



**Midhurst Rother College**  
The best in everyone™  
Part of United Learning

**MRC**  
**EXPERIENCE**  
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SSAT  
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QualityStandard

  
**Healthy Schools**  
WEST SUSSEX



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## Foreword

The enrichment opportunities offered at Midhurst Rother College during 2017-18 will develop on the outstanding programme that was launched 2015. All students in Years 7-11 will have the choice of a hugely varied and exciting enrichment programme timetabled into their College day on at least two occasions each week and on one occasion for Year 10 and 11 students. Activities range across elite sports coaching, journalism, Quidditch sport, debating, cookery lessons, Science, Green power car and much more. These activities will be delivered by College teaching staff and external coaches with a specialism in their field.

The enrichment programme launched during this academic year has already started to show signs of reward and success for our students across a range of activities; The Saints football academy has enjoyed several district league successes for the 1<sup>st</sup> time, the netball academy students are more successful than in previous years, our Debating team beat the esteemed Winchester College debating team on their own ground, over 70 students have achieved the Science crest award, our cross country runners stormed the County finals and the Chichester corporate challenge event with winners in both events, a clean sweep of musical awards at The Chichester festival of Music for our fantastic musicians and many more examples.

United Learning schools have a mission to test and challenge children in unexpected ways – to help them to develop creativity and resilience. They aim to help young people to learn about teamwork, to care and to serve, to overcome difficulties and to manage themselves and their feelings. In order to develop these personal qualities and skills are many opportunities beyond the classroom – in sport, music, performance, clubs and societies, in chances to lead, take responsibility and in opportunities to volunteer. Enrichment activities at the College will link in with the United Learning ethos of becoming involved and experiencing a variety of different areas.

This brochure informs you about the ‘10 pledges’ that make up the MRC Experience and that students should strive to achieve throughout their time at the College. These pledges help create fully rounded students with a vast range of skills and experiences that will support their future career choices whatever they may be, for the first time ever these pledges are now tracked electronically across a student’s time with us here at MRC.

The house system is made up of all tutor groups spanning from Year 7 to 12. Each house is overseen by a Head of House, sixth form House Leaders and form group House Captains. The House system allows every student to feel a sense of belonging by becoming a member of either **Austen**, **Kipling**, **Tennyson** or **Woolf**.

We are sure you will enjoy looking through the enrichment opportunities available to you. We are confident that the variety available will allow each and every student to develop skills and confidence during their time at MRC. If you feel that you could contribute in any way to our range of options then please do get in contact with us at the email addresses below- links with the local community and outside agencies is a key part to us delivering the incredible programme that we do.



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# Follow us on Twitter

## [@MRCperformance](https://twitter.com/MRCperformance)

### How to use this brochure

**Step 1.** Look at the overview of activities (pages 6 – 8) for Spring term (**Term 2**) and each day within that term, making sure you are looking at the correct year group.

**Step 2.** Now read the information about the activities you are interested in to ensure this is what you would like to do for the term.

**Step 3.** Ensure that you are choosing an activity for the **year group you are in**. You will find the year groups clearly identified under the title of the activity.

**Step 4.** You need to select 3 enrichment activities for each day in each term. **THESE ARE NOT CHOSEN IN ORDER OF PREFERENCE – YOU WILL BE ALLOCATED ANY 1 OF YOUR 3 CHOICES.**

Years 7 and 8 will choose a total of 9 activities per term, three per night (see table 1 below). We will try to ensure all students are allocated one of their enrichment choices.

Year 9 will choose a total of 6 activities per term, three per night (see table 2 below). We will try to ensure all students are allocated one of their enrichment choices.

Years 10 and 11 will choose a total of 3 activities per term, three per night (see table 3 below). We will try to ensure all students are allocated one of their enrichment choices.

