



COWLEY
INTERNATIONAL COLLEGE

Enrichment activities

Academic & Wellbeing

Autumn Term (1B)

November - December

Introduction

Our enrichment history

Cowley International College has an entrenched history of providing students with the most broad, exciting and aspirational enrichment programming. Including sporting clubs, whole school theatrical productions, music concerts, academic further investigation, European and international touring, as well a wide range of weekly subject specific offerings, Cowley continues to be at the forefront of extracurricular activity within the region.

What is enrichment?

Although formal lessons end at 15:05, the College day does not. Students can choose from a fantastic range of academic and non-academic after College Enrichment activities and clubs.

All sessions are run by staff volunteers before College, at lunch times and after College, from 15:05. After College activities and clubs may vary in length depending on the activity.

Enrichment is overseen at Cowley by Mr Watkins who is always happy to help with any queries (danny.watkins@cowleysthelens.org.uk).

Why attend Enrichment?

There are two main reasons to attend enrichment activities. Firstly, the catch up and revision sessions are a fantastic tool to help accelerate your academic achievement. Whether you missed a lesson, want to improve your depth of knowledge or need help with coursework, then these catch up/revision sessions will provide you with the support needed.

Secondly, Enrichment activities allow you to gain experience and skills in areas not typically part of your everyday curriculum. By opting into these new experiences, you can enhance personal attributes that are extremely desirable to future employers and further education providers.

Who can attend?

Everybody! Whichever year group you are in, there are after College sessions to choose from. For GCSE students, we would recommend that you make the most of the academic enrichment on offer to boost your depth of knowledge.

What if an enrichment is cancelled?

We always endeavour to offer our full enrichment programme each day; however, there may be occasions, due for unforeseen circumstances that an activity may be cancelled. If this is the case, students will be informed during team time and parents will receive a text message by 11:00 so alternative arrangements for safe travel home can be made.

What is available?

We are doing our best to provide a rich variety of enrichment activities across the College and currently have a wide range of different activities to get involved with. Whatever your needs or interest, there is something for everybody. The selection of activities are organised by day and year group. This booklet will provide you with all the information you'll need. If there is an enrichment activity that you would like to take part in that isn't currently offered, please mention your ideas to Mr Watkins (danny.watkins@cowleysthelens.org.uk).

Monday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Boxing training	Learn the basics of boxing in non contact manner.	9-13	Mr Llewellyn	Gym 13:15-13:55	Wellbeing
Basketball	Improve skills and knowledge of basketball through games.	7 & 8	Mr Gordon	Sports Hall 13:15-13:55	Wellbeing
Girls Rugby	Improve skills and knowledge of rugby through Tick and Pass non contact rugby.	All years	Mr Gordon	3G 13:15-13:55	Wellbeing
Weights	Train and improve various fitness components in safe manner.	10 & 11	Mr Foster	Weights Room 13:15-13:55	Wellbeing
Girls Badminton	Improve skills and knowledge of badminton through games.	All years	Miss Mather	Sports Hall 15:05-16:15	Wellbeing
Football	Improve skills and knowledge of football through games.	9 & 10	Mr Llewellyn Mr Avis	3G 15:05-16:15	Wellbeing
Rugby	Improve skills and knowledge of rugby through games.	8	Mr Foster Mr Irwin	Top field 15:05-16:15	Wellbeing
History Club	Pupils will research a topic of history of their choice with the help of a History teacher.	7-11	Mr Hunt	M19/M26/M27 After college	Academic

Monday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
KS4 Further Mathematics	Mr Hardman will be delivering the AQA Further Mathematics course. This is for the most able year 11 mathematicians and will be assessed in June.	11	Mr Hardman	E14 15:05-16:00	Academic
Boys Choir	A great opportunity for all male students to engage in singing in a group using harmonies and singing skills.	7-11	Mr Houghton	W10 13:30-14:00	Wellbeing
Senior Choir	Vocal enrichment to stretch and challenge performance group work and extended harmonies.	7-13	Mr Watkins Mr Houghton	W10 15:30-17:00	Wellbeing
Year 10 Dance Club	A great opportunity to engage in extra dance participation to improve skill and technique to enable further progression in academic studies.	10	Miss Radford	S1 15:05-16:00	Wellbeing

Tuesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Football	Improve skills and knowledge of football through games.	7 & 11	Mr Avis Mr Gordon	3G 15:05–16:15	Wellbeing
Table Tennis	Improve skills and knowledge of table tennis through games.	All years	Mr Gordon	Gym 07:45–08:25	Wellbeing
Boys Gymnastics	Improve skills and knowledge of gymnastics.	All years	Mr Gordon	Gym 13:15–13:55	Wellbeing
Tick and Pass Rugby	Improve skills and knowledge of rugby through Tick and Pass non contact rugby.	7-9	Mr Gordon	3G 13:15–13:55	Wellbeing
Netball	Improve skills and knowledge of netball through games.	9-13	Miss Smith Mrs Finnigan	Sports Hall 15:05–16:15	Wellbeing
Spanish Club	A wonderful opportunity to learn not only the Spanish language, but also the culture, music, gastronomy & geography of Spain and Latin America. No prior knowledge required, just an interest in all things Spanish. ¡Olé!	All years	Señora Hewlett	M3 13:30-14:00	Academic and wellbeing

Tuesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
LGBTQ+ group	A safe space at lunch time to find out more about the LGBTQ+ community and meet new friends.	7-11	Mrs Clark	M22 13:15–13:55	Wellbeing
Junior Choir	A great opportunity for KS3 students to expand their technique and engage in group singing skills and harmony learning.	7-9	Mr Houghton	W10 13:30-14:00	Wellbeing

Wednesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Weights	Train and improve various fitness components in safe manner.	10 & 11	Mr Foster	Weights Room 13:15–13:55	Wellbeing
Football	Improve skills and knowledge of football through games.	8	Mr Foster	3G 15:05–16:15	Wellbeing
Rugby	Improve skills and knowledge of rugby through games.	7 & 11	Mr Gordon Mr Llewellyn	Top field 15:05-16:15	Wellbeing
Trampolining	Improve skills and knowledge of trampolining.	All years	Mrs Finnigan	Gym 13:15–13:55	Wellbeing
Girls Football	Improve skills and knowledge of football through games.	All years	Miss Smith	3G 15:05–16:15	Wellbeing
Chess Club	Lunchtime chess club. From beginners to grandmasters all are welcome.	7-11	Mrs Ward	E13 13:15–13:55	Wellbeing
Chapter Chat Reading Club	A whole college reading club to chat about books, take part in group reading activities, review books etc.	7-11	Miss Mulcahy	Library 13:15-13:55	Academic and wellbeing

Wednesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Rock School	Professional musician to develop musical talent and skills in detail with varied choice of music styles in the rock/pop genre.	7-11	Mr Follin	W11/Practice Rooms 15:15-16:30	Wellbeing
Drama Club	An exciting opportunity to explore drama techniques and build confidence through practice and performance.	7-13	Miss Fagan	S1/S2 13:30-14:00	Wellbeing
Year 11 Dance Club	A great opportunity to engage in extra dance participation to improve skill and technique to enable further progression in academic studies.	11	Miss Radford	S1 15:05-16:00	Academic
Vocal Harmony Group	An opportunity to develop ensemble skills and group harmonies at a professional standard.	10-13	Mr Houghton	Cowley Hall 15:30-16:30	Wellbeing
Russian	Short course in Russian alphabet/greetings/basics.	7-10	Mr Chapple	M15 15:15-16:00	Academic

