

Millom School Enrichment



A guide for students and parents



2023-24
#take part

What is enrichment?

The action of improving or enhancing the quality or value of something.

The enrichment programme runs on Wednesday afternoons across the year. There are 6 blocks in which students will participate in different activities for 6 weeks at a time.

Why enrichment?

The enrichment programme is something that will transform your time at Millom School.

- The development of employability skills which are increasingly being demanded by employers
- Greater success in exam results
- Better attendance at school
- Greater access to further education and training beyond school
- Boosting the attributes, qualities and skills of the Millom Learner.
- Developing social skills
- Developing new skills and abilities
- The chance to have fun and relax away from school work
- Mental health and well-being benefits.

Develop your interests and talents in a range of areas

Enhance personal skills and qualities desirable to future employers and further education

Prepare you for future success

Equip you to be responsible, respectful and active citizens

Make the most of your time at Millom School and enjoy it!

Enrichment information

The school year will be broken down into the 6 blocks;

Block 1

13th September - 18th October

Block 2

1st November - 6th December

Block 3

3rd January - 7th February

Block 4

21st February - 27th March

Block 5

17th April - 22nd May

Block 6

5th June—17th July

(Sports day falls on 10th July)

Enrichment activities will be timetabled into lessons 5 and 6 on a Wednesday afternoon.

By the end of the school year you will of have participated in up to 6 activities.

Enrichment activities

Enrichment activities at Millom School fall into 4 categories:

Sport

Creative

Social/Cultural

Self Development

You will have the opportunity to select activities from these categories across the year.

Enrichment activities will include a mix of students across key stages.

Activities will have a maximum number of students they can take, in the event of an activity being over subscribed, students choices will be looked at.

The enrichment activities will only run if there is enough interest, if minimum numbers are not reached the activity will not run. In this scenario, students other choices will be taken into consideration.

Activities key:



Activity will involve leaving the school site.



Activity will incur a cost or ask for a voluntary contribution



Activity will provide a qualification/certificate upon completion



Activity will require you to complete it in more than one block.

Online selection process

The choices form will be emailed to the students soon.

Students **MUST** ensure they have read the booklet, had a conversation with their friends and asked staff about any activities they are thinking of selecting.

Students will be selecting 3 activities that they are interested in taking part in from each section on the form.

Activity selection is in no specific order.

No activity will be allocated to a student twice.

All activities selected will be considered when allocating activities for the year, so students should make sure that they select carefully.

No changes will be allowed once allocations have been made.

When selecting activities with trips, students **MUST** attend these.

Some activities are of site and students may be back after 3pm, read activity descriptions carefully.

Before submitting their form, students should take a screenshot/write down their chosen options as reference.

Students who don't select activities will be allocated into remaining activities.

2023—2024 Activities

Sport	Creative	Cultural	Self Development
Netball	Costume Design	Yrs 8-13 Film Club	Daisy First Aid Training
Advanced Football	Needlework Crafts	Local History Group	DofE
Basic Football	Lion King Prop and Mask Making	Space and Space Exploration	Medical Society
MTB Club	School Production - The Lion King	Film & Media Club	STEM
Classical Ballet & Dance	Craft Club	Science Fiction Club	Spanish
Striders Athletics	Gardening	Japanese Anime & Culture	Ecology Group
Barrow Raiders Rugby	Mandala Art	Tropic Skincare Masterclass	Voluntary Placement/Work Experience
Tennis	Animation	Who Shot JFK	Year 8 Call to Social Action
Girls Football	Djembe Pop	The Evolution of Music	Year 7 Transition
Advanced Cricket	Painting	American History 101	Students in the Community
Bootcamp	Upcycling	Walking Tours	Debating Society
Rounders	Garageband	BASC Habitats & Wildlife	
Trampolining		Task Master	
Badminton		Tabletop Gaming	
Couch 2 5K		Yr 7 Film Club	
		Risk	

SPORT

NETBALL

Calling all ballers. This is your chance to develop your netball skills further from your PE lessons. Work on key netball skills, concepts and set plays to enhance your game. Suitable for all students, those who would like to represent the school and those who just love the game.

