



CASS ENRICHMENT

SIR JOHN CASS RED COAT SCHOOL



**Autumn
term
2019**

GET INVOLVED

- Motivation
- Self-confidence
- Community
- Interpersonal skills
- Experience
- Resilience
- Aspiration
- Internationalism

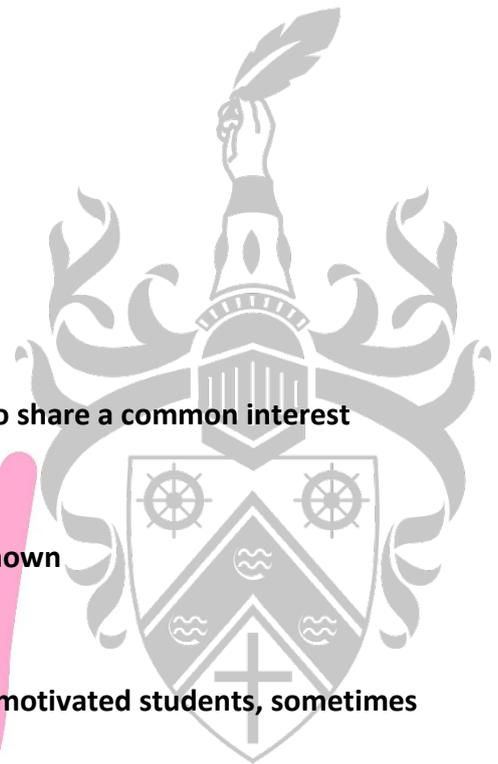
What is Enrichment?



The Enrichment Programme at Sir John Cass Red Coat School offers a wide range of extracurricular opportunities to all students. The importance of activities beyond academic work must not be underestimated. Extracurricular activities complement our students' studies to develop a well-rounded person. Indeed, countless studies demonstrate that students who participate in enrichment activities have a marked improvement in their grades. This can be attributed to skills they learn such as better time management to accommodate their hobbies and class activities, better organisational skills and a boost in their self-esteem. Skills learnt in clubs such as debate can be applied in the classroom too, as the students learn how to express themselves better. Furthermore, through participation in the Sir John Cass Red Coat School Enrichment Programme students can form new friendships and engage in new activities ensuring that they develop as well-rounded individuals with a range of skills in preparation for their future lives.

What are the benefits?

- Increased motivation to learn
- Improved self-confidence
- Feelings of belonging to a larger community of students
- Reduced anxiety about academic readiness
- Stronger peer relationships, especially among those who share a common interest
- Increased persistence and resilience
- Discovery of valuable personal qualities previously unknown
- Experience with hands-on activities
- Experience engaging in high level discussion with other motivated students, sometimes from different areas and countries
- Enhanced interpersonal skills
- Learning at a much higher level academically and socially
- Following and developing a passion



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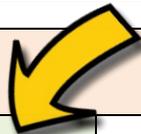
"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms"



Extra-curricular Sports Activities

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunchtime	<u>General Football</u> Mr Khan KS3 Sportshall	<u>Girls KS3 Multi-sports club</u> Ms Daly Sportshall	<u>Handball</u> Mr Trueman Sports Hall <u>Fitness</u> Mr Khan	<u>Girls KS3 Multi-sports club</u> Sportshall Ms Thompson <u>Boccia</u> Ms Daly		<u>Football matches</u> Yr 7 - Mr Trueman Yr 8 – Mr Khan Yr 9 – Mr Khan Yr 10 – Mr Malique Yr 11 – Mr Trueman
3-4pm	<u>Girls Football</u> All Years 3-5.30pm Ms Daly <u>Badminton</u> Yr 7 Mr Malique <u>Boys Football</u> 1 st team only Yr 8 & 9 Mr Khan	<u>Boys Hockey</u> Mr Malique <u>Badminton</u> Yrs 8 & 9 Mr Trueman <u>Girls Hockey</u> Ms Thompson <u>Gaelic Football</u> Ms Daly All years		<u>KS3 Dance</u> Ms Thompson <u>Boys football</u> Yr 7 Mr Trueman <u>Girls Fitness</u> Ms Daly <u>Fitness (3.30-4.30)</u> Mr Khan	<u>Football boys Yr 10</u> Mr Malique <u>GCSE Intervention</u> Yr 10 & 11 Mr Trueman Ms Thompson Mr Khan Ms Daly Mr Cameron	
4-5pm	<u>Football</u> Yr 11 Mr Trueman <u>Fitness</u> Mr Khan	<u>Badminton</u> Yr 10 & 11 Mr Trueman		<u>Basketball</u> Yr 9, 10 & 11 Mr Trueman	<u>Staff Football</u>	

