



Enrichment options information leaflet

Wednesday afternoon is dedicated time off timetable designed to help you build a range of personal and employability skills, such as communication, teamwork, leadership, and help you develop experience and qualifications in a range of areas that will make you stand-out in future job and UCAS applications.

And if nothing else, a lot of these options will be a fun and welcome break from your studies, and a good way to make friends!

The enrichment programme itself is supported by an initial contribution from all year 12 students of £20. However, please read the leaflet carefully, as some options incur additional charges, and some require a longer time commitment, or time outside of enrichment on a Wednesday.

Also don't forget that you should select options across a range of areas to help you meet the requirements of the Eggescliffe Enrichment Diploma – this is accredited by Teesside University and is an amazing opportunity to accrue evidence and experience for future applications and career choices.

Egglescliffe Enrichment Diploma accredited by



The Egglescliffe Enrichment Diploma is a certificate accredited by Teesside University that formalises your experiences and achievements through the enrichment programme. This will be an invaluable portfolio of evidence that you can use in job or university applications and interviews.

How it works

You need to complete an activity in each of the 6 areas: Egglescliffe Induction, Employability, Academia, Community, Wellbeing, and Experiences.



Egglescliffe Induction

The compulsory enrichment programme that begins when you arrive



Employability

NCS Programme, Work experience (mandatory), First aid, Sign language, Teesside University workshops, DofE, volunteering, NCS employability series, NCS transferable skills series



Academia

EPQ, Debate society, Forensic Society, Film club, Music qualification, Teesside University workshops, NCS exam series, MOOCs



Community

NCS Programme, Student Leadership, VInspired, LEPRa, #Eggfest, 6th Form M ag, Charity fundraising, 6th Form Party planners, Mentoring



Wellbeing

BUCS Football League, Gratton Cup, Yoga, Inter-tutor sports and games, NCS exam series, 6th Form Party planners, Sport, Performing arts



Experiences

NCS Programme, DofE Silver Award, World Challenge, White water rafting, Air trail, Ice skating, 6th Form Party planners

Compulsory programme – September to October half term

You will participate in a compulsory programme of enrichment activities on a Wednesday afternoon from the start of term until half term. These activities are designed to help you build a variety of important skills for success at A level, such as leadership, communication, and problem solving skills, as well as have fun and build relationships with your peers.

Attendance at all Wednesday afternoon sessions is compulsory and counts towards your overall attendance percentage.

Visualising your future

A whole-year group seminar designed to get you thinking about what you want to achieve in the near, mid- and long-term future, and what steps you can take, and skills you need, to help you be successful at Eggescliffe and beyond.

Alevel Prep

A series of workshops designed to help you develop skills and strategies to help you succeed at A level, developing approaches relevant for all subjects.

Tutor team building

A range of competitive sports and challenging activities that you can play regardless of sporting or fitness ability. Each tutor group will need to field a 'team' of players for dodgeball and volleyball, and problem-solving activities such as brain-busters like 'Cups' and 'Nightline'.

Escape Room

A series of puzzles, tasks, and brain-teasers that you'll need to work together as a tutor group to solve to 'escape' the room in a fixed time frame.

A leader board including results from the team building activities and escape room timings will help us crown the winning tutor group!

Options from October – December

You can choose options to suit your interests or to try something new, however, you must be doing some form of enrichment during each Wednesday afternoon. Enrichment attendance counts towards your overall attendance percentage.



One unmissable week this autumn – NCS Programme (£)



Egglescliffe School and 6th Form is the only 11-17 provider, and one of only a few 6th form colleges in the UK to offer a term-time NCS programme.

The NCS programme, recommended by UCAS and recognised by national employers and regional apprenticeship providers, is an opportunity to boost your CV, take on new challenges, develop skills for work and life, build confidence and independence, plus meet inspirational people.

The programme is split into three phases, all of which are compulsory:

- **Phase 1** – Mon 22nd to Thurs 25th Oct – a four-day, three-night residential that involves canoeing, rock climbing, and abseiling.
- **Phase 2** – Fri 26th – Sunday 28th Oct – three days training in developing vital skills like leadership, teamwork, and communication.
- **Phase 3** – Wednesday enrichment sessions from Oct half-term until Christmas, including real-world work experience and the opportunity to make a positive difference.

It costs £1500 per person to deliver NCS, and you'd usually pay £50 to participate. However, we have managed to secure places **for just £20**. This includes transport, accommodation, food, activities, training – everything is included.

Places are limited, so make sure you hand in your options form as soon as possible to be considered.



First Aid

A 6-hour course delivered in school and resulting in the Level 2 Emergency First Aid at Work qualification. Attendance is compulsory at all sessions to achieve the qualification. Certificate and training costs are included in £20 enrichment payment. It's an amazing qualification that can make all the difference to someone's life in their hour of need.



Sign Language

A six-week course delivered in 1-hour blocks per week in school that covers the basics of British Sign Language. Sessions are led by expert instructors who are partial hearing or deaf themselves. Attendance is required at all sessions to receive a certificate. All costs are included in your £20 enrichment payment. This is a certificate that demonstrates you've learnt an awesome new skill and will make you stand out in a variety of job and university interviews.