Suitable for: all students

Requirements: PE kit, hair bobble, water. Will also be outside—warm/waterproof clothes

MTB CLUB



Get out and explore the local area on your mountain bike. You will get the chance to develop your knowledge of how to look after your bike but also the key skills on mountain biking; looking at slow speed skills, downhill and uphill.

The 6 weeks involves 4 offsite visits to the Muncaster and Eskdale areas along with a whole day ride in the Coniston area, whilst learning how to take care and maintain the bikes.

School have new hardtail mountain bikes and helmets, if you are unable to bring your own into school or don't have one.

Suitable for: students in all years

Requirements: outdoor clothing suitable for the weather.

Voluntary Contribution: £5 for the 6 week block.



SPORT

ADVANCED FOOTBALL

Opportunity for advanced footballers to further develop skills and knowledge of the game

Suitable for: boys who play outside of school for a club or the school team

Requirements: PE kit, shin pads, suitable footwear

BASIC FOOTBALL

Opportunity to play and enjoy the game of football. Players will have the chance to develop and learn new skills to improve performance, as well as developing knowledge of rules and set plays.

Suitable for: all students who don't play for a club/school team who enjoy football.

Requirements: PE kit, shin pads, suitable footwear

COUCH 2 5K

This is not just about running! A chance to work towards a physical goal, but focusing on nutrition, sleep, physical health and mental wellbeing. Whether you manage to run/walk 5k or not, the measure of success will be knowing a bit more about yourself.

Suitable for: students in all years

Requirements: outdoor clothing suitable for the weather and running.



SPORT

CLASSICAL BALLET & DANCE

Any experience welcome, whether you have never done ballet before or are already on Pointe.

Over 6 weeks we will build on skills and strength from whatever starting point you are at and eventually progress towards small routines.

Ballet can improve core strength and balance which will support other sports you do!

Suitable for: students in all years, boys and girls.

Requirements: PE Kit , hair bobble, water

STRIDERS ATHLETICS

Millom Striders will be running Athletics coaching for those students who want to come along and try some of the different events or who want to develop their skills further to improve times, distances and heights.

No previous athletics experience needed as their coaches will work with you at advancing your skills across the disciplines.

All track distances (100m, 200m, 300/400m, 800m, 1500m and hurdles).

All field events (shot, discus, javelin, long jump, triple jump and high jump)

Suitable for: students in year 7, 8 and 9 in September 2023

Requirements: PE kit, hair bobble, water



SPORT

TENNIS

A chance to improve your skills in Tennis alongside your knowledge of the game. Looking at how to score, different strokes, plus both singles and doubles games/

Suitable for: students in all years

Requirements: PE kit, hair bobble, water, waterproof/warm layers

BARROW RAIDERS RUGBY

Spend some time developing your game, whether you have played before or want to give it a try.

Groups will be allocated in accordance to previous experience/genders.

Barrow Raiders will be coaching students through a range of skills and game play.

Suitable for: students in all years

Requirements: PE kit, hair bobble, water, suitable footwear, warm/waterproof layers.



SPORT

GIRLS FOOTBALL

Playing football has proven to boost self-esteem and improve confidence in girls, they feel more motivated and empowered to achieve their goals.

Playing football develops social skills as girls learn how to work together and develop friendships.

Suitable for: students in all years

Requirements: PE kit, hair bobble, water

ADVANCED CRICKET

This will run over two blocks—one outdoors and one at the sports hall using the nets. Opportunity for advanced cricketers to hone their skills.

Students do not need to participate in both blocks—pick which one, one the form.

Suitable for: students who play for a club outside of school.



SPORT

BOOTCAMP



Want to improve your health and get fit? Sign up to the bootcamp; a 6 week workout plan focused on improving your physical and mental health through a combination of strength, pilates and HIIT workouts.

Each week will be a full body workout to music.

Suitable for: students in all years

Requirements: PE kit, hair bobble, water

Voluntary contribution: £3 for the 6 week block.

ROUNDERS

Build upon your knowledge and skills from your Games lessons to improve your ability in Rounders.

Learning through game play and developing tactics to be successful.

Suitable for: students in all years



SPORT

TRAMPOLINING

Come along and develop your skills in trampolining.

Refine your techniques and create a 10 bounce routine.

Suitable for: students in years 7, 8 and 9 in September 2023

Requirements: PE kit, hair bobble, water

BADMINTON

A chance to get better at Badminton

Work on essential skills and improving your knowledge of the game through fun activities, games and tournaments.

