



COWLEY
INTERNATIONAL COLLEGE

ENRICHMENT ACTIVITIES

ACADEMIC & WELLBEING
Autumn Term 1B
November - December 2025



Introduction

Our enrichment history

Cowley International College has a proud 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.

What is enrichment?

Although formal lessons end at 2:45pm, the College day does not. Students can choose from a fantastic range of academic and non-academic after College enrichment activities and clubs. After College activities and clubs may vary in length depending on the activity. Enrichment activities change throughout year depending on seasons, exams and staff availability. These are updated on our website. All after school clubs and activities are free of charge. Charges apply for some trips and residentials and these are heavily subsidised by the college.

Enrichment at Cowley is overseen by Mr Jones.

Why attend enrichment?

There are three 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.

And lastly, enrichment offers a wonderful opportunity to learn beyond the national curriculum. The activities provide wider learning experiences and the chance to make new friends in different year groups.

Who can attend?

Everybody! Whichever year group you are in, there are enrichment sessions for you to choose from. Y11 students are required to attend academic enrichment. These additional sessions have proven to support students to achieve academic success.

Contact

If there is an enrichment activity that you would like to take part in that isn't currently offered, please mention your ideas to the school by emailing: enquiries@cowleysthelens.org.uk

Y11 Support, and Sports extra-curricular timetables

In case it's useful to have all intervention, or sports classes in one timetable, please see below:

YEAR 11 INTERVENTION (P6)				
ALL SESSIONS TAKE PLACE AFTER SCHOOL FROM 2:50 - 3:45PM (APPROXIMATELY)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mandarin 2:45 - 3:45PM M16 *See Mrs Min/Miss Huang for start date*	German Foundation, M12 Higher, M11 2:45 - 3:30PM	Maths Head to the Maths corridor to be directed into the appropriate session	English Liaise with your English Teacher	Physics Science corridor, E8
	Geography 2:45pm - 3:15pm M23	Construction Coursework Drop-in Mr Middleton	Childcare W6	Separates Science 7-9 Alternating weeks Biology/Physics, E4
	Art For Y10 & Y11 W14 & W15	Graphics/Textiles *From January onwards* Mrs Westhead	Art For Y10 & Y11 W14 & W15	Chemistry **Planned to start 10 th October** Week B Only, E7
	Maths Y11 (11J, 11J3, 11J4, 11K2, 11J6) Miss Knowles, Week B only Maths Wing	GCSEBusiness Miss Smart W6		
Dancers to attend their normal Thursday and Friday P6 sessions				

SPORTS EXTRA-CURRICULAR SEPTEMBER - DECEMBER			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Boys' Hockey Year 7 - Year 11 3G / Sports Hall Mr Redfearn	Boys' Rugby Year 8 Top Field Mr Foster / Mr McClurg	Boys' Rugby Year 7 Top Field Mr Gordon / Mr McClurg	Girls' Rugby Year 7 - Year 11 Top Field Miss Amadio / Mrs Leigh Mrs Sheridan
Girls' Hockey Year 7 - Year 11 3G / Sports Hall Mrs Wetton	Boys' Football Year 7 3G Mr Wade / Mr Avis	Girls' Football Year 7 - Year 11 3G Mrs Sheridan	
Boys' Football Year 8 3G Mr Wade			

Monday

Enrichment	Description	Year Group	Teachers	Venue & time	Academic/ Wellbeing/ Support
Boys' and Girls' Hockey	Play and improve your skills. Possible fixtures against other schools in the future.	All	Mr Redfearn, Mrs Wetton	Sports Hall / Astro 2:45 - 3:45pm	Wellbeing
Homework Club	Using the library to complete homework, revise and change books.	All	Mr Robinson	Library Mon-Thurs 2:45 - 3:45	Club/Study assistance
Y11 Mandarin GCSE Revision	Focus on Speaking/writing skills for GCSE exam	Y11	Mrs Min/Miss Huangpu	Planned to start Autumn Term 2 M16 2:45 - 3:45pm	Study Support
Y13 UCAS support	Supporting Y13 with upcoming UCAS applications	Y13	Ms Bergin	Starting after half term B-Prep 11:15 - 1:45pm drop in sessions	University help
Boys' Football	Play and improve your skills.	Y8	Mr Wade	3G after school	Wellbeing