**Table 1 - Years 7 & 8**

Term 2	Monday	Tuesday	Wednesday
Enrichment one			
Enrichment two			
Enrichment three			

**Table 2 - Year 9**

Term 2	Monday	Wednesday
Enrichment one		
Enrichment two		
Enrichment three		

**Table 3 – Years 10 & 11**

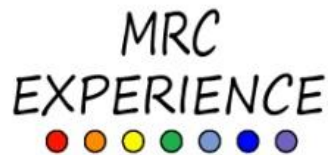
Term 2	Wednesday
Enrichment one	
Enrichment two	
Enrichment three	

**Step 5.** Students in Years 7 – 11 will use Survey Monkey to select their enrichment activities during a PE lesson.

**Step 6.** You will be allocated into one of your enrichment choices on each day and this will be set into your timetable in September.

**NB:**

- Saints Academy and Netball Academy players will automatically be allocated so should pick a full range of activities from this brochure as per the instructions above.
- Some off-site activities student will return to College later than the finishing time of 15.40. These will be clearly stated in the activity information.
- Clubs have maximum and minimum numbers to run, allowing for staff ratios and external coach quotas – meaning some clubs may not be viable to run due to lack of demand.
- A drama production will take place throughout term 2 and 3. Interested students will audition for this and, if successful, will be removed from their enrichment activities in Term 2 and 3 when rehearsals take place instead.
- This programme is subject to change throughout the year.
- All sporting activities will require the College sports kit normally worn in PE lessons.
- Ensure you are committed to the enrichment activities you choose for the entire term.



*'As part of United Learning, all our schools are able to offer pupils a wider range of experiences than they would be able to do alone. From music and sport events to enterprise challenges, debating competitions and trips abroad, all of our pupils - regardless of age or location - have countless opportunities to take part in activities, all enriching their school experience.'*

Here at MRC we have 10 pledges that students should aim to achieve throughout their time at the College;

- 1 Regularly attend a physically active and non-active enrichment activity**
- 2 Represent the College at a sporting, cultural or academic event**
- 3 Take part in a major House event**
- 4 Attend a national sporting or cultural event, or a performance at a major venue**
- 5 Take part in a major College Drama or Musical production/event**
- 6 Take part in a formal presentation to an audience using ICT/multimedia**
- 7 Lead on a significant out of lesson event, presentation or activity**
- 8 Be actively involved in an international experience**
- 9 Be actively involved in some form of community or fund-raising experience**
- 10 Contribute to sustainability or international development**

Throughout this brochure you will see the above pledges linked to certain enrichment activities, meaning that the enrichment activity will support you gaining that particular pledge. Attendance alone is not enough to achieve a pledge.

The pledges should form the foundation of a student's life whilst at the College. Achieving these pledges will allow students to take forward a vast array of life skills into their future plans whether that is sixth form, university or employment. Students will be recognised for their contributions and achievements in gaining these pledges through awards evenings and presentations.

## Enrichment activities overview – Term 2

Term 2 - Monday		
Year 7	Year 8	Year 9
Art – Printing Class	Art – Printing Class	Art – Printing Class
		Badminton
Ballet	Ballet	Ballet
Cheerleading Junior level 2	Cheerleading Junior level 2	Cheerleading Junior level 2
Chess Club	Chess Club	Chess Club
Choir	Choir	Choir
		Climbing
		Cross country
Drama Club	Drama Club	Drama Club
		Football
Geography in the news	Geography in the news	Geography in the news
Homework Club	Homework Club	Homework Club
Humanities Film club	Humanities Film club	Humanities Film club
Knitting & crochet	Knitting & crochet	Knitting & crochet
Mandala Making	Mandala Making	Mandala Making
Microbit	Microbit	Microbit
Multi-Gym	Multi-Gym	Multi-Gym
		Photography Club
Quidditch sport	Quidditch sport	Quidditch sport
Rugby		
School musical production	School musical production	School musical production
SEND Homework	SEND Homework	SEND Homework
Street dance	Street dance	Street dance
Videography	Videography	Videography
Warhammer	Warhammer	Warhammer



