



COWLEY
INTERNATIONAL COLLEGE

ENRICHMENT ACTIVITIES

ACADEMIC & WELLBEING

Autumn Term 1A

September - October 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).

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 Watkins (email danny.watkins@cowleysthelens.org.uk).

Monday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
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
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
GCSE PE & BTEC Sport 5-a-side	Play and improve your skills in football.	10-11	Mr Gordon	Sports Hall 3:15-4:30pm	Wellbeing
Whole School Musical	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.	7-11	Mr Gerrard Mr Westhead Miss Radford Miss Edmonds Miss Carroll	See rehearsal schedule 3:15-5:00pm	Wellbeing

Tuesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Year 7 Art Club	Y7 students are able to come up to the Art Dept and spend their lunch in the Art Studio either working independently or following a group project.	7	Ms MacDonald Ms Swiderska	W14 1:30-2:00pm	Academic
GCSE Art Studio	GCSE Art students can use the Art Studio to work on their GCSE Artwork.	10-11	Ms MacDonald Ms Swiderska Ms Kay	W14/W15 1:30-2:00pm	Academic
GCSE Art Intervention	GCSE Art students can use the Art Studio to work on their GCSE Artwork.	10-11	Ms MacDonald Ms Kay	W14/W15 3:15-4:30pm	Academic
Chinese Culture Club	Learning Chinese culture relating to arts and crafts, festivals and paintings, etc.	7-8	Mrs Min	M11 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
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
Whole school musical	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.	7-11	Mr Gerrard Mr Westhead Miss Radford Miss Edmonds Miss Carroll	See rehearsal schedule 3:15-5:00pm	Wellbeing

Wednesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Year 8 Elite Artists	Y8 students are able to come up to the Art Dept and spend their lunch in the Art Studio either working independently or following a group project.	8	Ms Swiderska	W14 1:30-2:00pm	Academic
GCSE Art Studio	GCSE Art students can use the Art Studio to work on their GCSE Artwork.	10-11	Ms MacDonald Ms Swiderska Ms Kay	W14/W15 1:30-2:00pm	Academic
Chapter Chat	A book club to discuss your favourite reads and discover new exciting reading material!	7-11	Mr Robinson Mr Ball	Library 1:30-2:00pm	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
MFL GCSE Intervention	Working on Speaking Skills. Mr Chapple working on Higher Tier and Mrs Lavelle working on Foundation Tier.	11	Mr Chapple Mrs Lavelle	M11/M12 1:30-2:00pm	Academic
Spanish Language and Culture Club	Learn Spanish and about Spanish culture,	7-9	Mrs Lavelle	M14 1:30-2:00pm *WEEK B*	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
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
Whole school musical	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.	7-11	Mr Gerrard Mr Westhead Miss Radford Miss Edmonds Miss Carroll	See rehearsal schedule 3:15-5:00pm	Wellbeing

Thursday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Year 9 Elite Artists	Y9 students are able to come up to the Art Dept and spend their lunch in the Art Studio either working independently or following a group project.	9	Ms MacDonald	W15 1:30-2:00pm	Academic
GCSE Art Studio	GCSE Art students can use the Art Studio to work on their GCSE Artwork.	10-11	Ms MacDonald Ms Swiderska Ms Kay	W14/W15 1:30-2:00pm	Academic
GCSE Art Intervention	GCSE Art students can use the Art Studio to work on their GCSE Artwork.	10-11	Ms MacDonald Ms Kay	W14/W15 3:15-4:30pm	Academic
Mandarin GCSE Intervention	Provide extra support for KS4 students, flexible tasks to accommodate different needs.	10-11	Mrs Min	M11 1:30-2:00pm	Academic
Gymnastics Club	Play and improve your skills in gymnastics.	7-11	Mrs Finnigan Mrs Sheridan	Gym 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
Junior Choir	A great opportunity for students to expand their technique.	7-9	Mr Gerrard	W10 1:30-2:00pm	Wellbeing
Whole school musical	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.	7-11	Mr Gerrard Mr Westhead Miss Radford Miss Edmonds Miss Carroll	See rehearsal schedule 3:15-5:00pm	Wellbeing

Friday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
GCSE Art Studio	GCSE Art students can use the Art Studio to work on their GCSE Artwork.	10-11	Ms MacDonald Ms Swiderska Ms Kay	W14/W15 1:30-2:00pm	Academic
Senior Hockey	Play and improve your skills in hockey.	10-11	Mrs Irwin	3G 7:45-8:25am	Wellbeing
Badminton Club	Play and improve your skills in badminton.	7-11	Mr Gordon	Sports Hall 3:15-4:30pm	Wellbeing
Whole school musical	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.	7-11	Mr Gerrard Mr Westhead Miss Radford Miss Edmonds Miss Carroll	See rehearsal schedule 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



COWLEY
INTERNATIONAL COLLEGE

Tel: 01744 678030
Email: enquiries@cowleysthelens.org.uk
Web: www.cowley.st-helens.sch.uk