

ENRICHMENT PROGRAMME 2017-2018

WHAT CAN YOU DO?



Introduction to the Howell's College Enrichment Programme

Howell's College, Llandaff has a reputation for excellence. Alongside the outstanding academic programme, the College students are given the opportunity to take part in a wide range of enrichment activities which form a substantial part of our College offer. The range of sporting, debating, charitable and creative opportunities available allows every student to build on existing skills and talents as well as develop new ones.

The social benefits of being involved and the variety of activities on offer help students to develop confidence, friendships, self-esteem and a sense of belonging.

The Sporting Enrichment programme is timetabled to include everyone and all students choose at least two wider Enrichment activities for the year. The wider activities are timetabled within the college day ensuring everyone can be positively involved and benefit from the opportunities on offer.

Freshers' Fair

The Fresher's Fair is held on the first lunchtime of term to introduce students to the leaders of the following activities and co-curricular opportunities in this brochure and to give a flavour of what is on offer.

Laureate Programme



All students in Year 12 are invited to embark on a Laureate linked to an area in which they have talent or potential.

Each Laureate has a central core of **leadership, personal enrichment and contribution** to Howell's and aims to reward students who commit to and develop in an area of their choice.

Students can choose from five Laureates: Sporting Excellence, Musical Excellence, Academic Excellence, Artistic Excellence and Dramatic Excellence.

Students who achieve a Laureate will have this referred to in their references and at Prizegiving.

Leadership ... Creativity ... Enrichment ... Contribution ... Excellence

Sport... for Leisure, for Competition and for Life

Engaging with others in social and competitive sport reinforces the Howell's ethos that a healthy body is as important as a healthy mind. The sporting opportunities are further extended through a number of sports clubs and training sessions programmed as extra-curricular activities. Students involved in competitive team sports are encouraged to commit to the team for at least one full term. There is something for everyone so get involved and take full advantage of the extensive provision on offer.



Mrs Ceri Crawford,
Director of Sport

Team Sports

RUGBY

Rugby is available for both boys and girls. The boys team is entered into the Urdd National 7s, Rosslyn Park 7s and we proudly host the Howell's 7s tournament each year. Regular friendlies against local schools are also arranged where possible.



FOOTBALL

Coach: Mr Carter

Football will run every Wednesday afternoon. Team members will have the opportunity to take part in the Cardiff League and Under 18 Welsh Schools' Cup competitions as well as local friendlies.



HOCKEY

Coach: Mr Baker

Training is held in the Autumn term on Thursday 4-5pm at the Hockey Wales Centre. Team members will have the opportunity to take part in the GDST Hockey Rally and the Cardiff and Vale Schools Tournament. Matches with local and private schools are calendared after school.



NETBALL

Coach: Mrs Shorney

Training and matches will take place during the week. You will have the opportunity to take part in the Cardiff and Vale Schools Tournament and the GDST Netball Rally. We also enter the President's Cup, a prestigious national competition.



TENNIS

Coach: Mr Baker

For recreational tennis, students are encouraged to hit the courts in the Summer term. Players seeking competition can then be selected for matches with local schools and the Aegon Team Tennis Championships.



Recreational Sports Activities

BODY TONE/ RELAXATION

Teacher: Mrs Hitchings

Join Mrs Hitchings on Monday Period 3 to enjoy Body Tone. These exercise classes are designed to develop core strength, flexibility and muscle tone. The environment is both relaxing and stimulating.



ZUMBA/BOKWA FITNESS

Teacher: Mrs Austin

Join Mrs Austin on Friday mornings to enjoy Zumba for fun. Zumba is an energetic class not for the faint hearted! Music from around the world is used to inspire the diverse and enjoyable choreography whilst developing cardio fitness and muscle tone. Bokwa is also offered as an innovative exercise class, inspired by South African dance. It is an easy to follow, effective total body workout that uses letters to help people identify the dance moves.



ROWING

Llandaff Rowing Club's 'Learn to Row' course introduces non-rowers to the sport in a friendly and encouraging environment. Students will learn basic rowing technique, the importance of manoeuvring a boat and develop their confidence in a single scull. Students will also have the opportunity to sit in a coxed four training boat known as a 'tubbie' boat, where 'sweep oar' rowing is taught. At the end of the 6 week course, students are presented with a certificate of achievement.



SWIMMING/WATER POLO

Join us in the Swimming Pool to enjoy swimming for leisure. A teacher will be on hand to instruct and teach you to develop all swimming strokes should you wish. Water activities for fun can be provided alongside lane swimming for fitness. Competitive club swimmers can form a team and represent the school in the GDST Senior Swimming event in Oxford.