<b>Term 2 - Tuesday</b>	
<b>Year 7</b>	<b>Year 8</b>
Adventure Orienteering	Adventure Orienteering
American Flag Football	American Flag Football
Modern Dance	Modern Dance
Badminton	Badminton
Chess Club	Chess Club
Climbing	Climbing
Cross country	Cross country
Football	Football
Greenpower car	Greenpower car
Hair and Beauty	Hair and Beauty
Homework Club	Homework Club
Lego Therapy	Lego Therapy
Modern Dance	Modern Dance
Multi-Gym	Multi-Gym
Music Academy	Music Academy
Netball	Netball
	Rugby
Science club	Science club
SEND Homework	SEND Homework
	Spanish
Squash	Squash
Ukulele	Ukulele

<b>Term 2 - Wednesday</b>				
<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11</b>
Art	Art	Art		
The BBC News School Report	The BBC News School Report	The BBC News School Report	The BBC News School Report	The BBC News School Report
Cheerleading Snr Level 3	Cheerleading Snr Level 3	Cheerleading Snr Level 3	Cheerleading Snr Level 3	Cheerleading Snr Level 3
Chess Club	Chess Club	Chess Club	Chess Club	Chess Club
Cookery club	Cookery club	Cookery club		
Cross stitch	Cross stitch	Cross stitch		
Debate Club	Debate Club	Debate Club	Debate Club	Debate Club
			Football	Football
History Club	History Club	History Club		
Homework Club	Homework Club	Homework Club	Homework Club	Homework Club
Humanities Film club	Humanities Film club	Humanities Film club	Humanities Film club	
Indoor Athletics	Indoor Athletics			
Microbit	Microbit	Microbit		
Modern Dance	Modern Dance	Modern Dance	Modern Dance	Modern Dance
			Multi-Gym	Multi-Gym
Orchestra	Orchestra	Orchestra	Orchestra	Orchestra
		Photography Club	Photography Club	Photography Club
Quidditch sport	Quidditch sport	Quidditch sport	Quidditch sport	Quidditch sport
School musical production	School musical production	School musical production	School musical production	
SEND Homework	SEND Homework	SEND Homework	SEND Homework	SEND Homework
	Spanish			
St John First Aider	St John First Aider			
Textiles Club	Textiles Club	Textiles Club		
			Weather Station	Weather Station
				Year 11 Study
Yoga	Yoga	Yoga	Yoga	Yoga

## **Adventure Orienteering**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 10**

Using local walking routes, students will walk off site using map and compass skills to gain confidence in exploring the local area. As skills develop students will start creating their own routes and leading the group. This is a natural lead into skills required for the Duke of Edinburgh Award, it would support Geography skills and allow students to start exploring their local area with more confidence.

## **American Flag Football**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

**Flag football** is a version of American Football where the basic rules of the game are similar to those of the mainstream game, but instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier ("deflagging") to end down. We will be working on all the skills necessary for you to become an effective American Football player, trying out all the different positions that make American Football such as exciting spectacle.

## **Art - Life Drawing Class**

**Year Groups: 7 8 9**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

A dedicated pencil drawing class learning how to draw from still life compositions. Learning how to scale up techniques and use shading pencils to achieve realistic 3d effects.

## **Art**

**Year Groups: 7 8 9**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

Working with lino and lino cutting tools to create and detailed print in layered colours. Learning a range of texture techniques. Using a variety of ink colours and working onto a range of surfaces

## **Badminton**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" and "doubles". Badminton is a great fun game and can be played as a casual outdoor activity anywhere outside. Come along and try.