Suitable for: students in all years

Requirements: PE kit, hair bobble, water



CREATIVE

DISNEY'S THE LION KING



Following on from the success of Moana, the Creative departments are going to be working with students during the next enrichment year on a production of The Lion King.

The African savannah comes to life on *your* stage with Simba, Rafiki and an unforgettable cast of characters as they journey from Pride Rock to the jungle... and back again, in this inspiring, coming-of-age tale.

Suitable for: students in all years

Requirements: This enrichment activity will run for 3 blocks.

LION KING COSTUME DESIGN



Design and make costumes and accessories for the schools production of The Lion King.

See your designs and creations come to life on the stage during the performances later in the year.

Suitable for: students in all years

Requirements: This enrichment will run for 2 blocks.



CREATIVE

LION KING PROP AND MASK MAKING



Design and make props and masks for the schools production of The Lion King. See your designs and creations come to life on the stage during the performances later in the year.

Suitable for: students in all years

Requirements: This enrichment will run for 3 blocks.

NEEDLEWORK CRAFTS

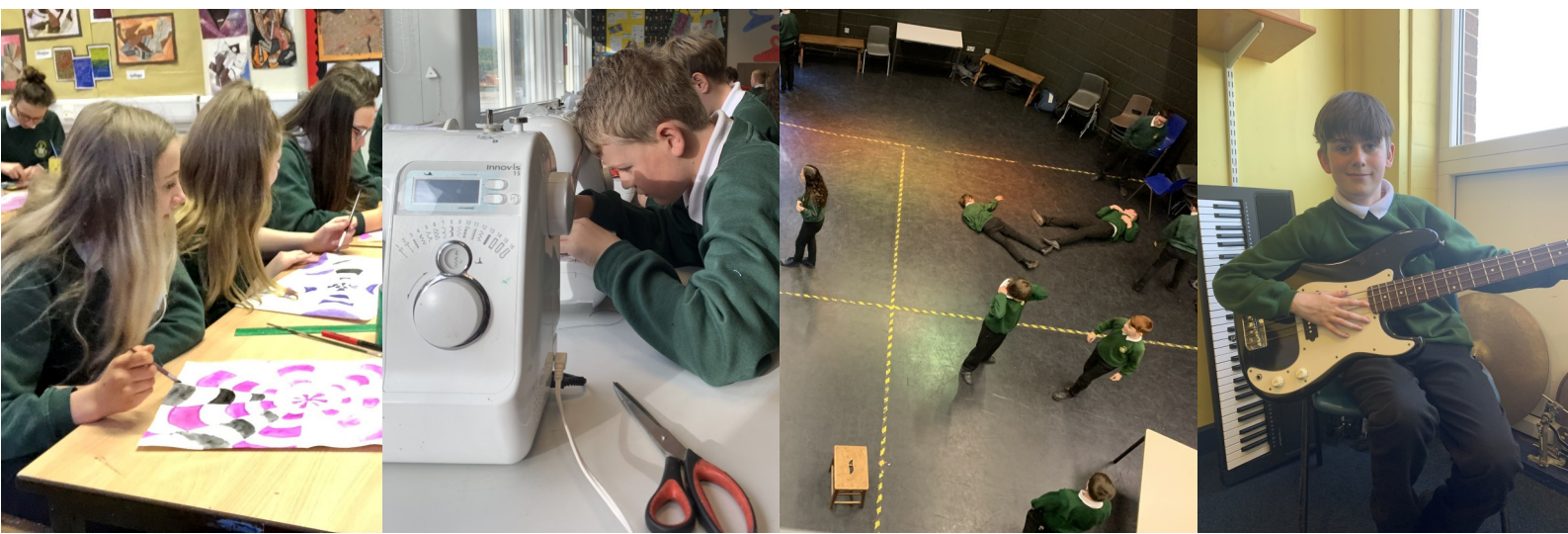


Come along and have a go at different needlework crafts including needlefelt, sewing and crochet.

Beginners and experienced crafters all welcome!

Suitable for: students in all years

Voluntary Contribution: £5 for the 6 week block, students can keep what they create.



CREATIVE

CRAFT CLUB

Each week we will produce different crafts ranging from salt dough decorations, paper mache items to paper crafts.

