



HYDESVILLE
TOWER SCHOOL

Senior School Enrichment Programme

Autumn Term 2022/23
Information Booklet

Introduction

This booklet has been put together to give you information regarding the Enrichment activities that can be selected and which will take place during Wednesday afternoons throughout the Autumn Term.

Please read this booklet carefully before making your choice.

There are a range of activities available and these will last for the entire term.

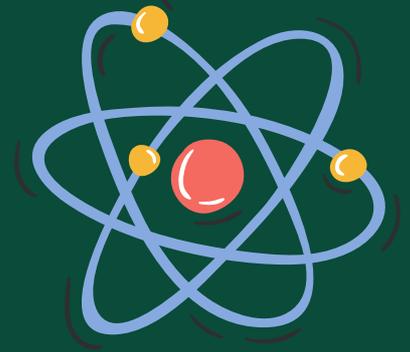
Please note that activities may incur additional costs; these are shown where applicable. Any costs will be charged via the Payments area on Cognita Connect. There may be age restrictions in place.

Your child can book their place via their form tutor. They will need to select their first, second and third choices and then will be allocated an activity (depending on capacity levels).

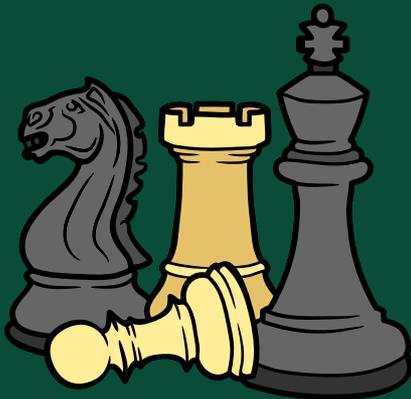
STEM (Year 7-9: no cost)

STEM covers Science, Engineering, Technology and Mathematics. These four fields share an emphasis on innovation, problem-solving, and critical thinking. Together they make up a popular and fast-growing industry. Most STEM workers use computers and other technology in their day-to-day jobs.

Pupils will have the opportunity to research and experiment on models they have created. Pupils will enter STEM competitions and compete with others around the country.



Chess Club (Year 7-11: no cost)



Playing chess helps unleash your originality, since it activates the right side of the brain, the side responsible for creativity. Pupils will learn strategies and compete in local school tournaments.

Guitar Club (Year 7-11: no cost)

Do you want to learn to play the guitar or practise and improve your existing skills?

If the answer is “Yes” then Guitar Club is for YOU.



Fashion Fix (Year 7-11: no cost)

In Fashion Fix pupils learn how to upcycle and decorate old items of clothing and homeware. Start to design and make your own jewellery and learn techniques such as fraying, sewing, cutting, dyeing and knotting. These techniques will then be applied to transform unused garments into stylish customised pieces. Pupils will get to make and take home their craft work and can make lots of potential gifts for others!



Textiles (Year 7-11: no cost)

Pupils will explore how to transfer designs onto fabric, including silk painting and design. They will also create their own colourful tote bag.

Sew What? (Year 7-11: no cost)

In Sew What Club, pupils will build confidence and skills using the sewing machine. Pupils will learn how to use the sewing machine and will create a range of creative pieces whilst learning other techniques including applique.



Debate (Year 7 -11: no cost)

Improve your confidence and learn how to respond to others. Pupils will learn the skills for public speaking and debating and have the chance to be part of the school team for the English Speaking Union debating and public speaking competitions later in the Autumn term.



Mindfulness (Year 7-11: no cost)

In these sessions pupils will have time for mindful colouring, quiet crafts and jigsaw puzzles. Explore different types of calming music, read stories and listen to audio books.

The benefits of mindfulness are:

- Higher brain functioning
- Improved health
- Increased attention and focus
- Experience of being calm and still

Pupils will experience different forms of mindfulness to allow them to practise these at home.

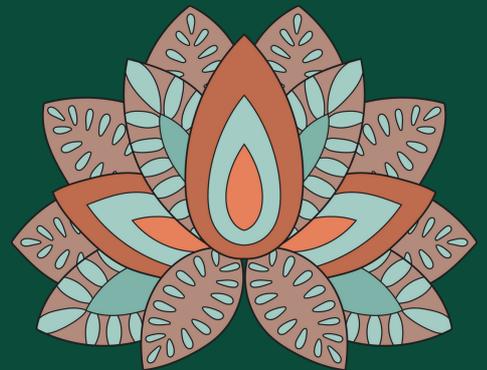


Table Tennis (Year 7-11: no cost)



This is a great opportunity for all budding table tennis players who are keen to extend their skill level. You will be coached in all the core skills required of a table tennis player and will take part in small-sided games and have the opportunity to play against other schools.

Bats and other equipment will be supplied.

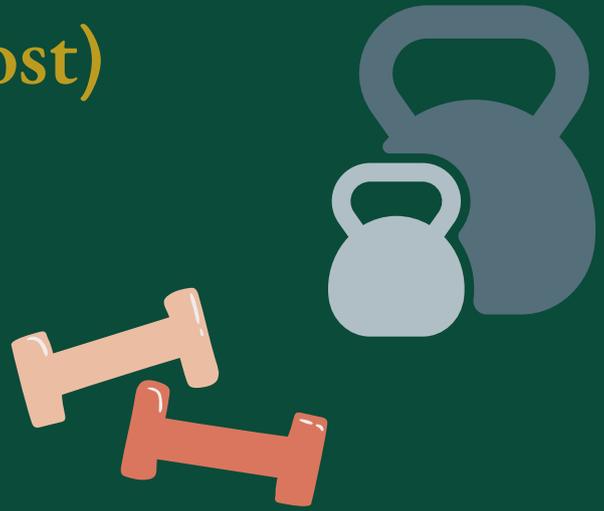
Badminton (Year 7-11: no cost)

Pupils will learn basic skills needed to play successful badminton singles and doubles and improve on their overall health and fitness. More experienced players will progress on to compete against other schools. You will need to wear PE kit and trainers. Rackets and other equipment will be supplied.



Gym (Year 10-11: no cost)

Pupils will have the opportunity to experience what a gym is really like. Use both the weight machines and cardio equipment. Personal trainers will be on hand to give pupils advice and even set up a personalise training plan for their individual goals.



Circus Skills (Year 7-11: no cost)



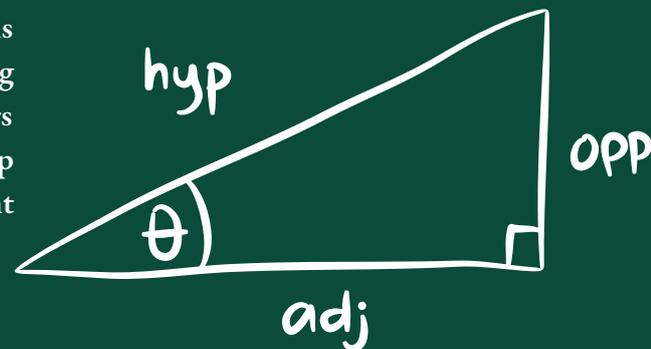
Circus skills are great fun! Pupils will improve their hand-eye coordination skills along with their overall health and fitness. Skills pupils will learn include:

- Juggling
- Plate spinning
- Poi
- Diabolo

No previous experience required

Further Maths (Year 7-11: no cost)

High flyers in maths will be invited to join the Further Maths enrichment activity. Designed to stretch and challenge our budding mathematicians, this class builds on the KS4 curriculum and offers an additional qualification to GCSE Mathematics. It will help develop a number of valuable skills including rigorous argument and problem solving.



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