



# ADDITIONAL STUDIES AND EXTRA CURRICULAR ACTIVITIES

HANDBOOK 2018/19

THE SIXTH FORM COLLEGE COLCHESTER



# Additional Studies Programme

It has always been a fundamental aim of this College to provide a broad and balanced educational experience for students, so that they leave College not only with the best academic qualifications of which they are capable but also having had the opportunity to develop fully as individuals. The College aims to broaden a student's understanding of the world, helping them to acquire new skills and interests and to be aware of their environment. Students are encouraged to involve themselves in the community and to become happy and well-adjusted individuals.

A number of Additional Studies allow students to develop skills and pursue interests which prepare them for Higher Education, employment and independent living.

The College is committed to providing all its students with an overall educational experience suited to their individual needs. There is a large range of options and students will have considerable choice. Each student's programme will be an individual one; it will include an academic programme of study, together with choices from the Additional Studies booklet and the topics and activities that are covered with the tutor group, as part of the College's Tutorial Programme. These elements will make up an individual's educational programme, designed by each student in discussion with their Personal Tutor, which takes into consideration all aspects of a student's life both in and outside of College. Students will negotiate their choices with their Personal Tutor and then sign a Learning Agreement to outline and confirm their programme of study.



# **THE SIXTH FORM COLLEGE COLCHESTER**

## **ADDITIONAL STUDIES PROGRAMME**

### **CONTENTS**

#### **INTRODUCTION                      Pages 2 – 4**

**Choosing a programme of Additional Studies  
The Tutorial Programme  
Work-related Curriculum and Careers Guidance  
Further information to Help You Choose**

#### **SECTION ONE                      Pages 10 – 21**

**Timetabled courses where weekly attendance is required**

#### **SECTION TWO                      Pages 22 – 28**

**4<sup>th</sup>/5<sup>th</sup> Academic subject choices, leading to nationally  
recognised qualifications**

#### **SECTION THREE                      Pages 29 – 40**

**Recreational sports  
Trips  
Committees  
Occasional activities**

## INTRODUCTION TO THE ADDITIONAL STUDIES PROGRAMME

We hope that all students will opt to take part in at least one Additional Study.

Additional Studies courses are designed to contrast with or to complement GCSE, A Level, Applied General and IB programmes of study. The Additional Studies programme is a key part of the College's commitment to preparing students for progression to Higher Education, further training or employment. It is also an opportunity to broaden your experiences, to develop new interests and to prepare you to take an active part in life in modern Britain.

You are encouraged to take part in courses which will benefit your other studies, improve your career options or that simply interest you. You might wish to develop your literacy or numeracy skills, become involved with democratic committees or perhaps consider options that are unfamiliar such as learning to play a sport or studying a new language.

Most Additional Studies courses commence in September. There are usually no entry criteria or prior knowledge required unless stated in this handbook. Most courses are provided at multiple levels so you do not have to be an expert to take part.

Some Additional Studies courses lead to nationally recognised qualifications. These are listed in section 2 of this programme booklet. Clearly, achievement of the qualification is subject to satisfactory attendance, participation and assessment. Each course will have its own learning goals and specification and will be assessed and moderated by the relevant awarding body or exam board. The type of qualification and certification available for each course is clearly indicated in the course description.

For the timetabled courses in sections 1 and 2 of this booklet, you will be expected to commit yourself for the full duration of the course and attend regularly. In addition to these, you should look out for Student Bulletin notices regarding competitive sporting opportunities e.g. College Team events and British National College events along with other sport activities, together with a range of societies, committees, voluntary activities and recreational sports which are run on a more casual basis and are available to all. These are listed in section 3.

Check out the News Pages of the College website ([www.colchsfsc.ac.uk](http://www.colchsfsc.ac.uk)) to see reports and photos of some recent Additional Studies activities.

## CHOOSING A PROGRAMME OF ADDITIONAL STUDIES

The number and type of Additional Study courses chosen by a student, in consultation with their Personal Tutor, will be determined by many factors, including their academic programme of study, together with their particular interests and specific career aim. A number of Additional Studies include work experience opportunities or work-related learning. Many Additional Studies promote involvement with issues such as human rights and engagement with the local and global community.

