



Enrichment Options 2019-20 Spring Term





Enrichment

Introduction

Dear Parents/Carers,

This booklet is designed to outline the programme of enrichment activities which will be available to students during the 2019-20 academic year. This programme is designed to enhance the normal timetabled lesson through introducing an 'elective' or choice based aspect of the curriculum.

This document is available on the website, <http://www.lpgs.bromley.sch.uk>

The enrichment programme is an essential part of the LPGS curriculum designed to facilitate students meeting others with the same interests and passions, regardless of age. It is also crucial to developing students' 'Cultural Capital' – defined in the National Curriculum as, ***'the essential knowledge required to be educated citizens, introducing them to the best that has been thought and said and helping to engender an appreciation of human creativity and achievement.'***

This booklet contains a summary of the activities being offered this term, by category. The pages that then follow contain a brief description of each activity describing who the course may appeal to and any specific equipment needed and any costs to be met by parents/carers. Students in receipt of free school meals never have to contribute for these or other activities.

If you have any questions or concerns about a particular option, please do contact the teacher running that activity. A list of contact emails is contained at the end of the booklet. If your query is more general, please contact your son/daughter's Form Tutor. Email: info@lpgs.bromley.sch.uk



Subjects by Category

Academic

Activity	Staff Lead	Suitable for	Cost
Ancient History	Miss Allen	KS3, KS4	-
Psychology For Beginners	Miss Banks	KS3, KS4	-
Coding Club	Miss Kelly	KS3, KS4, KS5	-
Solutions for Society	Mr Clark	KS3, KS4, KS5	-

Arts and Crafts

Activity	Staff Lead	Suitable for	Cost
Calculated Colouring	Mrs Hussain	KS3, KS4	-
Mathematical Art	Miss Lonergan	KS3, KS4, KS5	-
History of Art	Mrs Ashworth	KS3	-
Sewing Crafts	Mrs Fostedr	KS3	-
Pottery	Mrs Salmon & Ms Dansette	KS3	-
Origami	Mrs Sedghi	KS3, KS4	-

Cultural

Activity	Staff Lead	Suitable for	Cost
Board and Card Games	Mrs Karaman	KS3, KS4, KS5	-
Chess/ Mini Bridge/ Card Games	Mrs Ward	KS3, KS4, KS5	-
Music Production Techniques	Mr Sizer	KS3, KS4	-
Film Club	Miss Crawford	KS3, KS4, KS5	-
Evolution of Feminism in Disney Films	Miss Monks	KS3, KS4, KS5	-
School production	Mr Beardsworth	KS3, KS4, KS5	-



Languages

Activity	Staff Lead	Suitable for	Cost
Japanese	Mr Fowle	KS3, KS4, KS5	-
Introduction to Arabic	Mrs Yousef	KS3, KS4, KS5	-
Creative writing-French	Miss Arulappu	KS3, KS4, KS5	-
Mandarin	Mrs Costaras	KS3, KS4, KS5	-

Miscellaneous

Activity	Staff Lead	Suitable for	Cost
Basic First Aid	Mrs Brown	KS3, KS4, KS5	-
Primary School Work Experience	Mrs Currie	KS5	-
British Sign Language for beginners	Mr Chinery	KS3, KS4, KS5	-
British Sign Language - advanced	Mrs Gouldsmith	KS3, KS4, KS5	-
Journalism and Radio Documentary	Miss O'Toole	KS4, KS5	Public transport costs, depending on individual productions and safeguarding regulations students may want to interview people off site.
Be Her Lead	Miss Artini	KS3, KS4, KS5	-
Adopt a Teacher	Mr Beardsworth	KS5	-
Eco-warrior	Mrs Currie	KS3, KS4, KS5	-

Outdoors

Activity	Staff Lead	Suitable for	Cost
Duke of Edinburgh Skills	Miss Keogh	KS3, KS4	-
Gardening	Mr Wright	KS3, KS4, KS5	-
Walk and Talk	Mr Anderson	KS3, KS4, KS5	Voluntary if we stop at cafes or shops.



