



ST CHRISTOPHER'S
SIXTH FORM
ACCRINGTON

ENRICHMENT PROGRAMME

2022 - 2023

The background of the page is a photograph of a forest. A large, textured tree trunk is the central focus, with several small wooden markers or signs attached to it. In the lower right corner, a group of people wearing orange safety helmets and dark clothing are visible, appearing to be engaged in an outdoor activity or field study. The overall scene is lush and green, with sunlight filtering through the trees.

Your Enrichment Programme

This guide explains how the Enrichment Programme works for St Christopher's Sixth Form students, and how it relates to your academic studies. You will find here an outline of all the courses available.

At the core of enrichment is a holistic you - working on your skills and honing your passions ready for your next steps. We offer something for everyone.

We offer Core Maths and the Extended Project Qualification (EPQ) as additional courses to complement your chosen course. You might also want to develop your interests with Massive Open Online Courses (MOOCs) and competitions as part of your course. We are here to work with you for a better, happier, and healthier you.

M Coop Rushworth, Head of Enrichment

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Registration Form



<https://forms.office.com/r/WPap7gsYwn>

Enrichment

How does the programme work?

As part of your St Christopher's timetable, you must take three terms worth of enrichment courses in Y12. These courses run on a Wednesday afternoon and attendance is compulsory. In Y13, you may take an additional enrichment courses if you wish.

All extra-curricular activities (for example, Gold Duke of Edinburgh) do not count towards your timetabled enrichment. They are completed outside of enrichment time and you may take as many of these activities as you wish, as long as they complement your enrichment courses.

Sometimes, an enrichment teacher may not have all three hours of enrichment with you, and you have some non-contact time as part of your enrichment course. It is strongly recommended to complete any directed work set by your enrichment teacher during non-contact times, or to attend another enrichment course to complement your non-contact time.

Where you see a (£) symbol there is a small charge to take part in the activities. Please don't worry if you think this might prohibit you from taking part, options are available so that everyone can join in regardless of their financial situation. If you have any questions or concerns with your enrichment timetable or choosing your enrichment course or fees, please speak to M Coop Rushworth or to your enrichment captain.



The Courses

Accreditation in French for Business (Annual course)

The ALB delivers an accreditation which reflects practical and authentic application of foreign languages in today's workplace. The course promotes independent, confident and effective linguists with the language skills required to make a positive and effective contribution to international economic activity and gives access to a language pathway for all learners. The ALB is much more practical and business focused in nature compared to the GCSE. It focuses on skills development for the workplace. It is designed to ensure candidates build up competency in grammar and show they can use the target language in unplanned, spontaneous situations as well as scenarios.

Aiming Higher (available January 2023)

This enrichment course is for anyone wishing to apply for highly competitive and prestigious universities. We investigate high-level university applications and prepare students for interviews and open days. We openly discuss on a number of issues in the world and engage in critical thinking.

AmDram (Available each term)

Amateur theatre groups put on performances for the social activity as well as the artistic side. Their aim is to entertain, whilst having fun themselves. Groups decide on a production they wish to put on, wither writing their own scripts or seeking the rights to use other plays. They then organise auditions, decide casting and rehearse before their public viewings. You don't have to be a fantastic actor, dancer or singer to join a group of like-minded theatre-lovers. There are plenty of roles on stage and backstage, and it is a great way to get started, where you can improve. Being on stage and in front of an audience is an amazing self-esteem boost. Getting involved in amateur dramatics involves a good amount of research which will broaden your horizons. It will also increase the amount of discipline you have mentally and will optimize your ability to work in a team.

Bridge and Chess Society (Available each term)

Bridge is an absorbing and entertaining game that is enjoyed by millions across the world. The game is played by four people with a pack of playing cards. You play as part of a pair, one pair against another. Every deal is different and although the game is not hard to learn, it is challenging to play really well.

Bridge Society
is sponsored by



People play bridge and chess for all sorts of reasons:

- It is fun to play
- It has endless variety
- It is social. You play bridge with a partner, and chess with an opponent, and get to know everyone at the club
- It keeps your mind active and can be played by people of any age
- It is good for concentration, analysis and problem-solving. Some countries even have it on the school curriculum.

Chess is one of the oldest and most popular board games. It is played by two opponents on a checkered board with specially designed pieces of contrasting colours, commonly white and black. The objective of the game is to capture the opponent's king. **Please note:** To qualify for the Bridge and/or Chess team, you are required to take this course each term.



Core Mathematics (Annual course)

Maths is for everyone. It is diverse, engaging, and essential in equipping you with the right skills to reach your future destination, whatever that may be.