BADMINTON

Beginners or experienced players are welcome to play badminton in the Sports Hall each week. Badminton is a sociable sport and is great for developing hand eye coordination, teamwork and simply enjoying exercise.



INDOOR ROUNDERS

Rounders is available to students in Spring term 2. It is relaxed, sociable and fun for all. Students will gain an understanding of indoor rules and play in a variety of positions.



DODGEBALL

Dodgeball can be enjoyed in the Sports Hall. The sport of dodgeball is an exciting, fast paced game that requires no experience. Teamwork and strategy are valuable factors that will lead a team to victory. Remember to dodge, duck, dip and dive!



BASKETBALL

Mixed Basketball is on offer during Autumn term 1. Students can develop their understanding of the game whilst playing fun games and keeping fit.



INDOOR MIXED CRICKET

Cricket is available during Spring term 1 where students can enjoy non-competitive, fun, mixed gender cricket. Students will have the opportunity to develop their skills and play for understanding.



Additional Sports Opportunities

GOLD DUKE OF EDINBURGH'S AWARD

Teacher: Mrs Jones

Preparation for this award takes place during curriculum time and includes expedition training in the Brecon Beacons during the Autumn term. The practice expedition is held during the Summer term and the qualifying expedition will be held in the Summer holidays 2018.



CROSS COUNTRY/ATHLETICS

League races are held for both sexes in the Autumn term. If you enjoy endurance testing and stamina training as well as outdoor sports, the Cross Country/Athletics is for you. Run For Fitness club is on Fridays after school. Athletics club is available in the Summer term.



THE FITNESS SUITE

The fitness suite offers a friendly and personal approach to health and fitness. The fitness suite houses a wide range of resistance based equipment and cardiovascular exercise equipment. Students are provided with a full induction prior to independent use. The fitness suite is available during enrichment and some extra-curricular time.



Musical Opportunities

ROCK BAND

Interested in forming a rock band? Come along and experience playing with other students in a friendly and relaxed environment under the direction of Mrs Phillips. This is scheduled as an enrichment lesson.



PERFORMING ARTS

If you enjoy singing, performing from memory and are interested in the performing arts this enrichment programme may be for you. The group meets weekly in an enrichment lesson and full attendance is essential. On occasions an audition process is sometimes required for public performance.



SENIOR CHOIR

The senior choir has performed over the years with many international artists and has performed in recent years in Beijing and Vienna. The choir rehearses on a Monday and Friday 1.50 - 2.35 and Monday afterschool 3.45 - 5.00pm. The choir is a four part female chorus and members are selected after an audition. Please contact Mrs Phillips, Director of Music, if you are interested.



COLLEGE CHOIR

College Choir is aimed at having fun with singing and performance in a larger group setting. Singing is recognised as being hugely beneficial to wellbeing and everyone is encouraged to come along and enjoy this opportunity. The College Choir perform at the Llandaff Cathedral at Christmas and also in the Spring Concert. Please join Mrs Phillips, Director of Music, for this weekly session on Tuesday 2.00 - 2.35pm in the Octagon. No auditions necessary.



SENIOR ORCHESTRA

All instrumentalists are encouraged to attend the Senior Orchestra under the direction of Mrs Phillips. The orchestra rehearses once a week on Thursday 3.45 - 4.45pm in the Octagon. If you play an instrument and are grade 5 and above standard and would like to be part of the senior orchestra please contact Mrs Phillips.



SONGWRITING

For any aspiring song writers this opportunity is offered to support and develop students ideas, help with melody, lyrics, harmony, arranging techniques and recording.

MUSIC TECHNOLOGY

Are you keen to create and record music? Interested in popular music styles? Keen to learn about mics, mixing desks etc.? Someone who enjoys listening to music?

The aims of the Music Technology programme are to:

- Develop the technique, practices and principles of Music Technology
- Encourage the use of music technology as a tool to develop composing and arranging skills
- Provide an opportunity to develop recording and sequencing skills.
- Develop a technical vocabulary.

The group meets weekly in a scheduled enrichment lesson. Please contact Mr Cheeke for details.



JAZZ GROUP

Under the direction of Mr Cheeke, the Jazz Group meet weekly and enjoy performing at many prestigious events. Rehearsals take place on Wednesday 3.45 - 4.45pm in the Octagon.



