



**Midhurst Rother College**

The best in everyone™

Part of United Learning



# ENRICHMENT

**April 2024 – July 2024**

SSAT  
**ParentalEngagement**  
QualityStandard



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## Foreword

The enrichment opportunities offered at Midhurst Rother College during 2023-24 build upon the outstanding programme that was launched in 2015. Two years ago, the enrichment offered changed significantly, as we moved towards a more challenging and engaging programme. It has been a successful transition, therefore this year we aim to maintain the purposeful nature of the programme but also increase the variety of choices.

Monday and Wednesday enrichment opportunities will comprise of activities delivered by college teaching staff and external coaches who are specialists in their field. On these days students will select their choices, which can include sports coaching, creative writing, debating, cookery lessons, science, orchestra and many more. The enrichment programme has experienced great success, and we hope to exceed that next year. For example, our cross-country runners placed highly at the Chichester corporate challenge, the school production group put on a spectacular show and numerous creative writing entries were successful in a number of local and national competitions. Finally, our fantastic musicians and choir put on several performances throughout the year and our cheerleading team made a comeback after a short break.

To the contrary, year 7 and 8 students on a Tuesday will rotate around a structured programme of six enrichment topics throughout the year. Our primary aim is to engage and challenge more students, whilst they receive a more varied and diverse experience. From learning a life skill to developing critical knowledge and understanding of life processes, every topic has a purpose. They aim to help young people learn about teamwork, to care and to serve, to overcome difficulties and to manage themselves and their feelings. To ensure effective continuity, all topics will have links to other enrichment opportunities on offer at Midhurst Rother College.

We are sure you will enjoy looking through the enrichment opportunities available to you and are confident that the variety available will allow every student to develop skills and confidence. Links with the local community and outside agencies are a key part in us delivering an incredible programme.

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## How to use this brochure

**Step 1.** Look at the overview of activities, making sure you look at what year groups they are available for. An overview of what year 7 and 8 students will experience on a Tuesday is also included.

**Step 2.** Read the information about the activities you are interested in to ensure this is what you would like to do for the term or for the year. Also take note of any special requirements, options may have.

**Step 3.** Ensure that you are choosing an activity for the **year group you are going to be in**. You will find the year groups clearly identified within the header of the table.

**Step 4.** You need to select 3 enrichment activities for Monday and Wednesday, make sure they are all different:

### **THESE ARE NOT CHOSEN IN ORDER OF PREFERENCE – YOU WILL BE ALLOCATED ANY 1 OF YOUR 3 CHOICES**

- Year 7, 8, 9 and 10 will attend their enrichment choice every Monday and Wednesday.
- Years 11 will only attend their enrichment choice on a Wednesday.

**Table 1 – Example of varied choices (Year 8 student)**

| <b>Term 1</b> | <b>Wednesday</b>         |
|---------------|--------------------------|
| Choice A      | BBC News (School Report) |
| Choice B      | Orchestra                |
| Choice C      | STEM                     |

**Step 5.** Students will select their enrichment activities through an online questionnaire. Once you are ready to select your choices, open the questionnaire and follow the simple process to select your choices. You will have one week to complete this process.

**Step 6.** You will be allocated into one of your enrichment choices and this will be set into your timetable.

#### **NB:**

- Some off-site activities will have a cost attached to them and return to college later than the finishing time of 15.40. These will be clearly stated in the activity information. These costs cover insurance, transport and hiring of facilities.
- Clubs have maximum and minimum numbers to run, allowing for staff ratios and external coach quotas – meaning some clubs may not be viable to run due to lack of demand.
- This programme is subject to change throughout the year.
- Some activities require specialist equipment for them to be accessible. Please read the descriptions carefully. For example, all sporting activities will require the college sports kit normally worn in PE lessons, cookery requires ingredients and orchestra requires you play an instrument.
- Ensure you are committed to the enrichment activities you choose for the entire term or year.

