



Bishop Ullathorne Catholic School



Sixth Form Enrichment

Name:.....

Keep this booklet in a safe place

Introduction

Bishop Ullathorne Catholic School is committed to encouraging Sixth Form students to participate in a range of enrichment activities and community projects. It is important to recognise that your learning extends beyond the classroom. The benefit is seen in the positive relationships formed with the local community alongside developing your own self-confidence and well-being.

This small booklet will help you to find volunteer experiences and enrichment opportunities that suit you.

Keep the **log book** that you will receive, to go along with this, up to date.

Why enrichment?

Activities will:

- Extend your education and personal growth beyond the academic
- Enable you to develop your personal, sporting and social interests
- Help support your career aspirations by gaining relevant experience
- Help you to realise your potential and develop new interests
- Provide additional challenges
- Crucially, enrichment can also provide you with an opportunity to have fun!

How?

- Students have the responsibility to select a morning or afternoon during the week to become your timetabled enrichment session
- Over the course of two years, the aim will be to give **100 hours** to a range of activities and/ or volunteer projects.

Remember: These additional experiences enhance the impression you give to future employers and are extremely valuable when applying to Higher Education establishments and on your UCAS form.

Where?

- Research is required to discover the areas which welcome volunteers
- You could start with your thoughts on possible further study or future career
- Or you might choose to consider using the time to experience something new
- Or you might have a particular skill that you are willing to share or teach to others
- You might want to respond to a situation or social need that has been highlighted in the media/ current affairs.

Action ideas

Future career or special interests:

Law:

- Visit the law courts (magistrate/crown)
- Explore Criminal Justice, undertake a FutureLearn course
- Contact former Bishop Ullathorne students who are working in the legal profession
- Set up a Law Society
- Get involved with Neighbourhood Watch.

Medical:

- Volunteer at UHCW
- Volunteer at a care home
- Volunteer at a community centre
- Volunteer at a special school
- Register with Royal Voluntary Service. www.royalvoluntaryservice.uk
- Register with The Red Cross. www.redcross.org.uk (training provided to be a First Aider)
- Create a Medical Society in school
- FutureLearn course.

Business:

- Volunteer at a charity shop, gain experience of the charity financial sector
- Arrange visits to: meet an accountant, a sole trader, a business manager in a school, an international business operational expert, a person who work in sales and marketing
- Seek out entrepreneurial opportunities
- Volunteer at a hotel, to experience the hospitality industry
- FutureLearn course.

Sports:

- Training for a coaching qualification
- Life guard qualification
- Volunteer at a sports club
- Coach a school team
- Organise a Sixth Form weekly sporting activity
- Visit a physiotherapist or sports clinic
- Set up a team: Frisbee, cricket, athletics activity
- Organise a keep fit activity or fitness campaign
- FutureLearn course.

Arts:

- Contact the committee regarding the Coventry UK City of Culture 2019 to volunteer.
- Visit the cultural venues in Coventry and Birmingham. For example, Transport Museum, Herbert Art Gallery, the Mead Gallery at Warwick University, the Warwick Arts Centre, the Belgrade Theatre. Or travel further to The National Gallery and Tate Modern in London
- Set up a film club in school
- Write poetry
- Keep up to date by reading literary and theatre reviews in the national newspapers (keep a scrapbook of reviews for reference)
- Create a 'Sixth Form News' poster
- Make a podcast or video
- Write a short comic sketch for a performance
- Organise the Sixth Form fashion show
- Volunteer to support the drama department
- Volunteer to help with music, drama and art areas
- Volunteer as backstage or front of house crew for school productions
- Visit the British Library in London
- Write a short story
- Help with literacy and reading groups
- Set up a theatre group; arrange visits to RSC, Belgrade and other theatres
- Visit national iconic venues
- Coventry University Graduates summer exhibition
- Bishop Ullathorne exhibition
- Talk to a curator of a museum
- FutureLearn course
- Contribute to Community Magazines: YourCall Magazine
www.yourcallpublishing.co.uk

Science:

- STEM club activities – get involved!
- Visit to laboratories, Warwick University, Hospital, Severn Trent Water
- Research engineering: CAD, Civil/Electrical/Mechanical
- Visits to:
 - Small companies supplying the automotive industry
 - The National Space Centre, Leicester
 - The Motor Cycle Museum, Solihull
 - The Science Museum, London
 - The Midland Air Museum, Baginton
- Research Coventry's engineering history
- Research the Institute of Mechanical Engineers

- Attend lectures given by the Institute of Physics: www.iop.org/teach
- Research the construction companies involved in the regeneration of the City and proposed developments linked to Coventry UK City of Culture status
- Talk to professional and skills technologists
- Create a Sixth Form science club and invite speakers to attend
- Research for Chemistry: www.rsc.org
- Research computer programming, visit industrial or commercial organisations
- Explore Coventry University's digital media BA degree and their ethical hacking and cybersecurity BSC degree. Go and visit the faculty
- Debate society
- FutureLearn course.

Politics:

- Visit local MP's surgery
- Attend City Council public meetings
- Become involved in Sixth Form Leadership and School Council
- Set up a Sixth Form debating society or lead a school debate club
- Create a Sixth Form newsletter to raise awareness of citizenship, voting responsibilities, international affairs.
- Visit the Houses of Parliament
- Seek out ways to gain work experience, shadow an MP or councillor
- Create a 'think tank', bring Sixth Form sociology, philosophy and history students together for sharing different perspectives and how society has changed.
- FutureLearn course.

