



Thornhill College

Year 13

ENRICHMENT PROGRAMME



Introduction

Dear Year 13 Students,

A very warm welcome to the Sixth Form in Thornhill College! Part of my role as Senior Teacher in the school is co-ordinating the UCAS applications of our students in Year 14 when they are applying to university. This is obviously an extremely important process for all of our Year 14 students as they embark on the journey of making decisions which will shape their future career path in the future. However, in reality this journey really begins in earnest in Year 13.

In Year 13, it is extremely important that we help you to lay the foundations, which will equip you to make a strong and successful application for your chosen course at university, apprenticeship or role in the work place. Therefore, this year alongside your learning in those subjects you have elected to study at post-16, you will have a weekly timetabled careers lesson with one of our careers teachers (lead by Mrs Hunter who is Head of Careers) to help you make an informed decision next year about a possible career path you may wish to follow.

Furthermore, you will all be provided with the opportunity to organise and participate in work placements throughout the year (lead by Mrs Brogan who is our Work Experience Co-ordinator), which will provide you with an invaluable insight into the work place and offer you first-hand experience in a range of professional work place settings.

In addition to this you will also all participate in the Year 13 enrichment programme which is aimed at providing you with opportunities to develop your skills and qualities as an individual and pursue interests beyond the curriculum which will strengthen any application you make in the future. For example: you may decide to be involved in our Faith Friends programme with the RE Department or STEM Ambassadors programme with the Technology Department- experiences which would be invaluable for any future career demonstrating your capacity to work with others. Or maybe you will have a go at expanding your linguistic skills and learn Mandarin Chinese just like Eve Flood who last year won the Beginners HSBC Mandarin Speaking Competition in London.

This booklet contains an outline of the opportunities on offer in Year 13 Enrichment this year in Thornhill College. My advice to you in Year 13 is in addition to giving your studies the time and dedication they require to succeed, be proactive in the life of our school community and avail of every opportunity which comes your way to develop you as a person and enhance your skillset and CV. It will place you in a much stronger position as you prepare to make your application to universities or the workplace next year and the more strings you have to your bow the better!

The very best of luck with your studies in Year 13!

Mr H McSorley

Senior Teacher

Year 13 Enrichment Programme

Enrichment Times

Enrichment lessons take place lessons 3 and 4 on a Thursday and lessons 7 and 8 on a Friday.

Thursday (Lessons 3 & 4) 10:35 – 12:00am

Friday (Lessons 7 & 8) 1:20 – 2:30pm

Friday Enrichment

The enrichment opportunities offered on a Friday are all **year long courses**.

Every student in Year 13 must sign up to one of the year-long enrichment opportunities on a Friday and remain in the class for the remainder of the year.

Therefore, no Year 13 student should be in the sixth form, library or ICT rooms during the enrichment lessons on a Friday. You will all have a class you must attend each week!

Thursday Enrichment

The enrichment opportunities offered on a Thursday are **modular** (some lasting 6 weeks, others lasting a full term).

Students will be given the opportunity to sign up for these modular programmes throughout the year. So if you are unable to sign up to a particular class / programme you are interested in initially, do not worry as there will be further opportunities as the year goes on.

We would encourage every student to sign up for as many of these modular opportunities as you can throughout the year. They will significantly enhance your CV and provide you with a much stronger UCAS application next year which will give you an added advantage against other applicants who may be applying for the same course as you.

You can only commit to one modular course at a time on a Thursday.



Friday Enrichment (L7&8) - Year Long

<i>Enrichment Programme</i>	<i>Award</i>	<i>Facilitator</i>	<i>Venue</i>	<i>Max No</i>
Young Enterprise Company	Enter YE Company Awards	Mrs M Brown	Bus Studies Rm 1	10 students
Third World Group	N/A	Mrs A O'Neill	RE Rm 4	25 students
STEM Ambassadors	STEM Ambassador Certification	Mrs S Scott	TD Rm 2	15 students
The CREST Award Cost = £20	CREST Gold Award	Mrs E Rooney	ICT Rm 2	10 students
Cooking on a Budget & Food Safety Cost = £28	CIEH Foundation Certificate in Food Safety	Miss R Gibson	HE Rm 2	20 students
Mandarin Chinese	YCT 1 Mandarin Certificate	Ms O Changqing	Careers Rm 1	25 students
Pope John Paul II Award	PJP Bronze, Silver or Gold Award	Mrs C Collins	RE Rm 2	No Limit
Pope John Paul II Award	PJP Bronze, Silver or Gold Award	Miss E Lynch	Envt ICT Rm	No Limit

