



# Enrichment Guide 2019-20

## **Aim**

For you all to engage in a programme of enrichment intended to support your own personal development and well-being whilst providing you with a range of opportunities to give yourself an advantage in future interviews for employment, apprenticeships or university

## Enrichment programme sixth form

“Know who you are, and be it. Know what you want, and go out and get it!”



### Enrichment – New for 6<sup>th</sup> Form 2019

We think education is about much more than just exam results. By choosing to come to Lytchett Sixth Form, the opportunities you are offered are extensive - and working on your own personal development sets you on the path to achieving your dreams. Whether academically, intellectually, artistically or culturally you are bound to find something to fire your imagination!

All enrichment activities that you undertake will be logged on Unifrog (see back page) so that you can share your experiences with future employers on interview.

So what's on offer 2019-2020 for ALL sixth form students?

#### Compulsory enrichment:

- **Mindfulness** - In our sixth form we believe that every student should be given the opportunity to be given a tool kit of strategies to enable you to look after your mental health. Therefore all students will participate in a **6 session** course called .b which is an introduction to mindfulness. [SD](#)
- **MOOCS** (Unifrog) – Students will have **one hour a week** on their timetable dedicated to completing MOOCS (Massive Open Online Course) – Stand out from the crowd! [SD](#)
- **Enrichment/PSHE programme** – A programme of activities throughout the year created especially for you for personal development [SD](#)



#### Extended projects:

- **DofE** - This award has inspired and transformed the lives of millions of young people from all walks of life. From volunteering to physical activities, life skills to expeditions, achieving a DofE Award is a passport to a brighter future, valued by employers and universities. [AS](#)
- **EPQ** – (Extended Project Qualification) The EPQ is a self-motivated project that carries the same UCAS points as an AS level, and is increasingly popular with students. There are several types of EPQ: you can write a research-based report, put on an event like a fashion show or charity fundraiser, or create something – like a piece of art or music. [SD](#)



#### Courses on offer:

- **Teaching English as a Foreign Language (TEFL)** 2 day course – This fast paced and engaging course gives you everything you need for their first steps into EFL teaching. Upon completion of the course you will be certified to Teach English as a Foreign Language abroad or privately in the UK. Fabulous for UCAS, gap year, Volunteering, careers - [£ SD](#)
- **Employability skills workshops** – a fantastic opportunity to get some advice and guidance on CV writing, how to shine in an interview and how to prepare yourself for life outside of Lytchett. [SD](#)
- **Emergency First Aid at Work** qualification- 7 hour course over two sessions – becoming a qualified First Aider in this really fun, engaging, practical course. [£ AS](#)

- **British Sign Language** (BSL – introducing sign language) Online course - 16 hours Learning British Sign Language is fun, easy, & flexible. This unique online signing course is a comprehensive introduction for anybody who is interested in learning BSL. £ SD/AS
- **Life Drive** – A two hour classroom based theory session held at SafeWise Bournemouth and SafeWise Weymouth (usually held weekday evenings running from 7 – 9pm)
- - A 90 minute drive-out with a DVSA Approved Driving Instructor. Dates throughout the year. AS

### Charitable events:

- **Rotary Christmas Shoe Box Appeal** – We will be supporting the Rotary Shoebox Scheme to spread a little happiness to disadvantaged children and adults in Eastern Europe. We do this by sending Rotary Shoeboxes full of gifts, filled by our supporters, and then dispatched to trusted partners for distribution in the receiving country
- **Sleep Easy** – Join our biggest Sixth Form fundraising event of the year. Sleep rough in the school grounds of Lytchett to raise money for the YMCA and the many people who



find themselves homeless in Dorset.

- **Sandwalk** – Take part or help out at Lytchett's biggest fundraiser of the year. A day walking on the beach to raise money for some very worth charities.

### Sixth form Only Trips:

- **Oxford Trip** – a cultural day trip to Oxford, which includes hours of free time for lunch and shopping. £
- **Sports day** – the most fun day of the year. Teams complete in old school sports day events followed by a hog roast in the Secret Garden – Yes, I think we are spoiling you! £

### Other enrichment available:

- NCS (National Citizenship Service)
- Subject Captain
- Joining a Sports team
- Committee memberships
- Paired reading
- Mentoring
- Supporting students from KS3 in English and Maths
- Lecture series
- PiXL edge
- Aviation talk

### Other clubs available in school to 6<sup>th</sup> formers:

- Computing
- Chess
- Couch to 5K
- Conservation Eco-club
- Maths open tutorial
- Christian Union
- Gym

Key: £ - there will be an additional cost

AS – After school event

SD – During the school day

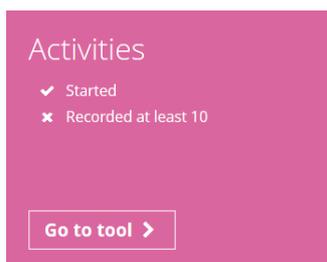
# Recording your enrichment activities

**Step 1-** Log in to  [www.unifrog.org](http://www.unifrog.org)

(If you have forgotten your password simply type in your email address and click on

[Forgotten your password?](#)

**Step 2-** Click on the 'Activities' box



**Step 3-** Enter the details of your activities

[+ Add an activity](#)

**Step 4-** Email this to your tutor on the **first Friday of every month** so that your enrichment activities can be monitored by us

Email my activities to a teacher for feedback:

Mr Hannaford

+ add a note

Send

Or email it to:

hannaforda@lytchett.org.uk

+ add a note

Email my activities

Or download it:  
As a PDF Document

**Step 5-** Print out your activities and take them to interviews so that you 'give yourself the edge' over your competition!