



**COWLEY**  
INTERNATIONAL COLLEGE

# **ENRICHMENT ACTIVITIES**

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Academic & Wellbeing

Spring Term 2B | February - March 2023

# 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 Durie	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
Y11 Mandarin drop-ins	Provide extra support for Y11s, flexible tasks to accommodate students' needs.	11	Miss Gu	M16 1:30-2:00pm	Academic
Maths Challenge Mondays	Come along and explore the inner mysterious of the mathematics universe in the form of puzzles, games and challenges.	7-8	Mrs Lloyd	E12 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. We love a good sing song and to laugh.	7-11	Mrs Smith	M26 1:30-2:00pm	Wellbeing
Music KS4 Composition	Students can work on their theory and practical for Unit 2.	10	Mr Gerrard Mr Westhead	W10 1:30-2:00pm	Academic
Revision Club	General revision for Year 11 students.	11	Mrs Chadwick	R2 1:15-2:00pm	Academic
Rugby	Improve skills and knowledge of rugby.	10	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
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.	7-13	Miss Church	Top field 3:05-4:15pm	Wellbeing
Music	Students will develop key ensemble skills on their chosen three pieces.	11	Mr Watkins	W10/Practice Rooms 3:15-4:30pm	Academic
Wellbeing	Mr Middleton is in W2 every break and lunch for those needing mindful space.	All	Mr Middleton	W2 1:15-1:55pm	Wellbeing

## 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 Durie	Library 10:55-11:15am 1:15-1:55pm	Academic
Basketball	Improve skills and knowledge of basketball and play games.	8	Mr Gordon Mr Avis	Sports Hall 1:15-2:00pm	Wellbeing
Boxing	Learn the basics of boxing in non-contact manner.	9-13	Mr Llewellyn	Gym 1:15-2:00pm	Wellbeing
Chinese Club	Beginner level Mandarin, along with Chinese culture and popular social topics.	7-8	Miss Yang	M10 1:30-2:00pm	Academic
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
Girls Only Weights	Train and improve various fitness components in safe manner.	10-11	Mrs Finnigan	Weights room 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
Music Theory KS4	Students work on their reflective writing skills for component 3 to create notes that they take into their controlled assessment.	11	Miss Radford	W11 1:30-2:00pm	Academic
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
Football	Improve skills, knowledge of football through games.	7, 10 & 11	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 Durie	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
First Aid	A great opportunity for students to learn lifesaving techniques from dealing with small cuts to carrying out CPR.	7-8	Mr Chesworth	R4 8:00-8:30am	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 Durie	Library 10:55-11:15am	Academic
Arabic	Short course in Arabic.	7	Miss Banks	M15 1:30-2:00pm	Academic
Basketball	Improve skills and knowledge of basketball and play games.	9-11	Mr Avis	Sports Hall 1:15-1:55pm	Wellbeing
Chapter Club	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	Academic and Wellbeing
Chess Club	Come and play chess, and if you can't yet play, come and learn.	7-11	Mr Howarth	E15 1:30-2:00pm	Wellbeing
KS4 Computing	Catch up on missed work / incomplete work.	10-11	Miss Hoult	W12 1:30-2:00pm	Academic
Concert Band	A great opportunity for pupils to develop their instrumental skills playing in an ensemble alongside other musicians.	7-13	Mr Gerrard Mr Westhead	W11 1:30-2:00pm	Wellbeing
Hockey	Improve skills and knowledge in hockey.	9-10	Mrs Irwin Miss Mather	Sports Hall 1:15-2:00pm	Wellbeing
LGBTQ+ Club	Come along and join the fun, chats and discussion at LGBT club.	7-11	Mrs Clark	M22 1:30-2:00pm *WEEK A ONLY*	Wellbeing
Maths Revision	Help and guidance with exams, exam practice and revision for Year 10 students.	10	Mr Joynson	E10 1:30-2:00pm	Academic
Music Practical KS4	Students work on their choreography skills to develop routines to rehearse in lesson for component 3.	11	Miss Radford	CIH 1:30-2:00pm	Academic
Table Tennis	Improve skills and knowledge of table tennis.	7 & 10	Mr Gordon	Gym 1:15-2:00pm	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 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
Russian	Short course in Russian.	8	Mr Chapple	M12 3:15-4:00pm	Academic
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 Durie	Library 3:15-4:15pm	Wellbeing

## Thursday

Enrichment	Description	Year	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 Durie	Library 10:55-11:15am 1:15-1:55pm	Academic
Basketball	Improve skills and knowledge of basketball and play games.	7	Mr Gordon	Sports Hall 1:15-1:55pm	Wellbeing
KS4 Computing	Catch up on missed work / incomplete work.	10-11	Miss Hoult	W12 1:30-2:00pm	Academic
French	French immersion course, a short course in French.	9	Miss Banks	M15 1:30-2:00pm	Academic
Games Club	Come along and enjoy a range of fun games with your friends.	7-11	Mrs Clark	M22 1:15-1:55pm *Week B only*	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
Languages Club	Offering a 6-week course in a variety of languages. Half term 2B - Cantonese.	7-10	Mr Chapple	M12 1:30-2:00pm	Academic
Language Leaders	Training students how to teach languages.	12	Mrs Lavelle	M14 1:30-2:00pm	Academic
Music Theory	A great opportunity to develop your music theory knowledge. There will also be a opportunity to take ABRSM music theory exams.	7-13	Mr Gerrard	W10 1:30-2:00pm	Academic
Music Theory KS4	Students work on their component 1 theory notes to take into their controlled assessment.	10	Miss Radford	W11 1:30-2:00pm	Academic
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
Football fixtures	Schools matches.	All years	Mr Gordon	TBC	Wellbeing
Homework Club	Come and complete your homework after school in the supportive and focused atmosphere of the library.	7-11	Miss Durie	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 Durie	Library 10:55-11:15am 1:15-1:55pm	Academic
Dodgeball	Improve skills and knowledge in dodgeball. Inter-team competition.	7	TBC	Gym 1:15-2:00pm	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
Football	Improve skills and knowledge in football.	12-13	Mr Llewellyn	3G 1:15-2:00pm	Wellbeing
History Club	Come and learn more about your favourite history topics. You will even get to decide on the topics yourself!	KS3 & KS4	Miss Meredith	M27 1:15-2:00pm	Academic
Hockey	Improve skills and knowledge in hockey.	7	Mrs Irwin Miss Mather	Sports Hall 1:15-1:55pm	Wellbeing
Y11 Mandarin drop-ins	Provide extra support for Y11s, flexible tasks to accommodate students' needs.	11	Miss Gu	M16 1:30-2:00pm	Academic
Music Performance KS4	Students have the opportunity to develop performance skills and theory knowledge.	11	Mr Gerrard	W10 1:30-2:00pm	Academic
Badminton	Improve skills and knowledge in badminton.	7-11	TBC	Sports Hall 3:05-4:15pm	Wellbeing
KS4 Music Theory	Students work on their component 1 theory notes to take into their controlled assessment.	10	Miss Radford	W11 1:15-1:55pm	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



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