Thursday Enrichment (L3&4) - Modules

<i>Enrichment Programme</i>	<i>Award</i>	<i>Facilitator</i>	<i>Venue</i>	<i>Max No</i>
Careers Support 6 week blocks Sign up throughout year	N/A	Mrs L Hunter	Careers Rm 1	25 students
Faith Friends Sign up throughout year	N/A	Mrs K McFadden	RE Rm 5	St Paul's (26) Sept-Nov Culmore (4) Nov-Dec Hollybush (32) Jan-Feb
Faith Friends Sign up throughout year NB * Bunscoil Faith Friends is only open to AS Irish Students	N/A	Miss K McGurk	RE Rm 1	Bunscoil (12) Sept-Nov Hollybush (32) Jan-Feb
St Vincent de Paul Group Mrs Collins will organise - 15 students from PJPII Award	N/A	Miss K McGurk	RE Rm 1	15 students
Primary Maths Term block Sign up throughout year	N/A	Mrs G O'Donnell	Maths Rm 3	13 students
Mindfulness 6 week blocks Sign up throughout year	N/A	Miss C Barr	Science Rm 2	25 students
Interview Skills 6 week blocks Sign up throughout year	N/A	Mrs C Downey	Geog Rm 3	25 students
HeartStart Training 6 week blocks Sign up throughout year	HeartStart Certificate (British Heart Foundation)	Mrs B McCarry	AVCE Rm	15 students

*During Thursday enrichment – students will be allowed to sign out for driving lessons if they do not have an enrichment class at that time and they have a note signed by their parents indicating they have a lesson booked. This must be brought to Mr McSorley to sign in advance and then shown to the office. A note must be brought each week they are taking a lesson. **All students must sign out and sign in again in reception and must be promptly back in school for the start of 5th lesson (12:00).** This privilege will be monitored!*

Information on Enrichment Classes

Young Enterprise Company Programme

The Company Programme provides a real-life learning opportunity that introduces young people to the realities of the world of work.

Students set up and run their own student company. They make all the decisions about their business, from deciding on the company name and product to managing the company finances. Students sell to the public with pop up shops at YE Trade Fairs and on YE Market Place, the dedicated online sales platform. Participants gain the practical business experience, adaptability, entrepreneurial mindset and employability skills needed to secure successful futures.

Step by step guidance is available online with videos and resources to support students to run their student company. All this takes place with the support of your teacher in school and a Volunteer Business Adviser who facilitates the programme and brings a wealth of business knowledge and expertise.

Student companies can take part in local competitions and the opportunity to battle it out to be crowned UK YE Company of the Year and to go on to the European Company Programme Final. Company Programme supports students to gain confidence, practical know-how and attributes to prepare for work and provides interesting and relevant content to include in applications to education and training providers or future employers.

Students in Thornhill College have achieved great success through this programme winning the Northern Ireland Final and getting through to it on a number of occasions. Thornhill companies have won a host of awards along the way including Best Overall Company, awards for Social Media, Customer Service and Innovation and more.

Maximum Number of Students – 10 (strict limit and students must be committed)



Information on Enrichment Classes

The Third World Group

The Third World Enrichment Group takes responsibility for planning, informing staff and students and overseeing a number of whole school fund raising projects such as the Shoe Box Appeal, the Advent Global gifts, the Concern Fast and the Lenten Trocaire / Mercy Appeal. Every year around 500 shoe boxes are sent to children and the elderly in Romania.

Global gifts such as Chicks, School Lunches and even Water Pumps are bought by staff, students, parents and form classes to help improve the lives of people in the developing world

During Lent, through the efforts of form teachers and classes involved in all kinds of ventures from ice-cream sales to Blind Date, there is seldom a day when no activity is timetabled. Through these collaborative efforts we as a school community aim to embrace the opportunity for Global citizenship and support the creation of a more sustainable world for our brothers and sisters in poorer countries in addition to providing essential upkeep and maintenance for the Mercy School projects.