A sensible choice of a varied programme of Additional Studies activities over two years will therefore offer an excellent basis from which to illustrate to employers and Higher Education institutions your many and varied interests, skills and attributes.

We recommend that students participate in one additional study although in some cases they will want (or need) to do more. We do advise that you ensure that your programme is

manageable in order to give every opportunity for a high level of achievement on each individual course.

Remember your timetable at College will be unique to you, so choose carefully, enjoy your time with us and make the most of the opportunities open to you.

## **THE TUTORIAL PROGRAMME**

Every student in the College is a member of a Tutor Group, and participates in the College's Tutorial Programme, which takes place during timetabled Tutorial lessons once a week. The Tutorial Programme has been developed to meet the needs of students in preparing them for the worlds of Higher Education and/or employment and life beyond College. The programme involves some periods of essential administration as well as covering particular issues, which will be of value to the student in order to prepare them for playing a full and active part in society. Students are given specific advice and guidance on keeping themselves safe, and developing a wider understanding of key issues such as mental health awareness, the Prevent strategy and online safety. We hope students will play a full part in discussion of a wide range of relevant issues. A central part of the programme is the opportunity to review progress and conduct action planning on a 1:1 basis with a Personal Tutor. Students' contributions to the programme are very welcome, including comments on its success in covering topics which they feel are relevant to them.

## **WORK-RELATED CURRICULUM and CAREERS GUIDANCE**

Many Additional Study courses offer experience of the world of work or work-related learning, which is directly relevant to a student's chosen career or Higher Education course. For example, the Medics Group encourages students to find relevant voluntary placements and prepares them for entry to University, while voluntary work undertaken in Primary Schools as part of the Pre-Teaching Additional Study ensures that those applying for Primary Teaching degrees have sufficient experience in schools to make successful university applications. Many other Additional Studies allow students to demonstrate to employers and university admissions departments that they have developed a broad base of work-related experience in their chosen field. Our Work Experience Additional Study (see p.20) is a structured programme of work experience with the opportunity to develop your experience of spending time in the work place and gain accreditation through an EPQ. Similarly, the Certificate In Coaching Sport course enables students to achieve a nationally recognised qualification through hands-on coaching experience in local primary schools (a number of students have been offered full-time coaching work as a result of achieving this qualification).

A student wishing to pursue a career in journalism, for example, could gain experience by participating in one or more of the College Magazine, Storm Radio or Creative Writing Additional Studies. In their second year, they might then wish to gain a formal qualification by specializing in one of these areas by taking an Extended Project Qualification (EPQ) (see p.25/26). We encourage motivated students to complete their EPQ by the time university applications are made in the middle of the autumn term of year 2, allowing them to demonstrate in their personal statement and at interview their keen interest, motivation and commitment to independent study in their chosen subject.

Opportunities for Volunteering can be found via the Careers page on the College's internal 'Moodle' intranet and in *Careerscope*, the Careers bulletin. Organisations such as the National Citizen Service and St Helena Hospice are invited into College for students to sign up to volunteer. Both the CAS hours undertaken by our International Baccalaureate students and the Volunteering section of the Duke of Edinburgh's Gold Award provide opportunities for students to develop work-related skills while serving their communities.

As well as the Careers guidance explored as part of the Tutorial Programme, the College's dedicated Careers team are available for detailed guidance interviews on request, including a 'year out' specialist who can advise on placements throughout the world.

Careers Guidance and progression is the focus of the "Three Day Programme" at the end of year 1, which features a packed programme of talks and sessions from outside speakers on a diverse range of careers from Accountancy to Computer Graphics in the Film Industry and advice from experts in applying for Higher Education courses from International Development to Physics. The Programme aims to enhance students' career management skills, enabling them to make informed decisions about their individual progression opportunities and long-term career goals.

## **FURTHER INFORMATION TO HELP YOU CHOOSE ONE OR MORE ADDITIONAL STUDIES COURSES**

Many Additional Studies will take place at only one time during the week we will do our best to ensure that your timetable is designed in such a way as to allow you to take part in one of these activities. A few courses take place in 'Twilight' (usually in period 9 and 10 from 4.15pm - 5.30pm). These are also indicated in the course description and you will need to consider your travel arrangements when choosing these courses.

