

Millom School Enrichment



A guide for students and parents



Spring 1 & 2

7th Dec - 22nd March

#take part

What is enrichment?

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

The enrichment programme is a new initiative aimed at all students to do just that, enhance your experiences and time at Millom School.

This booklet will guide you through the third and fourth blocks and you selecting your next two activities.

Why enrichment?

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

- 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 confidence
- 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 half terms;

- Autumn 1
- Autumn 2
- **Spring 1**
- **Spring 2**
- Summer 1
- Summer 2

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 years 7-13

Activities will have a maximum number of students they can take, in the event of an activity being over subscribed, students preferences 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 select it again in another block

Online selection process

The choices form has been emailed to students for completion after they have had chance to look at the booklet and activities.

The image shows three overlapping screenshots of a web form for activity selection. The first screenshot on the left shows the top three sections: '1. Student Surname', '2. Student Forename(s)', and '3. Year Group in September 2022'. An arrow points from the first section to the second. The second screenshot in the middle shows section '4. Please Select your 1st Choice activity for Autumn 1'. The third screenshot on the right shows section '5. Please select your 2 Reserve Choice activities for Autumn 1'. Handwritten-style text and arrows are overlaid on the screenshots to provide instructions.

1. Please enter your FULL name

2. Select which year group you are will be in.

3. Select 3 choices for SPRNG 1. ONE first choice and TWO .

4. Select 2 choices for SPRNG 2. ONE first choice and TWO .

1. Students must select 3 choices for Spring 1 and 3 choices for Spring 2
2. Activity choices for Spring 1 and 2 will be built around your selected activities and what you previously picked in Autumn 1&2.
3. Activity allocations will be displayed on the enrichment board in the PE corridor and emailed to students.
4. Once activities have been confirmed, any requiring payment will appear on the students parent pay account.
5. Parents or guardians will confirm consent for selected activities via an online form.

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

Students shouldn't select the same activity twice, unless stated in the specific activity blurb.

When selecting activities with trips, students MUST attend these.

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

No changes will be allowed , so read the descriptions CAREFULLY

Spring 1 Activities

Spring1 will run from 7th Dec 22 - 25th Jan 23

Sport	Creative	Cultural	Self Development
Year 7 Netball	Spring Concert Moana Performance	Who shot JFK? (Year 9 & 10)	Medical Society
Advanced Cricket	Spring Concert Costumes	Tabletop Gaming	Sixth form—voluntary placements
Year 7 & 8 Flag Football	Spring Concert Choir	STEM	Beginners Spanish
KS3 Trampolining	Spring concert Set Design	Geology Club	Makaton
Bike Club	Needlework Club	Book to Movie Club	
Couch 2 5K	Upcycling	Film Club	
	Creative Writing & Book Club	Risk	
		Film & Media Club	

Spring 2 Activities

Spring 2 will run from 1st Feb 23 - 22nd March 23

Sport	Creative	Cultural	Self Development
Just Dance	Spring Concert Moana Performance	Tabletop Gaming	Bronze DofE
Couch 25K	Spring Concert Costumes	Geology Club	Silver DofE
Badminton	Spring Concert Choir	Book to Movie Club	Sixth form—voluntary placements
Bike Club	Spring concert Set Design	Film Club	Beginners Spanish
	Needlework Club	Risk	
	Upcycling	Film & Media Club	
	Student Newspaper		
	Creative Writing & Book Club		

SPORT

MRS MOORE & MRS GANNON YEAR 7 NETBALL

BIRDCAGE
SPRING 1

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: students in year 7

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

MR MITCHELL BIKE CLUB



M10 AND FIELD
SPRING 1 & 2

Bike club is much more than just enjoying some time on your bike.

You will learn to repair and maintain bikes from a basic puncture repair to gears and fork maintenance, along with some first aid.

You will be working on route planning and developing skills for a multi day cycle tour.

Suitable for: students in all years

Requirements: outdoor clothing suitable for the weather.