Information on Enrichment Classes

STEM Ambassadors

STEMettes



Join the STEM Ambassador Programme.....Being a STEM Ambassador is about engaging and enthusing young people with science, technology, engineering and mathematics. You will work closely with our local primary school children to help and encourage them to consider further study of STEM subjects, inspiring the next generation of STEM professionals.

It offers the chance to give something back to others and the wider Thornhill community, whilst giving you the chance to develop your own skills such as working with others when collaborating on STEM projects, interactive hands on experience, designing learning tasks for others.

On completion of your enrichment STEM journey you will receive your STEM ID card and become an approved STEM Ambassador, enabling you to stand out from the crowd when applying for higher education.

By becoming a STEM Ambassador, you can play a crucial role in inspiring young people to pursue STEM-related subjects and careers.



Information on Enrichment Classes

The CREST Gold Award

What you must do: You will complete a project that makes an original contribution to a STEM field of study and submit your findings via the online platform.

Your findings will take the format of a written report with various evidence to support this (this could include something you make).

There are a wide variety of projects that you can choose to undertake. The following website gives some examples of these:

<https://secondarylibrary.crestawards.org/#Gold>

Time Commitment: You must complete a minimum of 70 hours of work on one project area. This will mean you will need to complete some work on the project between classes.

What you will get out of it: By participating in the project you will develop transferable skills in relation to STEM. On successful completion of the project you will receive a CREST Gold Award certificate which will enhance your UCAS personal statement and will help you stand out from the crowd when applying for jobs and in interviews. You might even come up with an idea or project which could make a difference to the world we live in.

Cost: £20 per person



Information on Enrichment Classes

Cooking on a Budget & Food Safety

For the first half of the year, you will have cookery lessons which will help develop food preparation skills which will be useful for your future at university and home. You will develop skills such as knife skills, making simple sauces, making soups, cooking meat safely and hygienically, making a dough and a basic cake mix. The maximum amount of students that can be taken on this course is 20.



Below is a provisional schedule, although this is subject to change.

Friday 21 st September	Chicken chow mein
Friday 27 th September	Chocolate truffle cupcakes
Friday 4 th October	Chicken and coleslaw wrap
Friday 11 th October	Spaghetti Bolognese
Friday 18 th October	Leek and potato soup
Friday 25 th October	Apple crumble
Friday 8 th November	Sweet and sour chicken
Friday 15 th November	Chicken curry
Friday 22 nd November	Lemon cheesecake
Friday 30 th November	Yoghurt loaf
Friday 6 th December	Tea scones
Friday 13 th December	Christmas practical- shortbread

You need to **pay £10 for the cost of the ingredients** for the cookery and **£18 for the CIEH Foundation Certificate in Food Safety**.

For the second half of the year, you will be completing the **Foundation Certificate in Food Safety**.

The **CIEH Foundation Certificate in Food Safety** is designed for anyone working in a food business. Upon completion of this course, you will be able to prepare and cook food that is safe for consumption.

Who is this course for?

- Food handlers preparing or cooking food for consumers
- Anyone wishing to refresh previously learned skills and knowledge
- Businesses looking to provide staff development to food employees
- Self-employed, food-based small business owners

Course overview

This course reinforces the importance of food safety and provides learners with an understanding of how to identify and control food safety hazards in their own workplace.

Key facts

- Offers the minimum standards for the food safety industry
- Builds on the Introductory Certificate in Food Safety
- Recognises good practice as a food handler
- Gives confidence to consumers

Advantage of taking this course

This course could be beneficial in helping you obtaining part time employment in a café or a restaurant.

Chartered Institute of Environmental Health



Information on Enrichment Classes

Mandarin Chinese

Under a programme in association with the Confucius Institute you will have the opportunity to learn about the Chinese language and culture.

At the end of the year you will be given the opportunity to complete the **YCT 1 Mandarin Certificate**, gaining a formal recognition of your studies of Mandarin Chinese.

The number one reason to learn Mandarin is that it is the most widely spoken language in the world. Learn to speak Mandarin and you can speak with millions of people around the world. Furthermore:

Business - Business people who speak Mandarin have a huge advantage in tapping into the Chinese market. It is much easier to develop all-important relationships if you speak Mandarin.

