

Millom School Enrichment



A guide for students and parents



Summer 1 & 2

17th April - 12th July

#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, which is why students are selecting more than 1 activity.

If students don't select more than 1 activity or don't select at all, allocations will be made for them.

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 will be emailed to students for completion after they have had chance to look at the booklet and activities.

- Students must select the maximum number of activity choices they want to be considered for their Summer allocations.
- **Activity choices for Summer will be built around your selected activities and what you previously picked in Autumn and Spring - students are unlikely to be allocated an activity they have previously picked, so students should try not to waste activity choices.**
- Activity allocations will be displayed on the enrichment board in the PE corridor and emailed to tutors.
- Once activities have been confirmed, any requiring payment will appear on the students parent pay account.
- 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.

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

Summer Activities

Summer 1 will run from 17th April 23 - 24th May 23

Summer 2 will run from 7th June 23 - 12th July 23

Sport	Creative	Cultural	Self Development
Rounders	Art & Craft Club	History Group	Bronze DofE
Flag Football (years 9 & 10)	3D Dinosaurs	Film Club (years 8,9,10,12 & 13)	Silver DofE
Advanced Cricket (years 7 & 8)	Creative Writing & Book Club	Tabletop Gaming	Ecology Group
Advanced Cricket (years 9 ,10,12 & 13)	Needlework	Year 7 Film Club	Japanese Anime & Culture Club
Just Dance	Upcycling	Film & Media Club	Beginners Spanish
Mountain Bike Club		Geology	Sixth Form Work Experience
Couch 2 5K		Risk	
Foot Golf		Walking Tours of Millom	
Girls Football			
Badminton			

SPORT

MRS MOORE & MRS GANNON ROUNDERS

Calling all Rounders players. This is your chance to develop your rounders skills away from your PE lessons. Work on key rounders skills and more importantly tactics to be successful in a game. Suitable for all students, those who would like to represent the school and those who just love the game.

Suitable for: students in all years

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

MR MITCHELL MOUNTAIN BIKE CLUB

Enjoy getting out on your bike into the woods and on the trails? Work with mountain bike coaches to improve your skills in the discipline. There will be the opportunity to head off site with your bike and the coaches to do this. You must be prepared to some weeks leave at 12:20 and some weeks return after 3pm.

Suitable for: students in all years

Requirements: **YOU MUST HAVE YOUR OWN BIKE AND HEMLET.** Outdoor clothing suitable for the weather. If you have any issues with getting bikes to school see Mrs Moore/Mr Olliver



SPORT

MR RAWLINSON

FOOT GOLF



The skills of football & the rules of golf combine as a football is kicked along a fairway and then passed into a suitably large hole. Golf coaching from the club professional and opportunity to play out on course.

Suitable for: students in all years

Requirements: outdoor clothing suitable for the weather.

Cost: £30 voluntary contribution

MR BARRETT

YEAR 9 & 10 FLAG FOOTBALL

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 9 and 10

Requirements: outdoor clothing suitable for the weather.



SPORT

MR EATON

COUCH TO 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. Change of clothes for wet weather.

MRS BURGESS

JUST DANCE

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



SPORT

MR OLLIVER ADVANCED CRICKET

A chance for advanced cricketers to hone their skills in the cricket nets.

Suitable for: students in all years. Separate blocks for (7&8) and then older years.

Requirements: PE/cricket kit, waterproof, water.

MR JEWELL & MR MORTON GIRLS FOOTBALL

Inspired and motivated by our European champions the Lionesses? Fancy yourself as the next Beth Mead or Georgia Stanway?

Come along and work on developing your skills and knowledge to improve your game. Finishing off each week with games to put these to the test.

Suitable for: girls in all years

Requirements: PE kit, suitable trainers/astro shoes, hair bobble, water



SPORT

MRS DRAGE BADMINTON

A chance to play some badminton with friends. Work on developing specific skills or game play for singles and doubles matches.

Suitable for: students in all years.

Requirements: PE kit, hair bobble, water



CREATIVE

MISS COATES ART & CRAFT CLUB



Get creative! A free choice of art and craft activities or the opportunity to create your own project.

Drawing, painting, printing, collage, sculpture or a range of crafting.