Cost: Any trips will incur a voluntary contribution



SPORT

MR RAWLINSON ADVANCED CRICKET

SPORTS HALL
SPRING 1

Opportunity for advanced cricketers to hone their skills at indoor nets.

Suitable for: students in year 7 - 10 who play cricket outside of school

Requirements: PE

MR BARRETT YEAR 7 & 8 FLAG FOOTBALL

FIELD
SPRING 1

Want to try a new sport? Ever watched the Superbowl (NFL) and thought you might like to give that a try? Flag football is a non-physical version of the game of American football.

Flag football is non-contact, instead of tackling an opponent, you pull the flag attached to the person with the ball's belt to cause a stoppage in play. Flag Football is a fast paced, fun sport that can be played in mixed gender teams pretty much anywhere. It promotes health, fitness, teamwork & strategy. Sessions will include skills coaching and include 5v5 games.

Suitable for: students in years 7 and 8

Requirements: outdoor clothing suitable for the weather.



SPORT

MR EATON
COUCH TO 5K

TRACK
SPRING 1 & 2

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. Change of clothes for wet weather.

MRS BURGESS
KS3 TRAMPOLINING

GYM
SPRING 1

Learn basic trampoline skills and how to combine these together to build your own routine to music.

Suitable for: students in year 7, 8 and 9

Requirements: PE kit, hair bobble, water



SPORT

MR JEWELL
BADMINTON

SPORTS HALL
SPRING 2

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

MRS BURGESS
JUST DANCE

GYM
SPRING 2

Dance off with other students and the computer. Who will be the best dancer?

Suitable for: students in all years

Requirements: PE kit, hair bobble, water



CREATIVE

MISS LAMBERT

SPRING CONCERT - DRAMA

DRAMA STUDIO

SPRING 1&2

Moana needs to save her Hawaiian homelands from Te Ke's dreadful curse. To do this, she will need help from Maui and YOU. We are planning to host a whole school performance of Moana to a paying audience. As ACTORS you will need to have strong voices and be loud and proud in your presentation of the heroes of Moana. No acting experience is needed but a love of adventure and teamwork is essential. You will commit to 12 weeks of rehearsal and perform to friends, family and the wider community on the evenings of March 29th, 30th and a further afternoon performance on Friday 31st.