Travel – China offers exciting travel opportunities. Getting around is much easier if you speak Mandarin.

Culture – With thousands of years of history, Chinese culture is endlessly fascinating. Whether your interests are in history, architecture, music or cuisine, a knowledge of Mandarin will enrich your understanding of Chinese culture.

Last year our very own Eve Flood, who only began learning Mandarin Chinese in her Year 13 enrichment class, won the Beginners HSBC Mandarin Speaking Competition held in the British Museum in London. Eve beat-off competition from across the UK to win a week-long trip to Beijing in China !!!



Information on Enrichment Classes

Pope John Paul II Award



Pupils who sign up for this award will have two lessons every Friday, and volunteer within their local community and parish outside of school. The award has three areas:

Parish involvement - local parish in which you will complete **20 weeks of activities** - such as reading at Mass, cleaning the church, working with younger members of the parish in a Children's Mass or being involved in liturgical events. Up to 10 weeks of your award *may be* completed in school - such as reading in liturgical events, Follow the Star Christmas event or the Faith Friends module.

Social involvement - you will complete **20 weeks of activities** and arrange your own volunteer work within the local community. This may be volunteering in a youth club, coaching various sports teams, bag packing, volunteering each week such as St John's Ambulance or Altnagelvin Hospital or working with a non-profit charity. The list of these activities is not extensive. Up to 10 weeks of your award *may be* completed in school - such as the Year 8 Talent Show, peer mentoring, Open night guides and the Junior Fashion Show.

Award Reflection – you will complete a 1200 write-up on the work you have completed during the year and what skills you have developed.

The Award (record card and write-up) will be **submitted 1st September 2020**.

The record card for your parish and social involvement must be signed each week with the date and activity recorded.



Information on Enrichment Classes

Careers Support



As you begin your journey through Year 13 you will complete weekly timetabled careers lessons. During this time, you will cover a range of topics and carry out research into your own area of interest. However, there are a number of career pathways which have specific entry requirements. To make a strong application for one of these courses an applicant should consider investing some time during Year 13 preparing for the next stage. 'Careers Support' will cover some of the university courses requiring interviews, aptitude tests and voluntary work experience. It will run in a series of 6-week blocks and a student can sign up for 1 or more block depending on where her interests lie. The blocks are:

BLOCK 1: EARLY APPLICANTS

Medicine, Dentistry & Veterinary Medicine

During this 6-week programme students will consider the skills and qualities needed to become a good doctor/dentist/vet. They will research the admissions criteria for these courses, visit university websites, regulatory bodies, spend some time looking at examples of personal statements written by successful candidates in the past, and begin to consider the steps they need to take in the coming months to build a strong application.

Year 14 students who are currently going through the process will meet with this group to pass on their own knowledge and experiences. This block will finish with a university student / professional coming along for a Q & A session.



BLOCK 2: ALLIED HEALTH COURSES

Dietetics / Occupational Therapy / Physiotherapy / Diagnostic Radiography & Imaging / Radiotherapy & Oncology / Speech & Language Therapy



During this 6-week programme students will look at the various allied health professions and begin to understand what each profession entails. They will research the admissions criteria for these courses, visit university websites, regulatory bodies and reflect on the job market for these professions. They will spend some time looking at examples of personal statements written by successful candidates in the past, and begin to consider the steps they need to take in the coming months to build a strong application.

Students will visit the HPAT Ulster website to gain an understanding of the aptitude test used by Ulster University to select students. The interview process to select candidates will be briefly looked at, and then Y14 students who are currently going through the process will meet with this group to pass on their own knowledge and experiences. A representative from Ulster University will come along to give some insight into the HPAT Ulster Aptitude Test.

BLOCK 3: NURSING & MIDWIFERY

During this 6-week programme students will reflect on their own skills and qualities and consider those required to become a good nurse/ midwife. They will research the various types of nursing. They will research the admissions criteria for these courses, funding and costs, visit university websites, regulatory bodies and reflect on the '6Cs' - the core values for these professions.