A number of the sporting activities take place off-site and you will need to be aware of where and when the activity takes place, as well as how you are going to get there. If you are keen to be involved in representative team sports then you should make this clear during enrolment at an early point in your discussions with your Personal Tutor, so that Wednesday afternoons (Blocks D and C) can be kept free for this on your timetable.

Some courses may ask you to contribute towards the cost of materials used or to contribute towards travel or other costs. These costs are indicated in the course description, but if you are concerned, ask your Personal Tutor or the course tutor about any likely expenditure.

You have the opportunity to participate in a really interesting and exciting variety of Additional Studies courses, led by an enthusiastic and knowledgeable team of tutors. So why not get involved, make the most of the opportunities offered, and above all enjoy yourself!

## SECTION ONE – CONTENTS

**Timetabled courses where regular attendance is required.**

<b>COURSE</b>	<b>PAGE</b>
ARCHAEOLOGY	10
BADMINTON SQUAD	10
BAND	10
BASKETBALL SQUAD	10
CERAMICS	11
CHARITIES GROUP	11
CHESS CLUB	11
CHOIR	11
COACHING SPORT & PHYSICAL ACTIVITY - LEVEL 2	22
COACHING SPORT & PHYSICAL ACTIVITY - LEVEL 3	23
COACHING SPORT THROUGH RUGBY	23
COLLEGE MAGAZINE	12
COMPUTER - 3D MODELLING	12
CREATIVE WRITING	12
DANCE CHOREO LAB	12
DANCE CLUB	13
DEBATING SOCIETY	13
DRAMA CLUB	13
DRAWING AND PAINTING	13
DUKE OF EDINBURGH'S GOLD AWARD	32
EQUINE STUDIES THEORY – BASIC/INTERMEDIATE	13
ENTERPRISE SKILLS	14
FIVE-A-SIDE FOOTBALL (MEN'S AND WOMEN'S)	14
HOCKEY – RUSH HOCKEY	14
INDIA EXPEDITION	15
INTRODUCTION TO JAPANESE	15
JAPANESE CONTINUED	15
LATIN FOR BEGINNERS	15
MANDARIN CHINESE FOR BEGINNERS	16
MEDICS	16
NETBALL SQUAD/RECREATIONAL	16
ORCHESTRA	16
PRE-FOUNDATION ART (YEAR 2 ONLY)	17
PRE-TEACHING	35
ROCK MUSIC WORKSHOP	17
RUGBY SQUAD/TRAINING	17
RUGBY (WOMEN'S)	18
RUN FOR FUN	18
SHAKESPEARE CLUB	18
SIGNING	18

## Contents

SOCCER (MEN'S)	19
STORM RECORDS	19
TABLE TENNIS	19
TENNIS	19
THEORY OF MUSIC – GRADE 5	20
THEORY OF MUSIC – ADVANCED	20
TRAMPOLINING	20
WORK EXPERIENCE	20
VOLLEYBALL	21

## SECTION TWO – CONTENTS

### 4<sup>th</sup>/5<sup>th</sup> Academic Subject Choices leading to nationally recognised qualifications

The courses in this section count as a 4<sup>th</sup>/5<sup>th</sup> academic subject in a programme of study.

There are other courses that students could select as a 4<sup>th</sup>/5<sup>th</sup> academic subject e.g. a new GCSE subject. Students should refer to the main College prospectus or specific course information sheets for details.

Students who opt for any of these courses would not be expected to take any other Additional Studies course but may do so if their timetable permits.

COURSE	AWARDING BODY	PAGE
COACHING SPORT & PHYSICAL ACTIVITY (Levels 2 & 3 Award)	1 <sup>ST</sup> 4SPORT	22/23
COACHING SPORT THROUGH RUGBY	1 <sup>ST</sup> 4SPORT	23
CORE MATHS (LEVEL 3 MATHEMATICAL STUDIES)	AQA	24
EXTENDED PROJECT QUALIFICATION	AQA	25/26
FINANCIAL STUDIES CERTIFICATE	LIBF	27
FINANCIAL STUDIES DIPLOMA	LIBF	27
LESSONS IN FINANCIAL EDUCATION	LIBF	28
MATHEMATICS - SUPPORT AWARDS IN ALGEBRA (Levels 2 & 3)	EDEXCEL	28