Physical Activity

Activity	Staff Lead	Suitable for	Cost
Junior Dance Company	Mrs White	KS3	-
Golf lessons	Mr Brookes	KS3, KS4, KS5	-
NCD (Non-communicable Diseases) Exercise Warriors	Miss Trenchfield	KS3, KS4, KS5	-
Netball	Miss Kenyon	KS3, KS4	-
Senior Dance Company	Miss Davis	KS4, KS5	-
Football	Miss Bush	KS3, KS4, KS5	Cost of football kit shirt.
Hockey	Miss McGovern	KS3, KS4, KS5	LPGS Hockey Academy T-shirts
Touch Rugby	Mr Long	KS3, KS4, KS5	-



Ancient History

Suitable for **KS3, KS4**

Max Students **30**

Teacher

Miss Allen

Description

In this course we aim to cover a wide range of the ancient world. You will focus on ancient Egypt, Rome and Greece, looking at their origins, beliefs and government. We also look at both Greek and Roman mythology and storytelling. As part of the course we also cover Roman law and democracy and what this means for us today.

Equipment & Clothing

Notebook

Cost

-

Psychology For Beginners

Suitable for **KS3, KS4**

Max Students **30**

Teacher

Miss Banks

Description

This enrichment enables you to develop your psychological thinking as well as your research skills. You will learn about famous psychological studies such as Milgram's electrical shock experiment and the Gorilla experiment. As a class we will discuss the ethical issues with these experiments and why they have been so influential within the psychology world. You will then have the opportunity to conduct your own experiment that you will later analyse and present to your other classmates.

Equipment & Clothing

-

Cost

-

Coding Club

Suitable for **KS3, KS4, KS5**

Max Students **30**

Teacher

Miss Kelly

Description

Students will learn about the 3 programming constructs using microbits and bit-bot robots. Each week they will learn a new technique and complete a challenge in their pairs. It will be a great opportunity to meet others with similar interests and develop your logical thinking and coding skills.

Equipment & Clothing

-

Cost

-



Solutions for Society

Suitable for **KS3, KS4, KS5**
Max Students **30**

Teacher

Mr Clark

Description

Everybody dreams about a happier world... However, the world we live in faces massive and continuing challenges, and for some of us, the solutions to these issues seem so very far away. But, are they really? Is society something out there, or is society, in fact, something we actively shape and mould? Can small actions make big differences? In this unit, we will explore the underlying principles that make society 'tick' and consider how and, more importantly, why we should engage with the world around us.

Equipment & Clothing

-

Cost

-

Calculated Colouring

Suitable for **KS3, KS4**
Max Students **30**

Teacher

Mrs Hussain

Description

Students will colour photos and landscapes by number. Students will learn how to do simple/hard calculations in maths. Improves students thinking skills, it also helps with geometry/ fractions and proportion/problem solving and it is fun maths.

Equipment & Clothing

Colouring Pencils

Cost

-

Mathematical Art

Suitable for **KS3, KS4, KS5**
Max Students **30**

Teacher

Miss Lonergan

Description

Each week we focus on a different technique to produce a piece of maths inspired art work including: - Curves of pursuit - Celtic knotwork - Modern art mosaics - Bug symmetry A lot of the ideas come from this site <https://www.artfulmaths.com/mathematical-art-lessons.html>

Equipment & Clothing

Colouring pens or pencils

Cost

-



History of Art

Suitable for **KS3**

Max Students **30**

Teacher **Mrs Ashworth**

Description We live in a visual world. Learn how others have manipulated the world of visual art to get what they want. Also, we will trace how images evolve and how we can use these to learn about the history and society that they were created in. Imagine Instagram over the ages, and that is what we will do. Looking at pictures beats reading history books!!

Equipment & Clothing -

Cost -

Sewing Crafts

Suitable for **KS3**

Max Students **10**

Teacher **Mrs Foster**

Description Hand sewing crafts, based around patchwork and quilting.

Equipment & Clothing -

Cost -

Pottery

Suitable for **KS3**

Max Students **40**

Teacher **Mrs Salmon & Ms Dansette**

Description Our pottery enrichment sessions introduce you to clay, leading to producing a beautiful piece of art work for display around the school. The afternoon is relaxing, peaceful and anyone can do it.