They will spend some time looking at examples of personal statements written by successful candidates in the past, and begin to consider the steps they need to take in the coming months to build a strong application. The MMI process used during interviews to select candidates will be briefly looked at, and then Y14 students who are currently going through the process will meet with this group to pass on their own knowledge and experiences. This block will finish with a university student / professional coming along for a Q & A session.



BLOCK 4: TEACHING

During this 6-week programme students will reflect on their own experiences with teachers ranging from primary school through to more recent experiences. What stands out as a 'good teacher', and what skills and qualities do these teachers have. They will research the various ways to qualify as a teacher, the admissions criteria for these courses, visit university websites and reflect on the job market for this profession.



They will spend some time looking at examples of personal statements written by successful candidates in the past, and begin to consider the steps they need to take in the coming months to build a strong application. The interview process to select candidates will be briefly looked at, and then Y14 students who are currently going through the process will meet with this group to pass on their own knowledge and experiences.

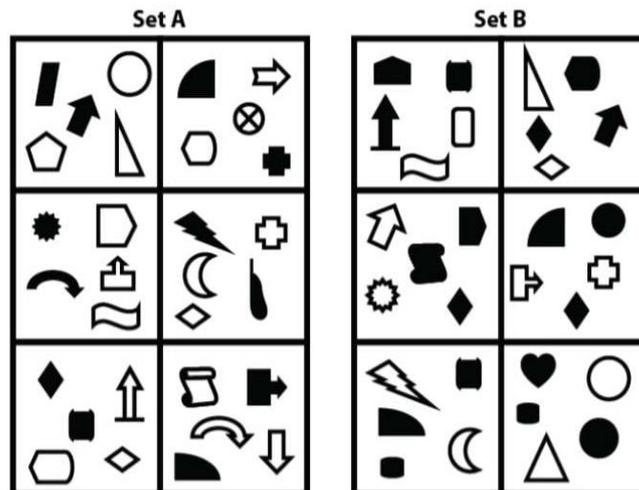
BLOCK 5: UCAT PREPARATION

Medicine / Dentistry Applicants

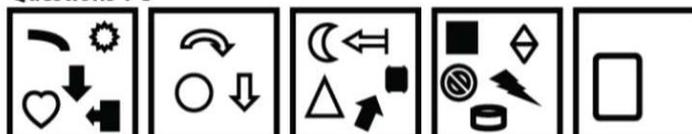
Students will spend 6 weeks gaining experience and tips for The University Clinical Aptitude Test (UCAT) which is used by a consortium of UK Universities for their medical and dental degree programmes.



SET 1



Questions 1-5



Information on Enrichment Classes

Faith Friends

Pupils who sign up this module will have two lessons on Thursday. The module is a faith based peer mentoring programme, in which pupils will **buddy up with a Primary 4 pupil in preparation for their First Holy Communion**. There are four schools that the programme is offered to within our local community: St Paul's Primary School, Hollybush Primary School, Culmore Primary School and the Bunscoil Cholmcille School (**only the AS Irish students can sign up for Faith Friends at the Bunscoil**). The module will include:

- Taking the Primary 4 pupil through the Faith Friends Programme each week.
- Engaging with the pupil and talking about your own experiences of First Holy Communion.
- Ensuring that you do not miss a session, as the Primary 4 pupil looks forward to coming to Thornhill and meeting with you.
- Attend their First Holy Communion Mass in May.



Information on Enrichment Classes

St Vincent de Paul Group - Youth SVP

This group will be chosen from the Pope John Paul II Award pupils, in which **15 students** will be registered for the Youth SVP in Thornhill College. The group is centred around Catholic Social Teaching and the attempt to live the core values of Love of God and Love of Neighbour in our school community. The module will include:

- Being registered as a **Youth SVP member**
- Working within the school to respond to the needs of our local and wider community.
- Holding weekly meetings and planning fundraising activities such as:
 - Year 8 Halloween DVD
 - Christmas Jumper Day
 - Lenten Clothes Drive
 - Other fundraisers from your own ideas.

The value and experience gained by signing up with these modules will be immeasurable. You will be given leadership opportunities, in which you will be stepping out of your comfort zone and developing transferable skills for life such as:

- Team work
- Verbal communication
- Personal motivation
- Prioritisation
- Problem solving.

