

**Congleton
High School
Sixth Form
Enrichment
Booklet**

Sixth Form Enrichment

This booklet outlines the enrichment opportunities that are available to all students in Congleton High School Sixth Form. Life in the Sixth Form is not only about passing exams. We want you to be able to develop and leave with the skills and qualities that employers and universities are looking for and also skills that you will need in life generally.

At the same time, we hope that you will be able to see the connections between the subjects you are studying and the activities you may take part in. During your Sixth Form journey all students are expected to take part in at least four forms of enrichment/extra-curricular activities. These include activities relating to:

- Super-Curricular – to stretch and challenge you and prepare you for Further Study
- Healthy Living
- Work Experience / Employability Skills
- Charity Fundraising / Leadership

This is an important part of your personal development and of your involvement within the community. i.e. Sixth Form community, the whole school community or the local community where you live. You will be expected to demonstrate personal development and responsibility for your own actions and behaviour as well as being a positive influence on people around you.

Depending on what you choose, the enrichment activity itself may be either in the school environment and/or outside in the local community. The Sixth Form Team or linked staff member to your course will be able to guide you if necessary.

This booklet lists some of the opportunities available to you but you are also encouraged to find your own.

Good luck!

SIXTH FORM ENRICHMENT and EXTRA-CURRICULAR OPPORTUNITIES

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1. AQA Extended Project Qualification

What does this involve:

The Extended Project Qualification (EPQ) is an accredited qualification that gives students a chance to develop independent learning, research and project management skills which are desired by employers and universities.

It offers students a free project choice, so they can explore in depth:

- An aspect of a subject they are studying, OR
- A topic in which they have a personal interest.

The topic for the project is chosen by the student and agreed by the student's teacher who acts as supervisor. The student has to show that they can plan, deliver and present. The project can be on almost anything: previous projects have included extended essays, research projects, architectural designs etc.

What will you get out of it:

- A qualification worth up to 60 UCAS points (AS-Level equivalent – half an A Level) that is highly regarded by universities and employers.
- The chance to develop your organisational skills, presentation skills and independent study and research skills.
- A unique opportunity to develop a project that interests you.

How much time you will commit to this:

- Sixth Form Enrichment time – timetabled
- Time for occasional meetings with your teacher supervisor (once or twice a term)
- Time to develop your project. AQA suggest that the project will take 120 hours. We anticipate that the project should be finished by the start of Year 13, giving you the summer holiday to finish it off.

For more information speak to Mr Barrass or Mrs Airey

2. Sixth Form Student Leadership Team

What does this involve?

The leadership team will meet on a weekly basis to deal with questions from students, discuss any requirements/needs, any concerns, organise social events and contribute to the general running of the Sixth Form and school.

The leadership team would also be responsible for the overall upkeep and maintenance of the Sixth Form Common Room / Group Study Room. Members of the team may be called upon to complete other specific duties and tasks in the Sixth Form and wider school community.

What will you get out of it?

A role in the Sixth Form Leadership Team carries a lot of responsibility and it is an opportunity for you to get involved in the Sixth Form and school in a very real way and at a level which requires close liaising with the Assistant Head Teacher - Sixth Form and the school as a whole.

You get an insight into leadership at a personal and whole school level. As a member of the team, you will develop useful skills such as organising events, contributing to key decisions, taking minutes and liaising with members of staff and the wider community.

You would be able to add membership of this team to your personal statement and CV.

How much time you will commit to this:

- One team meeting per fortnight
- Any ad hoc time needed for arranging events and carrying out duties in the Sixth Form on a weekly basis.

For more information, speak to Miss Boulton

3. Charity Ambassadors

What does this involve?

The Charity Ambassadors will meet on a fortnightly basis to discuss potential and current charity projects such as Children in Need; Sport or Comic Relief; Food Bank Collections; other fundraising activities to support the chosen whole school charity.

