

Millom School Enrichment



A guide for students and parents



2024-25
#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, abilities and even some qualifications.
- 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

11th September - 16th October

Block 2

23rd October - 4th December

Block 3

11th December - 5th February

Block 4

12th February - 26th March

Block 5

23rd April - 4th June

Block 6

11th June—16th July

(Sports day falls on 9th 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 across the year 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 an additional cost



Activity will provide a qualification/certificate upon completion



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

Cumbrian Award



The Cumbrian Award was first envisaged a number of years ago in response to both the increasingly academic and narrow curriculum path which many schools felt they were being driven down, and the recognition that many children and young people did not value their identity as Cumbrians, did not actively engage in the tremendous opportunities the county has to offer, and that in turn, the county does to benefit from or maximise the potential that younger generations represent.

The Cumbrian Award aims to enrich the experiences and lives of the students who participate.

It aims to enhance the skill set and give students the opportunity to apply such skills in a range of environments – whether that be navigating a Lakeland fell, negotiating a boardroom meeting or performing on a theatre stage... and beyond.

The Cumbrian Award is supported by and delivered with WELL and is recognised as an enriching and inspiring opportunity for young people in Cumbria.

This year, some enrichment activities can contribute towards students achieving elements of the Cumbrian Award.

Adventure

Enterprise

Culture

Students have time to complete the award; its not something that is to be done within a year. During their time at Millom School, students can engage and participate in a range of different activities , with a view of achieving the Cumbrian Award by the time they are ready to leave Millom School.

As the enrichment continues to develop, we hope that we are able to offer more opportunities for students to box off aspects of the award; alongside opportunities outside of enrichment that will help with the achievement of the award.

The Cumbrian Award, is another additional, accredited achievement students at Millom School can strive to achieve, aiding future post 16 and post 18 pathways.

Look out for the Cumbrian Award logo for those activities, which may contribute towards achieving this.

Online selection process

The choices form will be emailed to the students.

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

Students will be selecting activities they are interested in and would like to participate in during the academic year.

Students must select a minimum of 10 different activities and a maximum of 25.

Activity selection is in no specific order.

No activity will be allocated to a student twice, unless the activity requires participation for more than one block.

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

No changes will be allowed once allocations have been made.

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

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

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

2024—2025 Activities

Sport	Creative	Cultural	Self Development
Circuit Training	From Book to Film	Cumbrian Wildlife Watching	First Aid Training
Paddle Sports	Gardening and Site Maintenance	Japanese Manga and Anime	Debating Society
Barrow Raiders (boys)	Guitar	Nepalese Club	Young Enterprise—Inspiring Futures
Barrow Raiders (girls)	Design your Band	Space and Space Exploration	Students in the Community
Darts	High School Musical Production	Culture Club	German
Crown Green Bowling	Set Design—High School Musical	David Attenborough Documentaries	Bronze DofE
MTB Club (boys and girls)	Animation Workshop	Animal Encounters	Silver DofE
Pilates	Knitting	Tabletop Gaming, AR and VR	Rewilding and Conservation
Run Club	Upcycling	STEM club	Year 7 Team Building—block 1
Netball	Be a producer	Who Shot JFK (years 9 & 10)	
Team Netball (years 7-8)	RSC Playmaking	Cumbrian Sporting Heros	
Netball Umpiring	Devising Performance—'Roots'	Reading Club	
Rounders	Christmas Crafts	Film Club	
Basketball	Children's Story Writing	Year 7 Film Club	
Football	Needlework	Risk	
Softball	Jewelry Making	Evolution of Music	
Couch 2 5K		Fun Science Club (years 7&8)	
Striders Athletics Club		Intro to Psychology (years 9-13)	
Trampolining		Tropic Skincare Masterclass	

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

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

Requirements: PE kit, hair bobble, water.

TEAM NETBALL - YEARS 7 & 8

Want to be part of the school Netball team? Join this enrichment to spend time working on refining your skills and knowledge, but also developing teamwork and awareness.

Suitable for: girls in years 7 & 8

Requirements: PE kit, hair bobble, water.

NETBALL UMPIRING



Develop your knowledge of the game, which will help to improve your ability to play the game well. This would also be an excellent opportunity for those considering/currently studying BTEC sport, as it will help with coursework, practical's and leading primary school students. There is a possibility that this could lead to a recognised qualification.

Suitable for: all students

Requirements: PE kit, hair bobble, water.