Humanities

History:

- Visit local and national historical sites and buildings
- Create a blog of Coventry's heritage
- Visit Lunt Fort or find an archaeology site to explore or participate in a 'dig' or excavation
- Visit the City Archives Office and meet an archivist
- Create a film
- Set up a history club
- Explore the work done by the National Trust
- Become involved in activities that celebrate historical events such as the Suffragette Movement, Peterloo, Holocaust day
- Read historical books and magazines
- FutureLearn course.

Geography:

- Explore the work done by the Warwickshire Wildlife Trust
- National Geographic Society: www.rgs.org
- National Grid, explore their work and make a visit
- Visit SSSI areas locally and nationally such as the Peak District and Yorkshire Dales
- Set up an orienteering group
- Useful websites for research are www.metoffice.gov.uk
- Contact Coventry's planning office to learn about the new city development and future plans.
- Physical geography, human geography, explore one aspect that is not on the A Level specification
- FutureLearn course.

Languages:

- Listen to radio broadcasts in the language you want to study
- Research the country's geography, culture, literature and politics of the language
- Watch films
- Write a bilingual newsletter each half term
- Visit the Refugee Centre
- Visit an Embassy
- FutureLearn course
- Set up a language club for younger students.

Education:

- Volunteer at a Primary School
- Volunteer to support a department
- Assist with transition day
- Help with mentoring GCSE students
- Shadow a member of a Leadership Team
- Volunteer with youth groups in the community
- Coach or mentor younger students
- Create a reading sack
- FutureLearn course.

Social Action Projects / Volunteering within the Community

Enrichment time is a fantastic opportunity for students to give support to local initiatives, parish events and learn more about the rich cultural diversity that exists in Coventry. For example:

- Take up the NCS Challenge
- Join the Justice and Peace organisation
- Write Christmas cards to prisoners of conscience
- Volunteer at the food bank
- Collect items for the foodbank, organise a team to help you!
- Use the links within your Parish, for example St Vincent De Paul society to find ways to help the elderly
- If you belong to a different faith group, find out how you can help with their initiatives
- Present ideas to others, share in Sixth Form assembly to raise awareness of problems within Coventry
- Sleep out campaign
- Shoe boxes, hampers, Lenten and Advent initiatives
- Create a RAG week for Sixth Form students
- Organise the School Christmas Party for Senior Citizens
- Volunteer to help with the Christmas Party, sharing a performing talent or being there to serve and talk to the visitors
- Visit an elderly person in the neighbourhood
- Work for a particular charity, raising awareness, for example, Myton Hospice
- Use your craft skills to make artefacts that can be sold in charity shops
- Create a social action group to raise awareness of international inequalities or humanitarian issues
- Give talks, presentations, create a display board to use to help others in the school to understand current issues
- CAFOD ambassadors
- Take the opportunity to join the Lourdes Pilgrimage helping with the sick
- Join the Chaplaincy team
- Check out National Youth Conferences on particular issues, for example, Green Peace
- Create a Social Justice Group and invite speakers in
- Attend the Philosophy and Ethics conference
- Through a Youth Organisation, take on the Duke of Edinburgh Award; Bronze, Silver or Gold
- Help as a leader in an organisation
- Get involved in the Armistice Day events, like selling poppies and Help the Heroes
- Be a buddy, welcome new students to the school or in particular the Sixth Form.

Activities to enhance your well-being

Your well-being is important and finding activities that provide time for you to develop need to become part of your weekly routine.

- Take a fifteen minute walk each day
- Organise a walk from Coventry to Kenilworth
- Take part in the weekly Park Run on a Saturday at the Memorial Park.
- Organise a weekly game of Sixth Form football, penalty shoot-out, netball, basketball, hockey
- Try out a new sport, golf, tennis, frisbee
- A weekly swim
- Organise a bowling trip
- Organise a film group
- Set up a cooking club
- Set up a relaxation zone
- Take up yoga or pilates
- Organise a book club
- Organise a once a term visit to London or any other city
- Explore something completely new!
 - Enrichment can include investigating ideas, going to visit places, exploring topics or career pathways that are not linked to a particular subject
 - Try a new activity; rock climbing, scrambling, zumba, boxing.... the list is endless!

Bespoke enrichment activities linked to future study

Some students will have the opportunity to apply for the programmes below. Each will have criteria for applicants to meet which you can explore by visiting their websites.

- Nuffield Foundation Research Project: www.nuffieldfoundation.org
- Sutton Trust Summer School: www.summerschools.suttontrust.com
- Pathways to Law: www.suttontrust.com/our-programmes/pathway-to-law
- Pathways to Medicine: www.suttontrust.com/our-programmes/pathway-to-medicine
- Summer Schools at universities
- HE+ Programmes
- Aspiring Professionals
- Realising Opportunities
- Oxford Shadow Day
- Pathways to banking: <https://warwick.ac.uk/study>

Independent Learning

Through your chosen enrichment activities, you will be embracing and developing your Independent Learning. A reminder, it includes:

- Finding programmes that embrace your particular interest. All students need to access a FutureLearn course: www.futurelearn.com
- Reading journals
 - The Economist
 - The New Statesman
 - The New Yorker
 - The New Scientist
- Newspaper articles
 - The Guardian (delivered daily to Sixth Form study area)
 - The Daily Telegraph (delivered daily to the Library)
- All these can be accessed to read at Coventry University and Warwick University
- Download the BBC news app onto your phone and set up alerts for an area that you are particularly interested in, for example, scientific breakthroughs, business news, international humanitarian issues.
- Remember to use Google Scholar when researching an academic area of interest
- Investigate the Barclays Study Skills

YOUR CHALLENGE

Sixth Form students will thrive in an environment which stimulates thinking, independence and where there are opportunities to use initiative and take on responsibilities.

As a student, that is your challenge! Use your energy, enjoy exploring ideas and work together on projects that will be rewarding to you and the community.