Thursday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Rugby	Improve skills and knowledge of rugby through games.	10	Mr Llewellyn	Top field 15:05-16:15	Wellbeing
Table Tennis	Improve skills and knowledge of table tennis through games.	All years	Mr Gordon	Gym 15:05-16:15	Wellbeing
Tick and Pass Rugby	Improve skills and knowledge of rugby through tick and pass non contact rugby.	10 & 11	Mr Gordon	3G 13:15-13:55	Wellbeing
Netball	Improve skills and knowledge of netball through games.	7 & 8	Miss Smith Mrs Finnigan	Sports Hall 15:05-16:15	Wellbeing
Girls Gymnastics	Improve skills and knowledge of gymnastics.	All years	Mrs Finnigan	Gym 13:15-13:55	Wellbeing
Hockey	Improve skills and knowledge in hockey through games.	8	Mrs Irwin Miss Mather	Sports Hall 13:15-13:55	Wellbeing
Junior Choir	A great opportunity for KS3 students to expand their technique and engage in group singing skills and harmony learning.	7-9	Mr Houghton	W10 13:30-14:00	Wellbeing
Philosophy debate club	Pupils can come along and debate life's ultimate questions.	7-11	Mrs Clark	M22 13:15-13:55	Academic
Humanities Homework Club	Pupils can attend and receive teacher support at lunch time with completing homework.	7-11	TBC	M19/M26/M27 13:15-13:55	Academic

Friday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Hockey	Improve skills and knowledge in hockey through games.	9-13 7	Mrs Irwin Miss Mather	3G 07:45-08:30 Sports Hall 13:15-13:55	Wellbeing
Badminton	Improve skills and knowledge in badminton through games.	All years	Mr Hardman	Sports Hall 15:05-16:15	Wellbeing
Girls Choir	A great opportunity for all female students to engage in singing in a group using harmonies and singing skills.	7-13	Mr Houghton	W10 13:30-14:00	Wellbeing
Musical Theatre Club	A fantastic opportunity to explore musical theatre skills through singing, dancing and acting. Various styles and genres will be explored to create exciting material.	7-13	Miss Fagan	S1/S2 15:30-16:30	Wellbeing
KS3 Dance Club	A great opportunity to engage in confidence building through dance by exploring different dance styles and techniques.	7-9	Miss Radford Miss Wilson	S1 13:30-14:00	Wellbeing

Friday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
RE Ambassadors	Our ambassadors work closely within the community and beliefs department. Be part of bringing ideas, enthusiasm and change!	8	Miss Eiffe	M20 13:15-13:55	Academic

Saturday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Sporting fixtures	Hockey and rugby fixtures, playing against other schools from around the borough.	All years	All PE staff	TBC	Wellbeing

TBC/Various Days

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
UK Maths Challenge support sessions	Support sessions for students representing the school in the UKMC (UK Maths Challenge).	Pupils who have qualified for the UKMC interschools competitions and Kangaroo	Mrs Lloyd	E17 13:15-13:55 (Various days - see Mrs Lloyd)	Academic
STEM Club	STEM activities not delivered in lesson time	7-12	Miss Petterson	Date & venue TBC After college	Academic
Eco Club	Working party to discuss issues across the world and suggest ways we can make improvements in our college.	7-13	Miss Petterson	Date & venue TBC Lunch time	Academic and wellbeing
MFL Cuisine	Cooking some traditional recipes from Germany and France - hands-on session and using the language.	7-11	Miss Mitchell Miss Hale	Mondays or Thursdays W8/9 15:15-16:15	Wellbeing
Penfriends/ Video-conferencing?	Using TL for real purpose and developing cultural understanding.	7-11	Mr Platt Miss Banks	Mondays or Wednesdays Dependant on availability of penfriends and link timings with partner schools M11/Library Time: TBC	Academic



When I was a teenager, I began to settle into school because I'd discovered the extracurricular activities that interested me: music and theatre.

MORGAN FREEMAN



COWLEY
INTERNATIONAL COLLEGE

Tel: 01744 678030

Email: enquiries@cowleysthelens.org.uk

Web: www.cowley.st-helens.sch.uk