

Add breadth to your academic curriculum. Acquire skills and knowledge.

# ENRICH

2023-2024



Poynton High School Sixth Form

‘Enrich’ is intended to add breadth to your academic curriculum and help you to acquire skills and knowledge which you will certainly find useful in your Sixth Form career and Higher Education courses. These opportunities will enhance your UCAS and future employment applications. All students must engage in enrichment during Year 12. You will use your enrichment log on Google Classroom to record all the activities you participate in throughout the year. This will serve as evidence of your participation in the programme and experience gained. Keeping an up to date log will also make it easier to identify what you might want to include when writing a personal statement or job application.

The programme is composed of a number of elements:

- Enrichment Days (e.g. Life Beyond PHS Day)

These are whole or half day events, which take place during Years 12 and 13.

- Student Development Days

These usually take place every half term and cover a wide range of topics including Driver Awareness, Personal Safety, Student Life at University, Student Finance, Interview Techniques, Employment Skills and much more. Attendance at the Development Days is compulsory and they run through both Years 12 and 13.

- Enrichment Opportunities

These are many and varied! They can be divided into three core areas: **Community engagement, Personal growth, and Work- based learning**. You must select only one **community engagement** activity. This will usually involve a regular weekly commitment of up to one hour throughout the year. It is a good idea for you also pick at least one activity from the personal growth section although you could opt into multiple. All students in year 12 will undertake a work experience placement during the Summer Term (date to be confirmed). We recommend that you opt into as many other activities in this section that you feel would help you develop skills and knowledge to prepare you in taking your next steps beyond 6<sup>th</sup> form.

You will find a description of the enrichment activities here but others will certainly occur during the year and we will tell you more about these at the appropriate time. One of the great advantages for you in coming into the Sixth Form at Poynton is that you will have the opportunity to take part in, and even to organise, many of the activities available in an 11-18 school. You will have opportunity to work with younger students and represent your school to develop your leadership skills. This is most definitely a plus point in your UCAS personal statement or employment application.

When deciding on your enrichment programme it is a good idea to think broadly about your own development. You must decide which activities will be of most value to you. Think about the sort of experiences that will challenge you or which aspects of your knowledge and skills you want to enhance. This might include: interpersonal skills, research skills, knowledge of a particular topic or area of interest, presentation skills, and careers pathways.

## COMMUNITY ENGAGEMENT ACTIVITIES

All students must choose one activity from the list below and record their selection on the tutor group form. Once you have signed up for your chosen activity the member of staff responsible will send more information regarding when these activities will begin. You are expected to commit to this activity for the whole programme.

### Ambassadors Programme

A maximum of 6 students per department will take on wide ranging responsibilities within the subject they represent, each of which are designed to support and celebrate the work of the department. The programme offers ambassadors opportunity to build up a range of personal skills and experience, which would commend them to university applications, tutors and employers alike. You will be made an ambassador only in subjects you are actually studying.

Here are some typical examples of what you might be expected to do in the role.

- Contributing to the 'In class support' scheme and working with younger students.
- Talk to younger students about choosing GCSE or A level subjects
- Represent the department at open evenings (Lower School and Sixth Form)
- Meeting interview candidates for teaching positions.
- Supporting/running popular extra-curricular clubs related to your subject
- Helping maintain and update PE displays;
- Contributing innovative ideas with the aim of further improving PE.
- Lead Student Voice feedback for their year group, and work with the Head of Department to summarise the findings and present to the department.

Art Ambassador (Mrs Spinola)

Biology Ambassador ( Mr Lambert)

Business and Economics Ambassador ( Mrs Williams)

Computing and IT Ambassador (Mrs Bemowski)

Drama Ambassador (Mrs Cutler)

English Ambassador (Miss Greenfield)

Geography Ambassador (Mrs Hardman)

History Ambassador (Mrs Hall)

Maths Ambassador (Mrs Toby)

Media Ambassador (Miss Greenfield)

MFL Ambassadors (Mr Farrell)

Music Ambassador (Mr Western)

PE Ambassador (Mr Henderson)

Physics Ambassador (Miss Cockitt)

Product Design Ambassador ( Miss Corry)

RS Ambassador ( Mr Shaw)

### Buddy Reading (Mr Jackson)

Buddy Reading is a rewarding opportunity for you to help students in Years 7 and 8 who require support and encouragement with their reading. Students work through a levelled reading scheme, where they read a short story and work through comprehension questions in order to check their

understanding. Your role is to provide support to the students in the form of listening to your partner read and check their understanding. The sessions run twice weekly during registration. Days and location to be confirmed.

