



# CASS ENRICHMENT

## SIR JOHN CASS RED COAT SCHOOL



We will achieve excellence and inspire generations the Cass Way

Autumn  
term  
2018

### GET INVOLVED

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

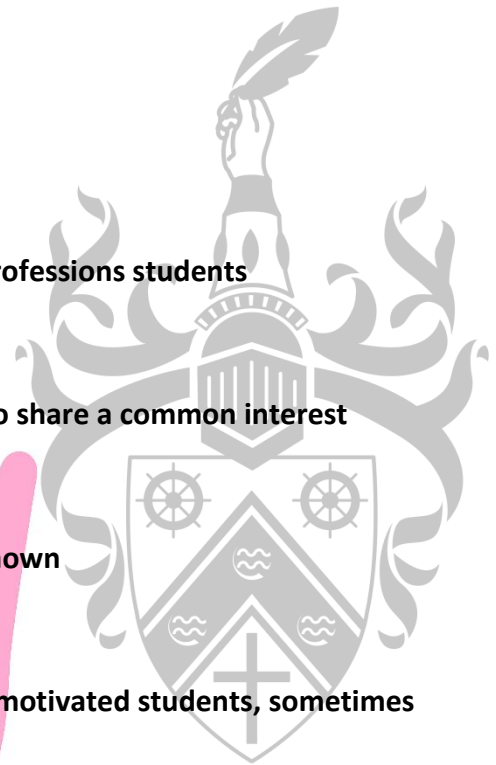
# What is Enrichment?



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 organizational 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 health professions 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 states and countries
- Enhanced interpersonal skills
- Learning at a much higher level academically and socially
- Follow their passion



### 1 Peter 4:10

"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 Autumn 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30 am		<u>Yr 7 Football</u> Mr Kahn	<u>Yr 8 &amp;9 Football</u> Mr Khan	<u>Yr 10 &amp; 11 Football</u> Mr Khan		
3.10-4.10pm	<u>Girls Handball/Multisport</u> Ms Daly KS3  <u>Swimming – Boys</u> Ms McNeish Ms Thompson	<u>Badminton KS4</u> Ms D  <u>Boys &amp; Girls Hockey</u> Mr Malique Ms Thompson (Mile End)	<u>Swimming – Girls</u> Ms McNeish Ms Thompson	<u>KS3 Badminton</u> Mr Trueman Sportshall  <u>Girls Netball</u> (MUGA) Ms Thompson Ms Daly Ms Williamson  <u>Year 9 Football</u> Mr Malique Mr Choudhury	<u>Martial Arts</u> Mr Corbishley PE Dept Mixed Pupils and staff	<u>Football matches</u> Mr Trueman Yr 10 Mr Malique Yr 9 Ms Khan Yr 7
4.10-5.10pm			<u>Primary Hockey</u> Mr Malique  <u>Martial Arts</u> Mr Corbishley (female only) Staff & Pupil		<u>Staff Football</u>	

## Extra-curricular Clubs Autumn 2018



Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:30 am					
Lunchtime	<p><b><u>Logic Club (Yr 7/8)</u></b> Ms Mariam Room 313</p> <p><b><u>Christian Union</u></b> Room 203 Ms Archdale</p> <p><b><u>Basketball</u></b> Mr Trueman Sportshall</p>	<p><b><u>Girls KS3 Football club</u></b> Ms Daly Sportshall</p> <p><b><u>Boards Games Club</u></b> Room 206 Ms Malik</p>	<p><b><u>Logic Club (Yr 7/8)</u></b> Ms Mariam Room 313</p> <p><b><u>Handball</u></b> Mr Trueman Sports Hall</p>	<p><b><u>Girls Football KS3</u></b> Sportshall Ms Thompson</p>	<p><b><u>Girls Engineering Club</u></b> Mr Cusack Room 203 Week 1 KS3 Week 2 KS4/5</p>
3.00-4.00pm	<p><b><u>Homework Club</u></b> Library + SEN department</p> <p><b><u>Film and Theatre Club</u></b> See Mrs Palfreyman for screening details</p>	<p><b><u>Homework Club</u></b> Library + SEN department</p> <p><b><u>Debate Club</u></b> Ms El-Meeyuf Mr Hunt Room 206</p> <p><b><u>Drama Club</u></b> See Ms Cervi for details</p> <p><b><u>Spelling Bees</u></b> Mr Paige Room 106</p> <p><b><u>DT Club Yr 7/8</u></b> Mr Couloute W2</p>	<p><b><u>Korean Lessons</u></b> Room 304 Beginner and intermediate</p> <p><b><u>Homework Club</u></b> Library + SEN department</p>	<p><b><u>Speak Up! Spoken word &amp; film workshop</u></b> Ms Lording P03</p> <p><b><u>Ecology Club Yr 7/8</u></b> Ms Akhtar 3-4pm</p> <p><b><u>Coding Club Yr 7/8</u></b> Mrs Deen room 306</p> <p><b><u>Year 7 Art Club</u></b> Mr Lynch – Graphics Room</p> <p><b><u>Homework Club</u></b> Library + SEN department</p>	<p><b><u>Sir John Cass Bake Off</u></b> Mr Khan - Food room</p> <p><b><u>Homework Club</u></b> Library + SEN department</p> <div style="text-align: center;">  </div>

**TRIPS:** Ski trip to Claviere, Italy Easter 2019. See **Mr Spillane** for full details.

## Extra-curricular Music Autumn 2018



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

# Other opportunities

Duke of Edinburgh



Equality Group



Erasmus+ (European project work)



## Trips

Ski Trip to Italy (Easter 2019)

Trip to Spain (Summer 2019)



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WE LEARN TOGETHER, WE PRAY TOGETHER, WE ACHIEVE TOGETHER