



Midhurst Rother College

The best in everyone™

Part of United Learning



ENRICHMENT

January 2025 – March 2025

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Foreword

The enrichment opportunities offered at Midhurst Rother College during 2024-25 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)

Term 1	Wednesday
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.

An introduction to Italian Language and Culture

Year groups: 7, 8 & 9

Duration: Term

Cost: N/A

Find out about the culture, food and history of THE most beautiful country in Europe, and also how you could make Italian friends and successfully order a *pizza* or a *gelato*!

Art Club

Year groups: 7, 8 & 9

Duration: Term

Cost: N/A

A general Art Club for students who Love art and want to create artwork outside of the normal curriculum. This is for students who always complete art homework and are independent in creating art at home. They should be willing to try different techniques and ideas.

Art Scholars

Year groups: 7, 8 & 9 (Invitation only)

Duration: Year

Cost: N/A

This is by invitation only. It is for students who have been picked as our TOP art students. You will have a dedicated session once a week to extend and develop your skills. We will push you to work in an ambitious way and develop an extend outcome over a period of time. You will be expected to push yourself and work hard to create pieces of art for an exhibition at the end of the year.

Astronomy Society

Year groups: 7, 8, 9 & 10

Duration: Term

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.

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.

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.

Choir

Year groups: 7, 8, 9 & 10

Duration: Year

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.

Cookery

Year groups: 7, 8, & 9 (Rotation)

Duration: Term

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

'Ready, Steady, Cook!' Students will have a choice of two dishes available every week. Recipes will be put up on the food technology window. Students are required to bring their own ingredients. Students will get to cook a range of recipes from pizza to toast, to cookies. Students will also have an input on what recipes we can put on for the following week.

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.

Cyber Centurions

Year groups: 7, 8, & 9

Duration: Term

Cost: N/A

Teams participate in a series of three online rounds in pursuit of a place in the National Finals, attempting to discover all the security vulnerabilities within various operating systems.

Securing systems equals high scores, but ill-fated changes or reduction in security can result in the undesired loss of points.

Students who take part benefit from a unique chance to develop their technical expertise as well as soft skills such as communication, teamwork and leadership – essential to succeeding in any role in cyber security today.

Cymraeg (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).

Cross Stitch

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

Cross stitching is a form of decorative embroidery. Designs are composed of many x-shaped stitches, the same way digital images are composed of many square pixels. You can copy a design or create your own.

Cross Stitch Club is your opportunity to get creative and make your own items, such as greetings cards, bookmarks, or a more ambitious larger sewing project. Most materials will be provided to start you off so come along and find out just how much fun cross-stitching can be!

Dungeons & Dragons

Year groups: 9 & 10

Duration: Term

Cost: N/A

Dungeons and Dragons has been rapidly gaining popularity, and with good reason! Imagine acting in a movie, but instead of being an actor playing the role of character, you literally are that character, and the story is unfolding in front of you in real time. Become the main characters of the story you are creating with your friends as you embark on storytelling through collaboration, improv, and strategy.

Film & Animation

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

The Film and Animation Club offers students the opportunity to use computers to edit, create stop-motion sequences, and develop 3D animations. Working in groups, students will collaborate to produce films that can be submitted to various festivals.

French Culture

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

Explore aspects of French culture that you have not had the opportunity to experience yet: comic books, artists, festivals, food tasting and more.

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 to 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.

Grammar Stream

Year groups: 7

Duration: Year

Cost: N/A

The Grammar Stream class will work through three topics throughout the year. This is not a selectable option.

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.

Karate

Year groups: 7, 8, 9, & 10

Duration: Term

Cost: N/A

An introduction to karate, exploring the basics involved including self-defence. There may be future opportunities to work towards karate grades.

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 Theory

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 Dance

Year groups: 7, 8, 9 & 10

Duration: Term

Cost: N/A

In this enrichment students will learn to perform different dances in a musical style. We will work closely with the school production and students who are showing real commitment and dance skills will be chosen to perform in that setting. All year groups and dance abilities are welcomed!

Mythology

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.

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.

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.

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: Year

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.

Sparx

Year groups: 7, 8, 9, & 10

Duration: Term

Cost: N/A

An opportunity to complete your weekly Sparx homework and more with support from a member of the maths team. Sparx Maths provides personalised and independent learning for students. It has been designed to build confidence and improve understanding.

Stage Management

Year groups: 7, 8, 9, & 10

Duration: Term

Cost: N/A

If you have an interest in Theatre but would prefer not to be onstage then this enrichment is perfect for you. The stage management team will be working on the set, lighting, costume, sound and more for the school production. If you are creative and like making/building things then that would be desirable.

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.