SPORT

RUN CLUB



Want to get into running or already enjoy it? Come along to Millom School Run Club, which will give you the chance to participate in a range of different style runs in the local area, followed by an after run social in school to replenish energy stores.

Over the 6 weeks, develop your knowledge of warm ups and cool down, alongside route planning, fuelling and HR. .

Suitable for: all students

Requirements: PE kit, hair bobble, water, 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 Broughton area, 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. Boys and girls blocks available.

Requirements: outdoor clothing suitable for the weather.

Voluntary Contribution: £10 for the 6 week block.



SPORT

BARROW RAIDERS RUGBY

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

There will be a boys group in block 1 and a girls group in block 5.

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

Suitable for: students in all years

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 all years.

Requirements: PE kit, hair bobble, water



SPORT

SOFTBALL

A chance to improve your skills in develop more advanced softball skills and use these skills game realistic situations.

Suitable for: students in all years

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

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

Requirements: PE kit, hair bobble, water, warm and waterproof layers.

CIRCUIT TRAINING

Improve all areas of your fitness and compete against yourself over 6 weeks to see your strength, power and endurance improve.

Suitable for: students in all years,

Requirements: PE Kit , hair bobble, water



SPORT

DARTS

Are you the next Luke Littler? Take to the oche and aim for the bullseye.

Suitable for: students in all years

Requirements: PE kit, hair bobble, water

CROWN GREEN BOWLING

Would you like to try a new sport where precision is key? Crown Green bowling could be for you!

Suitable for: students in all years

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

BASKETBALL

Want to improve your skills in basketball that you can then apply into PE lessons and more? The aim is to develop more advanced skills and use these in game situations.

Suitable for: students in all years

Requirements: PE kit, hair bobble, water



SPORT

TRAMPOLINING

Come along and develop your skills in trampolining. Refine your techniques and create a 10 bounce routine.

Suitable for: students in all years

Requirements: PE kit, hair bobble, water

PADDLE SPORTS



Get out into the Lake District and experience the joy of paddling on Coniston water. This is an opportunity for you to experience paddle sports and develop your skills, enabling you to confidently paddle on open water & potentially earn a British Canoe Award.

Suitable for: students in all years

Requirements: PE Kit, warm and waterproof layers, spare change of clothes, hair bobble

Cost: TBC

PILATES

The 6 weeks will include mat and reformer pilates with a little strength and HIIT training thrown in for good measure; all of which can be copied and completed at home. Each week will be themed to music, to keep you motivated, so expect Mrs Moore's favourites of Taylor Swift, Backstreet Boys and other 00's pop.

Suitable for: students in all years

Requirements: PE kit, hair bobble, water



CREATIVE

HIGH SCHOOL MUSICAL JR



Disney Channel's smash hit movie musical comes to life on our stage in Disney's High School Musical JR.

Troy, Gabriella and the students of East High must deal with issues of love, friends and family while balancing their classes and extra curricular activities. The show's infectious, danceable songs are sure to engage performers and audiences alike.

Initial workshop auditions will be followed by rehearsals in this block.

Suitable for: students in all years

Requirements: This enrichment activity will run for 2 blocks.

HIGH SCHOOL MUSICAL JR: SET DESIGN



Design and make the set for the school production of High School Musical

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

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.

GARDENING

During the course of the year, we will help to maintain parts of the school grounds, including digging out weeded areas and maintaining the overall look of the site (including the front of the site). When appropriate, we will plant seasonal plants and bulbs and cultivate them during the year. This will include some garden designing and learning about horticulture.

Suitable for: students in all years

Requirements: Warm and waterproof clothing, a change of footwear.

ANIMATION

The project will involve creating 3D character animation, classical drawing, comic creation and more

Suitable for: students in all years



CREATIVE

FROM BOOK TO FILM

Study a range of ways that novels have been adapted into film. Among them could be Matilda, Harry Potter, Percy Jackson, Coraline and others. We will read parts of the novels that inspired the films and watch those same scenes on film.

After this, you could also use some of the writers and director's ideas and techniques to do some filming of your own.

Suitable for: students in all years

GUITAR

Learn how to read tab and chord sheets and different techniques. Play music that covers a large range of genres

Suitable for: students in all years

DESIGN YOUR BAND

Design your own band, come up with a name, album art work, posters, marketing, venues, learn music and put on a performance in your band.

