

ENRICHMENT 23/24

45+
ACTIVITIES

**“GIVE THE WORLD
THE BEST YOU HAVE,
AND THE BEST WILL
COME BACK TO YOU.”**

MADELINE BRIDGES



IMAGINE YOUR FUTURE

Through the Enrichment Programme at Carmel, you have access to a wide range of opportunities to extend your overall college experience. Our extensive programme has over 45 activities to choose from so you'll be spoilt for choice!

Enrichment activities are a great way to make new friends whilst developing new skills and knowledge for your future. Our varied programme provides opportunities to stretch and challenge your academic ability, develop leadership skills and compete with others in a wide range of sporting activities.

The programme is inclusive, and although some activities cater for specific areas of study, you can choose the ones that work best for you.

We offer three different categories of enrichment activities at Carmel. These are Academic, Wellbeing and Competitive enrichment.

Enrichment Year Plan

STUDENTS CAN SELECT ONE OR MORE ENRICHMENT ACTIVITIES PER TERM (SUBJECT TO AVAILABILITY)

Term 1 - October to December

Our first enrichment sessions will run for 10 weeks following the Enrichment Fair in September where you will sign up for your chosen activities.

Term 2 - January to March

There will be a break for exam periods and coursework deadlines.

Term 3 - June to July

There is a specific focus on enrichment trips and inspirational visiting speakers and external programmes.

*Information about activities throughout the year will be available from subject tutors, Personal Achievement Tutors and our Careers Team. Visit our Enrichment web page for more details - <https://www.carmel.ac.uk/life-at-carmel/enrichment/>



VIEW OUR SHOWREEL



In addition to the sustained Enrichment Programme, there are over seventy subject trips and visits each year both in the UK and abroad. Students are also encouraged to participate in work experience or volunteering. You will receive support from our Work Experience Co-ordinator who has helped to arrange over 400 placements in the last 18 months.

Whatever your future plans may be, whether it's university, an apprenticeship or employment, these additional experiences will help you stand out from the crowd and be fully equipped for life after Sixth Form.



ACTIVITIES



“STUDENTS BENEFIT FROM
AN EXTENSIVE RANGE OF
ADDITIONAL ACTIVITIES THAT
BUILD THEIR SELF-CONFIDENCE
AND SELF-AWARENESS
EXCEPTIONALLY WELL.”

OFSTED 2019

ACADEMIC

HA+ Chemistry Society	4
HA+ Future Architects	4
HA+ Future Engineers	4
HA+ Law Mock Trials	4
HA+ The Law Society	5
HA+ Maths Society	5
HA+ MDV Programme	5
HA+ Physics	5
HA+ STEM Society	5
HA+ The Brilliant Club	5
Allied Health Professionals	6
Art & Design Competitions	6
Creative Writing	6
Drama Club	6
ECO Society	6
Filmmaking	6
Insight into Business	6
Journalism	6
Law Podcast	7
Liverpool Confucius Institute, Mandarin	7
Psychology Debate Club	7
The Debating Society	7
The Literature Society	7
Women's History Society	7

WELLBEING

Anime Guild	8
Art for Wellbeing	8
Book Club	8
Call, Push, Rescue	8
Carmel Pride & Diversity	8
Chess Club	8
Dance Club	9
Duke of Edinburgh's Award	9
Music Club	9
Student Council	9
Sign Language	9
Singing Club	9
Sports Activities	10
5-a-side Football	10
Basketball	10
Fitness Suite	10
Table Tennis / Badminton	10
Elite Athlete Support Programme	10

COMPETITIVE

Basketball	11
Football	11
Netball	11
Rugby	11

ACADEMIC

A Super Curricular programme which supports you to reach your academic and progression goals.



High Achievers+ Activities

WE OFFER A WIDE RANGE OF HIGH ACHIEVERS+ ENRICHMENT ACTIVITIES TO CHALLENGE AND INSPIRE YOU TO BE THE BEST YOU CAN BE ACADEMICALLY AND TO SUCCEED IN YOUR CHOSEN PATH BEYOND CARMEL.

HA+ Chemistry Society

ChemSoc is for any students who are passionate about Chemistry, interested in studying Chemistry at university or who are just enjoying their Chemistry lessons and want to discover more.

Some examples of the activities we do include:

- Extra practicals to reinforce what we do in class – this has included working out the identity of an unknown salt using titration and making your own aspirin!
- Masterclasses on topics beyond the A-Level syllabus
- Talks from external speakers
- Preparation for the Cambridge Chemistry Challenge
- And much more!

