planet Protectors!'**

Are you interested in global environmental issues? Does climate change worry you? If so, this wider curriculum opportunity is for you!

### **Programming 101**

Programming 101 will enable students to learn how to develop applications for mobile and web using key algorithmic thinking skills and programming languages. The sessions will help students to think creatively and logically to come up with solutions to problems they have identified by developing applications to resolve them. The aim is to help students to develop skills and projects that will set them apart from the others.

### **Social Science in the real world**

Are you intrigued by psychological thrillers? Do you have questions after watching sociological documentaries? These sessions will involve watching and discussing programmes, documentaries and films about different areas of social science, ranging from society, prison life, criminal behaviour, mental health and illness, as well as many more. You will develop a deeper understanding of the world in which we live and the workings of the human mind. We will review what we watch in the form of discussion and written work.

### **Sport**

A chance for sixth form students to participate in practical timetabled lessons. These sessions are open to everyone and activities will change throughout the year giving students the chance to experience a variety of sports. PE staff look forward to offering Team or Individual sports as well as the chance to use our cardio fitness gym which will have brand new treadmills, rowers, bikes and cross trainers.

### **The Tenner Challenge**

The Tenner Challenge is a national challenge for students. Over the course students will use £10 pledges to get their student business ideas off the ground. It's an interactive programme that helps students to develop key employability skills including creativity, resilience, and problem solving.

## **Enrichment Task 2**

### **Attend VT as a co-tutor one tutor time each week**

*Each week in a tutor time slot you will act as a co-tutor in a VT tutor group.*

Each week all Year 12 students will attend VT and act as a co-tutor. This may involve helping with PSHE activities, DEAR time or oracy. You are an amazing role model to the younger students so you are able to help them so much by taking on this co-tutor role.

## **Enrichment Task 3**

### **TCA Volunteering**

*Each week in a free period you will contribute to the wider school through a voluntary role.*

As a Year 12 student you will take part in a voluntary role in the wider school. You will have the option of taking on the role of a TA in a KS3 or KS4 lesson, volunteering in the accelerated reader programme to support years 7, 8 and 9 in their reading skills, or taking a role running an after school or lunch time club alongside a member of staff.

## Enrichment Task 4

### The Stellar Programme

*All Year 12 students will take part in the Stellar Programme. This is to give you both extracurricular and super curricular opportunities during your time at school.*

<b>MENTORING</b> Examples include: Peer/buddy mentoring and lower school mentoring.	<b>STUDENT LEADERSHIP</b> Examples include: Head boy and girl, Sixth Form Committee, School Council, Leading assemblies, Form/Subject rep, leading a club.
<b>CHARITY</b> Examples include: taking a role in raising money/awareness for a charity, cake sales, assemblies, fund raising, Comic Relief, poppy sales, Holocaust Remembrance etc.	<b>ATTENDANCE</b> 98% challenge – to achieve 98% attendance over two years.
<b>WORK EXPERIENCE PLACEMENT</b> To gain at least one week of valuable, aspirational work experience or career insight. This could be virtual.	<b>VOLUNTEERING IN SCHOOL</b> Examples include: helping at an Open Evening, student tours, speaking to students, staff interviews, promotion etc.
<b>SUPER CURRICULAR (complete 3)</b> Examples include: Summer School, HE programmes, Taster lectures, MOOCs. Can chose from Super- curricular list.	<b>SPORT</b> Examples include: play for a team, regular commitment e.g. Yoga practice, involvement in extracurricular sport at school, help out with the lower school team, training, refereeing etc.
<b>CULTURAL EVENTS (attend 2 cultural events)</b> Examples include: theatre, music, art exhibitions, museum, online gallery tour, cultural lecture or TEDtalks.	<b>COMMUNITY ENGAGEMENT</b> Examples include: volunteering e.g. charity shop, helping to run youth groups etc Brownies, church groups, environmental campaigning.
<b>ENRICHMENT</b> Take part in an enrichment activity as part of the Sixth Form enrichment programme.	<b>PERSONAL GROWTH</b> Read 3 books from reading list, learn a new skill, take part in an environmental project, learn an instrument, get better sleep with a mindfulness programme, etc.
<b>SIXTH FORM TRIP</b> To take part in a curriculum trip e.g. theatre, field trip.	<b>HE/CAREERS ENCOUNTERS</b> To independently visit universities, careers fairs, apprenticeship talks, careers talks, create a CV, create a LinkedIn profile etc.

Students have two years to complete as many sections as possible.

At the end of Year 13 you will 'graduate' with either a Bronze, Silver or Gold Award depending on how many sections you complete:

- **BRONZE** - complete 5 of the above sections which must include 3 of the sections highlighted in bronze
- **SILVER** - complete 7 of the sections above which must include 3 of the sections highlighted in bronze AND the 1 in silver
- **GOLD** - complete 10 of the sections above, including all 9 boxes highlighted

## An Additional Opportunity

### Gold Duke of Edinburgh

At TCA we offer the Gold Duke of Edinburgh qualification. The DofE is a life-changing adventure you don't want to miss. It's about going the extra mile – learning new skills for work and life, getting fitter, helping others and exploring the countryside.

It involves completing a number of different activities and there is loads to choose from. Maybe you want to try something new? Or get better at something you're already doing? Your DofE can be whatever you want it to be. Activities for each DofE section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.



So why should you do your DofE? It's hard to list all the benefits of achieving your Gold Award, so here's a quick snapshot:

- You'll gain skills that employers' value, which you can easily reference on your CV
- Stand out from the crowd by highlighting activities that are related to your future career or studies in college, university and job applications
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents you didn't know you had
- Become more confident and independent
- Make memories that will last a lifetime
- Have fun

There is a cost to complete the Gold D of E qualification but this will be confirmed at the start of the year.