Suitable for: students in all years

UPCYCLING



Are you creative? Do you have an eye for design? Can you visualise turning old and dated pieces into something new?

Gaining skills and knowledge in range of techniques needed to successfully upcycle various items. Looking at how to stencil, paint, age, varnish and revamp old items in need of a new lease of life.

Suitable for: students in all years

Requirements: students should try to bring in their own items to upcycle.

Voluntary Contribution: £5 for the 6 week block.



CREATIVE

GARDENING

Upkeeping, planting and tending to the grounds around the school.

We will create newly planted areas of school, grow some fruit and vegetables and then design, create and then cultivate an area to sit and reflect.

Suitable for: students in all years

Requirements: If you own gardening gloves, that would be great. Waterproofs and a drink for the strenuous work!

MANDALA ART



Taking inspiration from Mandala art work and patterns you will have the opportunity to produce your own mandala art using a range of media.

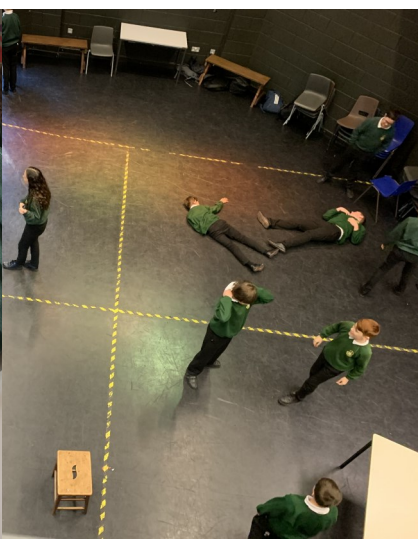
Suitable for: students in all years

Voluntary contribution: £2, students can keep what they make.

ANIMATION

Pupils will learn how to produce a stopmotion animated short film; just like Wallace and Gromit

Suitable for: students in all years



CREATIVE

PAINTING



Producing paintings inspired by the work of artists

Suitable for: students in all years

Voluntary Contribution: £4 for the 6 week block

GARAGE BAND

Using garageband on the iPads to create music compositions.

Suitable for: students in all years

DJEMBE POP

Come and have a go at the Djembe drums. Have a go at performing pop songs on the drums.

Suitable for: students in all years



CULTURAL

FILM CLUB (YEAR 7)

Watch modern film adaptations from literary classics right from the middle ages with Geoffrey Chaucer, William Shakespeare and Jane Austen for example. They will recognise how universal themes of love, hate, war etc relevant over 600 years ago are still applicable today.

Suitable for: students in year 7 in September 2023

FILM CLUB (YEARS 8-13)

Watch films, write reviews for films and debate the creative merits of the films.

Suitable for: students in years 8-13 in September 2023

WHO SHOT JFK

A 6 week investigation of the assassination of JFK and the conspiracy theories surrounding it. Warning, this may contain graphic images.

Suitable for: students in year 9 and 10 in September 2023



CULTURAL

RISK

Have you got what it takes to achieve world domination? Risk is the ultimate board game of strategy, alliance, diplomacy and conquest. In this enrichment activity you will learn how to play risk and the different formats of the game. You will learn, and reflect on, the strategies which are needed to be successful, and on those which did not work out so well. In making decisions you will be using the information you have at the time to try and predict possible outcomes as well as the reactions of your fellow game players. In doing so you will develop the ability to think strategically- a skill needed in many walks of life!

Suitable for: students in all years

THE EVOLUTION OF MUSIC

Do you love music? Are you interested in the origins of some of our music today? Come and learn about the evolution of music through the ages!

This workshop involves listening to a range of different musical genres and discussing the culture of that music.

There are also practical elements such as the djembe drums. We'll cover music of black origin, classical music, rock n roll (50s/60s), soul and disco (60s/70s), punk and new romantics (80s), 90s pop, metal and grunge.

Suitable for: students in all years



CULTURAL

TABLETOP GAMING



Play, paint, and create tabletop games like Warhammer & Star Wars.

Explore historic links between tabletop gaming and modern digital role-playing games.

Be the dungeon master. Add your own figures/games to the mix. Create the rules and equipment for your own game in conjunction with the Technology Department.

Experience RPG gaming in VR.