Forensics Society

Taught by Mrs E. Proudlock and running on a weekly basis, you will investigate notorious serial killers and their motives, use of offender profiling within police investigations, and ethical issues surrounding mental illness and crime. We will also consider how children who kill are treated and/or punished and look into the cases of Mary Bell and Thompson and Vennables. Other controversial issues including arson and cannibalism will be debated, along with consideration of how the media portrays female versus male murderers.



Yoga (£)

A four-week course delivered in 1-hour blocks per week in school, this is open to all ability levels from novice to expert, as you will be guided in small groups by an expert instructor. Yoga has been found to offer a variety of health benefits, including improved flexibility, cardio and circulatory health, and helping to manage stress, anxiety and depression. For just £10 for the whole course, this is an absolute bargain, and something that can improve your physical and mental health, as well as be a conversation piece during interviews. Attendance is required at all sessions to receive a certificate.



Debating Group

Love a good argument? Or would you like to be more confident in discussions? Taught by Mr Moulder and running as a four-week course for an hour a week, debating group will help you develop skills in constructing arguments and public speaking. These skills will be invaluable in your approach to your A level studies, helping you make progress towards your goals, and lots of universities and employers value your experiences as a debater. Attendance is required at all sessions to receive a certificate.



Air Trail (£)

Zip wires, rope bridges, tight ropes, cargo nets... fancy a thrill? 4 levels and over 38 challenges await you at Air Trail Tees Barrage. No equipment or experience is required, just a sense of adventure. Great for improving and demonstrating problem-solving, communication, and teamwork, as well as just a hint of bravery! For the small price of £8, you'll come back with some amazing tales to tell.



NCS Exam Series: Stress buster

A one hour, one-off session offering a variety of strategies and approaches to beating exam and other types of study-related stress. The workshop is delivered by the National Citizen Service, and led by qualified instructors with bags of experience in helping young people develop their confidence and achieve their goals.



Film studies

A two week, four-hour introductory course in film studies led by Miss Ghost that will use a primary film source to explore a variety of approaches to film, including artistic, cultural, economic, political and narrative choices and analysis. This is an interesting short course to develop your analytical approach to any subject, as well as demonstrate interests outside of your subject area. Attendance is required at all sessions to receive a certificate.



NCS Exam Series: Revision strategies

A one hour, one-off session offering a variety of strategies and approaches to revision and improving your independent study. The workshop is delivered by the National Citizen Service, and led by qualified instructors with bags of experience in helping young people make progress and achieve their goals.



6th Form Party planner

We are looking for a group of industrious, creative, and sociable folks to help us plan and prepare the 6th form Christmas party. If you're interested in any career that includes event planning, project management, customer service, problem-solving, creativity and much more, then this option will give you bags of opportunity to develop and demonstrate the skills required. Planning and preparation sessions will take place during and outside of Weds enrichment time, but will be worth it for the fun at the end of term!



Ice skating (£)

Most people think ice skating is all about sliding across the ice without falling over or chopping off any fingers... but ice skating can improve your balance, flexibility, cardio, endurance, and can have a positive impact on your stress levels, self-confidence, and mental fitness. For £3.50, you'll get all this, plus have some great fun.



NCS Exam Series: Motivation and healthy eating

A one hour, one-off session offering a variety of strategies and approaches to improving your motivation towards your studies, and how you can get the grades you want by eating the right stuff at the right time. The workshop is delivered by the National Citizen Service, and led by qualified instructors with bags of experience in helping young people develop their confidence and achieve their goals.



Duke of Edinburgh's Award Silver (£)

Want to be challenged, gain confidence, learn new skills, go on an adventure?

Want to develop a range of transferable skills, including time management, planning, communication, leadership, and organisation? The DofE Silver Award is an internationally recognised and employer and UCAS recommended

programme involving volunteering, physical and skill development, and a bit of hiking and camping along the way! The Award costs £150, training sessions take place on Monday evenings every two weeks after school until 4.45pm, and there are two expeditions involved. Speak to Miss Ghost for more information and an application form.



MOOC

Massive Open Online Courses are available for free on the internet and cover a whole host of subjects. They can be used to support your studies and understanding of subjects, as well as help you explore new areas of interest. The length and level of courses vary amongst providers. Certificates can be purchased to evidence your progress, and are included in your £20 enrichment payment. To select this option make sure you research courses and write them in your options box.



Work experience – COMPULSORY

Work experience is a compulsory part of your A level course, and something you need to organise personally (although we can help with contacts if you're struggling). You can organise this at any point during the academic year. It can be in any area, as long as it's voluntary, it's for a reasonable length of time, and you provide contact details for someone we can contact to verify your attendance. To select this option make sure you write down the information in the options box.



BUCS Football

Mr Huggins is looking for quality, committed and motivated football players in all positions to form a team that will participate in matches in a national league on a Wednesday afternoon. Tick the box on the options form and speak to Mr Huggins for more information.

Other activity

If you are involved in any other activities outside of school – art, music, drama, underwater basket weaving – then please add these to your options box to see if these can be used as evidence for your Egglecliffe Diploma.