## **Ballet**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Pledges: 1, 2**

Deborah Purves (LRAD, AISTD) trained at The Royal Academy of Dance. She is a qualified and registered dance teacher of both the Royal Academy of Dance and the Imperial Society of Teachers of Dancing. She is also Principal of The Midhurst Dance School ([www.midhurstdanceschool.co.uk](http://www.midhurstdanceschool.co.uk)). Students will study RAD ballet and ISTD Modern Dance. Experience is recommended, particularly for ballet. The classes will consist of both free work and syllabus work. This will be determined by the level students are currently training at and how mixed the levels are within each class. The aim is to develop technique, strength, flexibility and a broader vocabulary of steps whilst encouraging an appreciation for the artistic and performance elements in both disciplines. Exams require more than one class a week but the classes will compliment any existing studies towards dance examinations outside of school.

## **Cheerleading Senior Level 3 & Junior Level 2**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2, 5**

Please select this enrichment if you are already in the current squads. Cheerleading is a hugely energetic dance style that is now a sport in its own right. Made up of several different elements; dance, stunting, gymnastics, motions and jumps, it is no wonder that it keeps you fit! A 'cheer routine' is not done with pom poms but does combine motions and dance, as well as stunting and gymnastics. The stunts are great to learn and achieving them creates a great sense of teamwork and achievement for the participants.

**NB: Please note due to a competition in the summer term, students will need to select this option in Term 1, 2 & 3**

## **Chess**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

Beginners and masters alike can learn to develop their strategic skills being coached and playing chess against one another and/or computers.

## **Choir**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2, 3, 5**

Do you enjoy singing? Do you like watching Glee? If the answer is yes, then taking part in the College choir is definitely for you. The choir is open to all year groups. We will be singing in a variety of different styles such as popular songs, songs from the musicals and traditional favourites. Performances will take place throughout the year.

## **Climbing**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2**

Students will have the opportunity to learn to rock climb in a safe and stimulating environment. They will learn to climb, belay, scramble and traverse. There are over 20 different routes to test and challenge your skills. This is suitable for beginners through to advanced climbers.

## **Cookery Club**

**Year Groups: 7 8 9**

**Off Site timings: N/A**

**Cost: Students will be required to bring their own ingredients**

**Pledges: 1**

'Ready, Steady, Cook!' Students will have a choice of two dishes available every week. Recipes will be put up on the food technology window. Students are required to bring their own ingredients. Students will get to cook a range of recipes from pizza and toast, to cookies. Students will also have an input on what recipes we can put on for the following week.

## **Cross County & Running Club**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2**

Want to be the next Mo Farah? Commonly known as an individual sport, cross country is actually far from it. Through the year we train on various terrains using a variety of training methods to ensure that progress is made whilst enjoyment remains high. All training involves lots of group work and through the year there are a number of competitions for teams of runners to compete in. This club buzzes with enthusiasm and success, and allows you to gain the fitness levels necessary for other sports, in fact Gareth Bale used to be a cross country champion in Wales!

## **Cross Stitch**

**Year Groups: 7 8 9**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

Cross stitching is a form of decorative embroidery. Designs are composed of many x-shaped stitches, the same way digital images are composed of many square pixels. You can copy a design or create your own. Cross Stitch Club is your opportunity to get creative and make your own items, such as greetings cards, bookmarks, or a more ambitious larger sewing project. Most materials will be provided to start you off so come along and find out just how much fun cross stitch can be!

## **Debating Club**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2, 7**

Are you ever wrong? Can you understand another point of view? Do you like to discuss current issues that have an impact on our lives? Debating is more than just talking; it is about listening, responding and thinking through the arguments. Be prepared to present your ideas to an audience and participate in some lively discussions and competitions.

## **Football**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2**

Football is an intense, fast and exciting game that gets the whole team involved. Improve your ball skills whilst working as part of a team and developing leadership. It develops individuals to have discipline, communication, sportsmanship and respect for others.

## **Geography in the News**

**Year Groups: 7 8 9**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 6**

Every day something in the world is affected by "Geography", for example volcanic action, earthquakes, floods, tropical storms. Each week students will research the news for such items, write articles, and develop presentations. These will be displayed on a college noticeboard. This work will be extremely useful for those students interested in geography, who may be planning to study it at exam level, and also may be interested in going into journalism.