Suitable for: students in all years



CREATIVE



CREATIVE

JEWELRY MAKING

Design and make jewelry using a range of materials.

Use your creativity to generate ideas for pieces of jewelry suitable for your chosen customer.

Spend time researching, designing, testing and making jewelry using a range of materials and techniques.

Suitable for: students in all years

KNITTING

Pupils will be taught the basic knit stitches, and their creativity will be encouraged so that they can start their own knitting projects. This can include pillow covers, scarves, fingerless gloves and more!

Suitable for: students in all years



CREATIVE

BE A PRODUCER

Have you ever been interested in what it takes to plan and organise an event? In these sessions we will learn about how to promote an event, manage a budget and run the event on the night by preparing for the school Christmas concert. You will create and distribute posters, organise refreshments and front of house and begin to learn the technical skills required to set up an event of this nature. This is a particularly good enrichment if you have dreams of event planning, project management or theatre management in the future.

Suitable for: students in all years

RSC PLAYMAKING



Each year, students from across the county gather together to create a performance of a Shakespeare play through the Associate Schools Programme.

During this block we will experiment with this year's play and characters through a variety of activities and games before developing our section of the performance.

We will have the opportunity to work with an RSC director who will develop your skills, knowledge and confidence. This will all work towards a collaborative performance with other local schools.

Suitable for: students in all years

Cost: TBC—this enrichment involves a trip



CREATIVE

DEVISING PERFORMANCE: ROOTS

Step into the lush landscapes and rich cultural tapestry of Cumbria with "Roots," a captivating devising project that delves deep into your experience of growing up in this enchanting region.

Through theatrical exploration and local history, we will develop a performance aimed at telling stories of self-discovery, identity, heritage and belonging.

By weaving together this mosaic of stories we will create a performance designed to amplify your voice and ideas about where you live.

Suitable for: students in all years

CHRISTMAS CRAFTS

Do you love crafting? Do you love Christmas? If the answer is yes to both questions then come and have a go at Christmas crafts!

We will learn how to make a range of festive products from paper-craft wreaths to snowglobes, to tree decorations, crackers, cards, gift boxes, edible gifts and more!

Enjoy listening to some festive music as you work. Instruction will be given for all activities so first-time crafters are very welcome!

Suitable for: students in all years



CREATIVE

CHILDREN'S STORY WRITING



Are you a Julia Donaldson or Roald Dahl in the making?

If you love books and love reading then this may be the activity for you!

You will initially learn about children's story writing and books then over 4 weeks develop your own book suitable for a primary school child.

We will be in a computer room so you can use the computer, or the book can be handwritten or a mixture of both.

In the last week, you will go to a local primary school to read and showcase your book to a small group of primary children.

Suitable for: students in all years

NEEDLEWORK

Learn how to create your own pieces of artwork using traditional needlework techniques that you can keep!

We will focus on the skill of needlefelt and you will also have the opportunity to have a go at crochet, sewing and knitting.

Suitable for: students in all years



CULTURAL

FILM CLUB (YEAR 7)

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

Suitable for: students in year 7 in September 2024

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 2024

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 9-13 in September 2024



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 AND AR/VR

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

CUMBRIAN WILDLIFE WATCHING

To learn the different types of flora and fauna in the local area and be able to identify them. This will include trips around the local area looking at the different species found in varying habitats.

Suitable for: students in all years



CULTURAL

JAPANESE MANGA AND ANIME

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 years 8-13

TROPIC SKINCARE MASTERCLASS



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

STUDENTS HAVE BEEN EMAILED A FORM TO SIGN UP FOR THIS—DEADLINE 14TH JUNE.

Tropic will not be on the options form as the group will have already been allocated.

Suitable for: students in years 8-13 in September 2024

Cost: £36

NEPALESE CLUB

Discover more about the breathtaking culture of Nepal! Learn the basics of how to write using a completely different alphabet! Learn more about Nepalese culture from Mount Everest to Kathmandu! Learn the basics of the language

Suitable for: students in all years



CULTURAL

SPACE AND SPACE EXPLORATION

If you are interested in space, space travel and all things 'Universe', this is the activity for you.

Together, we will learn about our solar system - the planets, moons, asteroids and comets. We'll learn about space beyond our solar system (interstellar space), our neighbouring galaxies and the wider universe. We'll learn about the life of stars, black holes, and dark matter. We'll delve into space missions of the past and the future. We'll work in pairs/small groups and as individuals to share our thoughts and our understanding.

