

Fulford School Sixth Form

# Enrichment Programme

Handbook and Log

2017-2018



# THE FULFORD ENRICHMENT PROGRAMME

Fulford Sixth Form's mission statement is *to make the most of what's on offer!* On Tuesday afternoons our Fulford Enrichment Programme (FEP) offers you a great range of activities *to make the most of* – from learning a new language to playing sport, from working towards a Duke of Edinburgh Award to volunteering in the community.....the choice is yours.

There are many reasons why you would want to *make the most of what's on offer* on a Tuesday afternoon: it might be that you are looking for activities to enhance your UCAS application, or you want to give something back to the community through a volunteering activity, or you are simply looking for a break from your academic studies. Whatever your motivation, make sure you get involved – there are plenty of activities to choose from!

***The Sixth Form Leadership Team***

# MAKING THE MOST OF WHAT'S ON OFFER!

## **The aims of FEP**

The Fulford Enrichment Programme is designed to give you the opportunity to take part in activities beyond the academic subjects you are studying within the curriculum.

Enrichment is an important part of your time in the sixth form. It is a break from the pressures of study and a chance to enjoy old interests, take up new ones and help others within our community.

## **How FEP works**

The minimum commitment is one hour per week. Participation is recognised and rewarded by the school. The time set aside for enrichment activities is Tuesday afternoons. Some of these are run at school by teaching staff and some are run at the school by high quality external providers. Most courses are free but some have a charge.

You can also organise your own activities, either in or out of school. This might include assisting in student or curriculum support through paired reading or peer mentoring, or volunteering in some capacity in the community. Check with your tutor whether the activity you wish to take part in would gain accreditation under the enrichment scheme before you start.

## **Accreditation opportunities**

The enrichment scheme is part of the Employability Award, recognised by Higher York, NYBEP and Nestlé. This shows the worth that future employers and universities see in such activities. They are the best way of showing that you are a well-rounded and interesting individual who will stand out in an application process. All activities are rewarded by the Employability Award and some, such as Duke of Edinburgh, have separate national awards too – all the details are in this brochure.

Your sixth form tutor will check what enrichment activities you have been involved in. Keep your log up to date and ensure that a relevant supervising adult can sign off your attendance. **Don't lose your log sheet – you will need it for accreditation and evidence for your reference.**

# ACTIVITIES ON OFFER

## **First Aid**

Gain the Emergency First Aid at Work Award (HSE approved) run by First Response. This course is intended to give you the basics in first aid to help you help others. It's very useful for all and a nationally recognised certificate. This will be run as a one day course.

**Cost: approximately £45 for a one day course.**

## **City & Guilds "Welcome Host" Award**

This is a highly practical customer service training course, using varied active training styles to give participants the skills and knowledge they can immediately use in the workplace.

Interactive learning, group exercises, personal action planning and a host of great tips all equip participants to make a real difference to customers' experiences. This will be an excellent addition to your CV when applying for jobs.

**Cost: approximately £35 for a one day course.**

## **City & Guilds "Level 2 Book-keeping & Accounts"**

A ten week course delivered on a Tuesday afternoon by "Aspire Accountancy School".

**Cost: TBC**

## **Self-Defence**

Three one hour lunchtime sessions led by a specialist instructor in the art of female self-defence. Dates to be confirmed. **Cost: £12.**

## **Duke of Edinburgh**

Work towards gaining your Gold Duke of Edinburgh Award. First half term meetings will be held on Wednesdays after school until you are "up and running!"

## **Languages for All**

How about trying out new languages for fun? Come to a workshop where you can try out tasters of languages like Spanish, Mandarin, Russian, Polish, and Japanese led by students from York University. You can sign up for an 8 week course in the Autumn term and have a taster of up to 3 languages. In the Spring Term the most popular language can be studied in more depth if there is enough interest. **No cost involved** (and definitely no exams!).

## **School Sports Teams**

Be a regular member of a school team or help to coach a school team. See Mr Shutt, Head of PE, for details.