Equipment & Clothing -

Cost -



Origami

Suitable for **KS3, KS4**

Max Students **30**

Teacher **Mrs Sedghi**

Description Students will learn how to make different shapes out of Origami papers. It is very creative and the outcome is satisfying.

Equipment & Clothing Glue and scissors

Cost -

Board and Card Games

Suitable for **KS3, KS4, KS5**

Max Students **70**

Teacher **Mrs Karaman**

Description Board games are known to help reduce stress levels whilst improving your problem solving skills and cognitive ability. Join this class to have fun and help increase your social and teamworking skills. You will have the opportunity to enjoy playing a variety of board games and card games with students from different year groups.

Equipment & Clothing Any board games or card games they would like to play.

Cost -

Chess/ Mini Bridge/ Card Games

Suitable for **KS3, KS4, KS5**

Max Students **30**

Teacher **Mrs Ward**

Description Thought provoking and challenging, play Mini Bridge where in a pair you are up against another pair in a stimulating card game or play Chess with Knights, Bishops, Queen and other pieces which are defending their King.

Equipment & Clothing -

Cost -



Music Production Techniques

Suitable for **KS3, KS4**

Max Students **15**

Teacher

Mr Sizer

Description

Learning about how to produce a music track using software. The music can be any style. It can be music in it's own right or to accompany a 'scene' from a story. Being able to play keyboard and being creative would be a bonus but not absolutely necessary.

Equipment & Clothing

-

Cost

-

Film Club

Suitable for **KS3, KS4, KS5**

Max Students **60**

Teacher

Miss Crawford

Description

Film club provides young people with a rare opportunity to be part of something fun, creative and sociable. It is an exciting initiative to give students a voice and in a familiar space.

Equipment & Clothing

-

Cost

-

Evolution of Feminism in Disney Films

Suitable for **KS3, KS4, KS5**

Max Students **30**

Teacher

Miss Monks

Description

This enrichment is both engaging and discursive. Students will have a space in which they can watch Disney films from The Little Mermaid (1989) to Frozen and Moana while discussing the evolution of Feminism. How has it changed? How is Disney embedding new ways of thinking in their films? How are women empowered in more modern films? What stereotypes are we breaking? Students will then be able to have debates about their ideas and put them into practice by creating their own trailers of the films and/or reviews of them.

Equipment & Clothing

-

Cost

-



School Production

Suitable for **KS3, KS4, KS5**

Max Students **30**

Teacher **Mr Beardsworth**

Description Come and get involved in our school production. We need help in planning and organising, from the programme to the advertising, set design to acting. Let us make this production the best one yet.

Equipment & Clothing -

Cost -

Japanese

Suitable for **KS3, KS4, KS5**

Max Students **30**

Teacher **Mr Fowle**

Description Introduction to Japanese language and culture.

Equipment & Clothing Notepad and pen.

Cost -

Introduction to Arabic

Suitable for **KS3, KS4, KS5**

Max Students **15**

Teacher **Mrs Yousef**

Description A basic introduction to the language of Arabic. This is open to people who have never studied Arabic as a language before and also to students who have a basic understanding of conversational Arabic. Become engrossed in a new language by experiencing basic reading, writing and listening.

Equipment & Clothing -

Cost -



Creative writing-French

Suitable for **KS3, KS4, KS5**

Max Students **30**

Teacher

Miss Arulappu

Description

This option will enable all students to write poems and shorter texts. On a fortnightly basis, students will be given a theme or asked for an object to be brought in for the basis of the creative writing process. We will be looking at poems and shorter texts in French and writing techniques.

Equipment & Clothing

French dictionaries, colouring pencils, felt tips

Cost

-

Mandarin

Suitable for **KS3, KS4, KS5**

Max Students **20**

Teacher

Mrs Costaras

Description

The course is designed for beginners. The lessons will be fun with different activities. Students will be introduced to the Chinese pronunciation system and some simple writing. The emphasis will be upon the spoken word and simply enjoying a new and challenging language. After the course, your cultural understanding of China will also be enhanced.

Equipment & Clothing

-

Cost

-

Basic First Aid

Suitable for **KS3, KS4, KS5**

Max Students **30**

Teacher

Mrs Brown

Description

This introduction to Basic First Aid is aimed at those who have little or no experience of First Aid Training. We look at all aspects from emergency situations to minor illnesses and this course aims to give you an insight into the role of a First Aider.