## Enrichment activities overview – Tuesday

As mentioned previously, year 7 and 8 students will rotate around a structured programme of six enrichment topics throughout the year for one of their enrichment days. To ensure effective continuity, all topics will have links to other enrichment opportunities on offer at Midhurst Rother College. Here is a brief overview of the topic's students will experience, each topic will last for half a term. **These topics are subject to change.**

### Year 7

Teambuilding – use logic and creativity in a series of icebreakers, team challenges and problem-solving tasks. These tasks will involve both theory and practical elements.

Computer 101 – small projects centred around equipping students with the crucial knowledge and understanding of computer architecture, organisation, and use of the Microsoft applications.

First Aid – learning and understanding the crucial basics of first aid, that essentially could help save a life. Students will learn about possible causes of injuries and illness and practice skills and processes to aid people until help arrives.

Dancing around the world – students will receive taster sessions in up to three different dance styles. You will also develop your cultural knowledge of the countries in which those dance styles originated.

The History of Midhurst – discover the origins of the town through a series of fun activities. Students will delve into the rich history of Midhurst through the ages and research famous persons of interest.

Home Economics – students will be taught essential life skills and discuss current affairs. There will also be links to the MRC values and the student voice.

### Year 8

Home Economics 2 - students will continue to learn essential life skills linked to finance. There will also be links to the MRC values and the student voice.

Event planning – students will understand what it takes to plan a major event, participate in numerous activities to develop their confidence, and understand all that is required when organizing an event.

Teambuilding – use logic and creativity in a series of icebreakers, team challenges and problem-solving tasks. These tasks will involve both theory and practical elements.

Aspirations – a brilliant chance to begin learning about career pathways. Students will gain an understanding of the choices they will make at MRC and beyond.

Natural World – students will begin working towards the John Muir award. They will develop their knowledge of the local area, learn about different species, discuss any issues, and enact change.

STEM Challenges – inquisitive minds will be put to the test in a range of challenges that aim to explore science, technology, engineering, and maths. There are endless possibilities.

## **Enrichment activities overview – Monday & Wednesday Term 1**

### **Advanced Dance**

Year groups: 9

Duration: Year

Cost: N/A

In this course you will learn different dance styles and techniques. You will learn how to perform a dance piece and how to choreograph. For that you need to be open minded, hard - working and disciplined as well as able to work with others in a collaborative way. There is theory work associated with this enrichment option.

### **Astronomy Society**

Year groups: 7, 8, 9 & 10

Duration: Year

Cost: N/A

What is the life-cycle of a star? How old is the universe? Is there alien life? Where can I see Venus in the night's sky?

Astronomy Society aims to answer these and many more questions about space. We will cover the solar system and its planets, types of stars, and black holes in half-term 1. We will cover the night sky, constellations, space travel, and scientific discovery in half-term 2. If you are interested in space, science, and want to learn more than the KS3 curriculum covers, this is the society for you.

### **BBC News (School Report)**

Year groups: 7 & 8

Duration: Term

Cost: N/A

The BBC News School Report gives students the UK the chance to make their own news reports for a real audience. In this club, students develop their journalistic skills to become School Reporters. Last year more than 1,000 schools across the UK took part in the BBC News School Report and quite a few students had stories highlighted on the BBC's news programmes online and on air!

### **Cheerleading**

Year groups: 7, 8, 9 & 10

Duration: Year

Cost: N/A

Cheerleading is not pompoms! It is a sport including stunts, tumbling, jumps and dance, with a strong link to gymnastics. Join us for the whole year, prepare a routine and compete at a National competition in July. An audition process takes place in July or in September for new starters.

### **Chess**

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

Get better at chess through learning openings, endgames, strategy, and tactics. Whether you choose the Queen's gambit or the Sicilian defence, will it be enough to become a grand master at MRC. Only students serious about playing chess should choose this enrichment.