Suitable for: students in all years

Cost: Voluntary contribution of £4

MR GRANGE 3D DINOSAURS

Work in a small group to create 3D dinosaurs and backgrounds for display in school. Sculpture involves the use of mod-roc, papier mache and wire

Suitable for: students in all years

Requirements: Old t-shirt/apron if you wish.



CREATIVE

MRS MORTON

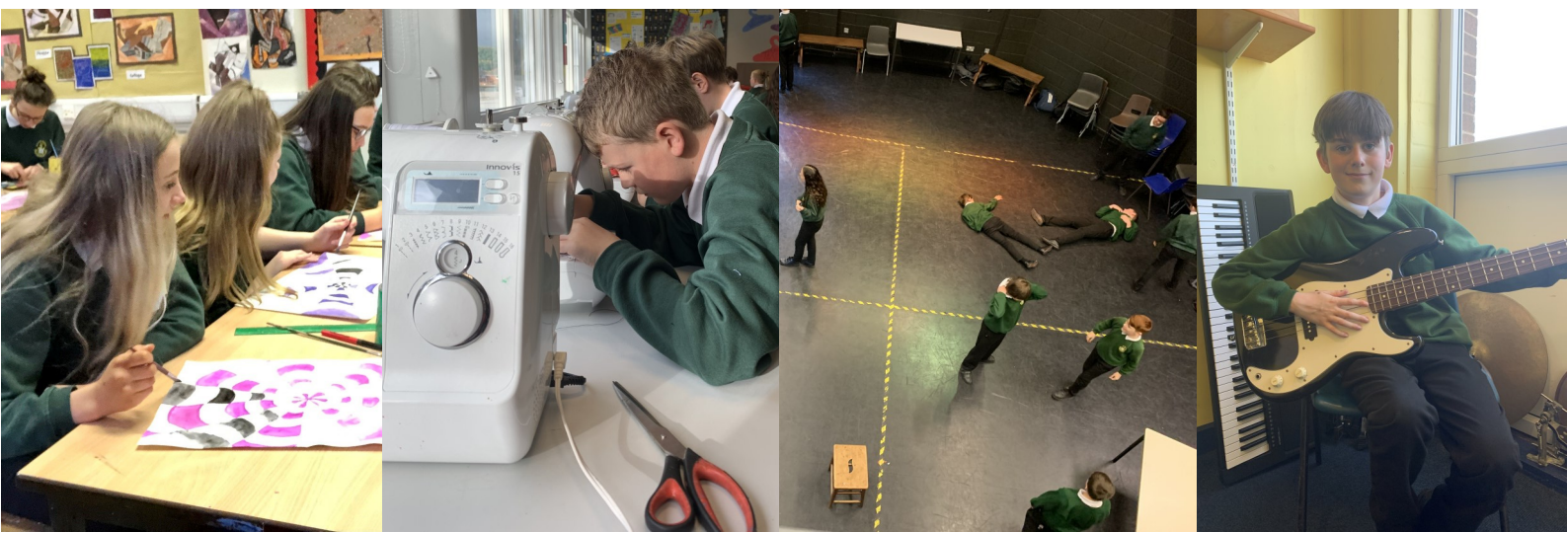
UPCYCLING

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



