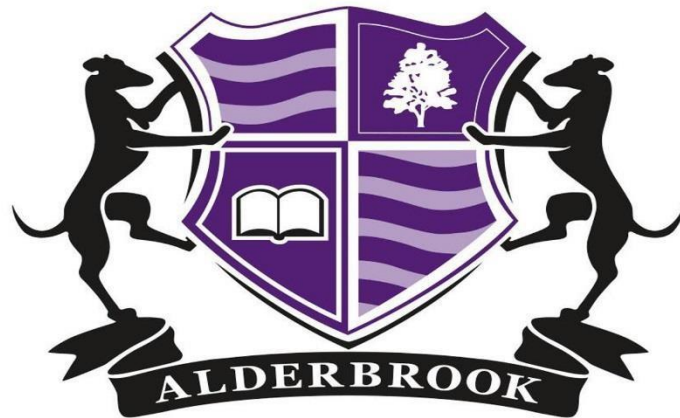


Enrichment Booklet

Autumn Term 2020



Alderbrook
Sixth Form
FULFILLING POTENTIAL INSPIRING MINDS

WEDNESDAY ENRICHMENT PROGRAMME 2020-21

At Alderbrook we want your Sixth Form experience to be so much more than just studying the A Levels you have chosen. We want to provide you with a range of opportunities and experiences that enhance your CV, employability and overall skill set. By the end of Year 13 you will be able to compile a personal statement for university and future employers that reflects you as a person, and not just as a learner. Your personal statement on either a UCAS application form or an apprentice/job application form is crucial to make you stand out and everything that you do in addition to your A Levels will be valuable.

Everything you do can be recorded in your planner or online in the 'Competencies Tool' in Unifrog and it will help you keep track of all the things you've done. This will greatly benefit you when it comes to moving onto university or employment. This booklet provides you with options and ideas that are available via a termly basis; but if you've got your own idea all you have to do is ask and we'll do what we can to support you.

You can do your enrichment activities either in school or the local community. No lessons are allocated on **Wednesday periods 4 and 5** so that you can really benefit from a well-rounded education that builds character and creates new opportunities. Year 12 will commit to activities all year, apart from during exams. You can then use the last few weeks in school full-time before study leave, with access to school facilities and of course your subject teachers, should you so wish.

Duke of Edinburgh's GOLD Award

D of E is the world's leading youth achievement award, giving millions of 14 to 24-year-olds the opportunity to be the very best they can be. When



it comes to applying for university, jobs or apprenticeships, **if you want to stand out**, then Gold D of E is perfect for you. It shows potential universities or employers just what you are made of. It shows that you are a committed, hardworking student, eager to learn and challenge yourself. This qualification is a big commitment but really will give you the life skills to make you successful.

For Gold D of E you are required to complete various sections over 12 months, all leading up to an assessed expedition that involves wild camping and navigating around hilly terrain such as Snowdon or Dartmoor. You'll have a fantastic time. The commitments for the award are outlined in this diagram:

Due to this being externally assessed and provided by a D of E Approved Provider there is substantial cost of £500.

An information evening will be held in advance of your sign up so you get a clearer picture of the cost and commitments, along with reasons why this is such a desirable qualification.



For more information: Mr Bryan

Open to: Year 12 only

Max: 25 students



Creative writing

Writing is hard work. Writers write. They don't sit around thinking all day, or lounge about in their pyjamas with a bowl of Coco Pops, watching daytime television while they wait for the muse to descend (though a little bit of that is permissible).

Lessons about plot and setting and structure and voice can help, but the only way to become a better writer is by writing. **Just you and a pen, your courage, and the whole world of your imagination.**

For more information: Mrs Howard

Open to: Year 12 & Year 13

Max: 30 students



Medics Society

If you are interested in a **career in any healthcare field** - primarily medicine but also dentistry and wider healthcare professions - the aims of our Society are:

- To generate an interest in healthcare so students can learn what it's all about before deciding whether to go ahead and apply.
- To help students plan their approach to the Medical School application process and navigate their way through in a supportive environment.
- To provide a platform where students can share ideas and concerns around challenging medical topics, such as Ethics and NHS Hot Topics.
- To pool school and student resources to allow coverage of key areas, such as medical / dentistry school entry requirements
- To work on some of the key skills required to be a medic, such as organisational ability, leadership and presentation skills

Our Society will host regular professionals from across the healthcare profession and this year will give you the option of becoming one of our Medics Society Ambassadors, taking a lead role in developing sessions, enhancing the skills you will need to land a place at university.

For more information: Ms Hess

Open to: Year 12 & 13

Max: 20 students

Photography Society

We welcome new or returning interested students to join our society this Autumn! This course would suit anyone with an interest in art, keen to unleash their creative side and who wants to get to grips with the manual mode on their camera. We will finish the year with an exhibition of your best images to impress your friends and family. ***You will need a basic DSLR camera*** and know how to access the key settings: Aperture, shutter speed and ISO, so it is important to ensure you can get your hands on a family camera before signing up.