## **Green Power Car**

**Year Groups: 7 8**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1 2 4**

In this enrichment we will be redesigning and rebuilding a car which would be able to take part in the Green Power Challenge. The car is partly built but does have a number of problems, most immediately with the throttle and steering mechanism, for which YOU will be involved in designing solutions.

Apparently when it was running before, it was very slow. We obviously need to do something about that! The body will need to be redesigned and constructed. You will be learning about working with a range of tools and materials, about mechanisms and electrical systems. Our aim is to work as a team to design a fast, efficient, good-looking and comfortable electric racing car. You will all be involved in driving it.

## **Hair and Beauty**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 3, 9**

Students can experience our wonderful salon facilities to learn more about hair and make-up and also take part in practical work of applying these skills to other students and in some cases to other groups or teams within the College.

## **History Club**

**Year Groups: 7 8 9**  
**Off Site timings: N/A**  
**Cost: N/A**  
**Pledges: 1**

Interested in the past? Want to find out more? Why did things happen and what were the consequences? Some of the world's biggest historical mysteries and events are explored in this exciting club

## **Homework Club**

**Year Groups: 7 8 9 10 11**  
**Off Site timings: N/A**  
**Cost: N/A**  
**Pledges: 1**

An opportunity for students to independently complete any set homework with support from a member of staff. However the expectation will be that students complete additional set homework at home.

## **Humanities film Club**

**Year Groups: 7 8 9**  
**Off Site timings: N/A**  
**Cost: N/A**  
**Pledges: 1**

Hollywood, Bollywood, and Ealing comedy are all part of the new Film Club being run by the Humanities Faculty. Join us as we give you an insight into the world of motion pictures. Each member of staff will present a chosen film for the club and give their reason for choosing it and what to look out for.

## **Indoor Athletics**

**Year Groups: 7 8**  
**Off Site timings: N/A**  
**Cost: N/A**  
**Pledges: 1**

This enrichment is ideal for those students wanting to start practicing their athletics ready for the summer term. The sessions will focus on the fundamental skills in various throwing, running and jumping events and will prepare students for the summer competitions. All abilities welcome, but you must be prepared to take part in each discipline (running, jumping and throwing).

## **Knitting/Crochet**

**Year Groups: 7 8 9 10 11**  
**Off Site timings: N/A**  
**Cost: N/A**  
**Pledges: 1**

Do you enjoy crafts? Have you ever wanted to learn how to knit or crochet? Then this is the enrichment activity for you. All are welcome from beginners to experienced knitters and crocheters. Beginners will be taught the basic stitches and how to use knitting needles and crocheting hooks. You will also have the opportunity to make various wearable/useable items. (Mobile phone sock, scarf, etc.) Experienced pupils will have the opportunity to learn new techniques (Tunisian crocheting and cable twist for knitters) or begin working on creating your own works of inspiration. You can also bring your own patterns to work on or continue a project you have already begun. Crochet hooks, knitting needles and yarn will be provided for those that need it.

## **Lego Therapy**

**Year Groups: 7 8**  
**Off Site timings: N/A**  
**Cost: N/A**  
**Pledges: 1**

Lego is an amazing way of both creating through mainly knowing your Lego pieces and assembly. Working on many skills such as imagination and building that 'idea' or on the other hand following building instructions and being able to complete a 'set' build. Lego is a brilliant way to work as a team (when working on a set build) and yet also be an individual (creating your own). Both will be a set objective of the club.

## **Mandala Making**

**Year Groups: 7 8 9**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

Learn how to draw, colour and make a Mandala, see below. Mandala connect our inner and outer worlds, this can be a very therapeutic exercise to undertake.



