



COWLEY
INTERNATIONAL COLLEGE

ENRICHMENT ACTIVITIES

Academic & Wellbeing
Autumn Term 1A - September-October



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
Arabic Club	Language enrichment course in Arabic delivered by Y8 pupil.	7-9	Miss Banks	M15 1:30-2:00pm *WEEK B*	Academic & Wellbeing
Art Club	Developing individual skills and group work.	7	Mrs Gaskell Mrs Macdonald	W14 1:30-2:00pm	Wellbeing
Chinese Movie Club	Come to explore Chinese language and culture through movies.	7-8	Miss Yang	M16 1:30-2:00pm	Academic & Wellbeing
Girls Tag Rugby	Improve and practise rugby skills through tag rugby.	7-11	PE Staff	3G 1:15-2:00pm	Wellbeing
Language Experience Club	Language enrichment course in Russian.	7-9	Mr Chapple	M12 1:30-2:00pm	Academic & Wellbeing
Maths Challenge Mondays	A maths club for pupils interested in competing in the UK Maths Challenge.	7-8	Mrs Lloyd	E12 1:30-2:00pm	Academic
Multi-Sports	Get involved in a variety of different sports.	10	PE Staff	Sports Hall/ W7 1:15-2:00pm	Wellbeing
Rugby	Improve and practise rugby skills.	10-11	PE Staff	3G 1:15-2:00pm	Wellbeing
Fencing	To learn the basic skills of swordplay and bout with your peers.	7	Miss McKenzie-Burke	Gym 3:15-4:15pm	Wellbeing
Football	Improve and practise football skills.	7, 10, 11	PE Staff	3G 3:15-4:30pm	Wellbeing
Girls Rugby	Improve and practise rugby skills.	7-11	PE Staff	Top field 3:15-4:30pm	Wellbeing
Rugby	Improve and practise rugby skills.	8	PE Staff	Top field 3:15-4:30pm	Wellbeing

Tuesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Table Tennis	Improve and practise table tennis skills.	7-11	PE Staff	Gym 7:45-8:30am	Wellbeing
Basketball	Improve and practise basketball skills.	7-8	PE Staff	Sports Hall 1:15-2:00pm	Wellbeing
Boxing	Improve and practise boxing skills.	7-11	PE Staff	Gym 1:15-2:00pm	Wellbeing
Eco-Committee	We are in a climate crisis, and we need passionate young people who want to make changes not only to our school, but to the world!	7-11	Miss Meredith	M27 1:30-2:00pm *WEEK B*	Academic & Wellbeing
German Club	Following German GCSE course.	10	Miss Banks	M15 1:30-2:00pm	Academic
Hockey	Improve and practise hockey skills.	9-11	PE Staff	3G 1:15-2:00pm	Wellbeing
Improving French Speaking Skills	Working on speaking skills required for GCSE success.	10	Mrs Lavelle Mr Chapple	M14/M12 1:30-2:00pm *WEEK B*	Academic
Junior Choir	A great opportunity for students to expand their technique.	7-9	Mr Gerrard	W10 1:30-2:00pm	Wellbeing
Multi-Sports	Get involved in a variety of different sports.	9	PE Staff	Sports Hall/ W7 1:15-2:00pm	Wellbeing
Tag Rugby	Improve and practise rugby skills through tag rugby.	7-11	PE Staff	Cricket Square 1:15-2:00pm	Wellbeing
Weights	Improve your fitness through weight training.	9-11	PE Staff	Weights Room 1:15-2:00pm	Wellbeing
Art Coursework Enhancement	Developing portfolio for GCSE.	10-11	Miss Kay	W14/W15 3:05-4:30pm	Academic
Football	Improve and practise football skills.	8	PE Staff	3G 3:15-4:30pm	Wellbeing
Netball	Improve and practise netball skills.	9-11	PE Staff	Sports Hall 3:15-4:30pm	Wellbeing
Rugby	Improve and practise rugby skills.	7	PE Staff	Top field 3:15-4:30pm	Wellbeing
Science Club	Get involved with different practical aspects of science.	7	Science Dept	Science corridor 3:15-4:30pm	Academic

Wednesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
First Aid	A great opportunity for students to learn lifesaving techniques from dealing with small cuts to carrying out CPR.	7	Mr Chesworth	Cowley International Hall 8:00-8:30am	Wellbeing
Art Coursework	Developing portfolio for GCSE.	10-11	Mrs Macdonald	W15 1:15-2:00pm	Academic
Basketball	Improve and practise basketball skills.	9-11	PE Staff	Sports Hall 1:15-2:00pm	Wellbeing
Chapter Chat	Chapter Chat allows students from every year group to discuss their favourite books, exchange recommendations and support BASH (Book Awards St Helens).	7-11	Miss Piercy Miss Leyland Mr Ball Miss Ratcliffe Miss Edwards	Library 1:30-2:00pm	Wellbeing
Chess Club	Open chess club for all year groups to play and learn chess.	7-11	Mr Howarth	E15 1:30-2:00pm	Wellbeing
Girls Only Weights	Improve fitness through weight training.	7-11	PE Staff	Weights Room 1:15-2:00pm	Wellbeing
Improving French Speaking Skills	Working on speaking skills required for GCSE success.	10	Mrs Lavelle Mr Chapple	M14/M12 1:30-2:00pm *WEEK A*	Academic
Improving German Speaking Skills	Working on speaking skills required for GCSE success.	11	Mrs Mitchell	M17 1:30-2:00pm	Academic
Multi-Sports	Get involved in a variety of different sports.	11	PE Staff	Sports Hall/ W7 1:15-2:00pm	Wellbeing
PE GCSE Catchup	Chance to catch up on GCSE work.	10-11	PE Staff	R1 1:15-2:00pm	Academic
Tag Rugby	Improve and practise rugby skills through tag rugby.	7-11	PE Staff	3G 1:15-2:00pm	Wellbeing
Football	Improve and practise football skills.	9	PE Staff	3G 3:15-4:30pm	Wellbeing
Girls Football	Improve and practise football skills.	7-11	PE Staff	3G 3:15-4:30pm	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
Art Coursework Enhancement	Developing portfolio for GCSE.	10-11	Mrs Macdonald	W15 1:15-2:00pm	Academic
Girls Hockey	Improve and practise hockey skills.	8	PE Staff	Sports Hall 1:15-2:00pm	Wellbeing
Gymnastics	Improve and practise gymnastics skills.	7-11	PE Staff	Gym 1:15-2:00pm	Wellbeing
Junior Choir	A great opportunity for students to expand their technique.	7-9	Mr Gerrard	W10 1:30-2:00pm	Wellbeing
Multi-Sports	Get involved in a variety of different sports.	8	PE Staff	Sports Hall/ W7 1:15-2:00pm	Wellbeing
Weights	Improve fitness through weight training.	10-11	PE Staff	Weights Room 1:15-2:00pm	Wellbeing
Art Coursework Enhancement	Developing portfolio for GCSE.	11 only	Miss Kay	W14/W15 3:05-4:30pm	Academic
Football Fixtures	Inter-school football fixtures.	7-11	PE Staff	3G 3:15-4:30pm	Wellbeing
Netball	Improve and practise netball skills.	7-8	PE Staff	Sports Hall 3:15-4:30pm	Wellbeing
Rugby	Improve and practise rugby skills.	9	PE Staff	Top field 3:15-4:30pm	Wellbeing

Friday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Hockey	Improve and practise hockey skills.	9-11	PE Staff	3G 7:45-8:30am	Wellbeing
Art Coursework Enhancement	Developing portfolio for GCSE.	10-11	Mrs Macdonald	W15 1:15-2:00pm	Academic
Boys Hockey	Improve and practise hockey skills.	7-9	PE Staff	3G 1:15-2:00pm	Wellbeing
Girls Hockey	Improve and practise hockey skills.	7	PE Staff	3G 1:15-2:00pm	Wellbeing
History Club	Come and learn more about your favourite topics in history!	7-11	Miss Meredith	M27 1:30-2:00pm	Academic
Mandarin - KS4 Drop In	Provide extra support for KS4 students, flexible tasks to accommodate different needs.	10-11	Miss Gu	M16 1:30-2:00pm	Academic
Maths - KS4 Higher Homework Help	A homework help session for higher GCSE students.	10-11	Mr Joynson	E10 1:30-2:00pm	Academic
Multi-Sports	Get involved in a variety of different sports.	7	PE Staff	Sports Hall/ W7 1:15-2:00pm	Wellbeing
Running Club	Improve and practise running skills.	7-11	PE Staff	PE Dept 1:15-2:00pm	Wellbeing
Weights	Improve fitness through weights training.	10-11	PE Staff	Weights Room 1:15-2:00pm	Wellbeing

Multiple days

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Whole School Musical – Evita	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 See rehearsal schedule	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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