Suitable for: students in all years

Requirements: Students can bring their own apron for painting if they wish.

Cost: £5 voluntary contribution

JAPANESE ANIME & CULTURE

A chance to watch anime movies, read/draw manga and also learn more about the fascinating culture of Japan. There will also be an opportunity to learn some basic Japanese!

Suitable for: students in all years



CULTURAL

LOCAL HISTORY GROUP



Explore the history of the local area through the ages. Meet guest speakers including local historians and metal detectorists. Includes 4 trips out of school to Swinside stone circle and Kirksanton standing stones, Holy Trinity Church and Millom Castle, Millom foreshore to see the prehistoric footprints and the local heritage centre/iron works. Three of the above trips involve a walk of around 1 hour to see the different sites.

Suitable for: students in all years

Requirements: trips may run past 3pm, alternative transport needed.

Voluntary contribution: £12

TROPIC SKINCARE MASTERCLASS



Learn about skincare / make up in these interactive workshops delivered by Tropic professionals.

Suitable for: students in all years

Voluntary contribution: TBC



CULTURAL

SPACE AND SPACE EXPLORATION

Students will learn about our solar system - the sun, planets, moons, asteroids, comets. Students will learn how to identify the planets in the night sky and learn about the constellations.

Students will also learn about the spacecraft that has been launched, such as the International Space Station; they will learn about the purpose of those craft and the history of space flight in general - from the early attempts to land a person on the moon to the more modern missions, as well as future space flights.

Students will learn about some of the interesting facts about time and space as we begin to think about the effects of 'long-distance' space travel.

Students will be asked to create a narrative piece or an information booklet using their knowledge of space and space exploration.

Suitable for: students in years 8 & 9 in September 2023

SCIENCE FICTION CLUB

Travel in Time and Space! Learn more about iconic Sci-Fi novels, writers, movies and TV shows (watch some too!)

Creative writing techniques to become a Sci-Fi writer yourself! Will include references to: Back to the Future, Doctor Who, Avatar, Dune, Ready Player One, Marvel, DC and more...

Suitable for: students in year 8 - 10 in September 2023



CULTURAL

WALKING TOURS

Spend time exploring the local area, visiting local sights of interest such as, Haverigg Beach with a study of the sculpture Escape to Light, Millom Castle, Hodbarrow Lighthouse, Millom Ironworks Local Nature Reserve and Millom Old Pier.

Suitable for: students in all years

Requirements: PE kit, plus suitable clothing for the weather.

BASC HABITATS & WILDLIFE

Working with BASC who will come into the sessions to pass on their knowledge. Studying and monitoring the schools wildlife and habitats. Build bird boxes to create more habitats for birds and encourage new ones to visit the school site, set up animal monitoring runs and pads and look at animal tracks, plus lots more.

Suitable for: students in all years

TASK MASTER

Come and play Taskmaster! It will require critical thinking and creativity to beat the tasks. Be prepared to think outside the box, have fun and get competitive!

Suitable for: students in all years



CULTURAL

AMERICAN HISTORY 101

Spend time learning about the development of America from Revolution to 9/11

Suitable for: students in all years

FILM & MEDIA

Do you fancy going to work in the creative industries? Are you a fan of the horror genre? Do you enjoy creating characters and coming up with ideas for stories? If so, this could be the enrichment for you.

We are going to study marketing materials for horror films – poster, trailers, reviews and more. You will use these to learn more about what fans expect of a horror film. Then you will come up with an idea for your own horror film and create the promotional materials for it. This will involve some photography, editing, storyboarding and more, you could even create a trailer for your film if you have time

Suitable for: students in all years



SELF DEVELOPMENT

DEBATING SOCIETY

Do you want to have your voice heard? Do you have opinions that you want others to hear? Join debating society and learn how to argue for and against some of the big issues that matter to you. In this enrichment activity you will learn, with other students, how to structure and present an argument to others and in the process learn how to disagree without falling out with each other.

Suitable for: students in all years

VOLUNTARY PLACEMENTS/WORK EXPERIENCE



A chance for you to spend some time volunteering in the community or gaining work experience in a business/industry of your choice.

Placements need to be discussed with Mrs Moore and Mr Olliver in advance.