## **Microbit Club**

**Year Groups: 7 8 9**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

The BBC Microbit is the latest portable “programmable” computer system released from the BBC. Students will have the opportunity to program these small computers through a web-based interface and create simple games to appear on its 8x8 LED screen. These devices can also be used with other peripherals to create remote control cars and other interactive devices. If you want to create new programs that you can instantly see the effects of and learn a new programming language then this is the enrichment for you.

## **Modern Dance**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Pledges: 1, 2, 5**

Deborah Purves, LRAD, AISTD. Training: The Royal Academy of Dance. Qualified and registered dance teacher of both the Royal Academy of Dance and the Imperial Society of Teachers of Dancing. Principal of The Midhurst Dance School ([www.midhurstdanceschool.co.uk](http://www.midhurstdanceschool.co.uk)). Students will study RAD ballet and ISTD Modern Dance. Experience is recommended, particularly for ballet. The classes will consist of free work and syllabus work. This will be determined by the level students are already currently training at and how mixed the levels are within each class. The aim is to develop technique, strength,

flexibility and a broader vocabulary of steps whilst encouraging an appreciation for the artistic and performance elements in both disciplines. Exams require more than one class a week but the classes will complement any existing studies towards dance examinations outside of school.

## **Multi-gym personal training**

**Year Groups: 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

Work on your all round fitness using our fantastic range of gym equipment in our specialised multi gym area. Students can work towards a training program that could include goals such as improving cardiovascular fitness, gaining strength or any other achievable target. Students will be expected to commit fully to this activity and a want to work hard and improve your fitness is a must!

## **Netball**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2**

Netball is England's biggest female team sport. The winning formula for netball is simple - good team-work and the ability to score lots of goals! This is a chance to develop your skills and compete against other schools in the area.

## **Orchestra**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2, 5**

The College orchestra is open to any student that is able to play an orchestral instrument to a minimum of grade one. We play a variety of different styles of music ranging from popular film scores from films such as Harry Potter, to Jazz band classics like ‘All that Jazz’. The orchestra plays at a variety of different events throughout the year. This is a yearlong commitment to a long established and very successful group.

## **Photography**

**Year Groups: 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 6, 7**

Students will have the opportunity to go out and about and photograph the natural world. After working through the basics of how to use a digital camera and get the best out of it (plus understanding shutter speeds and focussing) we aim to go outside and take part in wildlife photography, macro (close-ups), the natural world, landscapes plus take photos of fauna and flora, the lake behind the school, and head to local places such as Petworth Park for the fallow deer and other wildlife.

## **Quidditch Sport**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

Quidditch sport in the Harry Potter books, has inspired many people to play Muggle Quidditch, also known as Ground Quidditch, a non-magical version of the game. As it is adapted from the game in the book, people have made many different versions. It is governed by the International Quidditch Association and several national organisations worldwide. A number of colleges have Muggle Quidditch teams.

<https://www.quidditchuk.org/>

## **Rugby**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2**

This is a fast paced, team contact sport. Students will have access to high quality coaching working from basic skills through to the more complex. This club will look to enter competitions during the season. There are links to local clubs should our students wish to progress further.

## **Science club**

**Year Groups: 7 & 8**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

Science Club is all about having fun whilst taking the opportunity to be successful in practical investigations. You will build on your skills and gain achievements in project work. We will be following the Crest Award which, by the end of the term, means that you can receive your Bronze award, a qualification which you can use if you choose to go onto the Duke of Edinburgh Award Scheme or, later on, to university.

## **School musical production**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2**

If you are interested in performing and would like to show your interest in auditioning for this year's school production then please select this option. More information on the show will follow in due course, currently 'Top secret' and this information cannot be disclosed!

## **SEND Homework Club**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

An opportunity for our supported students to complete any set homework with support from members of our Additional Educational Needs staff.