Other sessions that are planned, please see Mr Jones for more information

Y13 A-level Chemistry revision

Focusing on past papers

Mr Jones

Y12 MDV programme

UCAT Practice

Mr Jones

Tuesday

Enrichment	Description	All Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Homework Club	Using the library to complete homework, revise and change books.	All	Mr Robinson	Library Mon-Thurs 2:45 - 3:45 & Fri 2:45 - 3:15pm	Club/Study assistance
Year 11 German revision	Consolidating and revision of German taught in lessons - preparing for exams/ spoken German	Y11	Miss Mitchell	M17/M11/M12 2.45 - 3.30pm	Study assistance
Year 9 Elite Artists	A selection of our most talented artists from year 9 - working at a GCSE standard	Y9	Mrs Macdonald, Mrs Swiderska, Mrs Ratcliffe	W15 2:45 - 3:45pm	
Year 11 Maths Revision	Revision of topics in preparation for GCSE	Y11 (11J1, 11J3, 11J4, 11K2, 11J6)	Miss Knowles	Week B only for 11J6 Maths wing 2:50 - 3:45pm	Study assistance
GCSE ART	GCSE art students from both year 10 and 11 completing coursework towards their GCSE	Y10/Y11	Miss Kay, Mrs Macdonald, Miss Swiderska	W14/W5 Tuesday/ thursday 2:45 - 3:45pm	Study assistance
Geography Exam Support	GCSE exam support for Geography students	Y11	Various	M23 2:45 - 3:15pm on the following dates: 18th November 25th November 2nd December 9th December	Study support
Boys' Rugby	Play and improve your skills	Y8	Mr Foster / Mr McClurg	Top field	Wellbeing
Boys' Football	Play and improve your skills	Y7	Mr Wade / Mr Avis	3G	Wellbeing
Dance Company	Explore a different range of dance styles	All	Performing Arts Team	CIH	Club
Drama/Musical Theatre	For those who have a passion for acting and/or singing	All	Performing Arts Team	CIH	Club

Other sessions that are planned, please see Mr Jones for more information

Y13 A-level Chemistry revision

Focusing on past papers

Mr Jones

Y12 MDV programme

UCAT Practice

Mr Jones

Wednesday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Homework Club	Using the library to complete homework, revise and change books.	All	Mr Robinson	Library Mon-Thurs 2:45 - 3:45 & Fri 2:45 - 3:15pm	Club/Study assistance
Separates Science 7-9	Attaining the top grades in Separate Sciences	Y11 Separate Science both classes	Mr Bennett	**please check with Mr Bennett for start date** E4, 2.50 - 3.45pm	Study assistance
Year 11 Maths Revision	Revision of topics in preparation for GCSE	Y11 (11J1, 11J3, 11J4, 11K2, 11J6)	Mrs Hughes/Mr Jackson/Mr Boote/ Mr Houghton/ Miss Tasker/ Miss Knowles/Mr Leivesley	Maths wing 2:50 - 3:45pm	Study assistance
Y13 Chemistry revision	Focusing on past papers. Revision for A Level	Y13	Mr Jones	C20 Various day and time - please check with Mr Jones	
Year 7 Homework Club	Supporting year 7 students with homework.	Y7	Mr McLaughlin	Planned to start 9th October E11 2:45 - 3:45pm	Study assistance
Year 10 Graphics and Textiles enrichment	Opportunity to enhance practical skills or catch up any missed lesson time.	Y10	Mrs Westhead	- OCTOBER HALF TERM ONWARDS W4 2:45 - 3:45pm	Extra lesson/subject support
Construction	Coursework catchup	Y11	Mr Middleton	Starting October half term onwards W2 2.45 - 3.45pm	Subject/ Coursework support
Boys' Rugby	Play and improve your skills	Y7	Mr Gordon / Mr McClurg	Top field	Wellbeing
Girls' Football	Play and improve your skills	Y7	Mrs Sheridan	3G	Wellbeing
Crochet/ knitting group	Learn a new crafting skill, or improve on existing.	All	Mrs Jones	Bistro	Wellbeing
Art & Craft club	Unleash your creativity with activities such as diamond art, drawing, colouring. Seasonal themes. All materials provided.	Y12 & Y13	Mrs Begin	Starts on 12th Nov, 1:15 - 2:45pm C20	Wellbeing
GCSE Business	Support for GCSE Business.	GCSE Business Class	Miss Smart	W6	Subject/ Coursework
Senior Choir	Be part of our impressive choir	Y10 +	Perf. Arts Team	W10	Club
Rock School	Release your inner rock star!	All	Perf. Arts Team	See teachers	Club
KS3 Dance	KS3 Dance	Y7 - Y9	Perf. Arts Team	CIH	Club
Y10 French	Y10 French	Y10	MFL team	M12, Period 6	Subject