So, if you like to read about, talk about, think about or watch programmes about space... sign up!

Suitable for: students in all years

CULTURE CLUB

Are you interested in other countries and cultures?

Do you want to learn about the customs of the Masai tribe of Kenya for instance, or perhaps you have an interest in Japanese culture (ancient and modern - the Shogun through to manga/anime). Perhaps you want to learn more about the Scandinavian countries (Vikings to present day).

If you are interested in the world around you, a little further away than your immediate vicinity, and you want to learn about places, people, and traditions from the ancient to the modern, this is the activity for you.

Our three areas of interest will be: Japan, Africa and Scandinavia.

Suitable for: students in all years



CULTURAL

ANIMAL ENCOUNTERS

Do you love animals? Would you like to learn more about animals? Then Animal encounters is for you.

A different animal each week to explore and learn about.

Suitable for: students in all years

Cost: TBC

CUMBRIAN SPORTING HEROS

Love sport? Want to find out more about sporting successes from the local area?

Research Cumbrian Sporting hero's and create an information pack which will help you towards the cultural aspect of the Cumbria award.

Suitable for: students in all years



CULTURAL

ANIMAL ENCOUNTERS

Do you love animals? Would you like to learn more about animals? Then Animal encounters is for you.

A different animal each week to explore and learn about.

Suitable for: students in all years

Cost: TBC

DAVID ATTENBOROUGH DOCUMENTARIES

Do you love all things nature? Lets follow David Attenborough through the world of nature watching his fascinating documentaries.

Suitable for: students in all years



CULTURAL

FUN SCIENCE CLUB

Have you ever wondered what actually happens when you mix mentoes with cola? How does a lava lamp work? How can you make a bouncy ball from slime? How do they build earthquake resistant buildings? If you're in Year 7 or 8 and you enjoy science, then this might be the activity for you! We will explore a range of fun and interesting science experiments over the 6 week block and you will get an answer to the above questions, and many more. You need to be willing to take part and able to listen carefully to instructions as well as work safely in a science lab.

Suitable for: students in years 7 & 8 in September 2024

INTRODUCTION TO PSYCHOLOGY

Pupils will be introduced to the main disciplines of psychology; such as cognitive, social and developmental psychology. They will gain an understanding of different theories that have gone to inform industries such as education and marketing; as well as look at different studies and experiments that have given us special insight into how the human mind works and processes information.

Suitable for: students in years 9 and 10



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 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

GERMAN

Learn some basic German and find out more about the culture of different German speaking countries.

No prior knowledge Required. Lass uns gehen!

Suitable for: students in years 7-13 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

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

Cost: £36

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

YOUNG ENTERPRISE: INSPIRING FUTURES, COMPANY PROGRAMME



Aspiring entrepreneur? Want to run our own business in the future? Thinking about studying Business after your GCSE's? This could be for you.

Young Enterprise's company programme is a 12 week project, providing teams of students in years 10-13, with an opportunity to create and run their own student company, supported by a Business Volunteer.

Students not only develop essential skills but also gain an important insight into how these skills support their preparation for work and life.

The programme will provide:

- Access to a dedicated online platform with resources
- Mentoring support from a Business Volunteer (in-person or online)
- Monthly online competitions and opportunities to participate in regional and national competitions
- Ability to trade online through our safe and secure YE Trading Station platform
- Access to a detailed map of skill development at the end of the programme and certificate



SELF DEVELOPMENT

REWILDING AND CONSERVATION



Would you like to learn about the ecology of Cumbria's wild spaces?

Are you interested in helping to restore a forest and maybe even plant a tree?

Would you like to know more about the need to conserve and restore natural habitats for the survival and wellbeing of native species?

Do you enjoy being in the great outdoors?

With the Rewilding and Conservation enrichment group you have the opportunity to contribute to a project run by Forestry England who are currently restoring Harkdnott forest to its native condition.

We will also have some sessions in school where we will learn about the wildlife that its right on our doorstep.

Suitable for: students in all years

Requirements: Suitable clothing and footwear is required, as well as a packed lunch on the trips. You must be willing to get your hands dirty and get muddy!

Trips to Hardknott will depart at 12.20 and return for 3pm

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

Cost: £10 for the 6 week block



SELF DEVELOPMENT



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 2 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 9-13 in September 2024

Silver: Students in year 12-13 in September 2024 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.

