

# CASS ENRICHMENT

SIR JOHN CASS RED COAT SCHOOL



Autumn 2017



# What is Enrichment?



The Enrichment programme at Sir John Cass School offers an extensive programme of extra-curricular activities to all Sir John Cass students. School enrichment programme offers students outstanding leadership opportunities whilst allowing them to achieve nationally recognised qualifications.

These activities aim both enhance the student's learning experience and broaden the scope of what they are learning through practical experiences that link the academic theory with real world applications and offer personal and social development opportunities to the learners involved. As schools focus on ensuring that all of the activities they offer contain meaningful and relevant academic and educational content, it is important that their curriculum includes time and opportunities to offer activities which directly relate and reinforce the academic material being covered in the classroom phase of learning.

## What are the benefits?

- Increased motivation to learn
- Improved self-confidence
- Feelings of belonging to a larger community of health professions students
- Reduced anxiety about academic readiness
- Stronger peer relationships, especially among those who share a common interest
- Increased persistence and resilience
- Confidence and solidification of dentistry as their chosen career
- 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 states and countries
- Enhanced interpersonal skills
- Learning at a much higher level academically and socially
- Follow their passion





## Extra-Curricular Sports Activities Autumn 2017/18

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30 am		<u>Year 8 Football</u> Mr McCabe				
3.10-4.10pm	<u>Basketball</u> Albert (Coach)  <u>Girls Football</u> Mr Rayney  <u>Swimming – Girls</u> Ms McNeish Ms Thompson  <u>Fitness</u> Richard (Coach)	<u>Badminton 7 &amp; 8</u> Ms Daly  <u>Swimming – Boys</u> Ms McNeish Ms Thompson  <u>Boys Hockey</u> Mr Malique  <u>Football Yr 10</u> Mr McCabe		<u>Girls Hockey</u> Ms Thompson  <u>Girls Dance</u> Ms Daly  <u>Football Yr 7</u> Mr Rayney Mr Charles	<u>Girls Fitness</u> Ms Daly Ms McNeish	<u>Football matches</u> Mr McCabe Mr Rayney Mr Cameron Ms McNeish
4.10-5.10pm	<u>Girls Fixtures</u> Ms Thompson Mr Rayney  <u>Year 8 Football</u> McCabe	<u>Girls Football 7 &amp; 8</u> Ms Thompson  <u>Badminton</u> Yr 10 & 11 Mr McCabe	<u>Primary Hockey</u> Mr Malique	<u>Badminton Academy</u> Cindy  <u>Year 11 Football</u> McCabe	<u>Staff Football</u>	

# Enrichment Activities and Clubs to start November 2017

A range of activities will start after the October half term. Full details will be provided regarding dates and times. Students should see the relevant teachers to sign up.

- Film club - Mrs Jackson
- Chess Club - Mr Virk
- Instrumental lessons - Mr Holder
- School Choir - Mr Coles
- Debate Club - Mr Malique
- Cass Bake Off - Miss Thompson
- Korean lessons – Ms Priestley
- Equality Group – Ms Jech
- Computer club – Mr Jalil
- Art Club – Mr Lynch
- Unions of religion - See chaplains

For regular updates on activities at Sir John Cass please follow our social media accounts on Twitter and Facebook @SJCRschool