#### **Community Events Volunteering (Mrs Tupman)**

“Poynton Rotary Club have future plans on running events both large and small and when the details are clearer would be willing to involve some youngsters in giving a more youthful view to our proposals”.

#### **Dance Club (Mrs Hardicre)**

Do you have an interest in dance? Come and support the younger students in the various dance clubs that run after school until 4pm. See Mrs Hardicre for details of which evenings the clubs run for different year groups.

#### **Diversity Ambassadors Year 12 – (Mr Shaw)**

Diversity Ambassadors consists of students from minority groups and allies of minority groups that act as ambassadors to help bring about visibility and education of diversity within the Poynton High School community and beyond. This can include groups such as (but not limited to): Black, Asian, Minority Ethnicities, Female, Gay/Lesbian, Bisexual, Trans, Non-Binary, EAL, A Minority Faith, Differently Abled etc.

This will give an opportunity to help explain to our younger students what makes you or other individuals unique, some of the challenges you have faced and providing students a safe space to ask questions and learn.

Duties can include:

- Talking to Year 7 students in registration and answering their questions
- Sharing your own experiences
- Leading assemblies across different year groups
- Supporting with the behaviour system to help explain to students who have used prejudice language how their words can be damaging
- Mentoring or supporting younger students so they have someone outside of staff to talk to
- Being a role model to all students at PHS

I am hoping this will give our student body a wider understanding of one and other and create role models for younger minority students. This is also a great opportunity to build a wide range of skills suitable for the working world and university, whilst promoting fair and equal treatment of all students in line with the Equality Act 2010.

#### **Eco-School Group (Ms Donald)**

PHS summit started in October 2020, during which the school put together a three-year action plan to make the school site more environmentally friendly and plastic free where possible. The Eco-school group worked together with SLT, staff, governors, and outside agencies to promote and support the action plan. By doing so we hope to achieve the Green Flag Award for the school. We would also like to become a Fairtrade School achieving one of the three awards. This is a great opportunity for leadership status in school and to support a very topical issue. Sixth Form students are vital in leading the projects, fundraising, and leading the eco-school committee. This will involve working with staff and lower school students in the Eco-Club which will be held one lunchtime a week.

You will be part of a team conducting a school audit, introducing recycling and non-single use plastic systems in school, liaising with staff to create lessons and resources for student development days.

You also could work with students in form groups to help prepare them to present assemblies to raise awareness on plastic, fair trade etc. If you want to make a difference, care about the environment and would like to be part of the team who will achieve the Eco-school and Fair-Trade School status, this is the group for you.

Day, time, and venue to be confirmed.

#### **Form Ambassador Year 8 & 9 - Miss Hancock**

This is an opportunity for sixth form students to work with Year 8 and 9 forms during morning registration to assist and deliver form time activities. Each week students will have set activities, News, wellbeing Wednesday, cultural passport and careers. We hope that you would be able to offer support to the students and form tutors with the delivery and application of the KS3 activities. This would be ideal for students who wish to develop their leadership skills and for those who may want to work with children in the future.

#### **GCSE preparation mentoring (Miss Dovey)**

This is an opportunity for students to work with year 11 students during registration to support students in preparation for their GCSE examinations, this looks generally at how students can mentally and physically best prepare for their exams. You should be able to commit to 1 registration morning per week for 1 half term.

#### **House Activities Support**

Legh House – Mr Meakin    Davenport House – Mr Keifer

Newton House – Mr Wright    Vernon House – Mr Megarrell

The House system has traditionally offered Sixth Form students opportunities to take responsibility for organising various activities and to work with younger students. We offer a wide range of activities including General Knowledge, Dance, Science, Photography, Chess and various sports.

Heads of House always require help in organising students in sports events. When helping with an event, you will always have a member of staff with you. Although the bulk of the help needed is with sports events, you can still make a contribution, even if you do not consider yourself to be a “sporty” person. Your House Leader is always looking to expand the range of House events and would like to offer activities across all areas of the curriculum.

Involvement in House Activities can be an extremely rewarding experience for Sixth Form students and helps to develop communication skills, teamwork, leadership, self-confidence and a sense of responsibility – all very useful attributes when applying for Higher Education or employment.

