



COWLEY  
INTERNATIONAL COLLEGE

# ENRICHMENT ACTIVITIES

**ACADEMIC & WELLBEING**

Spring Term 2A

January - February 2025



# 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 Acton, who is always happy to help with any queries (email [simon.acton@cowleysthelens.org.uk](mailto:simon.acton@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, if possible, 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 Acton (email [simon.acton@cowleysthelens.org.uk](mailto:simon.acton@cowleysthelens.org.uk)).

# Monday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Dance Theory Club	Students work on their reflective writing skills for component 1,2 & 3 to create notes that they can take into their controlled assessment.	10-11	Miss Radford	W11 1:30-2:00pm	Academic
Maths Challenge Mondays	A maths club for pupils who enjoy solving maths problems and who are interested in competing in the UK Maths Challenge.	7-8	Miss Lloyd	E12 1:30-2:00pm	Academic
Senior Indoor Hockey	Play and improve your skills in hockey.	10-11	Mrs Irwin	Sports Hall 1:30-2:00pm	Wellbeing
Girls Only Fitness & Weights	Improve your fitness with weight training.	10-11	Mrs Sheridan	Weights Room 1:30-2:00pm	Wellbeing
Year 9 & Year 10 Football	Play and improve your skills in football.	9-10	Mr Gordon	3G 1:30-2:00pm	Wellbeing
Year 7 & Year 8 Tick and Pass Rugby	Play and improve your skills in rugby.	7-8	Saints coaches	3G 1:30-2:00pm	Wellbeing
Young Composers Club	Students can work on their theory and practical for Unit 2 & 3.	10-11	Mr Gerrard	W10/W11 1:30-2:00pm	Academic
Homework Club	A calming environment for students to revise for exams, complete homework/ coursework, or have a moment of mindfulness at the end of the school day. Students can take advantage of our revision guides and computers.	7-11	Mr Robinson	Library 3:05-4:30pm	Academic & Wellbeing
Year 7 Football	Play and improve your skills in football.	7	Mr Avis	3G 3:15-4:30pm	Wellbeing
Year 8 Rugby Training	Play and improve your skills in rugby.	8	Mr Foster Mr McClurg	Top Field 3:15-4:30pm	Wellbeing
Year 10 Dance Club	A chance for students to develop their performance skills and technical skills.	10	Miss Radford	Cowley International Hall 3:05-4:00pm	Academic & Wellbeing

# Tuesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Chinese Culture Club	Learning Chinese culture relating to arts and crafts, festivals and paintings, etc.	7-8	Miss Min	M11 1:30-2:00pm	Academic & Wellbeing
Dance Theory Club	Students work on their reflective writing skills for component 1,2 & 3 to create notes that they can take into their controlled assessment.	10-11	Miss Radford	W11 1:30-2:00pm	Academic
Eco Committee	Working with like-minded students to help with the sustainability of the college.	7-11	Ms Meredith	M27 1:30-2:00pm	Wellbeing
Junior Indoor Hockey	Play and improve your skills in hockey.	7-9	Mrs Irwin Mrs Finnigan	Sports Hall 1:30-2:00pm	Wellbeing
Years 7-9 Boys Hockey	Play and improve your skills in hockey.	7-9	Team coaches	3G 1:30-2:00pm	Wellbeing
Senior Weights	Improve your fitness with weight training.	10-11	Mr Foster	Weights Room 1:30-2:00pm	Wellbeing
Years 9-11 Tick and Pass Rugby	Play and improve your skills in rugby.	9-11	Saints coaches	3G 1:30-2:00pm	Wellbeing
Young Composers Club	Students can work on their theory and practical for Unit 2 & 3.	10-11	Mr Gerrard	W10/W11 1:30-2:00pm	Academic
Drama Club	Drama enrichment to stretch and challenge performance group work, enhance drama skills and performance techniques.	7-9	Miss Caroll Miss Edmonds	Cowley International Hall 3:05-4:05pm	Wellbeing
Homework Club	A calming environment for students to revise for exams, complete homework/ coursework, or have a moment of mindfulness at the end of the school day. Students can take advantage of our revision guides and computers.	7-11	Mr Robinson	Library 3:05-4:30pm	Academic & Wellbeing
Years 7-9 Netball	Play and improve your skills in netball.	7-9	Mrs Finnigan Mrs Sheridan	Sports Hall 3:15-4:30pm	Wellbeing
Year 7 Rugby Training	Play and improve your skills in rugby.	7	Mr Gordon	Top Field 3:15-4:30pm	Wellbeing
Year 10 Rugby Training	Play and improve your skills in rugby.	10	Mr Costello	Top Field 3:15-4:30pm	Wellbeing
Junior Choir	A great opportunity for students to expand their technique.	7-9	Mr Gerrard	W10 1:30-2:00pm	Wellbeing

# Wednesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Chess Club	Open chess club, whether you have played before or want to learn, it's open to everybody!	7-11	Mr Howarth	E15 1:30-2:00pm	Wellbeing
Concert Band	A great opportunity for pupils to develop their instrumental skills playing in an ensemble alongside other musicians.	7-11	Mr Gerrard	W10 1:30-2:00pm	Wellbeing
Counting Club	A maths club for those who need a little more practice with counting and multiplication. For those who love hands on maths and maths games.	7	Mrs Carrier	E16 1:30-2:00pm	Academic
Mandarin GCSE Support	Provide extra support for KS4 students, flexible tasks to accommodate different needs.	10-11	Miss Min	1:30-2:00pm	Academic
Year 11 GCSE PE 1-2-1	One-to-one assistance for GCSE PE students.	11	Mr Gordon	TBC 7:45-8:25am	Academic
Y9 Rugby Training	Play and improve your skills in rugby.	9	Mr Westhead Mr Avis	3G 1:30-2:00pm	Wellbeing
Year 7 & Year 8 Basketball	Play and improve your skills in basketball.	7-8	Mr Gordon	Sports Hall 1:30-2:00pm	Wellbeing
Girls Only Tick and Pass Rugby	Play and improve your skills in rugby.	7-11	Saints coaches	3G 1:30-2:00pm	Wellbeing
Senior Netball	Play and improve your skills in netball.	10-11	Mrs Finnigan	Sports Hall 3:15-4:30pm	Wellbeing
Girls Football	Play and improve your skills in football.	7-11	Mrs Sheridan	3G 3:15-4:30pm	Wellbeing
Year 8 Football Training	Play and improve your skills in football.	8	Mr Avis	3G 3:15-4:30pm	Wellbeing
Dance Company	Invite only for students excelling in Dance that need more challenge. An opportunity to further develop advanced dance skills.	9-11	Miss Radford	Cowley International Hall 3:15-4:15pm	Wellbeing
Homework Club	A calming environment for students to revise for exams, complete homework/coursework, or have a moment of mindfulness at the end of the school day. Students can take advantage of our revision guides and computers.	7-11	Mr Robinson	Library 3:05-4:30pm	Academic & Wellbeing
MFL GCSE Support	Working on Exam Skills.	10-11	Mrs Lavelle Mr Chapple	M11/M12 3:05-4:00pm	Academic
Musical Theatre Club	Dance, drama and acting enrichment to stretch and challenge performance group work and enhance skills.	7-11	Miss Carroll Miss Edmonds	W10 1:30-2:00pm	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.	7-11	Mr Follin Mr Westhead	W11/Practice Rooms 3:15-4:30pm	Wellbeing

# Thursday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Dance Club	Dance enrichment to stretch and challenge performance group work, enhance dance skills and performance techniques.	7-9	Miss Radford	Cowley International Hall 1:30-2:00pm	Wellbeing
Gymnastics Club	Play and improve your skills in gymnastics.	7-11	Mrs Finnigan Mrs Sheridan	Gym 1:30-2:00pm	Wellbeing
Maths Homework Club	An opportunity to complete your maths homework in a calm working environment with the support of a maths teacher when needed.	7-8	Mrs Carrier	E16 1:30-2:00pm	Academic
Performing Arts Homework Club	A chance to complete homework on schools computers at lunch time.	7-11	Miss Edmonds	W11 1:30-2:00pm	Academic
Teachers 'In Training' Club	An opportunity for any aspiring teachers to get a taste of the profession.	8	Maths Dept.	E17 1:30-2:00pm	Wellbeing
Senior Weights	Improve your fitness with weight training.	10-11	Mr Foster	Weights Room 1:30-2:00pm	Wellbeing
Year 10 & Year 11 GCSE PE/ BTEC Sport catch up	Catch up session for GCSE PE & BTEC Sport students.	10-11	Mr Gordon	R3 1:30-2:00pm	Academic
Year 7 & Year 8 Tick and Pass Rugby	Play and improve your skills in rugby.	7-8	Saints coaches	3G 1:30-2:00pm	Wellbeing
Darts Club	Play and improve your skills in darts.	7-11	Mr Raines Ms Bessant	Sports Hall 1:30-2:00pm	Wellbeing
Girls Rugby	Play and improve your skills in rugby.	7-11	Mrs Sheridan Mrs Finnigan	3G 3:15-4:30pm	Wellbeing
Homework Club	A calming environment for students to revise for exams, complete homework/coursework, or have a moment of mindfulness at the end of the school day. Students can take advantage of our revision guides and computers.	7-11	Mr Robinson	Library 3:05-4:30pm	Academic & Wellbeing
Junior Choir	A great opportunity for students to expand their technique.	7-9	Mr Gerrard	W10 1:30-2:00pm	Wellbeing
Dance Company	Invite only for students excelling in Dance that need more challenge. An opportunity to further develop advanced dance skills.	9-11	Miss Radford	Cowley International Hall 3:15-4:15pm	Wellbeing

# Friday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Senior Hockey	Play and improve your skills in hockey.	10-11	Mrs Irwin	3G 7:45-8:25am	Wellbeing
Music Theory Club	A chance to develop music theory knowledge and work towards ABRSM theory grades.	7-11	Mr Gerrard	W10 1:30-2:00pm	Wellbeing
Badminton Club	Play and improve your skills in badminton.	7-11	Mr Gordon	Sports Hall 3:15-4:30pm	Wellbeing
Homework Club	A calming environment for students to revise for exams, complete homework/ coursework, or have a moment of mindfulness at the end of the school day. Students can take advantage of our revision guides and computers.	7-11	Mr Robinson	Library 3:05-4:30pm	Academic & 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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