Equipment & Clothing

Comfortable clothes such as leggings/jogging bottoms and a t-shirt.
Note book

Cost

-



Primary School Work Experience

Suitable for **KS5**

Max Students **5**

Teacher

Mrs Currie

Description

This is an exciting opportunity to work with some of our local primary schools, in assisting with learning. Our students have been listening to reading, taking small groups and helping with maths, creative play and learning and many more things. Students leave site during lunch to arrive at the allotted primary school by 1:20 where they have been assigned to certain classes. This really is a wonderful enrichment helping other students younger than yourself to learn. Students who have been doing this enrichment already signed up for the whole year, however we have managed to gain more spaces.

Equipment & Clothing

None, usual smart sixth form attire.

Cost

-

British Sign Language - Beginners

Suitable for **KS3, KS4, KS5**

Max Students **30**

Teacher

Mr Chinery

Description

We will be learning basic conversation in sign language. This will enable you to be able to start a conversation in sign language and be able to hold a full two way dialogue. There is the opportunity for us to take the exams and become qualified level 1 signers.

Equipment & Clothing

-

Cost

-

British Sign Language - Advanced

Suitable for **KS3, KS4, KS5**

Max Students **30**

Teacher

Mrs Gouldsmith

Description

This option is for students who have already learned the basics of sign language: - alphabet - numbers - Greetings In this class you will be developing your conversation and ability to fully describe what is around you. There is the option to take the BSL level 1 exams for those who are interested.

Equipment & Clothing

-

Cost

-



Journalism and Radio Documentary

Suitable for **KS4, KS5**
Max Students **15**

Teacher

Miss O'Toole

Description

Aim: Students will learn the art of constructing story through dialogue and sound. They will reflect on and develop a personal insight into topical and meaningful issues that affect them. They will gain skills and techniques in researching, interviewing, audio recording and editing. **Outcome:** A short radio programme about a topical or meaningful issue. Some issues that could be of interest to students: Brexit, Beauty and body confidence, Instagram and social media, Gender identity, Cultural appropriation, Immigration.

Equipment & Clothing

Smartphones with audio recorder and enough storage for audio recordings, Headphones, Cable to upload audio files onto computers.

Equipment provided by the Visual Arts department: Some audio recorders, headphones and microphones are available for group work.

Cost

Public transport costs, depending on individual productions and safeguarding regulations students may want to interview people off site.

Be Her Lead

Suitable for **KS3, KS4, KS5**
Max Students **20**

Teacher

Miss Artini

Description

This session is by invitation only, Miss Artini has been in contact with the students whom will be taking part in this first cycle. Workshops that will empower you to build resilience and confidence. We will build a supportive community that will help each other and discuss topics such as gender equality, body image and aspirations. You will also have the chance to learn about and meet inspirational female role models.

Equipment & Clothing

-

Cost

-



Adopt a Teacher

Suitable for **KS5**

Max Students **-**

Teacher **Mr Beardsworth**

Description Adopt a teacher is the opportunity for KS5 students to work alongside and support a classroom teacher at Langley in order to get an insight into the role from a teacher's perspective. This would happen not during the Wednesday afternoon Enrichment but at another point during the week.

Equipment & Clothing -

Cost -

Eco-warrior

Suitable for **KS3, KS4, KS5**

Max Students **30**

Teacher **Mrs Currie**

Description Do you want to help save our environment? Do we want to live in a world where nobody takes collective responsibility for the areas in which we live? We can make a difference, by standing up and being counted! Let Langley Girls count in our local community by ensuring our shared spaces and environments are cared for. Let us start to make that difference. Join this enrichment and lead the way.

Equipment & Clothing -

Cost -

Duke of Edinburgh Skills

Suitable for **KS3, KS4**

Max Students **30**

Teacher **Miss Keogh**

Description If you are undertaking the Duke of Edinburgh award you should sign up to this enrichment to learn the skills needed to successfully complete both the practice and qualifying expeditions.

