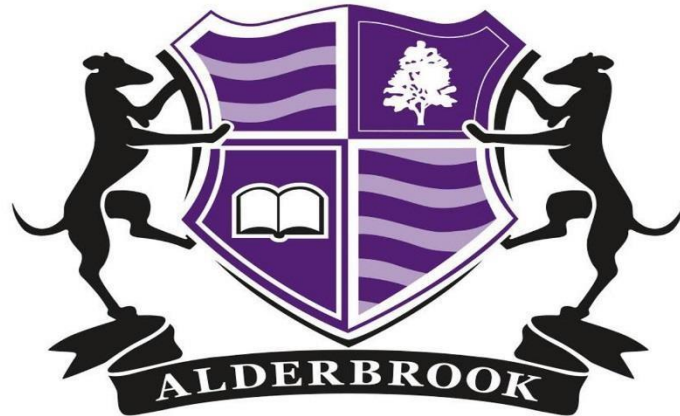


Enrichment Booklet

Spring 2022



Alderbrook
Sixth Form
FULFILLING POTENTIAL INSPIRING MINDS

WEDNESDAY ENRICHMENT PROGRAMME 2021-22

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.

Once you have made your top 3 choices, **please complete the online survey by Thursday 16 December** and confirm your choices in order of preference.

<https://forms.office.com/Pages/ResponsePage.aspx?id=X0SbBKBtc06r0AH9Dcqd52rct4XNxkpBmm2RReLcDUtUQVRXMUZBV0IJQIVMM1JXTIIHSFJFOURHRC4>

**Note: Once enrichment activities are allocated, it will not be possible to change, so take your time and make 3 choices that you would be willing to do.*

Remember if you have signed up to Gold DofE you must continue with this enrichment

KS3 Learning Mentors

An opportunity to give back to the students in Years 7, 8 or 9 and support a younger student who may need a bit of extra encouragement or help to progress. A truly rewarding experience which will be mutually beneficial for both yourself and the young person you can make a difference to. A certificate will be issued to successful mentors as a token of your hard work and a reminder in your Life Ready folders when it comes to writing applications in Year 13. If you are interested in teaching this would provide you with some real classroom based experience. This opportunity is open to all Year 12 and 13 students:



Subject	For more information contact	Max
English	Mrs Palmer	5
History	Mr Harrison - <i>students should be studying A Level</i>	2
Geography	Mrs Mills – <i>students should have studied at KS4</i>	2
PE	Mr Coggan/ Mr Scott	2
Maths	Mr Ogan – <i>students should be studying at KS5</i>	4
Science	Mrs Taylor – <i>students should be studying at KS5</i>	5
Art & Design	Mrs Roundell - <i>students should have studied at KS4</i>	2
Computing	Mr Digweed Davies – <i>students should be studying A Level</i>	2
Spanish	Mrs Szabo – <i>students should have studied at KS4</i>	2
Music	Miss Rafferty – <i>students should have studied at KS4</i>	2

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 completed 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 a subsidiary cost of £550.

For more information: Mr Bryan
Open to: Year 12 (+ Year 13s already enrolled)
Max: 20 students



Foreign Film Society

Each country or culture has a unique way it approaches filmmaking. It is a visual art form that can be drastically different from one country to the next. Watching a foreign film will immerse you into a microcosm in which you are probably highly unfamiliar. It allows you to experience new landscapes, food, and customs. Get away from the familiar and delve into the world of international film. The U.S. format that so many of us are accustomed to is culturally driven, and therefore highly familiar. A journey into international films can broaden your knowledge base and immerse you into an active visual and intellectual experience that will leave an indelible impression. A new week- a new country- a new culture.

For more information: Mrs Howard

Open to: Year 12 & 13

Max: 30 students



Driving skills

Whether you are in Year 12 or Year 13, driving is a life skill that most people learn at some point in their lives. In this enrichment, led by Mr Bryan having passed his test at the 4th attempt, we will look mainly at the driving theory element. We will spend time exploring the content around passing your theory test and get an opportunity to prepare you for your



theory test. This is a great way to use your Wednesday enrichment time productively. There is an opportunity to arrange driving lessons on a Wednesday afternoon in order to develop your practical driving skills.

For more information: Mr Bryan

Open to: Year 12 and Year 13

Max: 25 students

Photography Society

We welcome new or returning interested students to join our society! 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

IMPROVED

Sports Society!

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 will be encouraging students to represent the school on a variety of teams – football, netball, cross country etc. This year's Sports Society will be a thematic programme, where each half term offers a different experience of sport and fitness. There could be opportunities to leave school site and take part in activities in the local community such as The Gym, Golf and Ice Skating, and you must be prepared to pay a small fee for these visits.

This is always one of our most popular societies, so sign up quick to avoid disappointment.

For more information: Mr Scott

Open to: Year 12 & 13

Max: 30 max (15 boys & girls)



Sixth Form Newspaper/Magazine

This is an exciting opportunity to be part of the founding team of Alderbrook's school newspaper or magazine! The aim is to design, create and release a publication to be released every half term. While this is open to anybody, this is an ideal chance for those students who may have an interest in journalism or English as a future career. It is a great chance to be involved with the wider school as well as seeing the final product from your hard work. This is a wonderful opportunity for a super curricular activity to set you apart on your personal statements. As this is a brand new society, you will be able to shape this to be how you want it!

For more information: Mrs Desjarlais / Mr Stent / Mr Evans

Open to: Year 12 & 13

Max: 25 students



Debating Society

This will be your chance to look at and debate real-world issues shaping the contemporary landscape; a chance for you to conduct in-depth research into topical issues, examine the merits of competing perspectives in a debate and to question your own viewpoints. These debates can range from big questions in science and experimentation, arts, health, politics, the media and more, for example:

- We should welcome the advent of human genome editing.
- Britain should pay reparations for its role in the slave trade.
- Humanity should fear advances in artificial intelligence.