Please be aware that ChemSoc is only open to those students who are studying A Level Chemistry.

HA+ Future Architects

This Programme will enable you to develop your knowledge and understanding of the built environment as well as learning new skills to prepare you for future industry practice. You will:

- Meet practising Architects and gain careers and portfolio advice for future progression
- Work with others to respond to a live brief
- Develop an industry skill set by learning drawing, model making, photography and digital design techniques

HA+ Future Engineers

You will have the opportunity to experience a wide range of super-curricular activities such as:

- Building model telescopes, engines, bridges, rockets and robotic arms
- Trips to London, Jodrell Bank, Daresbury Laboratories and CERN
- Work experience placements in Science and Engineering industries
- Support with applications to competitive universities and for apprenticeships

HA+ Law Mock Trials

If you are interested in the workings of the legal system or have ambitions for a career in law, then this is the enrichment for you. We run auditions in the Autumn term for a place on our mock trials team. If you are successful, you will begin a 6 to 8 week period of preparation and practice to act as barristers and witnesses in one of two cases that will be heard in court.

- Act as prosecution or defence in a trial against other North West colleges
- Trials take place in a Crown Court or a local university
- Receive advice from a barrister along the way to improve your advocacy skills
- If you win the local heats, then the final is at the Old Bailey in London



HA+ Law Society

Are you interested in all areas of law? Are you considering studying a law degree at university? Is a career in law something you are aiming for? If so, Law Society will be the perfect place for you! Our activities include:

- Discussions about cases in the headlines, new developments and ideas on areas of law
- Sessions with guest speakers from various areas of law and legal practice
- UCAS and career focused post graduate study advice from local universities

This really is a vibrant, supportive society that welcomes everyone with an interest in law. You do not need to be studying A Level Law to take part.

HA+ Maths Society

If you are interested in maths and its applications beyond the classroom, then MathsSoc is for you. We meet at least once a fortnight and take part in:

- Recreational mathematics and solving maths puzzles
- Solo and team competitions such as the UKMT Senior Maths Challenge, the Liverpool Pop-Maths Quiz, Ritangle and others
- Guest lectures by mathematicians, data scientists, and others from mathematical professions
- Data Science and Machine Learning
- Watching maths focused movies

For those interested in a maths-based degree, we also run sessions to help you prepare for university admissions tests and interviews.

HA+ MDV Programme

This Programme is designed for students who are aiming to apply for Medicine, Dentistry or Veterinary Science. Weekly 1 hour sessions and workshops cover:

- Understanding MDV job roles
- Talks from Doctors, Dentists and Vets
- Work experience support
- MDV Ethics lectures, debates and presentations
- Problem Based Learning (PBL) and developing critical thinking
- Entrance exam revision sessions and Personal Statement / Interview Practice workshops

Please note: To take part, you must study A Level Chemistry and A Level Biology or Physics.



HA+ Physics

This Programme gives you the opportunity to explore Physics beyond the A Level specification and helps you to aim for high grades. You will benefit from:

- Competitions such as the 'British-Oxford Physics Olympiads' and the 'Liverpool Physics Olympics'. (Carmel students regularly win medals and trophies!)
- Talks on cutting edge research delivered by lecturers from the University of Liverpool (Examples include 'supermassive blackholes', 'super heavy elements' and 'saving the planet')
- Support with applications to competitive universities such as Oxbridge and Russell Group

HA+ STEM Society

Take part in activities and explore the links between the sciences, maths and engineering. STEMsoc meets online or in person throughout the year to:

- Discuss and share the latest STEM news
- Explore areas where the different sciences interact
- Share reading recommendations
- Attend in-person and virtual lectures from Scientists and Engineers in academia and industry
- Present your own research and findings on areas of STEM which you find interesting
- Help get your UCAS personal statement ready for your university applications

HA+ The Brilliant Club: The Scholars Programme

This Super Curricular HA+ enrichment is led by a PHD student from a competitive university. It will give you the opportunity to:

- Attend weekly university style tutorials focused on skills development including critical thinking, subject knowledge, written communication, and university self-efficacy
- Receive support to complete a final assessment
- Attend a graduation event at a competitive university

OTHER ACADEMIC ACTIVITIES

Allied Health Professionals

Learn more about a range of high demand NHS job opportunities by understanding the roles of these careers. You will attend talks and workshops by professionals who will help you develop the skills needed to apply for them.