### **Choir**

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

Do you enjoy singing? If the answer is yes, then taking part in the College choir is for you. The choir is open to all year groups. We will be singing in a variety of different styles such as popular songs, songs from the musicals and traditional favourites. Performances will take place throughout the year, and we ask that only those who are fully committed to participating opt for this enrichment.

### **Cyflwyniad i'r Gymraeg (Introduction to Welsh)**

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

Shwmae MRC! Clwb Cymraeg offers students the opportunity to learn the basics of the oldest living language in the world - Cymraeg (Welsh).

### **Creative Writing**

Year groups: 7, 8 & 9

Duration: Term

Cost: N/A

Do you enjoy writing but not sure how to get started? Need quiet and space to just write? Feel that you have talent and want to know how to improve? The Creative Writing Group is for you! As well as encouraging you to sharpen your writing with a varied and exciting range of skills to try out, the group also leads on entering writing competitions, some with cash prizes, throughout the year. These include: The Rotary Club Young Writers competition, United Learning Poetry Anthology, Charles Causley Poetry Competition and Madhurst Short Story Competition.

### **Microbit**

Year groups: 8, 9 & 10

Duration: Term

Cost: N/A

At 11-14 years, young people really can be anything they want to be. The only certainty is that careers of the future demand digital skills. Cyber Explorers, an initiative led by His Majesty's Government, showcases how the skills being taught in class are linked to real world situations, through an immersive, gamified learning experience. A virtual world where Cyber Explorers uncover how digital, computing, and cyber security skills are integral to successful career paths. Join us on a journey helping citizens of Cyber City take their careers to the next level.

### **French Cookery Club**

Year groups: Year 8 CLIL group initially

Duration: Term

Cost: Students will be required to bring their own ingredients and their own apron.

Students will cook traditional French meals and snacks whilst developing their knowledge and understanding of the language.

### **Further Maths**

Year groups: 10 & 11

Duration: Year

Cost: N/A

The course, leading to the equivalent of a GCSE Further Mathematics qualification, provides high achieving students with the opportunity study the KS4 topics of algebra and geometry in greater depth as well as introducing calculus and matrices and developing further skills in trigonometry, functions, and graphs. It is aimed principally at those students who are thinking about studying A-level Mathematics and/or Physics but will be extremely useful to those looking to secure a top GCSE Mathematics grade while at the same time potentially obtaining an additional GCSE qualification.

### **GCSE Statistics**

Year groups: 10 & 11

Duration: Year

Cost: N/A

Enjoy learning new Maths? Want an extra GCSE to impress Universities and employers? Then this is for you! Gain a GCSE in Statistics, learning how to interpret, display and analyse data and probability.

### **Independent study (Written homework)**

Year groups: 7, 8, 9, & 10

Duration: Term

Cost: N/A

An opportunity for students to independently complete written based homework or coursework. If you require additional time to complete those online homework tasks, then this is ideal for you. Members of staff will support this, and some students may be directly placed into this club. Students will need to come prepared with paper-based activities.

### **Latin and Classics club**

Year groups: 7, 8, 9, & 10

Duration: Term

Cost: N/A

Latin and classics is a subject that covers a lot of different areas. The Latin language is all around us and its study enhances pupils' vocabulary and comprehension skills. We often make connections between Latin and English, and other modern languages. Classics pupils engage in a variety of topics such as democracy, art, drama, and culture, and acquire a deeper appreciation of the ancient world's influence on modern life.

### **Medical Society**

Year groups: 10 & 11

Duration: Term

Cost: N/A

Gain a deeper understanding of medical sciences (inc. veterinary, dentistry, physiotherapy) including details of what is offered by different university courses, the application process, and learning about human health and physiology.

### **Modelling Club**

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A



Design and build a section of a fantasy town out of materials that when put together with the rest of the class produces a fully scaled town layout with a range of different buildings.