Other sessions that are planned, please see Mr Jones for more information

Y13 A-level Chemistry revision

Focusing on past papers

Mr Jones

Y12 MDV programme

UCAT Practice

Mr Jones

Thursday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Homework Club	Using the library to complete homework, revise and change books.	All	Mr Robinson	Library Mon-Thurs 2:45 - 3:45 & Fri 2:45 - 3:15pm	Club/Study assistance
Eco Club	Working with like-minded students to help with the sustainability of the college.	All	Ms Meredith	M21 2.45 - 3.30pm	Club
Y11 Childcare Intervention	Opportunity to catch up on notes and finish any work for their PSA	Y11	Mrs Smith	W6 2.45 - 3.45pm	Subject support
GCSE ART	GCSE art students from both Y10 and Y11 completing coursework towards their GCSE	Y10/Y11	Miss Kay, Mrs Macdonald, Miss Swiderska	W14/W5 Tuesday/ thursday 2:45 - 3:45pm	Study assistance
GCSE English	GCSE English Support	Y11	Various	Liaise with your English Teacher	Liaise with your English Teacher
Girls' Rugby	Play and improve your skills	Y7 - Y11	Miss Amadio / Mrs Leigh Mrs Sheridan	Top field	Wellbeing
Y10 Dance	Y10 Dance	Y10	Perf. Arts team	Period 6	Subject
Senior Choir	Be part of our impressive choir	Y10 +	Perf. Arts Team	W10	Club

Other sessions that are planned, please see Mr Jones for more information

Y13 A-level Chemistry revision

Focusing on past papers

Mr Jones

Y12 MDV programme

UCAT Practice

Mr Jones

Friday

Enrichment	Description	Year Group/s	Teachers	Venue & time	Academic/ Wellbeing
Separates Science 7-9	Attaining the top grades in Separate Sciences	Y11 Separate Science both classes	Mr Brooks/ Mr Painter	2.50 - 3.45pm	E4
Y11 Physics GCSE revision	Revision focusing on key topics in GCSE	Y11	Mr Cormack	2:50 - 3:45pm	E8
Y11 Chemistry GCSE revision	Revision focusing on key topics in GCSE (Higher Level)	Y11	Mr Jones	2.50 - 3.45pm	E7
Y13 Chemistry revision	Focusing on past papers	Y13	Mr Jones	Various	C20
Homework Club	Using the library to complete homework, revise and change books.	All	Mr Robinson	2:45 - 3:15pm	Club/Study assistance
Y11 Dance	Explore a different range of dance styles	Y11	Perf. Arts team	Period 6	Subject

Other sessions that are planned, please see Mr Jones for more information

Y13 A-level Chemistry revision

Focusing on past papers

Mr Jones

Y12 MDV programme

UCAT Practice

Mr Jones

Try a new club or enrichment activity at Cowley.
You might just discover your passion.



COWLEY
INTERNATIONAL COLLEGE

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