Art & Design Competitions

These weekly enrichment sessions will enable creative students to:

- Generate exciting Art and Design work
- Respond to a wide range of live briefs and competitions
- Showcase your skills and talents
- Present your work online and in exhibitions
- Collaborate with peers, artists and designers
- Win prizes!

Creative Writing Club

This is a friendly group for budding writers, who are looking to explore their own writing. We indulge in a variety of writing genres and develop writing skills through a range of activities. We cover:

- Writing for television and stage
- Writing for radio
- Development of setting and character
- Collaborative writing
- Writing for children
- Writer's block
- The importance of researching a novel

Drama Club

You don't have to be studying BTEC Performing Arts to take part, just a love of the theatre, creativity and enthusiasm! You will take part in:

- Warm ups, practical workshops and devising performances
- A performance of your choice in the Dalton Theatre



Eco Society

Increase college wide awareness of sustainability and environmental issues by working alongside our college Sustainability Co-ordinator to:

- Ensure climate responsibility and carbon literacy is understood
- Help the college to achieve carbon neutral by 2030 as part of the Net Zero North West Project
- Make a positive and constructive contribution to our wider sustainability programme

Filmmaking

Develop your practical, technical and creative skills with video. Boost your academic and employment skills profile ahead for your future. The sessions include:

- Choosing the right camera shots, framing and movements
- Using filmmaking hardware and software
- How to light your filmed work
- How to plan and edit your filmed work
- Writing creatively for the screen

Insight into Business

This enrichment includes a choice of certificated short courses from all areas of Business e.g. Human Resources, Accountancy, Customer Service, Marketing etc. You will:

- Enhance your CV, UCAS, apprenticeship or job applications
- Learn from guest speakers who will give you an insight into their experiences in business

Journalism

If you have a genuine passion / interest in writing as a hobby or career, Journalism Enrichment could be for you. You will learn how to construct a range of different genres (of your choice) and refine your written abilities. You will also have the chance to:

- Meet professionals within the industry
- Attend masterclasses with national publications
- Enter competitions

Law Podcast

This exciting new enrichment activity is a great opportunity for students to meet each week to record content to share on our streaming platform. Our podcasts include:

- Discussions on cases making the headlines
- Sharing advice and tips for students applying to university or looking at legal careers
- Interviewing legal professionals!

All students are welcome to take part.

Liverpool Confucius Institute, Mandarin

Our Mandarin enrichment course is taught by native speakers from the Liverpool Confucius Institute. Students are given the opportunity to:

- Learn the language and gain insights into Chinese customs and culture
- Gain HSK1 and HSK2 qualifications (100% pass rate in the last 5 years)
- Take part in a trip to China with free food and accommodation, you only need to pay for the flights!

Psychology Debate Club

This enrichment activity is open to all students with a keen interest in Psychology. Led by Psychology teachers and Carmel students, Psychology Debate Club will develop your presentation and public speaking skills, improve your academic reading and research skills, and develop your ability to deliver thoroughly researched and persuasive arguments on key topics within Psychology. These are really useful skills for those considering a career or further study in Psychology. Topics include:

- Some people are born evil
- Media is to blame for some antisocial behaviour
- Animals make better participants in research than humans

The Debating Society

The Debating Society is open to all students at Carmel College. It is a student-led group that will develop your public speaking skills, improve your research skills and develop your ability to communicate convincing arguments. These skills are really useful to those considering going into careers such as law, media, public relations, politics or education. There is also the opportunity to get involved in debating competitions such as:

- The English Speaking Union's Schools' Mace
- The European Youth Parliament
- The Athenaeum debates
- The European Parliament Ambassador Scheme
- The Cambridge Union Schools' debating competition
- Model UN

The Literature Society

If you have a passion for reading, whether you study English at A Level or not, this enrichment activity is for you! It's particularly suitable for students who aspire to study at Oxbridge. The benefits of joining include:

- Developing confidence and broadening your knowledge of authors, genres and critical perspectives
- Meeting new friends, including those from a different year group
- Opportunities to deliver a session based on a text of your choice
- Spreading the love for a piece of literature you enjoy

Women's History Society

This is an opportunity to discuss history beyond the curriculum, focusing on the mostly unstudied histories of women. Encouraging debate and discussion and led by students, topics include:

- Women and Witchcraft
- A study into Geishas
- Women in Ancient Egypt
- Women in STEM
- Women and Piracy



WELLBEING

An enriching programme which builds confidence and resilience. We offer a variety of activities that promote physical and mental wellbeing for all students to benefit from.