Co-curricular Opportunities

CRITICAL THINKING

Mrs Jones

The aim of the Critical Thinking course is to encourage a creative, open-minded and flexible approach to thinking. In our classes, students explore *how* we think as well as *what* we think through a multi-disciplinary enquiry into our own reasoning and the reasoning of others, drawing on ideas from philosophy to economics. One part of the course this year, *Designing Utopia*, included discussions of Plato's *Republic* and reports from the World Economic Forum at DAVOS on Artificial Intelligence, to help us think about the world as it has been, is today, and might be tomorrow.

Students **must** complete the Critical Thinking course if they want to pursue an **Extended Project Qualification**.



THE EXTENDED PROJECT

Mrs Jones

The Extended Project is an opportunity for students to design and carry out a research project of their own choice with minimal teacher supervision. A successful project allows students to demonstrate that they are creative learners with the ability to research, think critically and evaluate evidence to an advanced level, independently. It also requires a very high level of communication skills through the production of a written report and an oral presentation of the project to a selected audience. It is very useful to students applying for highly competitive degree courses who need to make their university applications stand out from the crowd.



DEBATING

Mrs Davies

In addition to being hugely enjoyable to both participants and spectators, Debating develops the valuable skills of lucid communication, formulating and substantiating a coherent argument and challenging opposing viewpoints. Debating is an excellent preparation for university and job interviews where you are required to 'think on your feet' and for many career paths, including Law and Politics. As a super-curricular activity, reference to the intellectual acuity developed in Debating is an impressive addition to the UCAS application. At Howell's, we hold internal debates in a variety of formats, and participate in a range of national competitions, including the CEWC competition, Debating Matters and the Oxford and Cambridge Schools' Competitions.



ENTREPRENEURSHIP

Mrs Jowett

At Howell's we value the importance of Enterprise Education and in Year 12 we offer the prestigious



SOURCE: YOUNG ENTERPRISE

Young Enterprise Company Programme, where students find out what it's really like to set up and run a business.

Delivered throughout the year, students make all the decisions about their company, from raising the initial share capital through to designing their product or service to selling directly to customers and ultimately winding up the company and paying their taxes.

All this takes place with the support of a Business Adviser who brings a wealth of business knowledge and expertise to the team. Students can also choose to set up their business as a social enterprise, which focuses on addressing a social need rather than maximising profit.

Students are given an opportunity to use their personal initiative, to engage in calculated risk-taking, to solve problems, to innovate, to use their creativity, to negotiate, to meet challenges and to demonstrate their resilience in a realistic business situation.



LANGUAGES

Conversation sessions in French, German, Spanish and Welsh with a native linguist enable students to develop fluency and confidence.

The Foreign Language Leader Award aims to teach young people how to lead others through basic languages activities (for example teaching the colours or days of the week or a game in French or Spanish) by working to develop their communication, organisational, team-working and motivational skills. There are 6 modules to complete and these also include organising a language learning event and teaching an element of culture to younger students. There is an expectation of 30 hours commitment across one academic year. It can also be considered for the service section for Gold D of E and may contribute to an Academic Laureate.

Competing in the Linguistic Olympiad, Juvenes Translatores and Oxford University competitions provide students with challenging opportunities to extend their language skills.



'WHIZZ BANG SCIENCE'

Join the Science Department in preparing science experiments to be delivered to local Junior School children. Acting as mentors for young students, you will need to have an inquisitive mind, be committed to the project and enjoy working with children.



HOWELL'S RADIO

Join Mr Cheeke in preparing a weekly radio broadcast and learning how to operate our own school radio station. Radio Howell's XL is an exciting project aimed at broadcasting to students from the Junior School through to College. Be part of the team responsible for the content, implementation and delivery of the weekly podcasts.



CHARITY

Rotary Interact and Envision groups meet weekly to develop innovative ways of fundraising for local charities. Activities include quiz nights, social events, cake sales and charity sport matches.



MINDFULNESS

If you are interested in finding out more about how to use mindfulness as a way to manage the demands of every day life, do come along to classes with Mrs Chyba. Or you can take an 8 week course called .b which is accredited.



ENGINEERING

If you are interested in engineering, then why not join the science department working with Education Engineering Scheme Wales. There is plenty of opportunity to take part in local and national competitions as part of this team. You will be working in a team alongside an engineer on a real life project for a company. We have worked with PDR and Laing O'Rourke recently, on 3D printing and waste management innovation.



ECO CLUB

If you are passionate about sustainability and Eco efficiency, please introduce yourself to Dr Langford.



FAIRTRADE

We have a very active whole school Fairtrade team. If you are interested in being part of this please get in touch with Mrs Christ.

AMNESTY INTERNATIONAL

Meets weekly for those who enjoy an interest in human rights.

