

Enrichment Booklet

Summer 2024



Alderbrook School
& Sixth Form
AMBITION | BRAVERY | KINDNESS

WEDNESDAY ENRICHMENT PROGRAMME 2023-24

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 MONDAY 8th April** and confirm your choices in order of preference.

<https://forms.office.com/Pages/ResponsePage.aspx?id=X0SbBKBtc06r0AH9Dcqd51l7j-OCkrJHqs3K9zQQX1xUQTFGOExNQ0FCQzFRVkrOUU9RSUILLUFBWRC4u>

**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



Hiking (and Cycling?)

Being outside, especially as the weather improves, releases endorphins and has a big impact on your mental health. I am a keen walker and use to help out extensively with DofE gold. This year I am looking for a keen group of students to get outside and walk. Using the school minibus we will travel to places such as Packwood house and the Lickey hills in order to get out in the spring air and do some walking. This is a perfect enrichment for current DofE gold students to improve their fitness. I am also intending to do some cycling using the track in Tudor Grange Park.

For this enrichment you will need walking boots and access to a bike for some of the weeks. You must also be prepared to return to school around 4pm some weeks, allowing us to travel a little further!

For more information: Mr Bryan

Max: 15 students



Oxbridge-

An intensive preparation course for applications and interviews. Expect to be asked to complete many in-depth super curricular tasks to ensure you are up to the challenge of achieving a place at one of these top institutions!

For more information: Mr Hall

Max: Those invited on Oxbridge trips





Mind Sports –

This society is based on a weekly meet-ups 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: Mrs Mills

Max: 20 students

Reading-

Take the opportunity to unwind, critically engage, and increase your brain power by taking time out to read, discuss what you have read, and generally spread the joy of text.

For more information: Mrs Desjarlais

Max: 20 students



Tri-Wellness Yoga and Meditation

Explore the interconnection of mental and physical health with the Tri-Wellness team, and find a space away from the chaos of day to day life and exams. Through Yoga and Meditation sessions, the Tri-Wellness team will offer a solution that will nurture your mind, body, and soul.

For more information: Miss Smith

Max: 15 students



Mrs Myatt's Great Renovation Project

Join Mrs Myatt to renovate a set of historic ABK life-size statues. They need to be cleaned, painted, and beautified. Some ability to paint required! Contribute to a long-term piece of ABK history!

For more information: Mrs Myatt

Max: To be vetted by Mrs Myatt!

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 you 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.

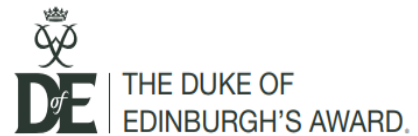


| Subject | For more information contact | Max |
|----------------|--|------------|
| English | Mrs Palmer | 5 |
| History | Mr Harrison - <i>students should be studying A Level</i> | 2 |
| Geography | Mrs Mills – <i>students should have studied at KS4</i> | 2 |
| PE | Mr Scott | 2 |
| Maths | Mr Cox – <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 | Miss Sheik– <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 substantial cost of approximately £550.

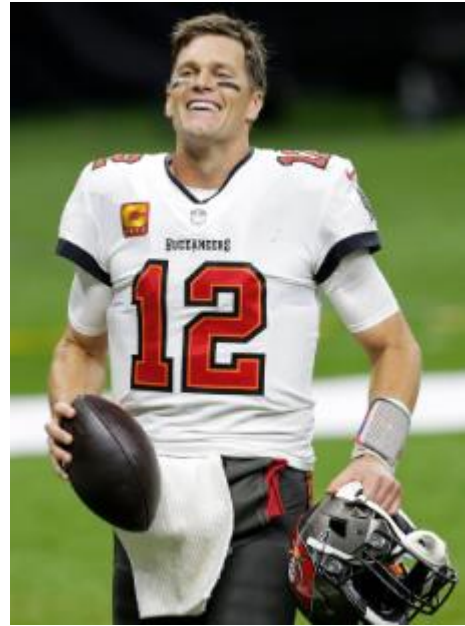
For more information: Mr Galbraith / Mr Bryan

Open to: Those already involved



NFL

Unlock the thrill of American football like never before! Immerse yourself in the electrifying world of the NFL as we dissect the playbook, decode the strategies and dive into the heart-pounding action of Flag Football. The fastest growing sport in the UK. Discover the teamwork, strategy, athleticism that make American Football a national obsession in the United States. Whether you're a seasoned fan or a complete newcomer, our club welcomes all levels of interest and experience. Learn the plays and experience the rush of the Gridiron.



Join us on the journey to becoming a flag football pro, and gain insights into the sport that's more than just a game - an American Tradition.

But that's not all - were your ticket to catching up on the weekly NFL games. Join us for exciting weekend highlights sessions, where you can cheer on your favourite teams, analyse plays and help develop the Playbook for the Alderbrook Greyhounds. A perfect way to stay connected to the NFL Pulse and share the passion for the sport! Additionally, there'll be opportunities to get involved with local clubs taking your newfound football skills to the next level"

For more information: Mr Kahlon

Max: 20 Students



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

Max: 40 Students

Sign Language Course

BSL is becoming one of the most popular inclusivity courses in education and beyond. We are proud to be able to be offering BSL as an enrichment course for our students to explore, learn and be able to communicate with a range of people in our school and local community. It is a fantastic course to undertake if you are doing the Duke of Edinburgh Bronze/ Silver Award or simply want to be part of our ever-changing world.



For a small contribution to the charity of a minimum of £3 you can study and practice BSL and get an accredited certificate at the end. It is a golden opportunity for you to engage in a new phenomenon and learn a skill that makes a difference to the world in which we live.

For more information: Mrs Chauhan

Max: 20 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 Harrison will be running several some cooking sessions where students will explore baking recipes alongside other world foods. 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 Harrison

Max: 20 students

National Theatre Connections

National Theatre Connections

What is it?

Each year, the National Theatre commissions new plays for young people to perform. Our school have been selected to take

part! We will rehearse the play, have a Q&A session with the playwright and perform it in school where a professional director watches and gives feedback. We then have the opportunity to perform the play in a professional theatre, watch other youth groups perform, and take part in a workshop. Following this, some plays are selected to perform at the National Theatre in the summer.

Who is this for?

Connections is a great opportunity for anyone who is interested in theatre, looking to develop their performance/production skills and gain experience working on a new production. We are looking for actors, designers, dancers and musicians.

When does it take place?

Rehearsals will take place during enrichment time. There may be extra rehearsals on Wednesdays after school until 4.30pm. The performance in Alderbrook school will be on 28th and 29th February the performance in a professional venue is one day on the week commencing 15th April 2024.



For more information: Miss Shinnick

Max: 20 students

Primary School Placement

If you think you may be interested in a career in education or childcare in the future, this could be a great opportunity to gain work experience and to develop your communication, imitative, team work and organisation skills. The exact nature of the role may vary but could involve things such as supporting children with their reading and writing, assisting with admin tasks, playing games, helping with the school library and doing other jobs to assist the staff. It will be a great opportunity to learn and also to give something back to your community as well as provide invaluable personal experience for your UCAS applications.

For more information: Mrs Ford

Max Students: 12

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@starandqarter.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 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.