



# 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. 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 participate in virtual work experience throughout the year (lead by Mrs Rooney 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 St Vincent de Paul programme with the RE Department or Young Enterprise with the Business Studies 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 won the Beginners HSBC Mandarin Speaking Competition in London in 2019.

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 an individual 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 - indeed, 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**

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

We would also encourage you to sign up for the 6 week modules as they become available throughout the year on a Thursday as well. If you do not get signed up for them in the first instance you will get another opportunity later in the year to join one of them.

If you wish you complete one of the 6 week modules on a Thursday but have already signed up for a year-long class on a Thursday – you will need to let the teacher know of the year-long class that you will be missing for 6 weeks to complete the other module. It is important you do this as a matter of courtesy!

Once all Year 13 students have signed up for enrichment courses we will be able to see what spaces are left in the enrichment classes. If a student has signed up for a year-long course on a Thursday but a place is available on a year-long course on a Friday you will then be able to sign up to this as well.

The more enrichment opportunities you avail of the better it will be for your UCAS personal statement next year.

**Any student who does not have an enrichment module they have signed up for on a Thursday or Friday must go to the Lecture Theatre for supervised study and only when the Lecture Theatre is full should you go to the Sports Hall.**



# Friday Enrichment (L7&8) - Year Long

## Year-Long Enrichment Courses on a Friday

<i>Enrichment Programme</i>	<i>Award</i>	<i>Facilitator</i>	<i>Venue</i>	<i>Max No</i>
<b>Young Enterprise Company</b>	Enter YE Company Awards	Mrs M Brown	Maths Rm 2	10 students
<b>Trocaire (The Mercy Group)</b>	N/A	Mrs T Hodgins	Maths Rm 4	25 students
<b>Digital Fabrication</b> <b>Cost = £5</b>	N/A	Mrs E Rooney	Maths Room 5	25 students
<b>Food Safety &amp; Health Promotion</b> <b>Cost = £10</b>	CIEH Foundation Certificate in Food Safety	Miss F Conwell	Maths Room 3	25 students
<b>Liturgy Team</b>	N/A	Mrs C Collins	ICT Room 4	25 students
<b>Wellness Ambassadors</b>	N/A	Ms C Barr	Lang Rm 1	25 students
<b>Astronomy</b>	N/A	Dr N Morewood	Maths Rm 9	25 students

**We are also hoping to be able to offer a module in Chinese Mandarin later in the year when a teacher becomes available.**

# Thursday Enrichment (L3&4)

## Year-Long Enrichment Courses on a Thursday

<i>Enrichment Programme</i>	<i>Award</i>	<i>Facilitator</i>	<i>Venue</i>	<i>Max No</i>
<b>Pope John Paul II Award</b> <b>Year-long course</b>	PJP Bronze, Silver or Gold Award	Miss E Lynch	Maths Room 9	25 students
<b>Pope John Paul II Award</b> <b>Year-long course</b>	PJP Bronze, Silver or Gold Award	Miss K McGurk	Maths Room 6	25 students
<b>St Vincent de Paul Group</b> <b>Year-long course</b>	N/A	Mrs McFadden	Maths Room 8	25 students

## Modular Enrichment Courses on a Thursday

<i>Enrichment Programme</i>	<i>Award</i>	<i>Facilitator</i>	<i>Venue</i>	<i>Max No</i>
<b>Careers Support</b> <b>6 week blocks</b> Sign up throughout year	N/A	Mrs L Hunter	Maths Room 7	25 students
<b>Mindfulness</b> <b>6 week blocks</b> Sign up throughout year	N/A	Miss C Barr	Maths Room 2	25 students
<b>Interview Skills</b> <b>6 week blocks</b> Sign up throughout year	N/A	Ms C Stewart	Maths Room 1	25 students
<b>HeartStart Training</b> <b>6 week blocks</b> Sign up throughout year	HeartStart Certificate (British Heart Foundation)	Mrs B McCarry	Maths Room 5	15 students

# 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

## Trocaire (Mercy Group)

The Trocaire / Mercy Group enrichment class 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

## Astronomy

**This module will be based on content from current GCSE Astronomy specifications, although we will not have time to complete a full GCSE course.**

**The approach will be flexible and students will be able to choose from the following units depending on their interests:**

### **Unit 1 – Earth, Moon & Sun**

- 1.1 Planet Earth
- 1.2 The Moon
- 1.3 The Sun
- 1.4 Earth-Moon-Sun

### **Unit 2 – Planetary Systems**

- 2.1 Our Solar System
- 2.2 Comets & Meteors
- 2.3 Solar System Discoveries
- 2.4 Exoplanets

### **Unit 3 – Stars**

- 3.1 Constellations
- 3.2 Observing the Night Sky
- 3.3 Physical properties of stars
- 3.4 Evolution of stars

### **Unit 4 – Galaxies & Cosmology**

- 4.1 Our galaxy – The Milky Way
- 4.2 Galaxies
- 4.3 Cosmology



# Information on Enrichment Classes

## Digital Fabrication

Digital fabrication involves using a computer to help us design and make something. Many of the products we buy and use every day are digitally fabricated and marketplaces such as the popular website ETSY offer us an opportunity to buy some of these products direct from the manufacturer.

**Come join us in Technology to get to grips with Vinyl cutting, CNC machining, 3D printing and Laser cutting. If you can draw it – we can (try to) make it!**

### What will you do?

Firstly, you will get an overview of the various Digital fabrication opportunities available within our school and their capabilities: 3D printer, Laser Cutter, CNC Router, Vinyl Cutter.