CREATIVE

MISS MCGOLDRICK

CREATIVE WRITING AND BOOK CLUB

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

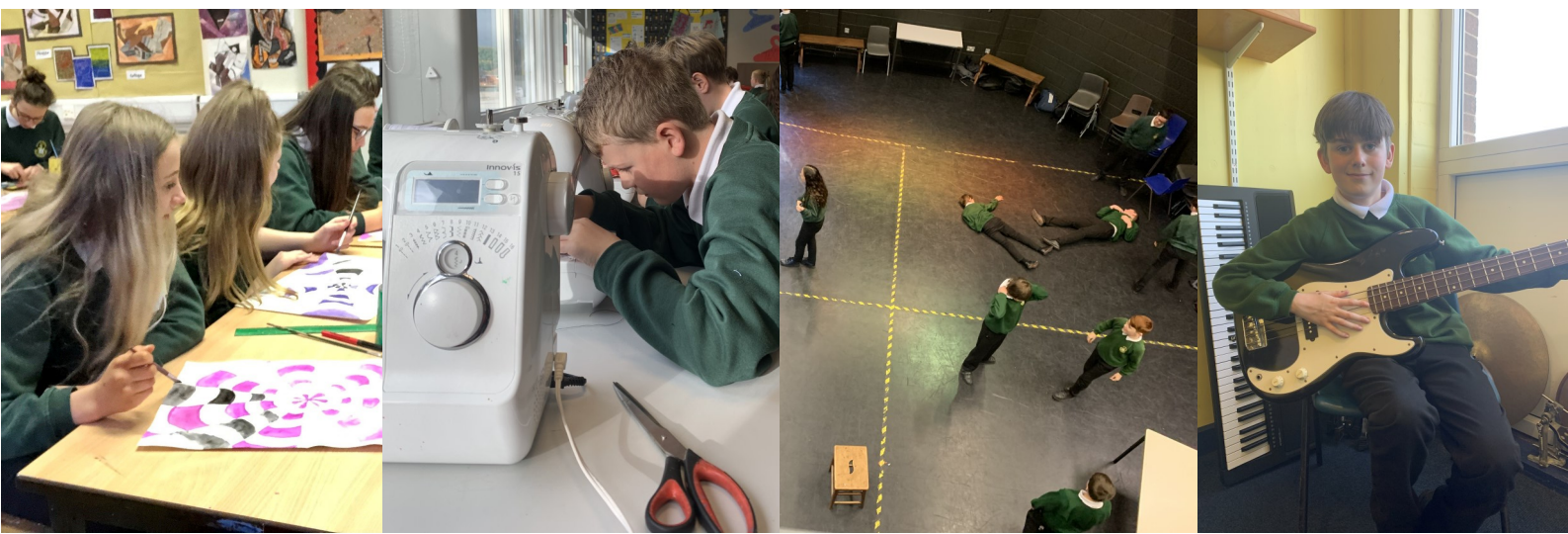
Suitable for: students in all years

MISS MOORE

NEEDLEWORK CLUB

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



SOCIAL/CULTURAL

MRS VANCE

LOCAL HISTORY GROUP



Explore the history of the local area through the ages. Meet guest speakers including local historians and metal detectorists.