Suitable for: students in all years

Requirements: PE Kit. TO BE SELECTED IN BOTH SPRING 1 & 2

MRS GIBBON

SPRING CONCERT - CHOIR

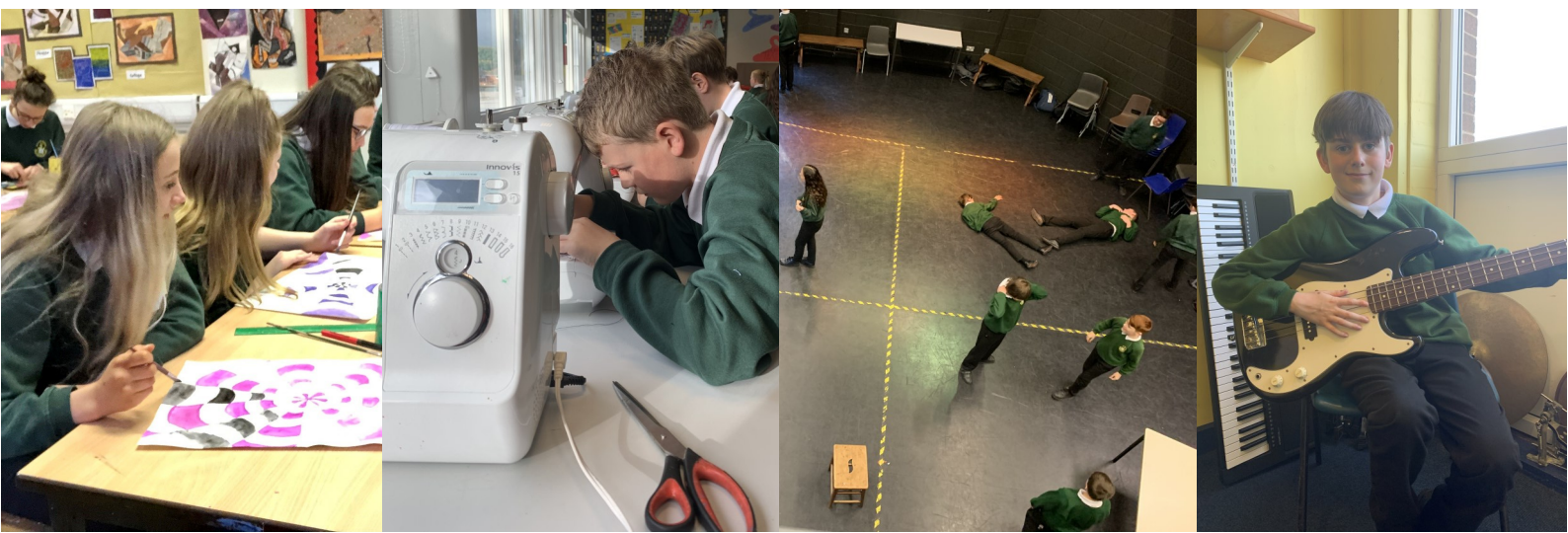
MUSIC ROOM

SPRING 1 & 2

How far will you go to make sure that Millom School's Moana production is not only visually spectacular but a treat for the ears too?! Sign up to sing songs from Moana and be involved in the making of this fabulous production.

Suitable for: students in all years

Requirements: TO BE SELECTED IN BOTH SPRING 1 & 2



CREATIVE

MISS COATES

M4

SPRING CONCERT - COSTUMES

SPRING 1 & 2

Design and customise costumes for characters in the schools spring production of Moana. This will involve dyeing, printing and embellishing fabric inspired by the film. Creating costumes for a variety of key characters along with mass producing costumes for choir ensemble and other areas of the cast.

Suitable for: students in all years

Requirements: TO BE SELECTED IN BOTH SPRING 1 & 2

MR GRANGE

U3

SPRING CONCERT—SET/PROP DESIGN

SPRING 1 & 2

The art department are looking for a creative team to produce backdrop paintings and props for the school production of Moana.

Suitable for: students in all years

Requirements: Old t-shirt/apron . TO BE SELECTED IN BOTH SPRING 1 & 2



CREATIVE

MRS DRAGE

STUDENT NEWSPAPER

U13

SPRING 2

Want to be involved in creating a half termly student newspaper?

Have the opportunity to research and write your own articles, interviews, features, take your own pictures and create content.

Suitable for: students in all years

MRS MORTON

UPCYCLING

U6

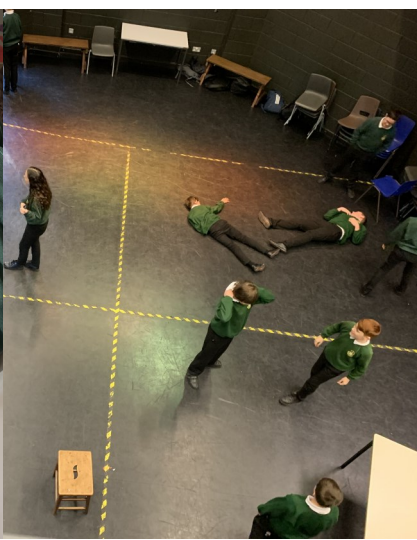
SPRING 1 & 2

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 can bring in their own apron and items they wish to upcycle.



CREATIVE

MISS MCGOLDRICK

L12

CREATIVE WRITING AND BOOK CLUB

SPRING 1 & 2

Do you enjoy sitting down and getting lost in the world of fiction? Would you like to write creatively, travelling through your own universe? We will explore the library, finding new adventures and new interests. We will learn from already accomplished authors, using their creativity to inspire our own imaginations. We will relax, and appreciate amazing existing authors and the authors of the future – you.

“A reader lives a thousand lives before he dies... The man who never reads lives only one.”