The Charity Ambassadors will be responsible for driving charity work within the school; liaising with charity representatives from Key stages 3 and 4; putting together and maybe but not necessarily delivering assemblies; organising the logistics of charity events and much more

What will you get out of it?

Being a Charity Ambassador carries a lot of responsibility and it is an opportunity for you to get involved in the Sixth Form and school in a very real way and at a level which requires close liaising with Senior and Middle Leaders in the school and with the school as a whole.

You get an insight into leadership at a personal and whole school level. As a member of the team, you will develop useful skills such as organising events, contributing to key decisions, taking minutes and liaising with members of staff and the wider community.

You will also have fun in working with your peers and the Sixth Form Team and feel a sense of achievement from helping others.

You would be able to add membership of this team to your personal statement and CV.

How much time you will commit to this:

- One team meeting per fortnight

Any ad hoc time needed for planning and organising events.

For more information, speak to Miss Boulton

4. Sixth Form Reading Mentor

We want to create a CHS community where everyone is reading their way to a better life. Research shows that reading for pleasure can promote improved health and wellbeing, fosters empathy, and builds social connections and increases the chance of social mobility. And yet, many in our community don't read for pleasure on a regular basis.

There are many reasons for this, including finding time or struggling to read fluently, and even not knowing what to read. This year we are continuing to promote reading across CHS, and our Sixth Form Reading Mentor team will be leading the way.

Whether you are an avid reader or not, Sixth Form students can play a vital role in this exciting development. As a key member of the Sixth Form Reading Mentor Team, these are some of the things you might be doing:

- Designing posters advertising books
- Writing. Recording short book 'tasters' / reviews
- Moderating Flipgrid and publicising / promoting use of the app for students to share book feedback and recommendations
- Reading with a lower school reading buddy
- Helping out in LRC lessons
- Reading in the wider community – perhaps in primary schools/ old age people's homes
- Leading Reading groups / book clubs that may discuss books / select new books/ magazine subscriptions for the LRC
- Working with English staff/ librarian to organise competitions and quizzes
- Liaising with Mrs Harrison and the English Reading Team

We're really excited about creating a buzz about reading and hope you will be a part of it. Don't be put off if you are not an avid reader, you can still make an excellent contribution and, hopefully, get the reading habit too.

For more information, speak to Mrs Harrison

5. Science Ambassadors

As a Science Ambassador you will support, lead and even design host of projects and events happening in science, as well as provide vital support to our students.

You'll develop valuable life skills such as:

- Project leadership
- Management and time keeping
- Creativity, Marketing and advertising
- Presentation and public speaking

Challenges you'll rise to:

- Creating Promoting competitions, clubs and event opportunities- advertising/marketing strategy/design.
- Stretching our most able pupils and encouraging further exploration of science and careers
- Enthusing and leading the next generation of young scientists in practical discovery.

You do not need to have taken science to be a Science Ambassador just have some interest in science.

For more formation, speak to Mr Holmes.

6. PE Leaders / Primary Liaison

Sports leadership is a fantastic opportunity to plan and lead sessions for our partner primary school students. During the course you will experience working with primary children and learn how to deliver effective sessions. You will be expected to plan all sessions and promote a passion for sport. This is a great opportunity to show Universities or employers that you can demonstrate confidence, planning, leadership, teamwork, communication and organisation skills.

Sports which will be covered include

- Football
- Netball
- Basketball
- Athletics
- Badminton

You may also help to plan and lead more large-scale primary sports events.

You get an insight into leadership at a personal and whole school level. As a member of the team, you will develop useful skills such as organising events, contributing to key decisions, taking minutes and liaising with members of staff and the wider community.

You would be able to add membership of this team to your personal statement and CV.

For more information, speak to Mrs Henderson

7. Football Academy

An exciting opportunity to be part of our successful CHS Football Academy. We will be playing in a North West sports league on a Wednesday afternoon. We will also train regularly to ensure success. Being part of the team will allow you to develop fitness, build confidence, communication and leadership qualities all of which are valuable life skills. It is also an opportunity to experience playing football at a college standard and will give you an insight on what elite level sport can offer.