Anime Guild

Anime is computer-generated or hand-drawn animation that originates from Japan. Anime fans can meet, watch, discuss and share their favourite shows and also gain knowledge of the language, culture and history of Japan. Anime Guild has:

- A dedicated Teams group
- A private Manga Library that you can borrow from
- A different activity each week including games and crafts, all Japan or anime themed.

Art for Wellbeing

Try out new approaches to art and enjoy the relaxing atmosphere, discovering new techniques and materials. It is suitable for all abilities as no previous experience with art is necessary.

Art for Wellbeing involves:

- Collage, watercolour painting and mark making techniques
- Looking at a wide variety of artists as initial inspiration for the sessions
- Taking inspiration for art ideas to try at home

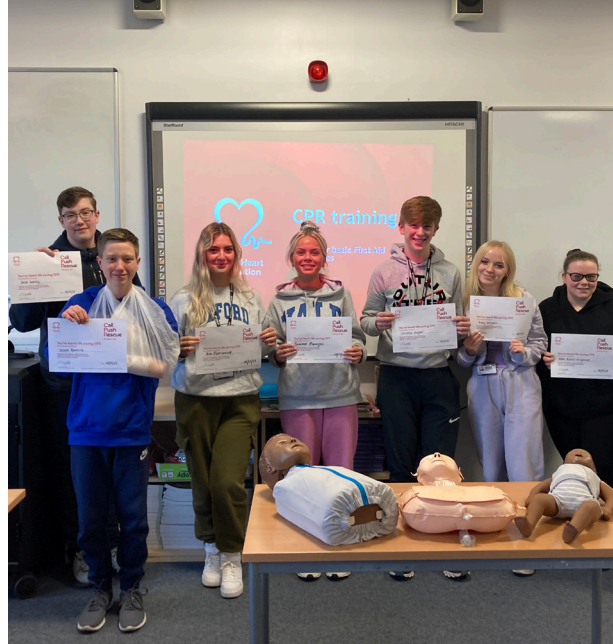
There is something for everyone.

Book Club

Come and share your love of stories and your passion for reading! Carmel's Book Club takes place once every half term at lunch time. By taking part in Book Club you will:

- Discuss, dissect and share your experience of reading the chosen book
- Make suggestions for our next read
- Join an informal gathering where we discuss our ideas, pose questions and share our opinions

All students are welcome.



Call, Push, Rescue (First Aid)

Call, Push, Rescue is an initiative from the British Heart Foundation that teaches young people adult CPR. It also includes other basic first aid skills such as infant and child CPR, recovery position, choking and heavy bleeding. This enrichment activity is an excellent opportunity for anyone who wants to learn the life-saving skills that might be needed in an emergency. You will also receive a certificate on completion.

Carmel Pride & Diversity

This group offers an opportunity for students to gather in a safe, social space. We welcome the LGBT+ community, allies and all students who are passionate about equality and diversity. You will be able to make new friends, develop confidence and have fun! The group regularly takes part in:

- Discussions and debates
- Quizzes and games
- Artwork and resource creation

Chess Club

This student-led club is dedicated to playing and learning chess in a relaxed atmosphere. It is open to players of all levels from beginner to advanced.

Members are encouraged to help each other learn and improve their understanding. Take it as far as you like:

- Just play for fun
- Play online chess games
- Challenge yourself with chess puzzles
- Sign up for local competitions
- Share ideas and tactics with each other

Your move!

Dance Club

If you enjoy dancing then come along to the studio, any style and any talent level. This is an opportunity to learn new steps, teach others your dance style, keep fit and have fun.

Duke of Edinburgh's Award

The Duke of Edinburgh's Award is a nationally recognised award, providing opportunities for students to develop their resilience, sense of responsibility, teamwork and organisational skills.

We offer all three levels here at Carmel: Bronze, Silver and Gold, however Gold is most popular. To gain the Bronze and Silver awards, students complete volunteering, physical, skill and expedition sections. For the Gold award, there is a fifth residential section.

Through the DofE Programme you can:

- Have fun and make friends
- Improve your self-esteem and build confidence
- Gain transferable skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive
- Enhance your CV and university, apprenticeship and job applications

DofE is a life-changing experience. A fun time with friends and an opportunity to discover new interests and talents.