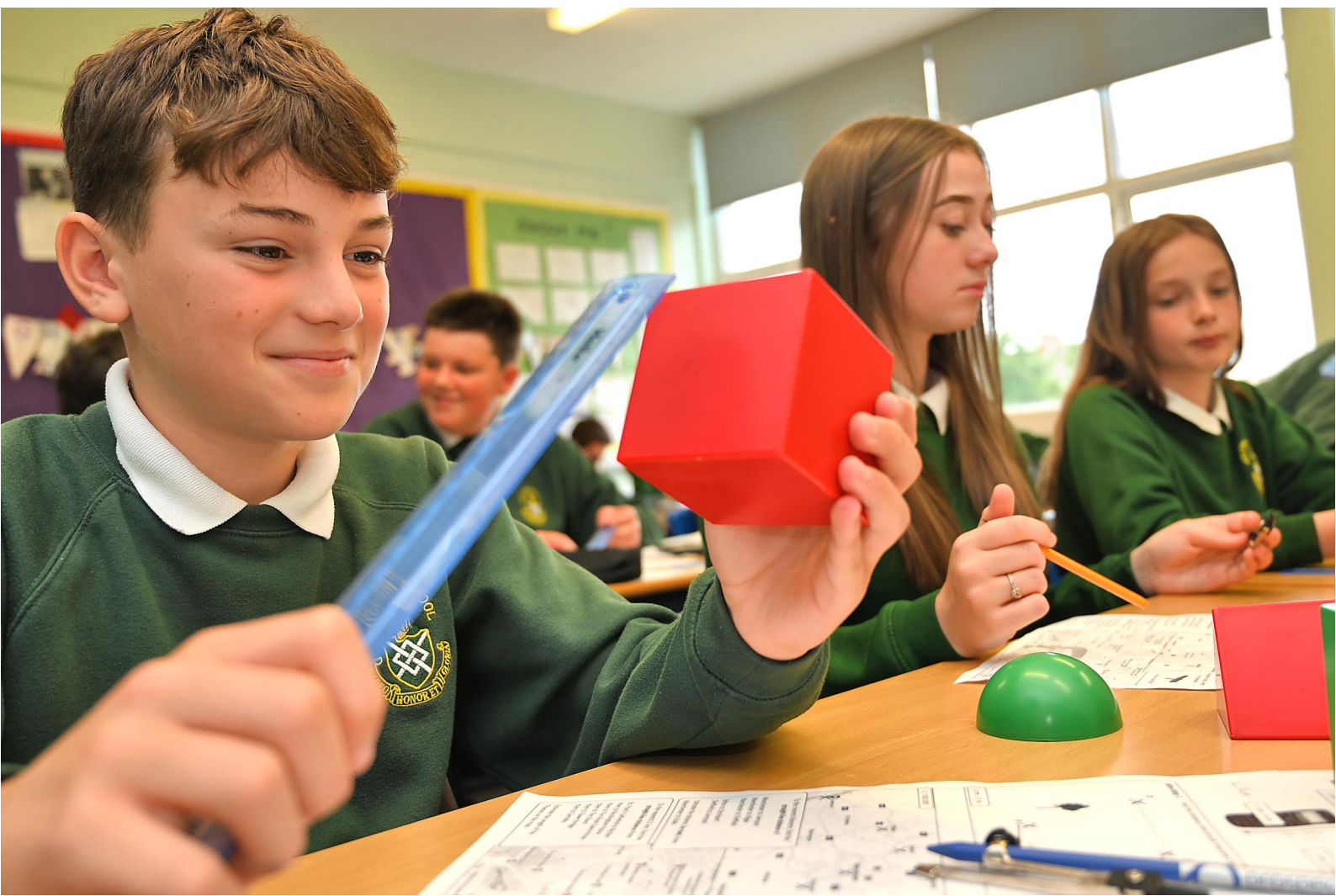
Includes 4 trips out of school to Swinside stone circle and Kirksanton standing stones, Holy Trinity Church and Millom Castle, Millom foreshore to see the prehistoric footprints and the local heritage centre/iron works.

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 home is needed.

Cost: £10 voluntary contribution



SOCIAL/CULTURAL

MRS JOHNSTON
GEOLOGY



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

MR PRIOR
FILM CLUB

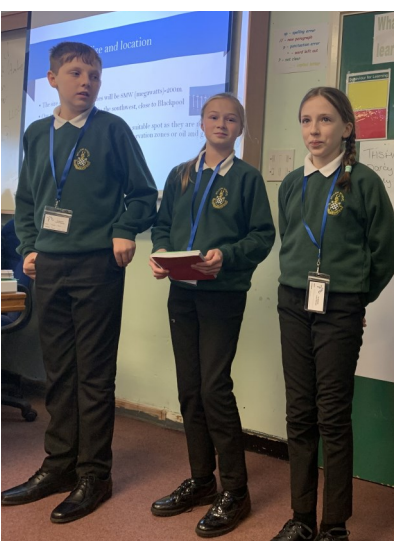
Watch films, write reviews for films and debate the creative merits of the films.

Suitable for: students in all years

MRS VICELLI
YEAR 7 FILM CLUB

Watch films and debate the creative merits of the films.

Suitable for: students in year 7.