For more information, speak to Mr Donnelly

8. Netball Academy

An exciting opportunity to be part of our first CHS Netball academy. We will be playing in a North West sports league on a Wednesday afternoon. We will also train regularly to ensure success. Being part of the team will allow you to develop fitness, build confidence, communication and leadership qualities all of which are valuable life skills. It is also an opportunity to experience playing netball at a college standard and will give you an insight on what elite level sport can offer.

For more information speak to Mrs Henderson or Miss Chetta

9. Personal Finance

LIBF Level 2 Award in Financial Education (AiFE) equivalent to half a GCSE

What does this involve:

There are two of units that students cover on a variety of topics. These are both mandatory units that students will need study to show fully rounded knowledge and understanding of the subject. These units are:

Unit 1: Finance, the Individual and Society (FIS) – You will understand the role of the citizen in the UK, the values held by citizens, and the impact they have on personal finance.

Unit 2: Practices of Managing Money (PMM) – You will gain an understanding of the concept of financial planning and personal financial budgets. The unit will also provide an understanding of the impact on both the individual and society of spending and borrowing.

Assessment: This is a 100% exam subject with two external examinations. Both are multiple choice questions based on 35 stand alone and case study questions.

Further information about the course is available at <http://www.libf.ac.uk>

What will you get out of it:

- You will gain LIBF Level 2 Award in Financial Education (AiFE) equivalent to half a GCSE
- The chance to develop your understanding of personal finance which would be useful for those who want to pursue a career in the financial sector.

How much time you will commit to this:

- Sixth Form Enrichment time – timetabled ·
- At least 2 hrs a week to consolidate your understanding and complete supplementary tasks.
- There is an option to complete a third unit that will make the course up to a full GCSE. This is assessed through essay questions in response to a case study.

For more information, speak to Mr Curry or Ms Morris

10. Podcast / Communications Team

Aims:

- To include student voice within school communication
- To create student podcasts to update the school, parents and community on the achievements of the Sixth Form Ambassador teams
- To contribute articles for the newsletter
- To investigate other ways of communicating student achievements from a student perspective

What might this involve?

- Weekly meeting to discuss newsworthy items
- Attending specific events in order to report on them
- Independent working on podcasts / articles to be put together with a set brief
- Interviewing staff, students, members of the community and ex-students
- Draft, proofread and redraft own and others creations
- To lead on key a strand of the newsletter
- Working in a team to a set deadline
- Work with the Communications Officer

You get an insight into leadership at a personal and whole school level. As a member of the team, you will develop useful skills such as organisation, contributing to key decisions, taking minutes and liaising with members of staff and the wider community.

You would be able to add membership of this team to your personal statement and CV.

For more information, speak to Miss Boulton

11. LGBTQI+ Ambassador

Our aim:

- For students to gain confidence in a leadership role and support the school to promote diversity and equality.
- To embed a culture of inclusion within the school community and serve as an integral part of student-led pride groups.
- To improve overall understanding among students and staff on LGBTQI+ topics and how to support LGBTQI+ initiatives.

Initiatives:

- LGBTQI+ Ambassadors to take initiative and lead assemblies / workshops to Key Stage 3 and Key Stage 4 students within CHS.
- LGBTQI+ Ambassadors to deliver age appropriate 'approved' material on LGBTQI+ topics to year groups or pride groups.
- Become mentors / positive role models for vulnerable, lower school students. Each LGBTQI+ Ambassador could be attached to a student. They would meet regularly within the school setting - have 'monitored' contact with their attached student.
- LGBTQI+ Ambassadors to meet regularly as part of a team to discuss ideas for the pride groups.
- Gain feedback from students on what issues they would like to discuss within the Pride Groups, i.e., sexual orientation, gender identity etc.
- LGBTQI+ Ambassadors to promote the Pride Groups and LGBTQI+ initiatives within CHS.
- Work with Congleton Pride to support local events and represent the school.
- Reflect on what works, ways to improve, lead, etc. You will be expected to work towards a leadership certificate as part of this role.

