

Everyone Counts, Everyone Contributes, Everyone Succeeds

# Newman Catholic College

## Sixth Form

### Enrichment Booklet



2017-2018

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## Sixth Form Enrichment Activities 2017-2018

### Introduction

The Enrichment Programme offers the students an opportunity to develop and broaden their horizons through a range of activities both school based and based in the wider community.

The following pages outline the activities that are currently available.

Name of activity:	<b>London Citizens</b>
Description of the activity	This is an enrichment activity where you can get involved with a worldwide community of ordinary people, who stand up for human rights and every day issues. By London Citizens, you could help impact the lives of individuals from across the world by using your voice.
Who would be suitable?	Anybody who is enthusiastic and idealistic is a suitable member of London Citizens. Students who have a passion for helping others who are in need and helping to protect human rights. Students who also wish to develop transferable skills would also benefit as joining London Citizens has helped members become more confident in themselves and around others.
What is the value of the activity for students?	Being a part of London Citizens will provide students with leadership training, the opportunity to gain confidence in themselves and to discuss their beliefs. Students will develop their team working, communication and negotiation skills. This enrichment will give students a chance to share their ideas to create change in the world. Other transferable skills will be developed, through creating and organising events to help raise awareness of issues they are passionate about. Being a member of London Citizens will also be attractive on your CV and UCAS application.
Website / Further Information	<a href="http://www.citizensuk.org/">http://www.citizensuk.org/</a> Miss Grace or Mr Islam

Name of activity:	<b>Gardening</b>
Description of the activity	The main aim is to improve the green spaces around the school. There will be opportunities to make beds for growing and planting vegetables, flowers etc.
Who would be suitable?	Any student interested in improving their local environment who has an interest in gardening, food growing.
What is the value of the activity for students?	This is an opportunity to be involved in carrying out and promoting environmental improvements and conservation. You will help with

	the physical transformation of the school. There are opportunities to gain a greater knowledge and understanding of environmental issues and learn about the importance of biodiversity and food growing.
Website / Further Information	Mr Roche

Name of activity:	<b>Primary School Mentoring</b>
Description of the activity	You will be reading or helping primary school children in the classroom. This may involve listening to them read to you and anything else the teacher asks you to do. You will also encourage them to talk about their reading and classwork. Primary Schools will be located within walking distance of Newman Catholic College. Local schools who have supported this previously are Kenmont Primary, St Joseph's Harlesden, St Joseph's Wembley, John Keble, Our Lady of Lourdes, Furness Primary, Newfield
Who would be suitable?	You will need to be confident and outgoing and be able to communicate effectively. You will also need patience, a sense of humour and be a good listener.
What is the value of the activity for students?	You will have the opportunity to develop your mentoring, planning and preparation and record keeping skills. Anyone wanting to pursue a career working with children would benefit, as would anyone who wanted to work in a related field, where clearly communicating ideas is important such as business or teaching.
Website / Further Information	Miss Grace or Mr Albert

Name of activity:	<b>Recreational Sports Indoor &amp; Outdoor</b>
Description of the activity	General fitness is an important aspect of a healthy lifestyle. At post-16, physical education is no longer compulsory which means many students' activity levels drop significantly. This will be a fitness-based enrichment. This is open to both male and female students who have a keen interest in playing small-sided football. This enrichment could give opportunities for leadership as various games and tournaments can be arranged throughout the course of the year to add an element of competition. Indoor Sports- Basketball/Gym Outdoor Sports- Football
Who would be suitable?	Sixth Form students who enjoy playing sports.
What is the value of the activity for students?	Students will be able to develop skills and strategies for sports and gain a sense of pride for the school when competing against other colleges. Core transferable skills such as teamwork, co-operation and leadership will be gained through competition as well as an improvement in all aspects of fitness.
Website / Further Information	Speak to Mr Finnie, Mr Jeeves or Mr Molokwu

Name of activity:	<b>New Millennium Day Centre</b>
Description of the activity	The New Millennium Day Centre is a purpose built facility for adults aged 18 and over with physical and learning disabilities. New Millennium provides a modern, efficient and light environment that supports the development of independent living skills, and creates an environment that promotes educational learning. Their vision is to empower service users attending the centre so that they are able to make their own choices and decisions, which will enable them to further enhance their lives both physically and mentally.
Who would be suitable?	Sixth Form students who enjoy helping people with disabilities or who may want to go into medicine, nursing or caring.
What is the value of the activity for students?	Students will assist the centre staff to provide personalised activities in an environment that promotes learning new skills and abilities whilst respecting the individual's needs and wishes. Activities include art classes, IT Classes which include numeracy & literacy, Craft classes, Cooking, Gardening, Table top games. Social skills building.
Website / Further Information	Speak to Miss Grace or Mr Albert

