



COWLEY
INTERNATIONAL COLLEGE

ENRICHMENT ACTIVITIES

ACADEMIC & WELLBEING
April - May 2026



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 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 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, mention your ideas to the school by emailing: enquiries@cowleysthelens.org.uk

Monday Week A

Year	Staff	Activity	Time	Room
8	Mr Wade	Boys Football	P6	3G
11	Mrs Min	Mandarin	P6	M16
12-13	Mr Jones	Chess/Uno	Lunch	Canteen
12-13	Mr McKeown	Classical Civilisation	10.35-11.15am	C23
7-11	Mr Redfearn	Boys Hockey	P6	3G/SH
7-11	Mr Robinson	Homework Club	P6	Library

Monday Week B

Year	Staff	Activity	Time	Room
8	Mr Wade	Boys Football	P6	3G
11	Mrs Min	Mandarin	P6	M16
12-13	Mr Jones	Chess/Uno	Lunch	Canteen
12-13	Mr McKeown	Classical Civilisation	10.35-11.15am	C23
12-13	Mrs Wilde	German	P5	Achieve
7-11	Mr Redfearn	Boys Hockey	P6	3G/SH
7-11	Mr Robinson	Homework Club	P6	Library

Tuesday Week A

Year	Staff	Activity	Time	Room
7	Mr Wade/ Mr Avis	Boys Football	P6	3G
9	Mrs MacDonald	Elite Artists	P6	W15
10	Mr Westhead	Composition	P6	W10
11	Mr Ruddy	Animal Care	P6	B02
11	Miss Mitchell/ Mr Chapple Mrs Lavelle	German	P6	M11/M12
11	Mrs Hughes	Maths	P6	Maths Corridor
13	Mr Gerrard	Music - Y13 Band	P6	A02
7-13	Miss Radford	Dance Company	P6	CIH
12/13	Miss Mather	Business	P6	B03
12-13	Mr Jones	Chess/Uno	Lunch	Canteen
7-11	Mr Robinson	Homework Club	P6	Library
10/11	Mrs MacDonald	Art	P6	W14/W15
10-11	Miss Kay	GCSE Art	P6	W14
11	Mr Hesketh	Physics (Separate Science)	P6	E4
7-11	Miss Meredith	ECO Club	P6	M21

Tuesday Week B

Year	Staff	Activity	Time	Room
7	Mr Wade/ Mr Avis	Boys Football	P6	3G
9	Mrs MacDonald	Elite Artists	P6	W15
10	Mr Westhead	Composition	P6	W10
11	Mr Ruddy	Animal Care	P6	B02
11	Miss Mitchell/ Mr Chapple/ Mrs Lavelle	German	P6	M11/M12
11	Mrs Hughes	Maths	P6	Maths Corridor
12-13	Mr Jones	Chess/Uno	Lunch	Canteen
11	Mr Hesketh	Physics (Separate Science)	P6	E4
7-11	Miss Meredith	ECO Club	P6	M21
11	Miss Eiffe- Harvey	Religious studies	P6	M22
sixth form	Mr Hesketh	Excel Physics	7:30am	C22

Wednesday Week A

Year	Staff	Activity	Time	Room
7	Mr Gordon/ Mr McClurg	Boys Rugby	P6	Top Field
11	Mrs Lavelle	Languages	P6	M14
11	Mrs Hughes	Maths	P6	Maths Corridor
12	Mr Jones	MDV UCAT	P6	B01
13	Mr Lilley	Media Exam Extra	P6	B22
12-13	Mr Jones	Animal Care	B02	P6
12-13	Mr Jones	Chess/Uno	Lunch	Canteen
12-13	Mr Jones	Excel Chemistry	P6	B01
12-13	Mr Houghton	Excel Maths	P6	C12
12-13	Mr Unsworth	Excel Maths	P6	C11
12-13	Mr Hesketh	Excel Physics	7.30am	C22
12/13	Mr McKeown	Law	P6	C23
12-13	Mr Lilley	Media	P6	C20
7-11	Mr Robinson	Homework Club	P6	Library
7-11	Mrs Jones	Crochet Club	P6	Bistro
11	Miss Smart	Business	P6	W6
10	Mr Westhead	Composition	P6	W10
KS3	Perf Arts	Dance	P6	CIH
10	Mrs Lavelle	French	P6	M14
	Perf Arts	Rock School	P6	W10/W11