Core Maths is intended for students who have passed GCSE Mathematics on the Higher Tier course, but who have not chosen to study AS or A level Mathematics. Studying Core Maths helps you develop your quantitative and problem-solving skills. This is valuable preparation for the quantitative skills you will need for many degree courses, particularly subjects such as psychology, geography, business-related courses, sports and social sciences, and natural science courses that do not require AS/A Mathematics.

It is a level 3 qualification, in terms of UCAS points is worth 40% of an A-level e.g. A grade A in Core Maths would be worth 20 UCAS points.

Core Maths is a new course but already several universities have come out in strong support of it. Even subjects like history now recognise the importance of statistics and so a Core Maths qualification will help you hit the ground running at university. Employers from all different sectors are also firmly behind the Core Maths qualification. Many roles in today's workplace require high levels of budget management and problem-solving skills; Core Maths will be a useful tool in equipping you with these skills.

Some universities have shown their recognition of Core Maths by giving reduced offers for admissions to some of their degree courses, including:

- University of Bath
- University of Sheffield
- University of York

These universities recognise the benefits that you will gain from taking a level 3 maths qualification, which will not only support your university studies, but also your future career and employment.

Extended Project Qualification (EPQ) (Annual course)

EPQ is an A-level standard standalone qualification designed to extend and develop abilities beyond your A-Level choices and prepares you for university or future career.


- it can be taken as an extension of other Level 3 qualifications or vocational qualifications
- it's worth half an A-level (28 UCAS points)
- it's recognised by universities and employers
- many universities make lower A-level offers to students undertaking an EPQ.

The EPQ allows you to lead your own project. Students get to plan and carry out research on a topic that they've chosen and isn't covered by their other qualifications. You can take inspiration from something touched on in class or something personal and unrelated to their studies. You use this research to produce a written report and, in the case of practical projects, an artefact or a production.

By taking responsibility for the choice, design and decision making of an individual project (or an individual role in a group project) students:

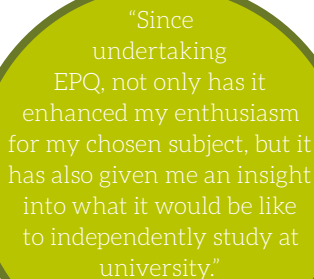
- become more critical, reflective and independent learners
- develop and apply decision-making and problem-solving skills
- increase their planning, research, analysis, synthesis, evaluation and presentation skills
- learn to apply technologies confidently
- demonstrate creativity, initiative and enterprise.

Research has shown that EPQ students have an increased chance of achieving an A*-B at A-level, and are more likely to obtain a 1st or 2:1 at university.



"Through doing EPQ I have learnt valuable skills that will help me for my years to come at university, and developed a passion for my topic through doing extensive research."

Lydia McKittrick, Year 13



"Since undertaking EPQ, not only has it enhanced my enthusiasm for my chosen subject, but it has also given me an insight into what it would be like to independently study at university."

Ellie Mai-Gee, Year 13

Football and Netball Teams (Available each term)

We have a football and netball team and they compete with other sixth forms and colleges in the local area. It's great fun and a good way to represent the sixth form.



Judo Club (Available each term - Friday afternoons)

Judo is a hugely enjoyable Olympic sport where you literally get to throw each other over your shoulder! It is excellent for discipline, fitness and for self-defence. For a small fee, participants will be able to grade and be a part of the widely recognised and highly rewarding coloured belt system. Who knows, by the time you leave us, you could be well on the way to gaining the coveted black belt! After football, judo is the most popular sport on the planet based on numbers of participants. Go on, give it a try, and throw yourself into it. (Cost of gradings)

Pathway to Medicine (Annual course)

This is an enrichment programme for aspiring Medics, Dentists and Vets, with limited places available by application. The sessions will include topical discussion and debate, training in the NHS core values and skills, and help and support with the preparation for applications, Ucat testing and interviews. We hope to include talks from visiting speakers. This programme will also usually be complementary to relevant work experience placements in the double period session in the alternate week.



Pathway to Teaching (Available each term)

If you are interested in helping others to achieve their full potential, then 'Pathway to Teaching' will give you an insight into how this is achievable. This enrichment option will involve researching different routes into the teaching profession and understanding the core skills needed to become a teacher. Also, there will be the chance to undertake work experience in a school setting; something which all universities require as a prerequisite for any teaching course. If your vocation is to make a difference to the younger generation, then this is the option for you.

RecSport (Available each term)

This option is an on-site activity where you have the use of the sports hall, 3G pitches, playing field and tennis courts. You will arrive at the sports hall, sign in and get changed into your sports clothing. Depending on the weather and numbers of students, a variety of sports will be available for you to take part in and these include:

- basketball, badminton, tennis, football, rounders, and table tennis. The activities will be determined by you and your interests. Throughout the activity you will aim to self-manage throughout the enrichment time and work as a team with others.