George R.R. Martin

Suitable for: students in all years

MISS MOORE

M8

NEEDLEWORK CLUB

SPRING 1 & 2

Have a go at basic needlework (sewing) techniques to produce your own panel for a wall hanging project. No experience necessary – come along and try something new or develop your existing skills!

Suitable for: students in all years

Cost: £5



SOCIAL/CULTURAL

MRS JOHNSTON
GEOLOGY



M11
SPRING 1 & 2

Learn about geological time periods, mineral and rock identification, fossil identification, dinosaur mass extinction and geological mapping.

Includes local trips to observe rock formations and fossils.

Suitable for: students in all years

Cost: Trip to Threkeld Quarry costing £20

MR PRIOR
FILM CLUB

ALEX HALL / M12
SPRING 1 & 2

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

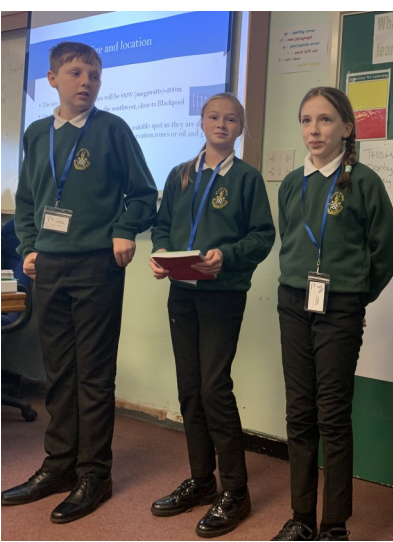
Suitable for: students in all years

MR JEWELL
STEM CLUB

M1/M3
SPRING 1

Develop real life skills designing and manufacturing bridges that will be tested. To communicate ideas using CAD and manufacture a product using the 3D printer.

Suitable for: students in all years



SOCIAL/CULTURAL

MR SAVIDGE

L7

RISK

SPRING 1 & 2

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

MR OLLIVER

L8

WHO SHOT JFK?

SPRING 1

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



SOCIAL/CULTURAL

MR HIGGINS

TABLE TOP GAMING



M7

SPRING 1 & 2

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

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

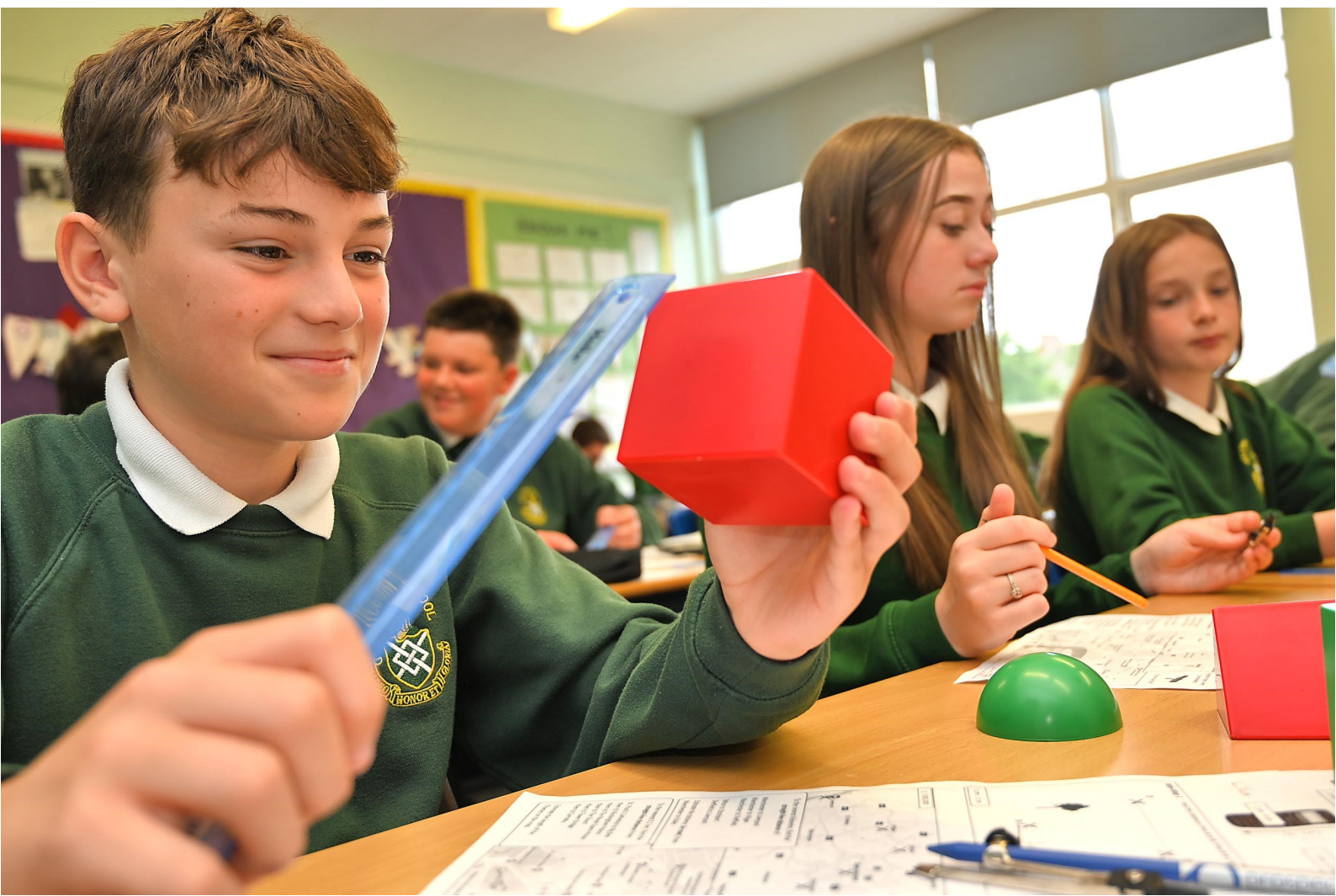
Be the dungeon master. Add your own figures/games to the mix. Create the rules and equipment for your own game in conjunction with the Technology Department.