Wednesday Week B

Year	Staff	Activity	Time	Room
7	Mr Gordon/ Mr McClurg	Boys Rugby	P6	Top Field
11	Mrs Lavelle	Languages	P6	M14
13	Mr Lilley	Media Exam Extra	13:45	B22
12-13	Mr Jones	Animal Care	B02	P6
12-13	Mr Jones	Chess/Uno	Lunch	Canteen
12-13	Mr Jones	Excel Chemistry	P6	B01
12-13	Mr Unsworth	Excel Maths	P6	C11
12-13	Mr Hesketh	Excel Physics	7.30am	C22
12/13	Mr McKeown	Law	P6	C23
7-11	Mr Robinson	Homework Club	P6	Library
7-11	Mrs Jones	Crochet Club	P6	Bistro
11	Miss Smart	Business	P6	W6
10	Mr Westhead	Composition	P6	W10
	Mr Middleton	Construction	P6	W2
KS3	Perf Arts	Dance	P6	CIH
10	Mrs Lavelle	French	P6	M14
	Perf Arts	Rock School	P6	W10/W11

Thursday Week A

Year	Staff	Activity	Time	Room
10	Miss Radford	Dance	P6	CIH
11	Mrs Smith	Child Development/Health	P6	W6
11	Various	English	P6	English Corridor
11	Mr Westhead/ Mr Gerrard	Music	P6	W10
12/13	Mr Brooks	Biology	P6	B20
12-13	Mr Jones	Chess/Uno	Lunch	Canteen
12/13	Miss Smart	Criminology U1	P6	B14
12/13	Miss Smart	Criminology U3	10:45	B14
12-13	Mr Jones	Dungeons and Dragons	Lunch	Canteen
12-13	Mrs Wilde	German	P5	Achieve
12/13	Mr McKeown	Law	P6	C23
12/13	Mr McKeown	Psychology	10:45	C23
7-11	Miss Leigh Miss Amadio SSN	Girls Rugby	P6	Top Field
7-11	Mr Robinson	Homework Club	P6	Library
10/11	Miss Kay	Art	P6	W14
8	Mr Foster/ Mr McClurg	Boys Rugby	P6	Top Field

Thursday Week B

Year	Staff	Activity	Time	Room
10	Miss Radford	Dance	P6	CIH
11	JSH	Child Development/Health	P6	W6
11	Various	English	P6	English Corridor
11	Mr Westhead/ Mr Gerrard	Music	P6	W10
12/13	Mr Brooks	Biology	P6	B20
12-13	Mr Jones	Chess/Uno	Lunch	Canteen
12/13	Miss Smart	Criminology U1	P6	B14
12/13	Miss Smart	Criminology U3	10:45	B14
12-13	Mr Jones	Dungeons and Dragons	Lunch	Canteen
12/13	Mr McKeown	Law	P6	C23
12/13	Mr McKeown	Psychology	10:45	C23
7-11	Miss Leigh Miss Amadio SSN	Girls Rugby	P6	Top Field
7-11	Mr Robinson	Homework Club	P6	Library
10/11	Miss Kay	Art	P6	W14
8	Mr Foster/ Mr McClurg	Boys Rugby	P6	Top Field

Friday Week A

Year	Staff	Activity	Time	Room
11	Miss Radford	Dance	P6	CIH
11	Mr Westhead/ Mr Gerrard	Music	P6	W10
11	Mr Cormack	Physics	P6	E8
11	Mr Painter/ Mr Brooks	Separate Science	P6	E4/E7
12-13	Mr Jones	Chess/Uno	Lunch	Canteen
12/13	Mr McKeown	Criminology U2	10:45	C23
12-13	Mr Jones	Engineering/F1	P6	B21
7-11	Mr McClurg	Cricket	P6	SH
sixth form	Mr Watkins	Performing Arts	P6	Cowley Hall

Friday Week B

Year	Staff	Activity	Time	Room
11	Mr Jones	Chemistry	P6	E6
11	Miss Radford	Dance	P6	CIH
11	Mr Westhead/ Mr Gerrard	Music	P6	W10
11	Mr Cormack	Physics	P6	E8
11	Mr Painter/ Mr Brooks	Separate Science	P6	E4/E7
12-13	Mr Jones	Chess/Uno	Lunch	Canteen
12/13	Mr McKeown	Criminology U2	10:45	C23
12/13	Mr McKeown	Law	P6	C23
7-11	Mr McClurg	Cricket	P6	SH

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