Name of activity:	<b>Urban Survival</b>
Description of the activity	Do you feel ready for life after school? Do YOU want greater control over your destiny? Then this activity will fit your DREAMS and help build more self-confidence and give you wider experiences. Using a cross curriculum format. "Cross curriculum" means: denoting or relating to an approach to a topic that includes contributions from several different disciplines and viewpoints. Disciplines mean subjects. This Activity was designed by several of last years Sixth formers. The underlining subject is mental health but rather than discussing just mental health this activity is going to look at depression through a world prism. It will add to your knowledge of world history as the period covered will be from 1920-1940. You will experience ART, MUSIC, DRAMA and FILM through this period. At half term there will be a formal banquet with speakers and the following day you will participate in four workshops and chose the one you prefer to continue till Christmas Holidays. All your blogs, videos, photos and notes will be kept on Google Calendar, which you will all have, access to. All of your work can be used to contribute to your BTEC completion.
Who would be suitable?	People with open minds and a thirst for knowledge and love of adventure.
What is the value of the activity for students?	The value will be greater self-confidence and self-knowledge. You will also have a stronger understanding of history and how our past has led to where are politics are today. You will get to

	visit Art Galleries, Music Recitals, Film and Drama Archives every afternoon. I would like to leave the school immediately last period is over and either take a pack lunch provided by US or have lunch when we reach our destination.
Website / Further Information	Speak to Mrs Balfour (Located in the RE Office)

Name of activity:	<b>Boxing</b>
Description of the activity	Students will initially learn the basic skills and fitness requirements for Amateur Boxing. Students will gain skills in designing Boxing related circuits and practices/drills . Suitable for both males and females.
Who would be suitable?	This would be suitable for anyone interested in boxing and keeping fit
What is the value of the activity for students?	Students will learn techniques and skills, developing confidence with boxing
Website / Further Information	Speak to Ricky/Alastair Roundwood Youth Centre

Name of activity:	<b>Muai Thai</b>
Description of the activity	Muay Thai Kickboxing is one of the most dynamic and beautiful sports around today. Focusing on contact Kickboxing styles that utilize the knees, elbows, shins and fists, Muay Thai is an extremely efficient and effective form of combat. Whether you want to become a fighter, increase your self-confidence, get fit or improve your physique, Thai Kickboxing is the sport for you. Muay Thai can be practiced by anyone, male or female. All you need is determination, an open mind.
Who would be suitable?	This would be suitable for anyone interested in keeping fit and learning new skills
What is the value of the activity for students?	Students will learn techniques and skills, developing confidence with Muai Thai
Website / Further Information	Speak to Ricky/Alastair Roundwood Youth Centre

Name of activity:	<b>Hairdressing &amp; Beauty</b>
Description of the activity	This is an opportunity to work with a hairdresser and make up artist who has worked with celebrities. To learn how to style hair, apply makeup and other beauty techniques.
Who would be suitable?	People with an interest in the beauty industry
What is the value of the activity for students?	Activities will be student centred where you will gain knowledge and practice different skills and techniques related to the hairdressing and beauty industry. These skills could open up opportunities for apprenticeships/jobs in the hair and beauty industry.
Website / Further Information	Speak to Ricky/Alastair Roundwood Youth Centre

Name of activity:	<b>Photography</b>
Description of the activity	This enrichment is for students who are creative and interested in photography. Students will use their smart phones to take photographs in the local area. There will be a different theme each week for example: shops, landmarks, greenspaces, people, food, fashion, culture, places of religious worship. Using the app Pic Collage, they will create collages which they will submit by email each week. Photographs are another easy way to record little moments that are precious but easily forgotten. There will be an exhibition of photographs at the end of this enrichment.
Who would be suitable?	No previous photography experience is needed. However, you need to be reliable, committed and self motivated.
What is the value of the activity for students?	You will develop an eye for photography and this will inspire your creativity and imagination. This activity would be particularly good for those who have an interest in art, media etc
Website / Further Information	Mr Albert or Miss Grace

## Activities outside of the Wednesday PM Activities

Name of activity:	<b>Student Council</b>
Description of the activity	Student Council meets every Thursday at lunchtime and are responsible for representing the views of all young people in Newman Catholic College. Throughout the year students will take part in projects, campaigns and events, put the views of young people forward to decision makers.
Who would be suitable?	Anyone who would like to find out the concerns and needs of other young people in the school, and represent these views to decision makers at Student Council and with the Senior Leadership Team. This activity is ideal preparation for a career in politics.
What is the value of the activity for students?	Your MP Dawn Butler will be keen to hear from you, and there will be opportunities to meet her. As member of Student Council you will also get an opportunity to attend outside events. In general Student Council members will develop a combination of the following skills: communication, public speaking, greater knowledge of politics and current affairs, the ability to look at an issue from someone else's perspective, teamwork, leadership and negotiation skills.
Website / Further Information	Miss Grace

Name of activity:	<b>Duke of Edinburgh Award</b>
Description of the activity	The Award is divided into four sections: Volunteering (helping people in the community); Skills (covers almost any hobby, skill or interest); Physical Recreation (sport, dance and fitness); and

	Expeditions (training for, planning and completing a journey). The training for the expedition and the expedition itself will be covered through the Academy. Advice will be offered on the other sections of this award that will need to be completed externally.
Who would be suitable?	Any student who would like to try it and is willing to offer the time and commitment required. We can support students to achieve their bronze award.
What is the value of the activity for students?	Students will develop their teamwork and leadership skills as well as self confidence and self-reliance. This will allow them to gain a sense of achievement and responsibility. This activity is very attractive for potential employers and universities, especially for competitive courses such as medicine, which require you to demonstrate such skills as part of the application process. You will make friends through teamwork, problem solving and decision making. You will have fun!
Website / Further Information	Information Visit <a href="http://www.dofe.org">www.dofe.org</a> or for more information or speak to Mr Molokwu