CIA – CITIZENS IN ACTION

Citizens in Action (CIA) meets weekly for those interested in Politics.

TERRIFIC TUDORS

Deliver the exciting Terrific Tudors workshop to Junior School students and have the opportunity to become a History Ambassador.



POLITICS ACTION LEADER (P.A.L)

If you love Politics you can become a P.A.L and deliver a workshop to Year 7 students about Politics. There are also opportunities to attend talks by political figures and edit our Howell's Political Blog.



What more could I do?

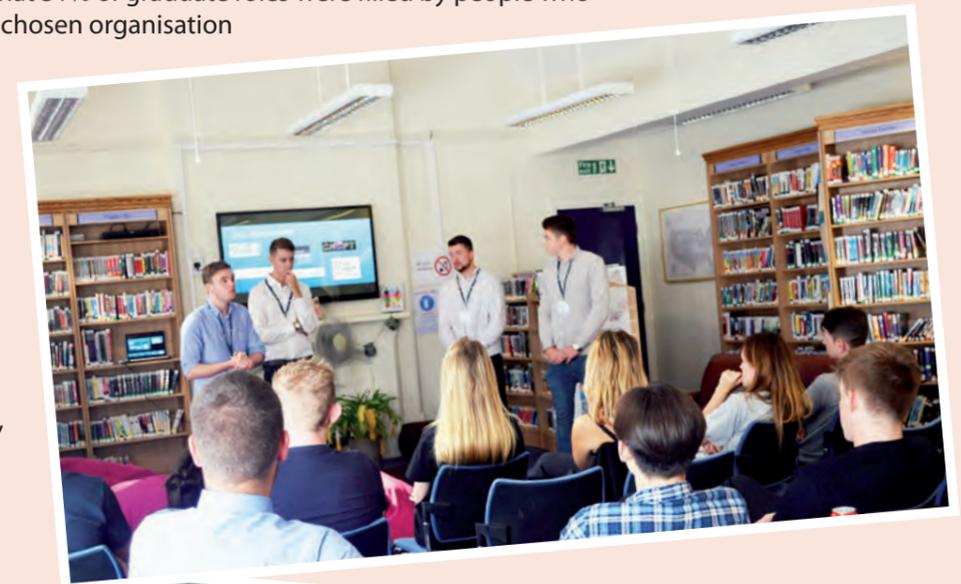
WORK EXPERIENCE, VOLUNTEERING AND CAREER INSIGHT DAYS

We encourage all students to explore the 'world of work' by undertaking a range of work experiences, volunteering and attending career insight days. Work experience allows you to gain a better understanding of what employers want, develop team work and leadership skills and enhance your CV and UCAS Personal Statement.

In the College, students are expected to organise their own work experience and volunteering to fit around their curriculum commitments. This might be on a one or two week block during the holidays, or one afternoon/evening a week in the workplace over several weeks/months. The College Careers Adviser is happy to offer advice on organisations to contact and help students with their CVs and covering letters. A sustained period of volunteering over several months is strongly advised for students considering careers in healthcare, education and community/social work. Students may consider contacting care homes, community groups, schools and special schools which run literacy classes and charity organisations.

In College, students are invited to attend a range of unique GDST Careers Insight Days. Insight Days can offer a real edge over the competition when it comes to applying to University, for apprenticeships and graduate jobs – recent research identified that 31% of graduate roles were filled by people who had already worked for their chosen organisation

in some capacity, so this opportunity is considered an essential part of College life and we encourage students to attend at least one such careers event during their time in College. Previous organisations that have hosted GDST Insight Days have included Aberdeen Asset Management, Nomura, PwC, The Royal Opera House and Rolls-Royce.



LEADERSHIP OPPORTUNITIES

Students are invited to join the Wellbeing and Student Voice Committee which meets fortnightly and enables students to put forward their suggestions for improvements in College and to evaluate what we offer.

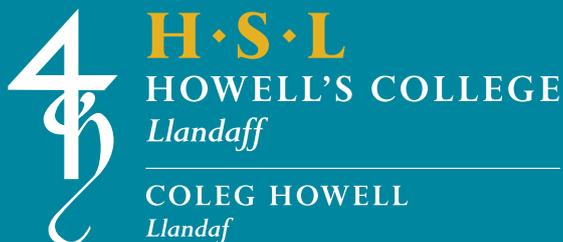




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“ Enrichment activities are a substantial part of our College offer. The range of sporting, academic and creative opportunities available allow every student to build on existing skills and talents as well as develop new ones. ”



Make it happen...