Equipment & Clothing -

Cost -



Gardening

Suitable for **KS3, KS4, KS5**

Max Students **25**

Teacher

Mr Wright

Description

Enjoy the great outside and making seeds grow? Not afraid of getting dirty and seeing the reward of all your hard labour. Want to make a difference to your surroundings and enjoy learning about plants and habitats. Then this is the enrichment task for you.

Equipment & Clothing

Students are expected to wear clothes and shoes that are suitable for wearing outside, and that may get muddy and possibly wet.

Cost

-

Walk and Talk

Suitable for **KS3, KS4, KS5**

Max Students **15**

Teacher

Mr Anderson

Description

A chance to walk to local parks and talk with other participants whilst keeping our local community tidy along the way. We will try to go out every fortnight but, if the weather is ever too bad to go for a walk, you could have the option of a Portuguese lesson..

Equipment & Clothing

Comfortable walking shoes. May need waterproofs, umbrellas or warm jackets depending on the weather.

Cost

Voluntary if we stop at cafes or shops.

Junior Dance Company

Suitable for **KS3**

Max Students **30**

Teacher

Mrs White

Description

A fun and energetic class, developing your contemporary technique and challenging your creativity through choreography tasks. Lots of opportunities to collaborate with your peers and meet new friends from other year groups.

Equipment & Clothing

Dance PE top and black leggings or Plain black top and black leggings

Cost

-



Golf lessons

Suitable for **KS3, KS4, KS5**

Max Students **20**

Teacher

Mr Brookes

Description

Free golf lessons at Langley Park golf club will be given by club professionals. They will work on putting, chipping (short game) and driving (long game) in small groups.

Equipment & Clothing

Warm, casual sports clothes

Cost

-

NCD (Non-communicable Diseases) Exercise Warriors

Suitable for **KS3, KS4, KS5**

Max Students **25**

Teacher

Miss Trenchfield

Description

Cardiovascular disease, Type 2 diabetes and cancer are non-communicable diseases (NCD) that account for over 70% of deaths across the world annually. In the UK, this figure is even higher, at 89%. One of the largest risk factors for NCDs is physical inactivity. What is our most powerful weapon? Exercise! Join the NCD exercise warriors and workout to a variety of DVD's, YouTube plans and apps. Alleviate the future demands of NCDs on our Public Health Services by fighting with squats and push-ups- how low can YOU go?

Equipment & Clothing

PE kit/ clothes suitable for aerobic/ resistance exercise. Some sessions may require an exercise mat.

Cost

-

Netball

Suitable for **KS3, KS4**

Max Students **30**

Teacher

Miss Kenyon

Description

Netball is for anyone who wants to practice drills, play games, have fun, increase fitness and improve skills. All abilities welcome. Especially helpful if you are in the netball team or take PE GSCE to get extra some extra practice time.

Equipment & Clothing

PE kit.

Cost

-



Senior Dance Company

Suitable for **KS4, KS5**
Max Students **30**

Teacher

Miss Davis

Description

You are invited to join Senior Dance Company to develop your physical and expressive skills in contemporary dance. You will also work towards a final performance which will be showcased at in-school events. The workshops will consist of technique warm-ups, learning repertoire from professional works, creating choreography and lastly shared performances between students.

Equipment & Clothing

Plain black leggings Plain black top

Cost

-

Football

Suitable for **KS3, KS4, KS5**
Max Students **30**

Teacher

Miss Bush

Description

Anyone who loves football, this is for you. From beginners to experts. We would urge students wishing to play in the school team to join the academy in order to develop your skills whilst supporting others to improve theirs. Sessions will aim to develop fundamental football skills through drills and match play and hopefully competition against other schools. We may even look to get guest coaches into school for professional workshop opportunities. LPGS Football Academy t-shirts will be available (at a cost) as kit for these sessions. Sixth form boys football will run separately.

Equipment & Clothing

Kit

Cost

Cost of football kit shirt.

Hockey

Suitable for **KS3, KS4, KS5**
Max Students **30**

Teacher

Miss McGovern

Description

Anyone who loves hockey, this is for you. From beginners to experts. We would urge students wishing to play in the school team to join the academy in order to develop your skills whilst supporting others to improve theirs. Sessions will aim to develop fundamental hockey skills through drills and match play and hopefully competition against other schools. We may even look to get guest coaches into school for professional workshop opportunities. LPGS Hockey Academy t-shirts will be available (at a cost) as kit for these sessions.