For more information: Mrs Oliver (French)

Open to: Year 12 & 13

Max: 20 students

Oxbridge Admissions Course

Led by our resident Oxford Alumni, students will be set challenging and thought-provoking tasks to complete. For those of you who make a firm decision to go on to apply to Oxbridge you will continue with this preparation course in the Autumn Term on a weekly basis. Last year, Mrs Moreton-Wright's guidance boosted our Oxbridge success with all five applicants receiving offers to interview and two students receiving firm offers. Another two students hopefully take up final offers to Oxford and Cambridge in 2020.

For more information: Mrs Moreton-Wright (English)

Open to: Year 13 Oxbridge candidates only (until October half term)

Extended Project Qualification *UCAS POINTS ON OFFER*

EPQ is worth half an A Level (A* = 28 UCAS points) so can be used to earn extra UCAS points for University entry! An increasing number of universities – including the Russell Group – are including the EPQ in their **reduced offers to students**. What is EPQ?

EPQ is short for Extended Project Qualification. An EPQ is an independent research project which could be:

- Writing a dissertation
- Producing an artefact, like a sculpture, model or DVD
- Developing and showcasing a performance (sport, drama or music)
- Conducting an investigation/field study

As the project evolves/develops, you must complete a production log to record specific stages/progress of the project and this also contributes to your project completion. The third component of the project is an oral presentation. **Please select only if you are ready to commit to this option until May 2021.**

For more information: Mrs Myatt (Art)

Open to: Year 12 only

Max: 20 students



Sports Society

Sports society will, for the first time, be directly led by TWO of our wonderful PE teachers this year! The Sports Society can offer you the opportunity to be healthy and active during your long A-Level study days.

If you like your sport competitive, Mr Scott and Mrs Barrett will be encouraging students to represent the school on a variety of teams – football, netball, cross country etc. Leadership, coaching and officiating, will also be important aspects of the Society. If you are a budding Jose Mourinho or Judy

Murray, and would like to volunteer in KS3 PE lessons to get some experience of teaching or coaching in a particular sport, or across a variety of activities, we can make this happen. This has many benefits to you in terms of potentially achieving a Level 1 coaching qualification, or to broaden your experiences to enhance your UCAS application.

This year's Sports Society will be a thematic programme, where each half term offers a different experience of sport and fitness.

For more information: Mr Scott or Mrs Barrett (PE)

Open to: Year 12 & 13

Max: 30 male & 30 female students

Cookery Masterclasses



Containing 100s of fantastic restaurants, including 6 Michelin stars, Birmingham has quickly become the focal point of fine dining in Great Britain. Boasting celebrity chefs such as Glynn Purnell and Solihull's own Brad Carter, there are many fantastic opportunities afforded to those with culinary skills across this great city. If you enjoy cooking (or EATING) nice food, then this could be the enrichment society for you! Our very own Mrs Miller will be running several masterclasses that **will develop many cookery skills you can show off at home and eventually Uni**. Ranging from jointing a chicken to fondant icing decorations for a cake, all students will learn new and useful culinary skills. Suitable for students of all abilities and experience in the kitchen. *Please note, you will be expected to bring requested ingredients to the sessions – these will not be provided for you.*



For more information: Mrs Miller (Food Technology)

Open to: Year 12 & 13

Max: 20 students



ABKSixth Film Review

The past and present impact of Hollywood and other production hubs on cultural, social and economic issues around the globe is immeasurable. Whether or not they were designed as 'entertainment-education' programmes, film and television have often had great impact on society. Eg: Terry George's *Hotel Rwanda*. A historical account

of the 1994 Rwandan genocide and how the world turned a blind eye seen through the experience of hotel manager, Paul Rusesabagina. **As well as movies that educate or hope to stir debate, we will also look at mini-seasons of directors and their associated genres**, Eg: Alfred Hitchcock thrillers or Tim Burton gothic fantasies. BUT if you think the 'Film Review' will just be a run of afternoons watching movies – think again! In marketing teams you will be **producing short reviews** using media technology to encourage others (age appropriate) to come and watch a screening held in school, and also hosting a **new audio podcast channel** debating various themes and points of interest. If you enjoy or are interested in films / television / media, are open to new experiences and have a voice to share your thoughts and opinions then you are very welcome!

For more information: Mrs Allen

Open to: Year 12 & 13

Max: 30 students

Further external choices

Any of the following options require you to fill in an 'Enrichment Placement Form' so we can ensure any activity is meaningful and well organised. Please see Mrs Friend, Sixth Form Administrator. This will be signed by the supervisor in charge and you will not be able to participate until this has been received.

Local Higher Education Masterclasses

The following Universities host different masterclasses through the academic year on a Wednesday afternoon. These are advertised on their websites. This is **not a regular enrichment activity** but there may be something advertised that you think is worth taking time to attend. You may find that occasionally your teaching staff will arrange these opportunities for you.

Aston University Masterclass Programme

A variety of lectures and interactive workshops run throughout the academic year. See website for further details.

Birmingham University Masterclass Programme

A variety of lectures and interactive workshops run throughout the academic year. See website for further details.

Birmingham City University Masterclass Programme

A variety of lectures and interactive workshops run throughout the academic year. See website for further details.

