



# CASS ENRICHMENT

## SIR JOHN CASS RED COAT SCHOOL



**Summer  
term  
2019**

### GET INVOLVED

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

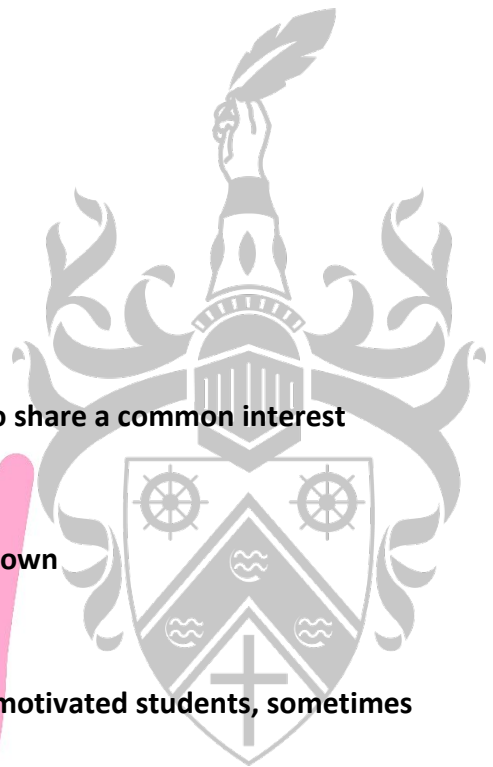
# What is Enrichment?



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




### 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 Summer 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunchtime		<u>Girls KS3 Multi-sports club</u> Ms Daly Sportshall	<u>Handball</u> Mr Trueman Sports Hall	<u>Girls KS3 Multi-sports club</u> Sportshall Ms Thompson		<u>Football matches</u> Mr Trueman Yr 10 Mr Malique Yr 9 Ms Khan Yr 7
3.10-4.10pm	<u>Girls football KS3</u> Ms Daly MUGA  <u>Swimming – Boys</u> Ms McNeish Ms Thompson  <u>Badminton Yrs 9-11</u> Mr Trueman Sportshall  <u>Year 7 Football</u> Mr Khan	<u>Badminton</u> Team players/GCSE PE students only Mr Trueman  <u>Girls Hockey</u> Ms Thompson  <u>Year 8 football</u> Mr Khan	<u>Boys Hockey</u> Mr Malique Halibury Centre	<u>KS3 Dance</u> Ms Thompson  <u>Girls Netball</u> Ms Daly MUGA  <u>Year 9 Football</u> Mr Malique Mr Choudhury  <u>Cricket Yr 7-9</u> Mr Trueman	<u>Martial Arts</u> Mr Corbishley PE Dept Mixed Pupils and staff	
4.10-5.10pm			<u>Primary Hockey</u> Mr Malique		<u>Staff Football</u>	

## Extra-curricular Clubs Summer 2019



Time	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	<p><b><u>Logic Club (Yr 7/8)</u></b> Ms Mariam Room 313</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>Creative writing</u></b> Mr Paige Room 106</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>DT Club Yr 7/8</u></b> Mr Couloute W2</p>	<p><b><u>Homework Club</u></b> Library + SEN department</p>	<p><b><u>Farm Club Yr 7/8</u></b> Ms Akther 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>Boys KS3 Fitness Club</u></b> Mr Khan – Sports Hall</p>	<p><b><u>Homework Club</u></b> Library + SEN department</p> <p><b><u>Computer games club</u></b> Mr Khan</p> <p><b><u>Korean Lessons</u></b> Room 304 Beginner and intermediate</p> 

## Extra-curricular Music Summer 2019



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

## Sixth Form Summer 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 Ms El-Meeyuf			<u>Fitness/Boxing club</u> Sports Hall



# 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