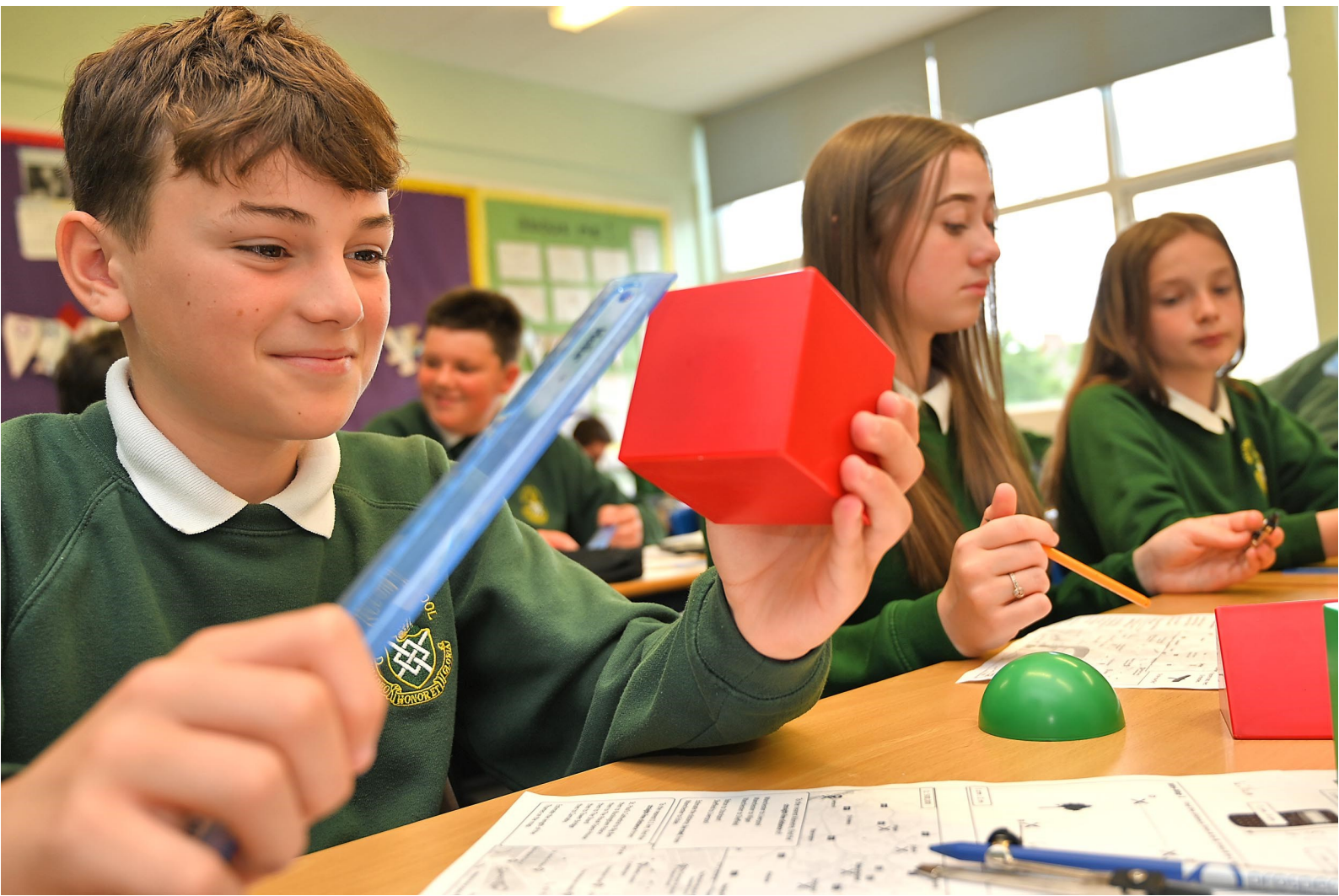
SOCIAL/CULTURAL

MR SAVIDGE

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



SOCIAL/CULTURAL

MRS BARNES

FILM AND MEDIA CLUB

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

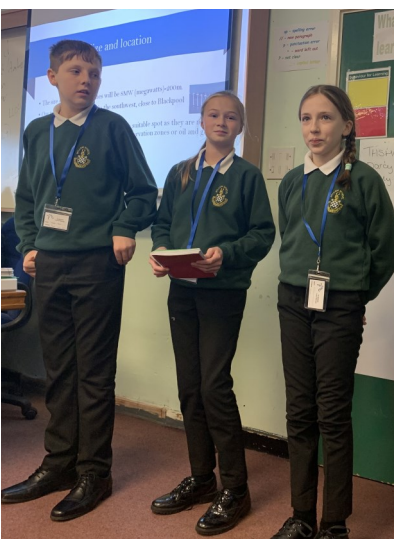
Suitable for: students in all years

MISS LAMBERT & MRS GIBBON

WALKING TOUR OF MILLOM

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



SOCIAL/CULTURAL

MR HIGGINS

TABLE TOP GAMING



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

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

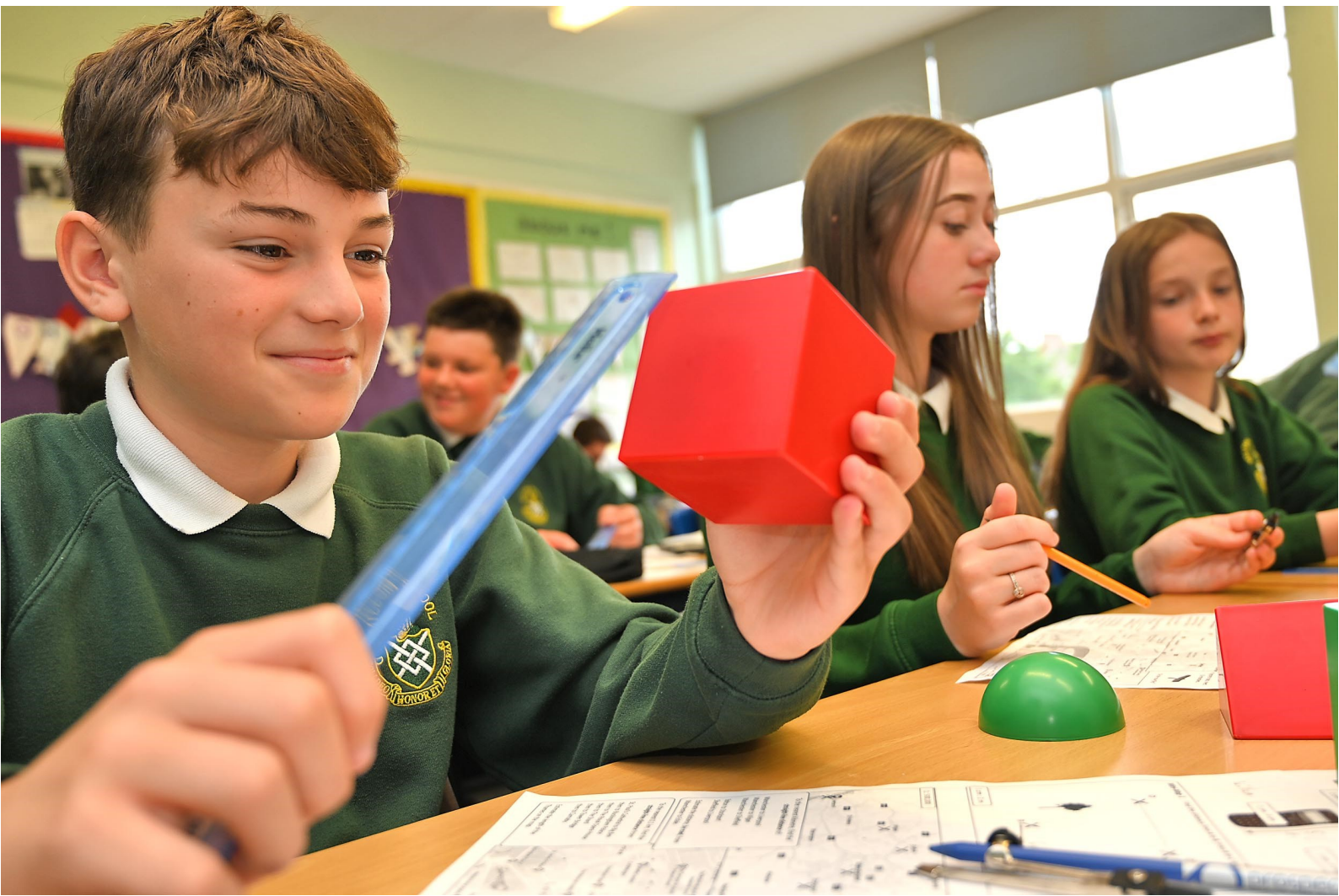
Be the dungeon master. Add your own figures/games to the mix. Create the rules and equipment for your own game in conjunction with the Technology Department.

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



SELF DEVELOPMENT

MRS ADHIKARI

JAPANESE ANIME & CULTURE CLUB

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

MRS MOORE/MR OLLIVER

SIXTH FORM 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



SELF DEVELOPMENT

MRS VANCE

ECOLOGY GROUP

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.

Cost: £5 voluntary contribution

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.

