



COWLEY
INTERNATIONAL COLLEGE

ENRICHMENT ACTIVITIES

Academic & Wellbeing

Autumn Term

September - October 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).

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).

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
Girls Handball	Improve skills and knowledge of handball.	7-11	Mrs Sheridan	Sports Hall 1:15-1:55pm	Wellbeing
Maths Club	Come along and explore the inner mysterious of the mathematics universe in the form of puzzles, games and challenges.	7	Mrs Lloyd	E17 1:30-2:00pm	Academic
Movie Club	Come and watch your favourite movies in a safe space during Monday and Wednesday lunchtimes. We love to have suggestions on movies that we might not have seen before. We love a good sing song and a good laugh.	7-11	Mrs Smith	M26 1:30-2:00pm	Wellbeing
Rugby	Improve skills and knowledge of rugby.	10-11	Mr Llewellyn	3G 1:15-1:55pm	Wellbeing
Tick and Pass Rugby	Improve skills and knowledge of rugby through tick and pass non-contact rugby.	7-8	Mr Gordon	3G 1:15-1:55pm	Wellbeing
Weights	Train and improve various fitness components in safe manner.	10-13	Mr Foster	Weights room 1:15-1:55pm	Wellbeing
Art KS3	3D Construction.	7 (15 students only)	Miss Gaskell Miss MacDonald	W14 3:15-4:00pm	Wellbeing
Football	Improve skills, knowledge of football through games.	8-9	Mr Foster Mr Rowland	3G 3:05-4:15pm	Wellbeing
Girls Multi Skills Sports Club	Improve skills and knowledge in a number of different sports.	7-11	Miss Mather	Sports Hall 3:05-4:15pm	Wellbeing
Girls Rugby	Improve skills and knowledge of rugby.	7-11	Miss Church	Top field 3:05-4:15pm	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

Tuesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
PE GCSE Catch Up - Theory	Improve knowledge of GCSE course and revision skills.	10-11	Mr Avis Mr Gordon	PE Social Area 7:45-8:30am	Academic
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
Diana Award (anti-bullying)	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 1:30-2:00pm	Wellbeing
Gardening Club	A great opportunity to 'grow for it' at the school allotment. Planting, growing and harvesting fruits and vegetables whilst enjoying time outside with new friends.	7-11	Mrs Williams	School allotment 1:30-2:00pm	Wellbeing
Hockey	Improve skills and knowledge in hockey.	9	Mrs Irwin Miss Mather	Sports Hall 1:15-1:55pm	Wellbeing
Junior Choir	A great opportunity for students to expand their technique.	7-9	Mr Gerrard	W10 1:30-2:00pm	Wellbeing
Tick and Pass Rugby	Improve skills and knowledge of rugby through tick and pass non contact rugby.	9-11	Mr Gordon	3G 1:15-1:55pm	Wellbeing
Art KS4 Digital	Focus on Photoshop.	11 (Photography students)	Miss Kay	W14 3:15-4:30pm Week A only	Academic
First Aid	A great opportunity for students to learn lifesaving techniques from dealing with small cuts to carrying out CPR.	7-8	Mr Chesworth	Venue TBC 3:30-4:30pm	Wellbeing
Football	Improve skills, knowledge of football through games.	7	Mr Avis	3G 3:05-4:15pm	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
Netball	Improve skills and knowledge of netball.	9-13	Mrs Sheridan Mrs Finnigan	Sports Hall 3:05-4:15pm	Wellbeing