Tabletop Games Society (Available each term)

Play, generally, adds joy to the life, but specifically board game playing brings some unique health and life improving benefits to a person's life. It's not an activity that should be enjoyed once in a while when you get bored, for the best results it has to be a regular mission. Does anyone play board game alone? No. Obviously. Board game playing is – cooperation. It blooms when it's "handled" by teamwork. It brings strangers, old friends, co-workers together... It doesn't truly matter if either it's about making new connections, exploring hobby with same "crime partners" in the adored game, or having pleasant evening with loved ones – board game playing is the perfect way to spend time in a nice company and strengthen bonds with other human-beings.

The Happiness Project (Available each term)

In this Enrichment you will engage in a series of challenges designed to increase your own happiness and build more productive habits. In preparation for each these tasks, we will explore misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. This will enable you to incorporate a specific wellness activity into your life.

Work Experience (Available each term)

An extended period of work experience is desirable for a successful application to a number of university courses. These relate specifically to professions such as Medicine, Dentistry, Veterinary Science, Teaching and Health and Social Care.

Most placements will take the form of observing qualified professionals or work shadowing in an industry area which complements your pathway to higher education and subsequent career. However, even work experience in an unrelated field from that which you eventually apply for can still form an important part of your decision making process.

If you join one of the pre-professional pathways, your work experience will be fortnightly, during week two. For other industry areas, you can choose work experience for both weeks.

Extra-curricular

Gold Duke of Edinburgh Award (Tuesdays after sixth-form) (£)

The Duke of Edinburgh's Award is a personal programme of activities for young people aged 14 - 24. The programme involves four sections, Volunteering, Physical, Skill, Expedition (and for Gold, a Residential) which when completed leads to D of E Gold.

Whilst certainly an asset to CVs, Sixth Form and University applications, the Award is a challenging programme which requires a high level of self-motivation and enthusiasm in order to provide an enjoyable and rewarding experience for students.

Pupils can find themselves helping people or the community, getting fitter, developing new skills, picking up experiences, friends and talents that will stay with them for the rest of their lives. At St Christopher's we offer Gold level in the Lower Sixth.

Our programme is regularly over-subscribed, with the decision as to whether or not students are allocated a place based primarily on a letter of application, which is considered within the context of their level of academic ability.

The cost of participating in the Award is £150 for Gold, which can be paid in instalments.



Lunchtime Lectures (Available each term)

Our very popular Lunchtime Lecture series is a great opportunity for everyone to hear and learn about the exceptional research work being undertaken around the world. From personal experience to upcoming research, there's something for everyone.

Previous lectures have been on:

- The Power of Sleep
- Tropical Storms
- A History of Fairy Tales
- The Golden Ratio
- Cults

To name but a few. The lectures are free and open to all. Keep an eye out on the TV screens for this years calendar.



Sustainability Action Group (Available each term)

Interested in current affairs, environment and generally the BIG picture?
Want to try and make a difference, at school, the community or further afield?

Regular meeting on Thursday lunch times in S6 supported by Science, Geography and Technology. The group will follow the direction of the those interested.

Music Societies (See Miss Davies or the Music Captains for more information)

There is a vibrant and varied programme of choirs, orchestras, bands and ensembles all playing at a high level. Rehearsals take place at lunchtime and after Sixth Form finishes and everyone is welcome.

- Cantores (SATB Choir) (Friday 2.15pm - 3.30pm)
- Orchestra
- Concert Band
- Jazz Band Wednesday (3.30pm - 4.30pm)
- Rock Band

The Senior ensembles perform concerts throughout the region and beyond, undertake many charity events and participate in a foreign concert tour each year.



In August 2016 Cantores lead the worship for BBC Radio 4's Sunday Worship and the Department were one of five finalists in the Music Department of the Year Award in January 2018. To date the choirs and bands have toured to Paris, Belgium, Northern Spain, Tuscany, Venice, Poland, Hungary, Malta, Netherlands, Prague, Croatia, Tenerife and Austria. Plans are well in place for the forthcoming tour of Berlin in July 2022.

Pride Youth Network (PYN) (Friday lunchtimes)

Ensuring everyone in our environment feels represented and validated is the key to the sixth form. This must include gender, gender identity and sexual orientation. PYN is available for any LGBTQ+ students and Allies in the sixth form. PYN is a safe space for students and a forum for discussions on LGBTQ+ issues. We raise money for charities and do community work bringing about positive change in the sixth form.

Youth Church and Christian Union (Available each term)

Our Youth Church takes place every Wednesday in main school and is open to all ages from the school and sixth form community. The Christian Union is a place for all faiths and none to come together to learn about faith and seek knowledge about Christianity.



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**“For I know the plans I have for you,” declares the Lord,
“plans to prosper you and not to harm you,
plans to give you hope and a future.”**

Jeremiah 29:11

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