Music Club

If you are interested in performing as a vocalist or musician, then Music Club offers you the perfect opportunity to do so. You will choose any song you wish to perform; this can be as a solo performer or in collaboration with other students. The song of choice will then be performed at an end of year live event. These sessions are a great way to:

- Improve wellbeing through social interaction and confidence building
- Develop communication and team building skills
- Showcase your skills and talents through live performance

Student Council

Chosen by students, run by students and representing students, Carmel College's Student Council gives you the opportunity to have your voice heard and your ideas discussed.

- Be involved in campaigning, become a Student Governor or arrange and manage events
- Roles are mostly filled by Upper Sixth students, but there are also Lower Sixth representatives
- The Student Council ensures student concerns and opinions are heard by staff
- Elections are in May and meetings are frequent, so commitment is a must!

Sign Language Enrichment

This is a fantastic opportunity for an introduction to British Sign Language (BSL) and Deaf Awareness. You will learn about the issues faced by deaf people in everyday life and be introduced to communication tactics.

You will benefit from learning the basics of British Sign Language (BSL) because:

- BSL is a recognised language in its own right
- It is the first or preferred language of an estimated 87,000 Deaf people in the UK
- BSL is a visual-gestural language, with its own grammar and principles, which are completely different from the grammatical structure of English.

Singing Club

If you enjoy singing then this enrichment group is for you! We cover a variety of styles and genres including pop, classical and rock; we sing it all. So, whatever your talent is, you are very welcome to join us.

5-A-Side Football

This activity takes place on the Carmel College 3G Astroturf pitches. This is a session for all college students to come and show their football skills or for students who just want to play some sport. It is all about getting active, socialising and having fun.

Basketball

This activity takes place in the Sports Hall here at Carmel College. This is a session for all college students to come and have a shoot around and play basketball with their fellow students. We have music playing and it is all about getting active, socialising and having fun.

Fitness Suite

All students can access the college fitness suite throughout the college day. An induction is given to anyone who is wanting to use the gym to ensure they know how to use the equipment and that they are safe while doing so. We also offer specific female gym sessions.

