



CASS ENRICHMENT

SIR JOHN CASS RED COAT SCHOOL



**Spring
term
2019**

GET INVOLVED

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

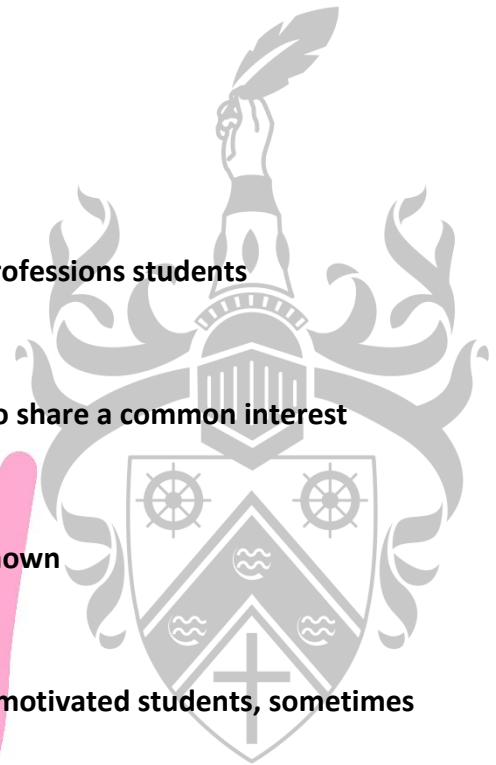
What is Enrichment?



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 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 Spring 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30 am						
3.10-4.10pm	<p><u>Girls football KS3</u> Ms Daly MUGA</p> <p><u>Swimming – Boys</u> Ms McNeish Ms Thompson</p> <p><u>Badminton Yrs 9-11</u> Mr Trueman Sportshall</p> <p><u>Year 7 Football</u> Mr Khan</p>	<p><u>Badminton</u> Team players/GCSE PE students only Mr Trueman</p> <p><u>Girls Hockey</u> Ms Thompson</p> <p><u>Year 8 football</u> Mr Khan</p>	<p><u>Boys Hockey</u> Mr Malique</p>	<p><u>KS3 Dance</u> Ms Thompson</p> <p><u>Girls Netball</u> Ms Daly MUGA</p> <p><u>Year 9 Football</u> Mr Malique Mr Choudhury</p> <p><u>Badminton Yr 7&8</u> Ms Daly</p>	<p><u>Martial Arts</u> Mr Corbishley PE Dept Mixed Pupils and staff</p>	<p><u>Football matches</u> Mr Trueman Yr 10 Mr Malique Yr 9 Ms Khan Yr 7</p>
4.10-5.10pm			<p><u>Primary Hockey</u> Mr Malique</p> <p><u>Martial Arts</u> Mr Corbishley (female only) Staff & Pupil</p>		<p><u>Staff Football</u></p>	

Extra-curricular Clubs Spring 2019




Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:30 am					
Lunchtime	<p><u>Logic Club (Yr 7/8)</u> Ms Mariam Room 313</p> <p><u>Christian Union</u> Room 203 Ms Archdale</p> <p><u>Basketball</u> Mr Trueman Sportshall</p>	<p><u>Girls KS3 Football club</u> Ms Daly Sportshall</p> <p><u>Boards Games Club</u> Room 206 Ms Malik</p>	<p><u>Logic Club (Yr 7/8)</u> Ms Mariam Room 313</p> <p><u>Handball</u> Mr Trueman Sports Hall</p> <p><u>Creative writing</u> Mr Paige Room 106</p>	<p><u>Girls Football KS3</u> Sportshall Ms Thompson</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>Homework Club</u> Library + SEN department</p> <p><u>Debate Club</u> Ms El-Meeyuf Mr Hunt Room 206</p> <p><u>Drama Club</u> See Ms Cervi for details</p> <p><u>Arabic for beginners</u> MS Benattou 306</p> <p><u>DT Club Yr 7/8</u> Mr Couloute W2</p>	<p><u>Korean Lessons</u> Room 304 Beginner and intermediate</p> <p><u>Homework Club</u> Library + SEN department</p>	<p><u>Ecology Club Yr 7/8</u> Ms Akther 3-4pm</p> <p><u>Coding Club Yr 7/8</u> Mrs Deen room 306</p> <p><u>Year 7 Art Club</u> Mr Lynch – Graphics Room</p> <p><u>Homework Club</u> Library + SEN department</p> <p><u>Computer games club</u> Mr Khan</p>	<p><u>Homework Club</u> Library + SEN department</p> 

Extra-curricular Music Spring 2019



Time	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	8:00am-9:00am <u>String Orchestra</u> (Violin & Cello Students)				
During school	9:00am-2:30pm <u>Cello Lessons</u>	9:00am-1:00pm <u>Violin Lessons</u>	9:00am-3:00pm <u>Steel Band Lessons</u>		9:00am-12:00pm <u>Woodwind Lessons</u>
	9:00am-3:00pm <u>Violin Lessons</u>	12:00pm-3:00pm <u>Piano Lessons</u>	9:30am-12:30pm <u>Brass Lessons</u>		12:00pm-3:00pm <u>Drum Lessons</u>
	9:00am-3:00pm <u>Steel Band Lessons</u>		1:00pm-4:00pm <u>Singing 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 Spring 2019



Time	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch			<u>Careers Network Club</u> Cass Careers Centre Room SO1B Mr Uddin		
Period 5		<u>Multi sports (Halibury)</u> Ms Miller Wk1 Mr Malique Wk 2			
After school	<u>Basketball</u> 4:00pm-5:00pm Sports Hall	<u>Debate club</u> Room 206 Mr Hunt <u>Arabic for beginners</u> MS Benattou 306			<u>Fitness/Boxing club</u> Sports Hall

Other opportunities

Duke of Edinburgh



Equality Group



Erasmus+ (European project work)



Trips

Ski Trip to Italy (Easter 2019)

Trip to Spain (Summer 2019)

Day Trip to France Parc Astérix (Summer 2019)



Sir John Cass

Sir John Cass's Foundation and Red Coat
Church of England Secondary School &
Sixth Form College

Stepney Way, London, E1 0RH Telephone: 020 7790 6712

E-mail: info@sjcr.net | Website: www.sjcr.net

WE LEARN TOGETHER, WE PRAY TOGETHER, WE ACHIEVE TOGETHER