You will also have the opportunity to pit your skills against local, regional and national opposition in various competitions throughout the year. If you are thoughtful, intelligent, passionate about ideas and a strong team player then why not give debating a go? Universities, including Oxford and Cambridge, highly regard involvements in debating societies as they develop the rigor and skills required for a successful university career.

There will also be an opportunity to work with Mr Hall on the whole school Parliament which will take place each half term.

For more information: Mr Hall

Open to: Year 12 and Year 13

Max: 25 students



Music Society!

Have you always wanted to learn an instrument? Or already know how to play but never have the time to practice? Then this option is for you. You will spend your enrichment time focusing in on your instrument, whether these are from YouTube tutorials or from that dusty keyboard book at home. There is also lots of music to choose from in the music room. This will mainly be completed as a solo project or if someone else has signed up that is also learning the same instrument from scratch, you're more than welcome to take the musical journey together.

Teacher- Miss Rafferty



Location- A01/A02

Students- 10

Podcast Society

Fed up of listening to podcasts and thinking you could do better? Now is your chance! We are offering the opportunity to create your very own podcast with the view of releasing these on a music sharing platform! As part of this enrichment, you will work in teams (or solo if you prefer, although talking yourself might get lonely...) to create scripts, plan interviews and create jingles using our podcast recording equipment. You will also be shown how to edit the podcast and piece it all together on a music software.



Topics of your podcasts are completely up to you, so get signed up today.

Teacher- Miss Rafferty

Location- A01/A02

Students- 20

Extended Project Qualification (EPQ)

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 .

This could however be anything from an art object, a scientific investigation to a Phone app. 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.

EPQ is worth half an A-level (28 UCAS points) so can be used to earn extra UCAS points. An increasing number of universities are including the EPQ in their offers to students.

- A*- 28 points
- A- 24 points
- B- 20 points
- C- 16 points
- D-12 points

For more information: Mrs Myatt

Open to: Year 12

Max: 15 students

Medics Society

The aims of the medic society are to:

- To generate an interest in Medicine 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 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 medical field.

For more information: Mrs Hess

Open to: Year 12 and 13

Max: 20 students



GOLD ARTS Award

IMPROVED

A **Level 3 Qualification** from Trinity College, London **worth 16 UCAS points** (like a B grade at AS) where you have the opportunity to build a personal portfolio which demonstrates your achievements as an artist and arts leader. If you are seeking a future within Art, Dance, Drama, Media, Music or Photography, then this is definitely for you! You will develop your own arts practice by gaining experience of a new area of the arts, volunteer in and research the wider arts sector, make a case about an arts issue that you care about and lead your own public arts project. A highly rewarding qualification that not only looks great on applications but offers you transferable skills in preparation for your future. There is a small approx. cost of £40 attached to this qualification which is collected in the Summer Term. I am pleased that that the Gold Arts Award will run into the Spring term.

For more information: Mrs Stocks

Open to: Year 12 and Year 13

Max: 25 students



Reading society

Our reading society will be held in the library for both periods of

Enrichment. Members who wish to join must sign in with the librarian on entry.

You can provide your own book of choice or borrow books you are interested in reading from the library.

This enrichment includes you reading your book of choice and there will be a chance to discuss your book afterwards with other members of the society if you wish to.

This way you can find who enjoys the same books and recommend books you think they may like as well.



For more information: Deryn, Liliana, Connie, Lina (Year 12 Students)

Open to: Year 12 & 13

Max: 15

Mind Sports

This is a new society based on a weekly meet-up to get the old grey matter focused by playing traditional board and card games.

You will regularly compete against others within the society and so should enjoy the thrill of suspense and learning tactical moves to beat your opponents. Chess, Bridge, Draughts, Scrabble, Dominoes, Go... will you be the Society's Autumn Champion?!



For more information: Mr Bryan

Open to: Year 12 and Year 13

Max: 20 students

Further external choices

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

Make a Difference – Self-organised Charity work and Volunteering.

If you would like to involve yourself within the local community more, meet new people and be really independent, you can commit to volunteering or working for charity on a regular weekly basis. This option will require some personal drive and organisation to ensure this is arranged quickly. This enrichment activity would be an excellent source to refer to on personal statements and CVs. Look at the following websites to see what opportunities are available in our area:

<http://www.solihullsolo.org/volunteering>

<http://www.royalvoluntaryservice.org.uk>

<https://vinspired.com>

<http://www.stepuptoserve.org.uk>

<https://www.nationatrust.org.uk/find-an-opportunity>

There are also many local care homes and charity shops where students have volunteered in the past who are grateful for support. These include:

Sunrise Living: Solihull.AVC@sunriseseniorliving.com

Longmore Nursing Home: longmore1@live.co.uk

St George's Home: info@st-georges-home.co.uk

The Royal Star & Garter Home: solihull.enquiries@starandgarter.org

Age UK Solihull: volunteering@ageuksolihull.org.uk

Cancer Research, Charity Shop, Shirley: 0121 733 6323

PDSA Charity Shop, Shirley: 0121 744 8507

Acorns Shop, Shirley: 0121 733 1339

Oxfam Shop, Solihull: 0121 733 1035

Work Experience

Work experience provides the opportunity for you to develop your soft skills such as team working, communication skills and commercial awareness, all of which are highly sought after by employers, especially at a graduate level. A

recent survey showed two thirds of employers look for graduates/apprentices with relevant work experience because it helps them prepare for work and develop general business awareness. It can give you an insight into the type of work that you may want to do, shows you have motivation and commitment and importantly allows you to build your network of contacts. You could contact local employers as well as professional organisations to find work experience opportunities.