You will also get an insight into leadership at a personal and whole school level. As a member of the team, you will develop useful skills such as organising events, contributing to key decisions, taking minutes and liaising with members of staff and the wider community. You would be able to add membership of this team to your personal statement and CV.

For more information speak to Miss Boulton

12. Act Civil Ambassador

Our aim:

- To ensure that students feel safe in the school environment
- To create a culture of kindness where unkindness is not tolerated
- To help students to understand what bullying and harassment is and develop strategies for educating students about it and what to do if they are being bullied
- To develop school / year group strategies for eliminating bullying and harassment in all its forms
- To help students to understand what appropriate and healthy relationships are and develop strategies for educating students about this and on what to do if they believe that they are in a relationship that is not a healthy one
- To explore acceptable language in the context of relationships – what is okay and what is not okay and to educate others on this

Initiatives:

- Act Civil Ambassadors to take initiative and lead assemblies / workshops to key students within CHS
- Act Civil Ambassadors to potentially deliver age appropriate 'approved' material on kindness and how to deal with bullying to interested partner primary schools and at transition events.
- Become mentors / positive role models for vulnerable, lower school students.
- Act Civil Ambassadors to meet regularly as part of a team to discuss ideas for the club.
- Gain feedback from students on what issues they would like to discuss within the Act Civil group
- Reflect on what works, ways to improve lead, etc.

You get an insight into leadership at a personal and whole school level. As a member of the team, you will develop useful skills such as organising events, contributing to key decisions, taking minutes and liaising with members of staff and the wider community. You would be able to add membership of this team to your personal statement and CV.

For more information speak to Miss Boulton

13. Mental Health Matters / Body Positive Ambassador

Our aim:

- To raise the profile of mental health and educate people on this issue
- To help students to flourish with more self-confidence and a healthy body positive image.
- To embed emotional resilience and self-esteem.
- To improve teenage aspirations.

Initiatives:

- Mental Health Matters / Body Positive Ambassadors to take initiative and lead assemblies / workshops to Key Stage 3, Key Stage 4 and Sixth Form students within CHS
- There are several schools 'primary and secondary' that have been in contact with interest in a possible workshop / assembly for their students. Ambassadors to potentially deliver age appropriate 'approved' material on body positivity to interested schools.
- Become mentors / positive role models for vulnerable, lower school students. Each Ambassador could be attached to a student. They would meet regularly within the school setting - have 'monitored' contact with their attached student (similar to a 'big sister' programme)
- Ambassadors to meet regularly as part of a team to discuss ideas
- Gain feedback from students on what issues they would like to discuss
- Reflect on what works, ways to improve lead, etc.

For more information speak to Mrs Boulton

14. Honours Programme

Aims

We will further inspire, motivate and challenge the young people of Congleton so that they continue to be successful in their applications to the most prestigious employers, universities and courses.”

The success rate of our students in securing places at the highest-ranking universities is outstanding. Excellent exam results, extensive enrichment opportunities and high-quality university application programmes have ensured that this is the case.

The aim of the Honours Programme is to enable our students to access an even broader array of opportunities by arranging lectures, master classes, competitions, university visits and other enhancement opportunities. Some of these opportunities will take place on specified days of the school year, with them mostly taking place after school hours.

The Honours Programme is an enrichment programme, aimed at students who wish to develop their educational experience within school. They will stretch themselves through a structured programme that will differentiate their future applications to university or employment. Students who achieve five Grade 7/8/9s at GCSE will automatically be invited to participate, but it is open to all students who wish to join.