Ultimately, you will be making a difference to those who you are working with and living out Gospel values in practice. The Enrichment Programme in RE will develop your whole person and is a good example of following our school mission statement to *“educate adaptable, informed and concerned members of the world community.”*



Information on Enrichment Classes

Primary Maths

The Primary Maths Enrichment module allows students an opportunity to make a weekly visit to a local Primary School to assist younger pupils with basic mathematical tasks to aim to improve numeracy skills.

In the past, groups from Thornhill have visited Hollybush Primary School, St. Paul's Primary School and St. Therese's Primary School. You will be given responsibility of working with a small group of primary school pupils, and will continue to work with the same group for a full term. Tasks can range from games and puzzles, online maths activities and completing practical tasks- e.g. Investigating length/perimeter/area of the playground, or making estimates of length, mass, volume before making accurate measurements.

This module provides an opportunity to gain experience in the classroom for any student considering a career in teaching or interested in working with children. You will need good interpersonal skills to ensure that you can explain tasks clearly and at an appropriate level. You must be flexible and able to adapt your approach when working with pupils of different abilities. You should be professional and responsible in your role as a group leader, but also ensure that you bring enthusiasm and some fun to keep your pupils interested and on task. Completing this module will help to develop communication skills, patience, creativity, leadership capabilities and critical thinking skills.

It is essential that any student who signs up for this module can commit to full attendance. You will form relationships with your group and the younger children will eagerly await your visit once a week. **You do not need to be studying A-Level Maths to take this module.**



Information on Enrichment Classes

Mindfulness

At its most basic level, mindfulness helps train your attention to be more aware of what is actually happening, rather than worrying about what has happened or might happen. We learn to bring greater curiosity to whatever it is we experience.

Lessons are interactive, engaging and thought-provoking.

Benefits of Mindfulness:

1. **Wellbeing and Mental Health**- As well as helping recognise worry, manage difficulties and cope with exams, developing a more mindful awareness also helps children and young people to appreciate what is going well and to flourish.
2. **Concentration and cognition** - Mindfulness trains us to understand and direct our attention with greater awareness and skill. This may improve the capacity of children to concentrate and be less distracted, as well as their working memory and ability to plan.
3. **Social and Emotional Learning** - Mindfulness helps to develop a greater awareness of relationships and how to manage them (including difficult ones at home), as well as offering a richer understanding of things like self-esteem and optimism.
4. **Behaviour** - Mindfulness may help the young to self-regulate more effectively, manage impulsivity and reduce conflict and oppositional behaviour.



Mind Full, or Mindful?

Information on Enrichment Classes

Interview Skills

Over the next few years you will all face the daunting task of completing interviews at some stage or other, whether it be for:

- A part-time job
- A senior prefect role
- A place at a university course
- Or eventually full-time employment or promotion within your employment

Interviews can put us in the awkward position of selling ourselves and telling others how great we are. Something which maybe doesn't come naturally to us or we can find a little embarrassing. But you must remember – if you don't sell yourself in an interview – the next person in the door certainly will!!! Sometimes we can under-sell ourselves in an interview and not do our ability justice simply because of a lack of confidence, experience or preparation for interviews. So this module of work aims to give students the opportunity to develop skills and practice in interview techniques so you can reflect on how great you really are, develop the confidence to articulate this and hopefully help you nail any future interviews.

The following will be covered:

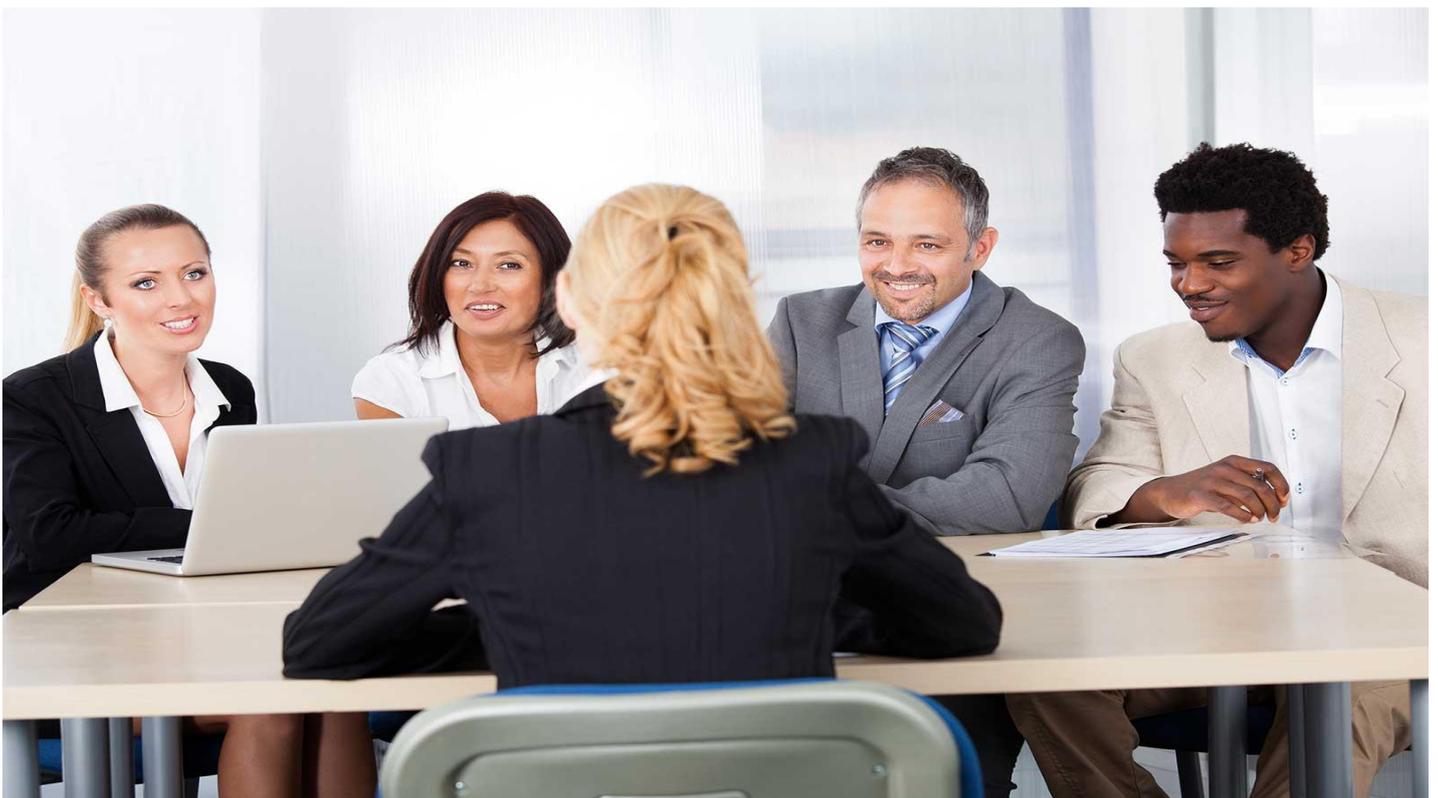
Week 1 – Thinking about your future and your dream job/s.

Week 2 – Understanding letters of application, cover letters and CVs. Pupils will be provided with the opportunity to complete a CV.

Week 3 and 4 – Learning how to prepare for an interview and developing skills to be successful during an interview.

Week 5 – Preparing for interviews (like a part-time job / senior prefect interview or University interview).

Week 6 – Practice interviews.



Information on Enrichment Classes

HeartStart Training

British Heart Foundation Heart Start Training

The British Heart Foundation (BHF) HeartStart scheme encourages individuals to easily learn the basics of CPR and be encouraged to "have a go" rather than be a bystander when it comes to life-saving skills.

This would look particularly impressive on a UCAS personal statement or university application form for someone applying for health related courses such as Nursing, Midwifery, the Allied Health Professions or Medicine and Dentistry.

However, it's just a course for someone wanting to pursue a career in healthcare.

What you'll learn at a HeartStart course

You will learn life-saving skills which will help you to:

- Recognise a heart attack and a cardiac arrest
- Help an unconscious person
- Perform CPR
- Help someone choking
- Respond to serious bleeding



At the end of your 6 week unit of work you will receive a **HeartStart Certificate from the British Heart Foundation** which will acknowledge your completion of the course.