Equipment & Clothing

Kit



Cost

LPGS Hockey Academy T-shirts

Touch Rugby

Suitable for

KS3, KS4, KS5

Max Students

30

Teacher

Mr Long

Description

This is a non contact fast moving handling game. It prepares you for full contact rugby at a later stage. If you are interested in fitness and have never given rugby a go then come along, you will learn a great deal.

Equipment & Clothing

PE Kit

Cost

-



Contact List

To find out more about a specific enrichment please use the contact details below. For more general enquires please contact your son/daughter's form tutor.

Enrichment	Lead Teacher	E-mail
Ancient History	Miss Allen	ela@lpgs.bromley.sch.uk
Psychology For Beginners	Miss Banks	pob@lpgs.bromley.sch.uk
Coding Club	Miss Kelly	kk@lpgs.bromley.sch.uk
Solutions for Society	Mr Clark	jzc@lpgs.bromley.sch.uk
Calculated Colouring	Mrs Hussain	anh@lpgs.bromley.sch.uk
Mathematical Art	Miss Lonergan	aml@lpgs.bromley.sch.uk
History of Art	Mrs Ashworth	cha@lpgs.bromley.sch.uk
Sewing Crafts	Mrs Foster	bf@lpgs.bromley.sch.uk
Pottery	Ms Dansette	cjd@lpgs.bromley.sch.uk
Origami	Mrs Sedghi	mas@lpgs.bromley.sch.uk
Board and Card Games	Mrs Karaman	ik@lpgs.bromley.sch.uk
Chess/ Mini Bridge/ Card Games	Mrs Ward	ew@lpgs.bromley.sch.uk
Music Production Techniques	Mr Sizer	rws@lpgs.bromley.sch.uk
Film Club	Miss Crawford	hcc@lpgs.bromley.sch.uk
Evolution of Feminism in Disney Films	Miss Monks	mim@lpgs.bromley.sch.uk
School production	Mr Beardsworth	pb@lpgs.bromley.sch.uk
Japanese	Mr Fowle	jaf@lpgs.bromley.sch.uk
Introduction to Arabic	Mrs Yousef	tmc@lpgs.bromley.sch.uk
Creative writing-French	Miss Arulappu	vaa@lpgs.bromley.sch.uk
Mandarin	Mrs Costaras	tmc@lpgs.bromley.sch.uk
Basic First Aid	Mrs Brown	lkb@lpgs.bromley.sch.uk
Primary School Work Experience	Mrs Currie	tmc@lpgs.bromley.sch.uk
British Sign Language for beginners	Mr Chinery	jac@lpgs.bromley.sch.uk
British Sign Language - advanced	Mrs Gouldsmith	avg@lpgs.bromley.sch.uk
Journalism and Radio Documentary	Miss O'Toole	not@lpgs.bromley.sch.uk
Be Her Lead	Miss Artini	fja@lpgs.bromley.sch.uk
Adopt a Teacher	Mr Beardsworth	pb@lpgs.bromley.sch.uk
Eco-warrior	Mrs Currie	tmc@lpgs.bromley.sch.uk
Duke of Edinburgh Skills	Miss Keogh	hk@lpgs.bromley.sch.uk
Gardening	Mr Wright	ghw@lpgs.bromley.sch.uk
Walk and Talk	Mr Anderson	nxa@lpgs.bromley.sch.uk
Junior Dance Company	Mrs White	kw@lpgs.bromley.sch.uk
Golf lessons	Mr Brookes	pab@lpgs.bromley.sch.uk
NCD (Non-communicable Diseases) Exercise	Miss Trenchfield	sat@lpgs.bromley.sch.uk
Netball	Miss Kenyon	ak@lpgs.bromley.sch.uk
Senior Dance Company	Miss Davis	sld@lpgs.bromley.sch.uk
Football	Miss Bush	ckb@lpgs.bromley.sch.uk
Hockey	Miss McGovern	tm@lpgs.bromley.sch.uk
Touch Rugby	Mr Long	rxl@lpgs.bromley.sch.uk