You will then get to grips with CAD software such as TechSoft 2D, Solidworks and/or TinkerCAD working through tutorials to develop your skills.

We are hopeful that you will also be able to complete online training in conjunction with the Nerve centre in the use of the new Ultimaker 3D printer.

You will learn how to use Silhouette Studio software to create designs which can be cut out in vinyl and applied to materials or other products to give aesthetic enhancement.

You will then have an opportunity to research and design our own products which can then be fabricated using the most suitable fabrication method such as keyholders, door signs, phone holders, plaques or even clocks...we might even go into business!

### Who is this for?

This would be an ideal for any pupils considering a career in Design, Product Design or any Engineering / IT / Programming / STEAM related discipline. Many engineering degree programs will involve the use of Solidwork's or CAD software, so this is a perfect opportunity to get started.



# Information on Enrichment Classes

## Food Safety & Health Promotion

In this class, 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

Chartered Institute of  
Environmental Health



### Advantage of taking this course

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

You need to **pay £10 for the CIEH Foundation Certificate in Food Safety**.

For the rest of the year in this class you will work with Miss Conwell as a **Health Promotion Team** taking opportunities in school to raise awareness on a variety of health issues within our school community. This



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# 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 September 2021**.

**The record card for your parish and social involvement must be signed each week with the date and activity recorded. This year much of the award will be completed virtually. Cost = £10 Registration**



# 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.

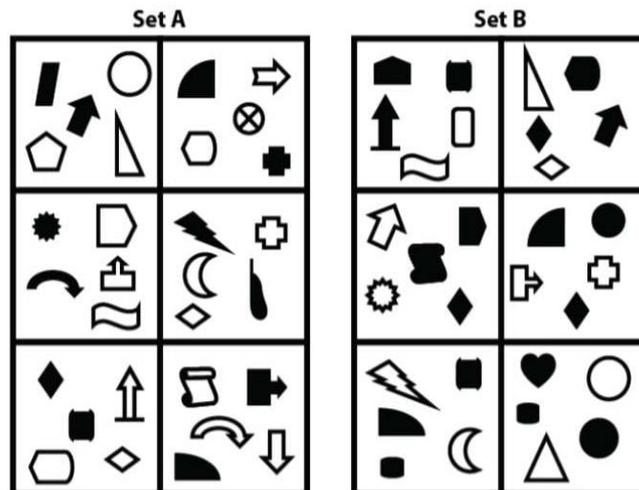
**BLOCK 5: UCAT PREPARATION**

***Medicine / Dentistry Applicants***

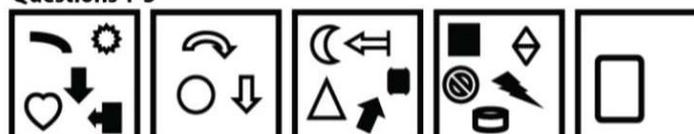
Students will spend 6 weeks gaining experience and tips for The University Clinical Aptitude Test (UCAT) which is used by a consortium of UK Universities for their medical and dental degree programmes.



**SET 1**



**Questions 1-5**



# Information on Enrichment Classes

## St Vincent de Paul Group - Youth SVP

This group 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.”*



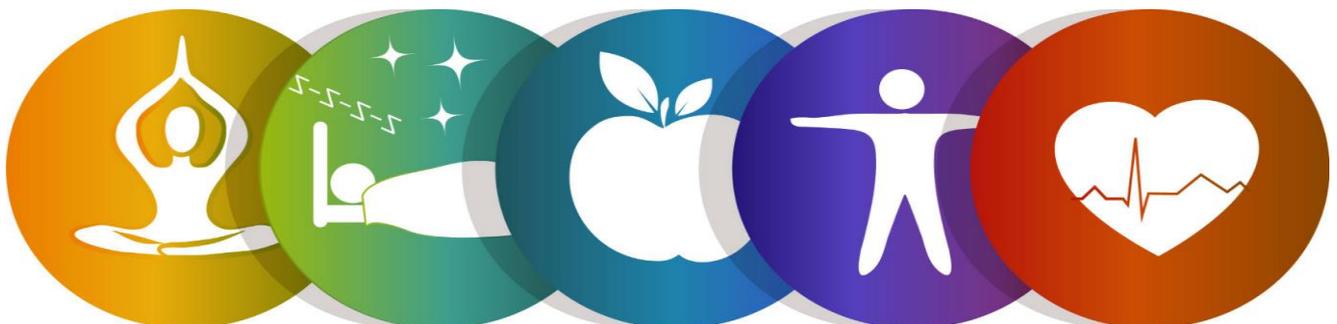
# Information on Enrichment Classes

## Wellness Ambassadors

The Wellness Ambassadors are a group of pupils who are instrumental in raising awareness of health and well-being throughout the whole school community.

This group will be responsible for developing wellbeing resources and driving initiatives which help to instil the importance of wellbeing among their peers.

If you are creative and passionate about raising awareness of mental health the this is the group for you!



# 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.



# Information on Enrichment Classes

## Digital Liturgical Team

Pupils who sign up this module will have two lessons on a Friday. The group will collectively produce digital resources that can be used for the whole school community. The main focus areas are:

Liaise with Mrs Collins to create digital resources for key liturgical times in the year – such as All Saints/Souls, Advent, Christmas, Lent and Easter.

To support HOY/HOS by producing digital resources for virtual assembly.

To produce online presentations that can be played in the Foyer/form classes – such as prayers during exam time.

This group has excellent transferable skills in which pupils will take active leadership roles to create digital resources, whilst liaising with members of staff. Training will be given by Mrs Collins on how produce the resources and all ideas are welcome!

