



**COWLEY**  
INTERNATIONAL COLLEGE

# ENRICHMENT ACTIVITIES

**Academic & Wellbeing**

Spring Term 2B | February - March 2024



# 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
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 Leaders	Training to teach in Primary School.	10	Mrs Lavelle	M14 1:30-2:00pm	Academic
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
KS4 Music Composition	Students can work on their theory and practical for Unit 2.	10	Mr Gerrard Mr Westhead	W10 1:30-2:00pm	Academic
Rugby	Improve and practise rugby skills.	10-11	PE Staff	3G 1:15-2:00pm	Wellbeing
Football	Improve and practise football skills.	7	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
Homework Club	An opportunity to complete your homework in a calm working environment.	7-11	Mr Robinson	Library 3:05-4:15pm	Academic
Indoor Football (GCSE PE & BTEC Sport)	Improve and practise football skills for GCSE PE and BTEC Sport courses.	10-11	PE Staff	Sports Hall 3:15-4:30pm	Academic & 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
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
Computing Coursework Catchup	Come and catch up on your missed coursework / homework at lunchtime.	11	Miss Hoult	W12 1:30-2:00pm	Academic
Dance Theory Club	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
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
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 Catch Up	Opportunities to develop Photoshop skills.	10-11	Miss Kay	W14 3:15-4:30pm	Academic
Football	Improve and practise football skills.	8	PE Staff	3G 3:15-4:30pm	Wellbeing
Homework Club	An opportunity to complete your homework in a calm working environment.	7-11	Mr Robinson	Library 3:15-4:15pm	Academic
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

# Wednesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
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	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
Dance Practical Component 3	Students work on their choreography skills to develop routines to rehearse in lesson for component 3.	11	Miss Radford	Cowley International Hall 1:30-2:00pm	Academic
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 ONLY*	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
Homework Club	An opportunity to complete your homework in a calm working environment.	7-11	Mr Robinson	Library 3:05-4:15pm	Academic
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 Club	Art, crafts and photography club.	8 *limited to 8 students	Miss Kay	W14 1:30-2:00pm Week A ONLY	Wellbeing
Dance Theory Club - Component 1	Students work on their component 1 theory notes to take into their controlled assessment.	10	Miss Radford	W11 1:30-2:00pm	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
Multi-Sports	Get involved in a variety of different sports.	8	PE Staff	Sports Hall/W7 1:15-2:00pm	Wellbeing
Music Theory	A great opportunity to develop your music theory knowledge. There will also be a opportunity to take ABRSM music theory exams.	7-11	Mr Gerrard	W10 1:30-2:00pm	Academic
Weights	Improve fitness through weight training.	10-11	PE Staff	Weights Room 1:15-2:00pm	Wellbeing
Art Coursework Catch Up	Opportunities to develop Photoshop skills.	10-11	Miss MacDonald	W14 3:15-4:30pm	Academic
Football Fixtures	Inter-school football fixtures.	7-11	PE Staff	3G 3:15-4:30pm	Wellbeing
Homework Club	An opportunity to complete your homework in a calm working environment.	7-11	Mr Robinson	Library 3:05-4:15pm	Academic
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
Boys Hockey	Improve and practise hockey skills.	7-9	PE Staff	3G 1:15-2:00pm	Wellbeing
Dance Theory Club - Component 1	Students work on their component 1 theory notes to take into their controlled assessment.	10	Miss Radford	W11 1:30-2:00pm	Academic
German Club	Following German GCSE course.	10	Miss Banks	M15 1:30-2:00pm	Academic
Girls Hockey	Improve and practise hockey skills.	7	PE Staff	3G 1:15-2:00pm	Wellbeing
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
Badminton	Improve and practise badminton skills.	7-11	PE Staff	Sports Hall 3:15-4:30pm	Wellbeing
Homework Club	An opportunity to complete your homework in a calm working environment.	7-11	Mr Robinson	Library 3:05-4:00pm	Academic
Table Tennis (GCSE PE)	Improve and practise table tennis skills.	10-11	PE Staff	Sports Hall 3:15-4:30pm	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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