

All **Wednesday afternoon enrichment activities are compulsory**. We will try to accommodate your first choices, but won't always be able to guarantee places due to restricted numbers in some sessions.

Please **TICK / CROSS** the options you wish to select. Make sure you have read the information about each option and are committed to attending all required sessions. **Remember – you must be undertaking some form of enrichment in at least one hour on each Wednesday during enrichment time.** Attendance is monitored.

Option	Details
 Refugees and migration workshop	Delivered by the British Red Cross, this is an excellent workshop for any students studying law, sociology, geography, RE, anyone who might be interested in pursuing university level study, or anyone who has an interest in the world. It will cover a variety of topics including what makes someone a refugee, stigmas and discriminating behaviours, and the results of refugee migration and immigration on societies.
 Self-defence	A four-week short course in basic self-defence, a useful skill to build your personal confidence when preparing to leave home for the first time. Also a fun taster of a variety of different martial arts approaches. Attendance is required at all sessions to receive a certificate.
 Forensic society	Taught by Mrs E. Proudlock and running on a weekly basis, you will investigate notorious serial killers and their motives, use of offender profiling within police investigations, and ethical issues surrounding mental illness and crime. We will also consider how children who kill are treated and/or punished and look into the cases of Mary Bell and Thompson and Vennables. Other controversial issues including arson and cannibalism will be debated, along with consideration of how the media portrays female versus male murderers.
 First Aid	A 6-hour course delivered in school and resulting in the Level 2 Emergency First Aid at Work qualification. Attendance is compulsory at all sessions to achieve the qualification. Certificate and training costs are included in £20 enrichment payment. It's an amazing qualification that can make all the difference to someone's life in their hour of need.
 Yoga	A four-week course delivered in 1-hour blocks per week in school, this is open to all ability levels from novice to expert, as you will be guided in small groups by an expert instructor. Yoga has offers a variety of health benefits, including improved flexibility, cardio and circulatory health, and helping to manage stress, anxiety and depression. Attendance is required at all sessions to receive a certificate.
 Yr7 Literacy Mentoring	This is continued from last half term and is therefore only open to those who participated in the training. Delivered by Mrs Wilson, literacy mentoring is a training and voluntary experience opportunity to help you improve the academic progress of students within year 7. You will be fully supported and trained to work with younger pupils, and this will be a great opportunity not only to change lives, but to build experience for CVs, university applications, and future employment.
 Debating	Love a good argument? Or would you like to be more confident in discussions? Taught by Mr Moulder and running as a four-week course for an hour a week, debating group will help you develop skills in constructing arguments and public speaking. These skills will be invaluable in your approach to your A level studies, helping you make progress towards your goals, and lots of universities and employers value your experiences as a debater. Attendance is required at all sessions to receive a certificate.
 Fitness for Girls	Miss Bell will be leading a fitness class designed specifically for 6 th form girls in a safe and non-judgemental setting. You will be learning how to keep and improve your fitness with a variety of different activities designed to make you feel better physically and mentally.
 Sign Language	A six-week course delivered in 1-hour blocks per week in school that covers the basics of British Sign Language. Sessions are led by expert instructors who are partial hearing or deaf themselves. Attendance is required at all sessions to receive a certificate. All costs are included in your £20 enrichment payment. This is a certificate that demonstrates you've learnt an awesome new skill and will make you stand out in a variety of job and university interviews.
 Music	Music teachers will be available to support music students who are working towards grades or in ensembles, or who need to practise for performance or towards coursework.

 Film Studies	<p>A two week introductory course in film studies led by Miss Ghost that will use a primary film source to explore a variety of approaches to film, including artistic, cultural, economic, political and narrative choices and analysis. This is an interesting short course to develop your analytical approach to any subject, as well as demonstrate interests outside of your subject area. Attendance is required at all sessions to receive a certificate.</p>
 Football	<p>Mr Huggins is looking for quality, committed and motivated football players in all positions to form a team that will participate in matches in a national league on a Wednesday afternoon.</p>
 Work Experience	<p>If you have pre-agreed work experience, please select this option.</p> <p>If you arrange work experience for these dates you must submit a work experience slip, and this work experience must be signed off by a member of the 6th form leadership team before you begin.</p>
 Air Trail	<p>Zip wires, rope bridges, tight ropes, cargo nets... fancy a thrill? 4 levels and over 38 challenges await you at Air Trail Tees Barrage. No equipment or experience is required, just a sense of adventure. Great for improving and demonstrating problem-solving, communication, and teamwork, as well as just a hint of bravery!</p>
 Supervised study	<p>If you haven't paid your enrichment fee or have been pre-selected for this option, please select this option. You will undertake supervised study in quiet conditions during enrichment time.</p>
Lessons	<p>If you are unfortunate to have lessons fall during enrichment time, please write in the periods and subjects that you are taking on a Wednesday afternoon so we can track you accurately.</p>
Other	<p>If you have been undertaking any additional enrichment activities during this time that we aren't aware of, please write the times and details in the boxes so that we can ensure these are verified and that your attendance won't be affected.</p>

Any questions regarding the enrichment programme should be directed to Miss Ghost.