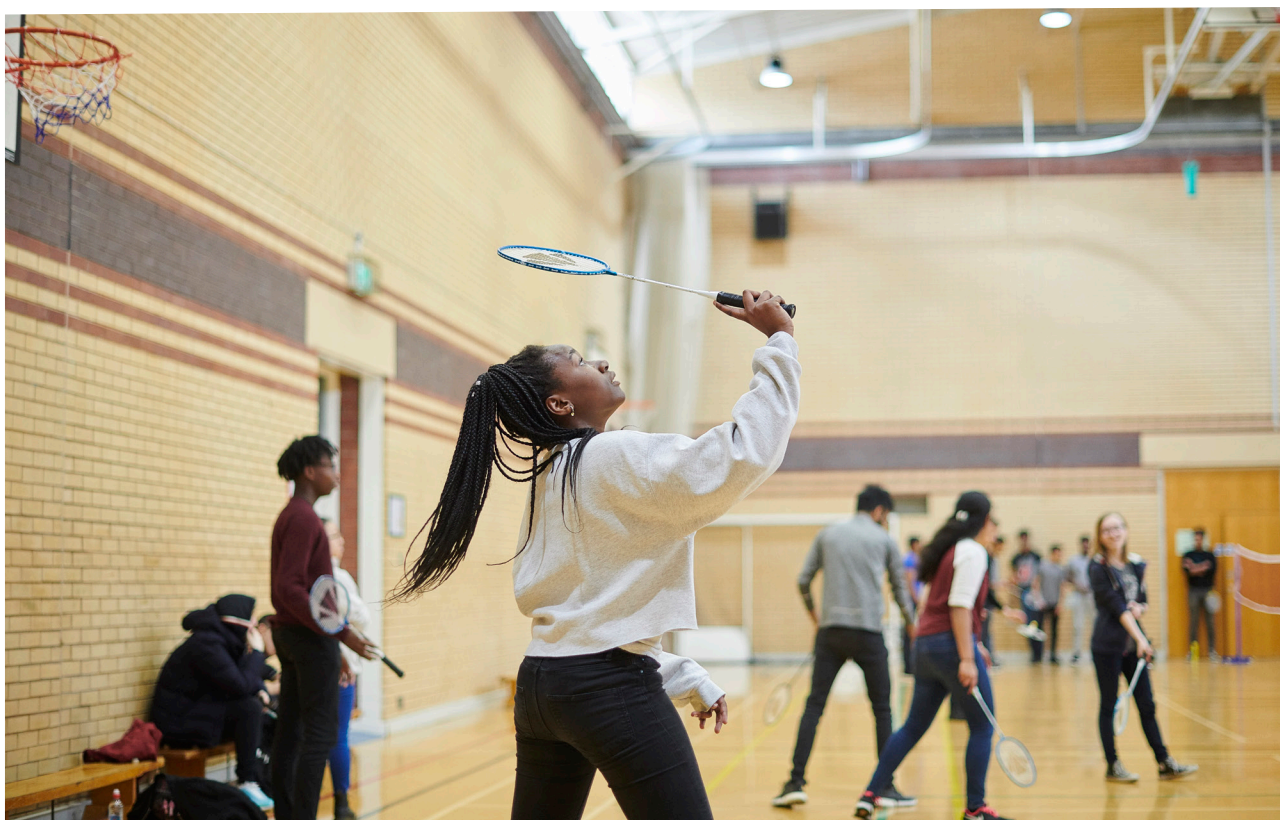
Table Tennis / Badminton

This activity takes place in the Sports Hall. This is a lunchtime session for all college students to come and show their competitive side. We have music playing and it is all about getting active, socialising and having fun.

Elite Athlete Support Programme

The Elite Athlete Support Programme at Carmel is available to student athletes from a wide range of sports who currently compete at National or International level. We have designated staff in place to help our elite performers balance their academic studies and sporting ambitions. Our elite athletes are able to access a range of support measures including:

- 1:1 mentoring and guidance
- Academic flexibility around competitions
- Study and coursework support
- Access to elite athletes / coaches
- Educational workshops
- Online training and nutrition resources
- UK / USA Scholarship advice



COMPETITIVE

Competitive Enrichment at Carmel includes sports and teams with selection criteria. Sport is a great way for you to represent Carmel College, lead others, and compete in your sport of choice.

Basketball, Football, Netball and Rugby

Carmel's competitive sports are a fantastic opportunity to play your chosen sport and represent the college on a weekly basis. Students are able to sign up for trials at our Enrichment Fair in September. Our teams compete in the following leagues:

- Basketball first team (The prestigious CBL League)
- Basketball second team (Northwest College Sports League)
- Football teams (Northwest College Sports League)
- Netball team (AOC Northwest League)
- Rugby team (RFL College League)

Our student athletes have access to multiple training sessions with professional sports coaches, strength/conditioning and video analysis sessions, all within our academic timetable.



FURTHER INFORMATION

For more information about the Enrichment Programme contact our Enrichment Co-ordinator, Kevin Crooks :
enrichment@carmel.ac.uk

The information in this Enrichment Guide is correct at the time of printing. Activities are subject to change. Please check the Enrichment page on our website for updates.

<https://www.carmel.ac.uk/life-at-carmel/enrichment/>



"I take part in Women's History Society which has allowed me to expand my knowledge of History beyond the curriculum whilst developing my speaking and presenting skills."

Em Linford

ST GREGORY'S HIGH SCHOOL



"One of the reasons I came to Carmel was for the HA+ MDV Programme. The Programme has exceeded my expectations; it has made me really think about my future studies / potential university choices and encouraged me to develop my skills."

Joe Gregory

WADE DEACON HIGH SCHOOL



"I take part in Sign Language which has really developed my skills. I have learnt how to complete the alphabet, numbers, words, and names in sign language, meaning that I can now speak to someone through sign."

Layla Madden

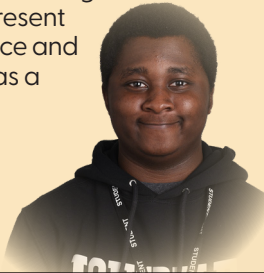
KIRKBY HIGH SCHOOL



"Through HA+ Future Architects I've learnt different aspects of design and I've been able to present to an Architect in practice and ask questions which was a great experience."

Ahmed Ibrahim

OUTWOOD ACADEMY
HAYDOCK



"The college helped me a lot through the Talented Athlete Scholarship Scheme. This was key for me and my out of college rugby commitments. I will always be grateful for the time I spent in this college environment!"

Jonny Vaughan

RAINFORD HIGH SCHOOL



"Carmel's extensive Enrichment Programme offered me the chance to take part in unique opportunities such as HSK Mandarin and the Oral History Project, which were extremely enjoyable."

Rebecca Rylands

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IMAGINE YOUR FUTURE