#### **Kendama Club (Mrs. Cornwall in the MFL Office.)**

Be part of this new school club where you will learn a new skill alongside year 7 and 8 students. Kendama is proven to be great for improving focus, concentration and mental stimulation. It will take place every Friday lunchtime from 1.20-1.50pm in rooms 45 & 46.

This is an opportunity to support and supervise younger students in an exciting and energetic environment, are you prepared to take the Kendama challenge?

#### **Mental Wellbeing Lunch club-Year 7 & 8 (Mrs Tupman)**

“Chill Chat and Colour”. Be part of a team of 6<sup>th</sup> form students who run a lunch club one day per week (day to be confirmed). This is an opportunity to support younger students who may social

aspects of school challenging. You will be given guidance and resources to use. Initially this group will be led by our current year 13 students with your assistance with the view of year 12 students taking the lead as the year progresses.

### **Mentoring (Mrs Tupman)**

You will receive training to be a mentor for a specific key stage 3 student who has been identified by the Learning Support Department or Pastoral team as someone who would benefit from the input of a positive role model. You will spend one session per week with them to be a listening ear and help them develop resilience skills, with the hope that it will promote better engagement with school life. You will receive supervision and some resources to support you in this role.

### **Subject Mentor (Miss Dovey)**

This is an opportunity for sixth form students to work with Year 11 students during registration to support subject learning and memory retrieval from peer to peer support. The year team will identify students that are experiencing barriers in the subject area you select and you will become a ‘buddy’ for them. This will require you to commit to one morning registration each week for 1 half term. You must have received a Grade 7 or above at GCSE in the subject area.

### **Pastoral Support ( Mr Hunter)**

This is an opportunity for Sixth Form students to work with Year 7 for registration in a buddy/mentor capacity. We would hope that you would be able to offer support to students and form tutors at this busy time of the day. The kind of activities we would like you take part in are:

- Help to check the planners and alert the Form Tutor to any problems arising from the checks.
- Be involved in activities in registration e.g. help students design a praise post card for the Year.
- Help to run general knowledge quizzes.
- Assist form tutors with inter-form competition.
- Help prepare an assembly.
- Support an individual student during registration period.

This would be ideal for students who want to develop their leadership skills and for those wishing to work with children in the future.

### **Peer Educator Programme :Mental Health First Aid (Mrs Tupman)**

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. Every Youth MHFA course is delivered by a quality assured instructor, who has attended the seven-day instructor training programme accredited by the Royal Society for Public Health. You will attend 2 full day training session in school and a further 2 days of workshops helping to plan and run mental health first aid support to younger students. See Mrs Tupman for application form.

### **Poynton Community Support (Miss Long)**

This programme will allow students the opportunity to socialise with senior residents of Poynton through joining them at their weekly meetings at the Poynton Civic Hall. Students would need to attend weekly:

Time out Café

Friday 2pm – 4pm

Play games, chat and drink tea with local residents.

Or

Hope Green and Woodlands Nursing Homes

You would need to make your own way to the venue and support the staff running the clubs with making refreshments, talking to people and participating in activities.

If you are considering any aspect of social care work / further education in the future this activity would be ideal in giving you relevant experience. For more information speak to Miss Long.

### **Self-Placements**

Many of you are already taking an active role as a volunteer within your local community. You will be required to produce evidence for this activity such as a signed letter from a representative of the organisation you are volunteering with.

There are lots of interesting projects happening on a regular basis that you might want to get **involved in**. It is essential you give some thought as to what kind of community project or work placement you wish to be involved in prior to choosing this option. Think about what time you have available as many of the community projects and work placements take place out of school hours.

Examples of projects and work experience placements include working:

- with children in local primary schools and nurseries
- with elderly people, mentally or physically disabled people
- with environmental groups, St George's Church, East Cheshire Rangers
- as a Youth Action Volunteer. Projects include Community Arts projects, Fair Trade, Performing Arts, Sports for the Disabled with Stockport Action for Voluntary Youth, in hospitals such as Stepping Hill

Alternatively, you could register with one of the many organisations that offer volunteering opportunities for young people. They will be able to find you a suitable placement that will match your interests, availability and location.

### **CVS Cheshire East -Community Volunteering Services**

Here you will be able to find out about local charities and non- profit organisations looking for volunteers.

