

Everyone Counts, Everyone Contributes, Everyone Succeeds

Newman Catholic College

Sixth Form

Enrichment Booklet



2018-2019

Newman Catholic College

Sixth Form Enrichment Activities 2018-2019

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:	London Citizens
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	http://www.citizensuk.org/ Miss Grace or Mr Islam

Name of activity:	Gardening/Harlesden Town Gardens
Description of the activity	The Harlesden Town Garden project was started in March 2013. The main aim was to improve the green space located at Challenge Close. It is a space for promoting community cohesion and contributes to promoting biodiversity.
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	This is an opportunity to be involved in carrying out and promoting

students?	environmental improvements and conservation. You will help with the physical transformation of the park. 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	https://www.facebook.com/harlesdentowngardens Miss Grace or Mr Albert

Name of activity:	Primary School Mentoring
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.
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:	Recreational Sports Indoor & Outdoor
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:	New Millennium Day Centre/Brent Mencap
Description of the activity	<p>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.</p> <p>Brent Mencap works with adults with learning disabilities. They are the leading learning disability charity in Brent. They help and give advice with: Welfare benefits, Employment, volunteering or education services, Housing issues, Transport, health and well-being services, leisure options, aids and adaptations, Money issues, and low level debt advice, Personal safety and hate crime reporting</p>
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:	Urban Survival
Description of the activity	<p>Do you feel ready for life after school? Do YOU want greater control over your destiny?</p> <p>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.</p> <p>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</p>

	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:	Boxing
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 Alastair Roundwood Youth Centre

Name of activity:	Muai Thai
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 Alastair Roundwood Youth Centre

Name of activity:	Hair, Beauty and Barbering
Description of the activity	To enable learners to develop hair and beauty skills, techniques and knowledge as a foundation for further study both in the hair and beauty sector. To develop the practical hair and beauty skills and techniques required to create a total look using colour; creating an

	<p>image based on a theme</p> <p>Learners will also have the opportunity to learn about make-up, blow-drying and finishing hair, basic winding techniques, basic plaiting and twisting hair, basic clipper cutting techniques for men's hair or basic cutting techniques for women's hair.</p>
Who would be suitable?	You need to have Creativity, Good teamwork, Maintaining a tactful, friendly manner, Communication skills, Openness to learning new ideas and techniques, Attention to detail, Cleanliness and good personal grooming.
What is the value of the activity for students?	Students will learn techniques and skills, developing confidence with basic hair, barbering and beauty techniques
Website / Further Information	Speak to Mr Albert/Miss Grace/ Miss Thomasz

Activities outside of the Wednesday PM Activities

Name of activity:	Student Council
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

WEDNESDAY AFTERNOON

SIXTH FORM ENRICHMENT ACTIVITIES

From the choice of activities on offer, select 3 activities from the list, putting them in order of preference. Please put 1 as your most preferred activity and 3 as your least preferred. (Please write your full name clearly in Capital Letters.

Name:

Tutor Group:

Activity	Order of Preference 1-3
London Citizens	
Harlesden Town Gardens	
Primary School Mentoring	
Outdoor Sport- Football	
Indoor Sport- Basketball/Gym	
New Millennium Day Centre	
Urban Survival	
Boxing	
Muay Thai	
Photography	

Please return this form to **Mr Molokwu** or **Mr Albert** by **Friday September 15th** .

If you do not return your form by this deadline we will randomly allocate you to an activity.