## **Basketball Team**

Fulford Sixth Form has one of the most successful school teams in the North of England.

The team regularly takes part in English Schools National Tournaments and is coached by Mr Morris.

## **Literacy & Numeracy Leaders Scheme**

The Literacy and Numeracy Leaders scheme is a nationally accredited programme which provides peer support for students who require additional assistance in English and Maths.

The programme is led by subject staff who provide training and teaching materials for you and who support and monitor you in your work with lower school students. Sessions are held during afternoon form time and involve you working with small groups to deliver planned numeracy and literacy activities. The programme requires participants to possess good organisation, communication and leadership skills.

### **Volunteering**

Get involved in helping in the community. Students can become involved in new ventures or continue with something they already do. Over the last year students have been involved in Brownies, Guides, Cubs & Scouts, as well as fundraising for St Leonard's Hospice and supporting young children through the York Libraries' Summer Challenge programme. Lots of opportunities will be advertised to you during your time in sixth form or you can make your own arrangements.

### **Student Support in Lessons**

Use one of your study periods to volunteer to help in one of the lower school classes. You can organise this with the subject teacher and inform your sixth form tutor.

### **Paired Reading**

Help a young student from your Vertical Tutor group by meeting them once a week, listening to them and encouraging them with their reading. This is held in the Resource Centre Mon, Tues or Thurs from 2-10 to 2-30. You can choose which day suits you best. Guidance will be given.

### **Environment Group**

Fulford environmental area was constructed in 1995 and it is now an ever-changing diverse and beautiful wildlife reserve. We offer budding ecologists the chance to undertake practical maintenance and conservation tasks in the school's environmental area in order to help with the vital on-going upkeep. The work varies from week to week and season to season.

### **School Music Groups**

Join the School Concert Band, String Group or any other groups which rehearse at lunchtime. Alternatively you could help to organise musical activities for other members of the sixth form and/or students in the lower school. The Music Department is open to all students who want to make music. Sixth form students may also sign up for the role of Music Technician, fitting this into free periods where possible. This role involves maintenance and upkeep of guitars, drums, amps, guitar leads and rehearsal facilities. Training will be given.

### **Support for Potential Medics**

If you are thinking of applying for Medicine at University sessions will be held with help and advice on the application process, interview practice and gaining work experience.

### **Student led clubs**

We encourage you to get involved in setting up and running your own student led societies in the same way as they are run at universities. This year Magic the Gathering Club has been a huge success. Other suggestions could be a Law Society, a Medical Society, a Film Club, a Book Club or you can come up with ideas of your own and discuss them with the Sixth Form Leadership Team.

### **Bridge Club**

Come along to A4 on Tuesday and Thursday lunchtimes to master the art of playing bridge or alternatively to help younger students.

### **Amnesty International**

Amnesty is an international organisation whose aim is to protect Human Rights all around the world. Come and find out what kind of campaigns you can get involved in and help raise awareness of these issues amongst our younger pupils.

### **Extended Project Qualification (EPQ) (For Year 13)**

This qualification, validated by AQA, is equivalent to half an A level ie an AS level. It provides an opportunity for you to exercise your abilities beyond the A-level syllabus and prepare for university or your future career. You can also use it to earn extra UCAS points. The qualification is gained through completing either a 5000 word project or producing an 'artefact' and 1000 word report. An artefact could include anything from a painting, a DT style project, a photographic montage to a skateboard! There are no limits. Sessions will be held on a Tuesday afternoon, supervised by Mrs Jenner and co-ordinated by Ms Booth.  
**No cost involved.**

*Finally, please remember that class-based activities ie Languages for All, First Aid, Self-Defence will only run if we have enough participants to make them viable. Numbers will be monitored and you will be kept informed in advance if an activity has to be cancelled.*

*New activities may be offered during the year and again you will be informed as we get to know about these. If you want to change your mind about something you have signed up for, please come and tell Sharron in the Sixth Form Office.*

*Attendee lists will be put on the Enrichment notice board so you can check that you are included in the correct activity.*

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WHAT'S ON OFFER!!!**