## **Squash**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 2**

An energetic and fast racket sports game that helps to improve coordination, cardiovascular fitness and body strength. Students don't need any previous experience or specific equipment to take part



## **St John Ambulance Young First Aider**

**Year Groups: 7 8**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 6**

The course will prepare you for all eventualities dealing with a casualty.

With the use of videos and work sheets, along with training PowerPoints and practical hands-on experience of dealing with casualties. You will become confident and have the knowledge to recognise and treat most injuries. We will cover: Bleeding, Burns and Scalds, CPR all ages, Choking, Shock and much more.

## **Street Dance**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 5**

If you are a dancer, breaker or body popper, or would just like a mix of dance, acrobatics and attitude, then join our group for fun, challenge and rewarding performances!

## **Textiles**

**Year Groups: 7 8 9**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

Want to make a Halloween mask, Christmas stocking or summer hat? We will be making a variety of seasonal products using techniques including hand and machine sewing. Year 10 are invited to try and make their own prom dress!

## **The BBC News School Report**

**Year Groups: 7 8 9 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 6, 7**

The BBC News School Report gives students the UK the chance to make their own news reports for a real audience. In this club, students develop their journalistic skills to become School Reporters. In March, the BBC hosts an annual News Day, when students around the country simultaneously create video, audio

and text-based news reports. Last year more than 1,000 schools across the UK took part in the BBC News School Report and quite a few students had stories highlighted on the BBC's news programmes online and on air!

## **Ukulele**

**Year Groups: 7 8**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 3, 5**

The sound of Hawaii! Perhaps the happiest club at MRC, you can't help but smile when you hear the sound of the ukulele. Marco will teach you the basic chords and songs even if you have never picked up a ukulele before.

## **Videography Club**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1, 6, 7**

Students work together to create moving image projects of a variety of subjects. The first subject matter will be the extracurricular clubs at MRC and each project will take the shape of a four-week rotation with the first week spent storyboarding the different camera angles or shots that are need. The second week is spent visiting that club and filming what they get up to, making those storyboarded ideas a reality. The last two weeks are dedicated to editing the footage to create the project.

## **Warhammer**

**Year Groups: 7 8 9 10**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

Warhammer is a tabletop role playing game that is a descendent from the legendary Dungeons and Dragons of the past. Approved by the Duke of Edinburgh award scheme. Blood Bowl (the American football version – imagine ogres wearing rugby kit and you get the idea) and 40k, the Sci-fi game. The game itself teaches young people a range of key skills, such as decision-making under pressure, resource management, arithmetic and probability, as well as more creative skills such as painting and craft. Whatever anybody's level of

experience the Warhammer Club welcomes everybody to get to start playing. You may have to purchase some 'Characters & equipment' this is a new club that will be student-led with support of staff.

## **Weather Station**

**Year Groups: 10, 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

This group will plan and develop a weather station to be based at MRC. Once it is installed members of the group will take readings and build up a meteorological history of weather at the College. Students will also learn about tracking weather and the forecasting practice. There will be an opportunity to write weather forecasts. There may be the opportunity to link with the BBC as "Weather Watchers."

## **Yoga**

**Year Groups: 10 11**

**Off Site timings: N/A**

**Cost: N/A**

**Pledges: 1**

An energetic and relaxing way to understand and work on your entire body and mind. This will be a beginner's course and students do not need any previous experience.

## Other information and useful links

Please use the tables below to make a note of your choices.

**Table 1 - Year 7 & 8**

<b>Term 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
Enrichment one			
Enrichment two			
Enrichment three			

**Table 2 - Years 9**

<b>Term 2</b>	<b>Monday</b>	<b>Wednesday</b>
Enrichment one		
Enrichment two		
Enrichment three		

**Table 3 - Years 10 & 11**

<b>Term 2</b>	
Enrichment one	
Enrichment two	
Enrichment three	

Please find a link below to access our online Parental Consent Form for off-site activities:

<http://www.mrc-academy.org/Communication/Letters-Home/Blank-Trip-Forms>