Examples of opportunities available to Honours Programme students:

- Honours Programme debating societies and competitions
- Debating Matters Competition
- Conferences such as TedX
- Lectures in school from visiting speakers on a range of topics
- Oxbridge application workshop and conference
- University visits to Oxford and Cambridge
- Pembroke North Scheme, Sutton Trust, UNIQ summer schools at Oxford.
- Pathways into Law scheme
- Wider reading scheme
- Honours Programme essay competitions
- External Competitions – e.g. run by Corpus Christi, Cambridge
- Nuffield Bursaries, Engineering Education Scheme, Arkwright Scholarships
- ‘Ask a Student’ – the chance to contact former CHS students currently at top universities
- Leadership and Higher Achievers Conferences
- Participation in Target One Cheshire with Pembroke College, Oxford – driving applications to Oxford University
- Workshops to develop interview technique and presentation schools
- Organising events such as a quiz night
- Bespoke support with Oxbridge/Medical applications from a Cambridge University graduate in tutor time

For further information and details of the 2020-2021 Programme, please see Mr Franklin (Assistant Leader Sixth Form and Honours Programme Co-ordinator).

15. Peer Mentoring

Peer Mentoring is a valuable and worthwhile opportunity. This will be particularly useful if you are thinking of a career path related to Health and Social Care/Childcare/Mental Health/Psychology. Training will be completed by a registered trainer.

What does this involve?

- Supporting a younger student in the school with things like homework/organisation/exam stress.
- Listening to a younger student who may have family or friendship difficulties.

Just having a 'reassuring chat' with a younger student who is feeling worried can make all the difference.

Benefits of becoming a Peer Mentor

- Improve communication and personal skills.
- Reinforce your own study skills and knowledge of your subject(s)
- Sense of satisfaction of helping others
- Increase your confidence and motivation
- Develop skills that are beneficial for study and future employment - mentoring is highly valued by employers
- Enhance your CV and UCAS application

Please see Mrs Sadat-Shafai for further details

16. Learning Partners Scheme - Supporting Lower School students

What does this involve:

This scheme would involve helping younger students progress in their learning.

You would take responsibility for 1 or 2 students within a class and help them improve by supporting them in lessons or generally support a teacher with a class. You may even be asked, if you feel confident enough, to deliver small sections of a lesson.

Lower school students may need help in your specialist subject or they may need to improve in their English and literacy and/or reading skills or with their maths and numeracy.

We would ensure that you would be matched with the right partners / subjects to ensure maximum impact.

What will you get out of it?

You will get an insight into how children learn and how rewarding it is to see students progress in their learning.

You would be able to add this experience to your personal statement or CV

Please see Miss Boulton, Mr Donnelly or Mr Franklin for more details.

17. SEND Ambassador

Our aim:

- For all students in the school to have a greater understanding of students with Special Educational Needs and Disabilities, in particular hidden disabilities
- To raise awareness of a range of Special Educational Needs and Disabilities

Initiatives:

- SEND Ambassadors to take initiative and lead assemblies / workshops to Key Stage 3, Key Stage 4 and Key Stage 5 students within CHS
- SEND Ambassadors to potentially deliver age appropriate 'approved' material on SEND issues to interested partner primary schools
- Work with XL to support the department in a variety of ways
- Become mentors / positive role models for vulnerable, lower school SEND students.
- SEND Ambassadors to meet regularly as part of a team to discuss ideas for the group.
- Gain feedback from students on what issues they would like to discuss within the SEND Ambassador group
- Reflect on what works, ways to improve lead, etc.

You get an insight into leadership at a personal and whole school level. As a member of the team, you will develop useful skills such as organising events, contributing to key decisions, taking minutes and liaising with members of staff and the wider community.

You would be able to add membership of this team to your personal statement and CV.

For more information see Miss Boulton or Mrs Temple (KTemple@Congleton High.com) in the first instance.

18. Work experience

What will this involve?