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



SOCIAL/CULTURAL

MRS WRIGHT

LIBRARY

BOOK TO MOVIE CLUB

SPRING 1 & 2

For bookworms and movie buffs. Opportunity to read a book and then watch the film adaptation.

Suitable for: students in all years

MRS BARNES

L13

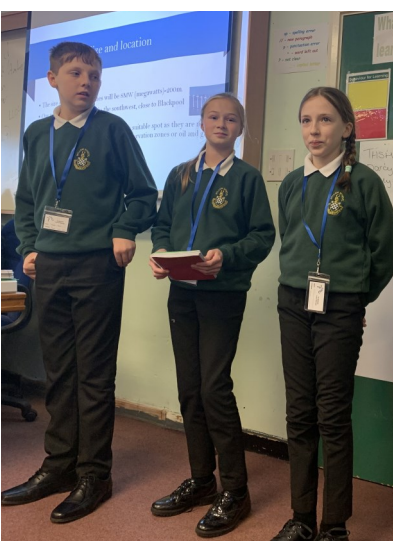
FILM AND MEDIA CLUB

SPRING 1 & 2

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

MRS JASIM

L14

MAKATON

SPRING 1

Learn the basics of Makaton

A unique language programme that helps people to communicate, similar to sign language.

You will learn the alphabet, greetings, stories and lots more.

Watching videos/ tutorials, to help develop knowledge, the practicing and using the signs

Suitable for: students in all years

MRS MOORE/MR OLLIVER

SIXTH FORM VOLUNTARY PLACEMENTS

SPRING 1 & 2

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



SELF DEVELOPMENT

MRS VANCE

M13

MEDICAL SOCIETY

SPRING 1

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

MRS ADHIKARI

L10

BEGINNER SPANISH

SPRING 1 & 2

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



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 AND SILVER AWARD

You must select DofE for 3 of your enrichment blocks:

Autumn 1, **Spring 2** and Summer 2

Students who have met the criteria of working towards completing 2 of their 3 sections are invited to continue with the DofE for 2022/23.

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

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.