Unpaid volunteers are often the glue that holds a community together. Volunteering support for organisations is vital. Volunteering can be a fantastic way to gain valuable work experience, add to your CV and increase your prospects of future employment. Visit their volunteering hub to register

<https://volunteering.cvsce.org.uk/index-classic>

### **Friends for Leisure**

Volunteers give a small part of their time to help us to run our youth groups, drama workshops, and bowling trips, as well as providing 1:1 friendship for young disabled people. Our aim is for our volunteers to gain skills, confidence, and experience through our programme as well as making a difference to the lives of young people.

Our volunteers help at our youth groups and holiday activities, and provide 1:1 friendship to young people who need a friend. Volunteers also can help out with fundraising, office work, or by offering their time and skills in whatever it is they're good at!

We are looking for enthusiastic, friendly, motivated volunteers aged 15 and up to join our team. To sign up as a volunteer go to [info@friendsforleisure.org.uk](mailto:info@friendsforleisure.org.uk). Sean will be coming to an assembly soon to share more information



### vInspired's Cashpoint

Funding for LGBT Projects Run by Young People vInspired, the Volunteering Charity, has announced that its Cashpoint grants scheme has announced that its Loud and Proud grants programme is open for applications. These grants are accepting applications for LGBT+ projects. The Cashpoint grants scheme offers grants of up to £500 to give young people (aged 14-25) the opportunity to bring their ideas to life. There are no closing dates for applications and grants will be awarded on a continuous basis until all available monies are exhausted.

vInspired Team Telephone: 02079607000 Email: [info@vinspired.com](mailto:info@vinspired.com)

## PERSONAL GROWTH ACTIVITIES

Here are some suggested activities that you can participate in alongside your A level subjects and your chosen community activity. They are designed to stretch you academically or to encourage you to pursue other areas of interest. Be curious you never know where it might lead you!

EPQ-The extended project qualification.

Undertake a project on a subject of your choice. You will work independently but will be supervised by a member of staff who will guide you through the process. This will involve you doing your own research and presentation to an audience in school. This is worth half an A level and can enhance your University tariff points.

MOOCS-Massive Open On- line Courses

You can access an array of free short on line courses from top universities including topics such as “ Food as Medicine” from Monash University in Australia to “Exploring play” from Sheffield University. You can find these on a variety of sites such as Future Learn and My-Mooc. Have a look at Beginners Guide to Moocs before you start.

### Clubs and Societies

We want to facilitate the start -up of new clubs and societies across the sixth form.

Our Prefects, along with the Head Student group will be pivotal in starting this.

On our Induction Day during Pd2 we will hold a ‘Freshers Fair’. Where you can sign up to. This is a great way of meeting new people, developing interpersonal skills and enjoying subjects that you are interested in.

### Open Learn

The Open University offer almost 1000 free Courses across a wide range of subject areas.



You can sign up to create your own personal learning profile to keep a record of the courses you have undertaken in your areas of interest.

<https://www.open.edu/openlearn/education/free-courses>

### **Senior Sports Teams**

There are opportunities to be involved in senior sports teams whilst in the Sixth Form. Traditionally we have teams in selected sports and students should speak to PE staff if interested. We also have nominated Sports Captains who are responsible for promoting their respective sport and helping to lead/organise teams and fixtures.

### **Charity Work**

During the course of your Sixth Form career there will be many occasions when appeals are made for help with raising funds for a particular charity. Barnardo's, Marie Curie, Red Nose Day, Comic Relief would all be good examples of causes we have traditionally supported. Do try to give some of your time to this, if possible. Leadership of fundraising allows you to demonstrate a wide range of skills.

### **National Citizenship Service**

NCS is a nationwide initiative offering you the opportunity to help your community by taking part in team projects. All projects are residential and take place in your school holidays. You will take on new challenges and learn new skills, making a difference to your community whilst making new friends. All students who complete the programme graduate with a certificate signed by the Prime Minister. There is a small cost to the students involved but the scheme is government funded to ensure it is affordable (maximum £50). If the cost is a problem the local NCS providers have a Bursary Scheme and may be able to offer you financial assistance. For more information about NCS go to <https://www.gov.uk/government/get-involved/take-part/national-citizen-service>.

### **Performing Arts**

You may like to assist with Performing Arts Concerts or Theatre trips etc. in a variety of roles. Look out for information around the school and via the student bulletin for a wide variety of exciting events for you to get involved in. Why not audition to take part in a school production?

There are also a range of musical groups to join within performing arts. These run after school and at lunchtimes. See the notice boards in performing arts for the full range of clubs.