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
Basketball	Improve skills and knowledge of basketball and play games.	9-13	Mr Avis	Sports Hall 1:15-1:55pm	Wellbeing
Chess Club	Come and play chess, and if you cant yet play, come and learn.	7-11	Mr Howarth	E15 1:30-2:00pm	Wellbeing
Football	Improve skills, knowledge of football through games.	10-11	Mr Gordon	3G 1:15-1:55pm	Wellbeing
Movie Club	Come and watch your favourite movies in a safe space during Monday and Wednesday lunchtimes. We love to have suggestions on movies that we might not have seen before. We love a good sing song and a good laugh.	7-11	Mrs Smith	M26 1:30-2:00pm	Wellbeing
Tick and Pass Rugby	Improve skills and knowledge of rugby through tick and pass non contact rugby.	7-9	Mr Gordon	3G 1:15-1:55pm	Wellbeing
Trampolining	Improve skills and knowledge of trampolining.	7-11	Mrs Finnigan	Gym 1:15-1:55pm	Wellbeing
Girls Football	Improve skills and knowledge of football.	7-11	Ms Kay	3G 3:05-4:15pm	Wellbeing
Rock School	A great opportunity for students to expand their technique and interpretive skills on guitars, keyboard, drum and vocal. Students will work in bands on a selection of pop/rock classics for a Christmas performance.	7-13	Mr Follin Mr Westhead	W11/Practice Rooms 3:30-4:30pm	Wellbeing
Rugby	Improve skills and knowledge of rugby.	7-8	Mr Gordon Mr Foster Mr Irwin	Top field 3:05-4:15pm	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
PE GCSE Catch Up - Practical	Improve skills in practical activity.	10-11	Mr Avis Mr Gordon	Sports Hall 7:45-8:30am	Academic
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
Basketball	Improve skills and knowledge of basketball and play games.	7-8	Mr Gordon	Sports Hall 1:15-1:55pm	Wellbeing
Girls Gymnastics	Improve skills and knowledge of gymnastics.	7-11	Mrs Finnigan	Gym 1:15-1:55pm	Wellbeing
Hockey	Improve skills and knowledge in hockey.	8	Mrs Irwin Miss Mather	3G 1:15-1:55pm	Wellbeing
School Food Champions	A national, funded initiative from 'bite back' to improve school food and encourage healthy eating.	7-9	Mrs Williams	W9 1:30-2:00pm	Wellbeing
Tick and Pass Rugby	Improve skills and knowledge of rugby through tick and pass non contact rugby.	Girls only	Mr Gordon	3G 1:15-1:55pm	Wellbeing
Weights	Train and improve various fitness components in safe manner.	10-13	Mr Foster	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
Netball	Improve skills and knowledge of netball.	7-8	Mrs Sheridan Mrs Finnigan	Sports Hall 3:05-4:15pm	Wellbeing
Rugby	Improve skills and knowledge of rugby.	9	Mr Avis	Top field 3:05-4:15pm	Wellbeing

Friday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Hockey	Improve skills and knowledge in hockey.	8-13	Mrs Irwin Miss Mather	3G 8:00-8:55am	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
Boxing Training	Learn the basics of boxing in non-contact manner.	9-13	Mr Llewellyn	Gym 1:15-1:55pm	Wellbeing
Eco Club	A great opportunity to make a difference in college, working sustainably and creatively to reduce our carbon footprint.	7-11	Mrs Williams	W9 1:30-2:00pm	Academic & Wellbeing
Hockey	Improve skills and knowledge in hockey.	7	Mrs Irwin Miss Mather	Sports Hall 1:15-1:55pm	Wellbeing
Badminton	Improve skills and knowledge in badminton.	7-11	Mr Hardman	Sports Hall 3:05-4:15pm	Wellbeing

TBC/Specific/Various Days

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/Wellbeing
Art KS4	Coursework development.	10-11	Miss MacDonald	W15 3 x lunch times Days TBC	Academic
Whole School Musical - Disney's Beauty and the Beast	A great opportunity to take part in the annual Cowley musical taking place in October. You will develop skills in acting, singing and movement as well as getting to know students from other year groups.	7-13	Mr Watkins Mr Gerrard Mr Westhead Miss Radford	Cowley International Hall/W10 3:15-5:00pm	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



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