



**COWLEY**  
INTERNATIONAL COLLEGE

# **ENRICHMENT ACTIVITIES**

Academic & Wellbeing

---

Summer Term (3B)

June - July 2022

# 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 3:05pm, 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. After College activities and clubs may vary in length depending on the activity.

Enrichment at Cowley is overseen by Mr Watkins, who is always happy to help with any queries (email [danny.watkins@cowleysthelens.org.uk](mailto: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 enrichment sessions for you 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 session 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 11:00am 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 (email [danny.watkins@cowleysthelens.org.uk](mailto:danny.watkins@cowleysthelens.org.uk)).

# Monday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Library Services	The library is open every break and lunch for you to borrow, return and renew your books, take reading quizzes plus catch up on homework.	7-11	Miss Leather	Library 10:55-11:15am 1:15-1:55pm	Academic
Art Club	Opportunity to develop your art skills.	7-11	Miss Kay	W14/15 1:15-2:00pm	Wellbeing
Boys Choir	A great opportunity for all male students to engage in singing in a group using harmonies and singing skills.	7-13	Mr Houghton	W10 1:30-2:00pm	Wellbeing
German Club	Beginners' level German.	8	Miss Banks	M15 1:15-2:00pm	Academic
Weights	Train and improve various fitness components in safe manner.	9-13	PE staff	Weights Room 1:15-1:55pm	Wellbeing
Year 7 Tag Rugby	Improve skills and knowledge of rugby.	7	Mr Gordon	3G 1:15-1:55pm	Wellbeing
Girls Badminton and Tennis	Improve skills and knowledge of badminton and tennis.	7-13	Miss Mather	Sports Hall/Yard 3:15-4:15pm	Wellbeing
Further Mathematics (KS4)	Mr Hardman will deliver the AQA Further Mathematics course. This is for the most able Year 11 mathematicians and will be assessed in June.	11	Mr Hardman	E14 3:05-4:00pm	Academic
Homework Club	Come and complete your homework after school in the supportive and focused atmosphere of the library.	7-11	Miss Leather	Library 3:15-4:15pm	Academic
Senior Choir	Vocal enrichment to stretch and challenge performance group work and extended harmonies.	7-13	Mr Watkins Mr Houghton	W10 3:30-5:00pm	Wellbeing
Table Tennis	Improve skills and knowledge of table tennis.	7-13	Mr Gordon	Gym 3:15-4:15pm	Wellbeing
Vocal Harmony Group	An opportunity to develop ensemble skills and group harmonies at a professional standard.	KS4 & KS5	Mr Houghton	Cowley Hall 4:30-5:30pm	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 3:05-4:00pm	Academic

# Tuesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Library Services	The library is open every break and lunch for you to borrow, return and renew your books, take reading quizzes plus catch up on homework.	7-11	Miss Leather	Library 10:55-11:15am 1:15-1:55pm	Academic
Excelsior Club	Excelsior Club is a reading group specifically for those interested in Graphic Novels/Manga. We are also taking part in the Excelsior Awards, where students across the country vote for the best graphic novel from a shortlist.	7-10	Mr Collins Mr Hardman Miss Leather	Library 1:15-2:00pm	Wellbeing
High Jump Club	Improve skills and knowledge of High Jump.	7-13	Mr Gordon	Gym 1:15-1:55pm	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 1:30-2:00pm	Wellbeing
LGBTQ+ Club	A safe space at lunch time to find out more about the LGBTQ+ community and meet new friends.	7-11	Mrs Clark	M22 1:15-1:55pm	Wellbeing
Weights	Train and improve various fitness components in safe manner.	9-13	PE staff	Weights Room 1:15-1:55pm	Wellbeing
Homework Club	Come and complete your homework after school in the supportive and focused atmosphere of the library.	7-11	Miss Leather	Library 3:15-4:15pm	Academic

# Wednesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/Wellbeing
Library Services	The library is open every break and lunch for you to borrow, return and renew your books, take reading quizzes plus catch up on homework.	7-11	Miss Leather	Library 10:55-11:15am	Academic
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 Piercy	Library 1:15-1:55pm	Academic and Wellbeing
Chess Club	Lunchtime chess club. From beginners to grandmasters all are welcome.	7-11	Mrs Ward	E18 1:15-1:55pm	Academic
Diana Award (anti-bullying group)	Can you imagine a school free from bullying? Join the Diana Award and be part of the discussion and the solution.	7-9	Miss Houghton	M21 1:15-1:55pm	Wellbeing
Drama Club	An exciting opportunity to explore drama techniques and build confidence through practice and performance.	7-9	Miss Fagan	S1/S2 1:30-2:00pm	Wellbeing
Girls Weights Room	Train and improve various fitness components in safe manner.	7-13	Mr Gordon	Weights Room 1:15-1:55pm	Wellbeing
Dance Company	A brilliant opportunity to explore various dance styles through professional choreography to stretch and challenge dance ability through different styles and genres.	12-13	Miss Radford	S1 3:30-4:30pm	Wellbeing
Rock School	Professional musician to develop musical talent and skills in detail with varied choice of music styles in the rock/pop genre.	7-13	Mr Follin	W11/Practice Rooms 3:30-4:30pm	Wellbeing
Wellbeing Wednesdays	Check in, chill out and relax in a friendly, caring and sharing environment designed to improve your wellbeing on a weekly basis.	7-11	Mrs Manchester Miss Leather	Library 3:15-4:15pm	Wellbeing

# Thursday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Library Services	The library is open every break and lunch for you to borrow, return and renew your books, take reading quizzes plus catch up on homework.	7-11	Miss Leather	Library 10:55-11:15am 1:15-1:55pm	Academic
Humanities Homework Club	Pupils can attend and receive teacher support at lunch time with completing homework.	7-11	Mr Hunt	M19 1:15-1:55pm	Academic
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 1:30-2:00pm	Wellbeing
Weights	Train and improve various fitness components in safe manner.	9-13	PE staff	Weights room 1:15-1:55pm	Wellbeing
Year 8 Rounders	Improve skills and knowledge of rounders.	8	Mrs Irwin Mrs Finnigan Miss Smith	Cricket square 1:15-1:55pm	Wellbeing
Athletics	Improve skills and knowledge of athletics.	7-13	PE staff	Top field 3:15-4:30pm	Wellbeing
Homework Club	Come and complete your homework after school in the supportive and focused atmosphere of the library.	7-11	Miss Leather	Library 3:15-4:15pm	Academic
Senior Choir	Vocal enrichment to stretch and challenge performance group work and extended harmonies.	7-13	Mr Watkins Mr Houghton	W10 3:30-5:00pm	Wellbeing

# Friday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Library Services	The library is open every break and lunch for you to borrow, return and renew your books, take reading quizzes plus catch up on homework.	7-11	Miss Leather	Library 10:55-11:15am 1:15-1:55pm	Academic
KS3 Dance Club	An exciting opportunity to explore dance styles, techniques and build confidence through practice and performance.	7-9	Miss Radford Miss Wilson	S1 1:30-2:00pm	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 1:30-2:00pm	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 1:15-1:55pm	Academic
Running Club	Improve fitness.	7-13	Mr Gordon	Meet at PE dept 1:15-1:55pm	Wellbeing
Year 7 Rounders	Improve skills and knowledge of rounders.	7	Mrs Irwin Mrs Finnigan Miss Smith	Cricket square 1:15-1:55pm	Wellbeing
Badminton	Improve skills and knowledge in badminton through games.	All years	Mr Hardman	Sports Hall 3:05-4:15pm	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 3:30-4:30pm	Wellbeing
Year 7 & 9 Cricket	Improve skills and knowledge of cricket.	7 & 9	Mr Coulson Mr Avis	Cricket square 3:15-4:15pm	Wellbeing

# TBC/Specific/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 1:15-1:55pm (Various days - see Mrs Lloyd)	Academic
STEM Club	STEM activities not delivered in lesson time.	7-12	Miss Petterson	Science computers Day 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	E6 Day TBC Lunch time	Academic and wellbeing





**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](mailto:enquiries@cowleysthelens.org.uk)  
**Web:** [www.cowley.st-helens.sch.uk](http://www.cowley.st-helens.sch.uk)