### **Join a campaign or support a cause**

Are you interested in what is happening in the world? Perhaps you are concerned about the future of the planet or the plight of those living in unfortunate circumstances. Do you have a strong sense of justice?

Why not consider joining a society or organisation? This is a great way to support a cause you are passionate about, learn more about what is happening around the world and how we can all contribute to make a positive difference.

There are many organisations to choose from. Some will involve making a financial donation. Here are just a few: WWF, Greenpeace, Liberty, Amnesty International, RSPB.

### **Learn to drive**

Being able to drive is a life skill that will enhance your job opportunities and promote your independence. Since 1996 new drivers have been required to take a theory test along-side the practical test. This is based on information contained in the high way code. It is designed to help

keep you and other safe when driving. Why not apply for you provisional licence? Find out more here: [www.gov.uk/browse/driving/learning-to-drive](http://www.gov.uk/browse/driving/learning-to-drive)

## WORK BASED LEARNING

There are plenty of opportunities for you to explore your future career path. Some of you may have a clear idea of the direction you wish to follow whilst others will not. The more options you consider then the better informed you will be about what career might suit you and how to get to there.

### Work experience week.

During the summer term you will have the opportunity to engage in a week of work experience. Date to be confirmed. You must find a placement in a setting you have an interest in. It is a chance to find out more about the world of work and to develop your own skill set. Having relevant work experience makes you stand out from the crowd and can enhance your employability and your applications for University.

### Career Ready Programme

This course does not form part of a student's core subject choices but is intended to complement other A Level study.

Career Ready is a two-year programme for 16 to 19 year olds, supported by some of the biggest names in British business. Students joining Career Ready within the school will benefit from:

- support for their learning, leading to national qualifications
- an internship with a local employer during the summer
- special employer-led master classes, seminars and company visits
- one-to-one mentoring by an experienced business volunteer
- networking opportunities with other Career Ready students around the UK
- the Capital experience

For further information about Career Ready visit; [www.careerready.org.uk](http://www.careerready.org.uk) or have a look at the prospectus information.

### Enhancing Your Employability/Life Skills

There are a number of resources that students may wish to explore to enhance their personal development. This may be through completion of online courses, participation in virtual work experience or further research in to their future careers. Please see below a number of suggestions for students to explore:

**Speakers for Schools** <https://www.speakersforschools.org/> are a platform providing aspirational engagements, putting young people in touch with the very best, to spark their ambitions and the belief in what is possible for the future. **Speakers for Schools** brings together eminent figures of today, from FTSE 100s and arts leaders to CEOs and tenured professors, creating a dynamic network of thousands of school talks and inspirational virtual work experience placements. **Sign up for their FREE Youth Card. Packed with unique developmental opportunities including work experience placements, mentoring and workshops alongside discounts from your favourite high-street brands. It's completely free.**

Youth Employment UK <https://www.youthemployment.org.uk/employment-help-young-people/choices/online-skills-and-careers-courses/preparing-for-your-future-online-course/>

‘Preparing For Your Future’ is a free online course to help 14-16 year olds build skills and careers confidence. The 5 courses will boost young people’s skills and career confidence. You will receive a certificate for their CV when they complete each course.

Barclays Life Skills <https://barclayslifeskills.com/sign-in/young-person/>

**Student resources:** young people can also kick-start their journey by working through LifeSkills content independently, dependent on their life stage, for example ‘At School’ ‘At College’ etc. Get started on a [Virtual interview practice tool](#), [CV builder](#), [Virtual work experience](#), [LinkedIn](#), [Independent living](#), [different types of interviews](#) and [Practice online assessment tests](#).

## Your Game Plan

[tps://yourgameplan.co.uk/register](https://yourgameplan.co.uk/register)

Your Game Plan’s digital courses will ensure that you have the transferable and employability skills that employers look for within their workforce. For each short course that you complete the knowledge you have gained will be tested and you will be presented with a CPD accredited digital certificate. This will look great on your CV and provide you with confidence and knowledge that you can apply either in part time roles now and whilst at university, or in preparation for employment or apprenticeship applications after Sixth Form.

You can complete the modules in your own time, at your own pace and in any order depending on which skills you most feel you need to develop.

And finally....

This is just a small sample of the many opportunities throughout the year, you can also contribute to school life in other ways. You may represent the school in one of the many competitions and inter school events that the different subject departments take part in. Please keep an eye on the TV screens in the Sixth Form Centre, Google classroom, the student bulletin during registration and the Year 12 notice board for the many other opportunities that will come up during the year.