Work experience can be tailored to suit your timetable – this can be anything from half day each week to 2 full days a week.

Work experience will complement your academic studies by providing another way of learning outside the classroom. It will also provide you with crucial knowledge, skills and personal attributes that employers look for, for example skills such as communication, team-working and problem solving.

Benefits of Work experience

- An understanding of the work environment and what employers expect of their workers.
- An opportunity to explore possible career options.
- Increased self-understanding, maturity, independence and self-confidence.
- Increased motivation to continue study and/or undertake further training.

Taking part in work experience may also form a prominent part of your CV to aid in your career pathway.

Please see Mrs Sadat-Shafai for further details

19. Volunteering

What will this involve?

Volunteering can be personalised to you / your careers plans / interests / strengths – this can be anything from half day each week to 2 full days a week.

Volunteering will complement your academic studies by providing another way of gaining experience outside the classroom. It will also provide you with crucial knowledge, skills and personal attributes that employers look for, for example skills such as communication, team-working and problem solving.

Benefits of Volunteering:

- Meet new people and help to build a community
- Gain knowledge and understanding of other ways of life
- Gain a sense of purpose and become happier
- Boost your self esteem
- An understanding of a working environment and what employers expect of their workers.
- An opportunity to explore possible career options.
- Increased self-understanding, maturity, independence and self-confidence.
- Increased motivation to continue study and/or undertake further training.

Taking part in volunteering may also form a prominent part of your CV to aid in your career pathway.

Please see Miss Boulton or Mrs Eckersley for further details

20. Employability skills

Aims:

- To inform and educate you about industries that you would otherwise not have access to
- Develop a range of skills for the work place
- Offer over 25 certified courses for free
- Give you access to YourGamePlan' targeted jobs board of entry level careers and apprenticeships
- Ease your transition from school and education to the workplace
- Prepare you for degree apprenticeships, university life or other pathway
- Provide you with certificates after completing each course to boost your CV
- Access the CV builder tool which automatically adds any course completions

Some of the certified courses you could do:

- Kickstart Your Career certificate
- Success Habits Certificate
- Public Speaking certificate
- Office Etiquette certificate
- Interview Skills certificate
- How to write an effective CV
- Reducing Stress certificate

See Miss Boulton or Mrs Sadat-Shafai for more information

21. Performing Arts Ambassadors

Aims:

- To promote and support the Performing Arts across the school
- To support the Performing Arts department in planning and running key events
- To instil a love of the performing arts in students across the key stages

What will you be doing?

- Run a Year 7 and 8 Drama club weekly one night after school - day can be agreed a day when you're 'in post'.
- Help to support in Performing Arts lessons
- Help to organise other events that are in the pipeline plan, possible 'Show Case', a pantomime trip for year 7 or 8 and a theatre company for Year 9.

You get an insight into leadership at a personal and whole school level. As a member of the team, you will develop useful skills such as organising events, contributing to key decisions, taking minutes and liaising with members of staff and the wider community.

You would be able to add membership of this team to your personal statement and CV and could work towards a Leadership Certificate as part of this role.

For more information, see Mrs Mackreth

22.Social Science Ambassadors

Aims:

- To promote and support Social Sciences subjects across the school across all key stages
- To support the Social Sciences department in planning and running key events throughout the year

What will you be doing?

- Supporting the social sciences team at events such as Year 6 Open Evening, Sixth Form Opening.
- Help to support in Social Sciences lessons across Key Stage 4.
- Help to organise other events that are in the pipeline plan such as Film Club and assemblies based on Mental Health and stress.

You will get an insight into leadership at a personal and whole school level. As a member of the team, you will develop useful skills such as organising events, contributing to key decisions, enhancing our learning environment in the classrooms we teach and promoting the social sciences subjects and related careers across the school.

You would be able to add membership of this team to your personal statement and CV and you could work towards a Leadership Certificate as part of this role.

For more information, see Mrs Airey or Mr O'Brien