#### **Music Club**

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

This is open to anyone who enjoys music. You do not have to play an instrument, but you must have an interest in it. Develop your musical skills in a variety of ways. Learn chords on the ukulele, learn the basics of drums, guitar and bass and work on band skills. You will also be introduced to some music technology such as production and recording skills. This is a great opportunity to develop your musical skills with excellent musicians.

#### **Musical Theatre Club**

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

Our all-new Musical Theatre enrichment! Join Miss Soby as we look at musicals like Hamilton, Mamma Mia, Mean Girls and many many more. Musical theatre club will be performing at Performing Arts events throughout the year, so get your jazz hands ready!

#### **Online Learning**

Year groups: 7, 8, 9, 10 & 11

Duration: Term

Cost: N/A

An opportunity for students to independently complete work on Seneca learning or Sparx. If you require additional time to complete those online homework tasks, then this is ideal for you. Members of staff will support this, and some students may be directly placed into this club.

#### **Orchestra**

Year groups: 7, 8, 9, 10 & 11

Duration: Year

Cost: N/A

Open to all that play an orchestral instrument from beginners to advanced players. An opportunity to play and perform music in a variety of styles with likeminded people. Great to get involved in the school concerts which have always been a great success, and even a chance to rehearse towards our next tour.... We ask that only those who are fully committed to participating in rehearsals and concerts opt for this.

#### **Physical Computing (BBC Microbit and Arduino)**

Year groups: 7, 8, & 9

Duration: Term

Cost: N/A

We will be programming small Arduino Computers to use a variety of different devices to solve different problems.

#### **Piano Club**

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

For beginners who are keen to learn or more experienced who are keen to increase your repertoire and develop your skills with a specialist.

### **Quiz Society**

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

Each lesson will be a quiz from a different game show and the students will in teams compete to win. Points will accumulate over a half term and there will be a winning team for each class at the end of each half term. Mat will take the helm for the Quiz Society.

### **School Production**

Year groups: 7, 8, 9 & 10

Duration: Year

Cost: N/A

Time to get involved in the School Production! A fantastic opportunity to be part of the school show that will be performed in May 2024. Past productions include: 'Little Shop of Horrors' 'Oklahoma' 'Sounds of the Musicals' and 'Mid-summer Fest'. This is open to years 7-10 and requires a commitment from day one. We are looking for a variety of performers, so do not think you have to sing to be in the show! A great chance to star in our school show and have fun as well. Production to be announced in September!

### **SEND Homework Club**

Year groups: 7, 8 & 9

Duration: Term

Cost: N/A

An opportunity for our supported students to complete any set homework with support from members of our Additional Educational Needs staff.

### **Sign language**

Year groups: 7, 8, 9, & 10

Duration: Term

Cost: N/A

Sign Language is a visual means of communicating using gestures, facial expression, and body language. All students will work through 8-10 modules to develop their knowledge and ability to sign. No previous experience needed.

### **Spring Sport**

Year groups: 7, 8, 9, 10 & 11

Duration: Term

Cost: N/A

Students will spend the first half term playing invasion games and the second half term competing in house competitions and participating in a wider variety of sports. Invasion games, such as football and netball will be our focus initially, as we prepare for sports fixtures in the local area. Our attention will then move towards covering a wider range of sports such as badminton, basketball, fitness and climbing. During this

time, students will have various opportunities to represent their house in several sports competitions, for example cross country, football, netball etc.

**STEM Society**

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

STEM society is for you if you love to perform experiments to learn more about the world around you, and you want to improve on your practical skills, problem-solving and group work. The practical sessions may involve fire, Bunsen burners, colour changes, bangs, and pops! Other activities include competitions and detective scenarios.

**TedEd Society**

Year groups: 7, 8, 9, 10 & 11

Duration: Term

Cost: N/A

This program teaches students communication, marketing, and online media skills (YouTube/Twitch), with a focus on developing a TED talk. They will also learn podcasting, marketing (both online and offline), and constructive criticism.