Suitable for: students in years 12 and 13 in September 2023

STUDENTS IN THE COMMUNITY



A chance for students to give back to the community and spend time with residents in our local care homes. Students to play board games with residents, make crafts with them, chat, sing, entertain the residents.

Suitable for: students in all years



SELF DEVELOPMENT

MEDICAL SOCIETY

For students interested in careers in medicine and nursing, as well as health and social care. Learn about the human body, disease, diagnosis and treatment, as well as different career paths in healthcare.

Suitable for: students in all years

DAISY FIRST AID TRAINING



Would you like to learn emergency first aid? This is the course for you!

A first aid qualification always looks great on your CV

Suitable for: students in all years

STEM

Try focused hands-on learning with real-world applications that helps develop a variety of skill sets, including creativity and 21st-century skills.

Suitable for: students in all years



SELF DEVELOPMENT

YEAR 8 CALL TO SOCIAL ACTION



Social action helps to develop a range of core transferable skills such as communication, resilience and problem solving to help young people move forward into the world of work and showcase examples on their CV.

Working on a social action project to make a difference in the local/school community. Over the 6 weeks you will develop your project with the help of mentors from local businesses and then compete to be crowned the winner of Millom School.

You will be awarded £400 to complete your project and then you and your team will represent Millom School at the Cumbrian Final to be crowned 2024 Social Action champions.

Suitable for: students in year 8 in September 2023

SPANISH

Learn the fundamentals of the Spanish language and find out more about Hispanic culture. No prior knowledge of Spanish necessary!

Suitable for: students in all years



SELF DEVELOPMENT

ECOLOGY



If you care about your local environment then this is the group for you! You will learn about native woodland up at Hardknott Forest and the species that live there, including inspecting wildlife camera traps.

There are two trips to Hardknott to get hands on with tree removal and tree planting. We will also be looking at carbon flow in trees and we may try a bit of growing and tree planting on the school site!

We will also be doing some litter picking and learning about the impact that litter has on wildlife.

Finally, there will be a trip to the RSPB reserve at Hodbarrow to observe the massive variety of bird life.

Suitable for: students in all years

Requirements: Suitable clothing and footwear is required, as well as a packed lunch on the trips.

Trips to Hardknott will depart at 12.20 and return for approximately 4-4.30pm.

Students need to organise their own transport home on these occasions.

Also note that there are no toilet facilities in the forest or at Hodbarrow.



SELF DEVELOPMENT



MR BARRETT, MRS GANNON
MRS MOORE, MR RAWLINSON

THE DUKE OF
EDINBURGH'S AWARD



The Duke of Edinburgh Award is the world's leading achievement award for young people. It encourages young people to take on challenges and live life as an adventure. Many employers and organisations, including colleges and universities, value the Duke of Edinburgh Award and believe that young people who undertake it are more confident, have better developed skills and can take on challenges.

“...the DofE makes young people more employable, developing the skills we need in our workforce – including a positive attitude, tenacity, and a good work ethic” (Angela Williams HR Director, British Gas).

The Award requires time, commitment and enthusiasm. There are three elective sections which require approximately one hour per week for each section, which must be completed outside of school time.

Students choose activities from the following sections

- Volunteering - Skills - Physical

There is also an expedition to complete (2 day, 1 night)

BRONZE AWARD

You will participate in the DofE for 3 blocks.

Enrichment sessions will be used to support the completion of the elective sections and teach students the skills required for the expeditions section.

Students who have completed their elective sections will be invited to participate in two weekend camp-outs for their practice and qualifying expeditions.

Students must be available for both dates (TBC)

SILVER AWARD

The requirements and expectations are the same as the bronze award, above; except you must spend within the three sections and the expedition requirement is 3 day and 2 night.

Suitable for:

Bronze: Students in years 9 and 10 in September 2023

Silver: Students in year 12 in September 2023 or who have completed the Bronze award.

Requirements: See above.

Cost: £50 registration fee payable upon starting the award.

Approx. £120/150 expedition fees which includes transport and campsite costs along with hire of a tent and Trangia.

Other items such as waterproofs and rucksacks also available.

Further Information

If you have any queries please contact school .

enrichment@millom.cumbria.sch.uk

We hope that no student will be excluded from an activity due to cost.

Should you be experiencing financial difficulties please contact Mrs Moore in confidence or using the above email address.