Extra-curricular Clubs Autumn 2019



Time	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	<p><u>Logic Club (Yr 7/8)</u> Ms Mariam Room 313</p> <p><u>Cass Creatives</u> Ms Hall P01</p> <p><u>Musical Mondays</u> P03</p>	<p><u>Boards Games Club</u> Room 206 Ms Begum</p> <p><u>Singing</u> Music Dept</p>	<p><u>Creative writing</u> Ms Krisiloff Room 105</p> <p><u>Logic Club Yr 7/8/9</u> Ms Mariam Room 313</p>	<p><u>Music Band</u> Music Dept</p>	<p><u>Girls Engineering Club</u> Mr Cusack Room 203 Week 1 KS3 Week 2 KS4/5</p>
3.00-4.00pm	<p><u>Homework Club</u> Library + SEN department</p> <p><u>Film and Theatre Club</u> See Mrs Palfreyman for screening details</p> <p><u>Martial Arts</u> Mr Corbishley Mr Huda</p>	<p><u>Homework Club</u> Library + SEN department</p> <p><u>Global Debate Club</u> Ms Begum Ms Chhoangalia Room 206</p> <p><u>DT Club Yr 7/8/9</u> Mr Couloute W2</p> <p><u>Coding Club Yr 7/8</u> Mr Hoplar Mr Abokur Room 306</p>	<p><u>Homework Club</u> Library + SEN department</p> <p><u>Well-being Warriors</u> <u>First Aid</u> Ms Anderson Medical room</p> <p><u>Korean Lessons</u> Room 304 Beginners and intermediate</p>	<p><u>Nature Club Yr 7/8/9</u> Ms Akther</p> <p><u>Year 7 Art Club</u> Mr Lynch – Graphics Room</p> <p><u>Homework Club</u> Library + SEN department</p> <p><u>Drama club</u> Po3 Ms Ms Krisiloff</p> <p>BBC reports Club P12 (end of music corridor) Ms Calabro Mr Long</p>	<p><u>Homework Club</u> Library + SEN department</p> <p><u>Computer games club</u> Mr Khan 206 (week 2 only)</p>



Extra-curricular Music Autumn 2019



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8-9am	<u>String Orchestra</u> (Violin & Cello Students)				
During school	9:00am-2:30pm <u>Cello Lessons</u> 9:00am-3:00pm <u>Violin Lessons</u> 9:00am-3:00pm <u>Steel Band Lessons</u>	9:00am-1:00pm <u>Violin Lessons</u> 12:00pm-3:00pm <u>Piano Lessons</u> 9:00am-12:00pm <u>Woodwind Lessons</u>	9:00am-3:00pm <u>Steel Band Lessons</u> 9:30am-12:30pm <u>Brass Lessons</u> 1:00pm-4:00pm <u>Singing Lessons</u>		12:00pm-3:00pm <u>Drum Lessons</u> 1:00pm-3:00pm <u>Piano Lessons</u>
After school	3:00pm-5:30pm <u>Steel Band Club</u>		3:00pm-5:30pm <u>Steel Band Club</u>		

Sixth Form Autumn 2019



Time	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch			<u>Careers Network Club</u> Cass Careers Centre Room SO1B Mr Uddin		
After school	<u>Psychology</u> Ms Begum S25	<u>Global Debate Club</u> Ms Begum Ms Choangalia Room 206 <u>Badminton</u> 4-5pm Mr Trueman Sportshall	<u>Enrichment Afternoon</u> Year 12	<u>Basketball</u> 4:00pm-5:00pm Sports Hall	<u>MedSoc</u> Ms S Begum Lab 1

Other opportunities

Duke of Edinburgh



Equality Group



Erasmus+ (European project work)



Trips

Trip to Spain (Summer 2019)

Day Trip to France Parc Astérix (Summer 2019)



Sir John Cass

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WE LEARN TOGETHER, WE PRAY TOGETHER, WE ACHIEVE TOGETHER