## SECTION THREE – CONTENTS

**Recreational sports, occasional activities, committees and trips.**

**These activities may not require regular weekly attendance and many are announced through the Student Bulletin, so be sure to check the bulletins and relevant notice boards daily for announcements and details.**

<b>COURSE/ACTIVITY</b>	<b>PAGE</b>
ARTS AND CULTURE FESTIVAL	30
CONSERVATION GROUP	31
DUKE OF EDINBURGH'S GOLD AWARD	32
HOLOCAUST MEMORIAL PROGRAMME	33
INSTRUMENTAL TUITION	34
MODEL UNITED NATIONS CONFERENCE	34
OXBRIDGE APPLICATION SUPPORT	34
PERFORMANCES AND PRODUCTIONS	35
PHOTOSHOP DIGITAL IMAGING FOR BEGINNERS	35
PRE-TEACHING	35
RUSS SHOP: Ethical Café	36
STORM RADIO	36
TRIPS AND VISITS	37
UCAS APPLICATION SUPPORT	38
UNPLUGGED	38

### **SPORTS ACTIVIES – RECREATIONAL OR OCCASIONAL**

ASSOCIATION OF COLLEGES NATIONAL CHAMPIONSHIPS	30
ATHLETICS	30
BADMINTON RECREATIONAL	30
BASKETBALL RECREATIONAL	10
BOOTCAMP	30
BOXING	30
CHEERLEADING	31
EQUESTRIAN EVENTS	33
FIVE-A-SIDE (MEN'S AND WOMEN'S)	14
GOLF	33
HOCKEY – RUSH HOCKEY	14
NETBALL RECREATIONAL	16
RUGBY (WOMEN'S)	18
RUN FOR FUN	18
SOCCER (WOMEN'S)	36
TABLE TENNIS	19

## Contents

TEAM TRIALS AND TRAINING	37
VOLLEYBALL RECREATIONAL	21
WEIGHTS AND FITNESS	38
YOGA	38

### **CLUBS AND SOCIETIES**

'FRIENDS NOT FOES'	33
CHRISTIAN UNION	31
RUSS FOUNDATION	INSIDE BACK COVER

### **THE COLLEGE COUNCIL**

ARTS COMMITTEE	39
CHARITIES COMMITTEE	39
CULTURE COMMITTEE	39
ENVIRONMENT COMMITTEE	40
EXECUTIVE	39
SOCIAL COMMITTEE	40
SPORTS COMMITTEE	40

## **SECTION ONE**

### **Timetabled courses where weekly attendance is required.**

#### **ARCHAEOLOGY**

Archaeology is ideal for anyone with an interest in the past and is fascinated by monuments like Stonehenge and the Pyramids. We will look at various methods archaeologists use to discover the past and find out what they can reveal from the origins of humans to why Stonehenge was built. We also look at other debates in the archaeological world like the return of the Elgin Marbles. No previous experience or knowledge required; if you're keen, you'll love archaeology.

If you particularly enjoy Archaeology, you can progress to an EPQ in the subject in year 2.

#### **BADMINTON CLUB/SQUAD**

Enjoy badminton? Want to improve your existing skills and learn new ones? Want to play competitively? If so, then this course is for you. Don't worry if you think you aren't good enough: being keen, competitive and wanting to improve are the most important things! The badminton sessions are open to both male and females. During the session, you will experience competitive game play and receive technical and tactical coaching. There will also be regular tournaments within College. Higher-level performers have the chance to represent the College in the Association of Colleges national competition, culminating in a residential weekend of competitions at a University. Students have reached the British College finals recently. Rackets and shuttlecocks (plastic and feather) will be provided.

#### **BAND**

Students who play band instruments at grade 5 standard can take part in this ensemble. We rehearse music from a wide range of styles, from jazz and big band to classical, preparing for College concerts. The rehearsals are entirely practical and there are no costs involved in this course. The skills of ensemble playing as well as development of instrumental and aural ability together with performing experience are sought by employers and all establishments of Higher Education and participation in a big band is a fun experience.

#### **BASKETBALL - WOMEN'S AND MEN'S TEAMS / RECREATIONAL**

There is a range of opportunities for men and women to participate in basketball, from recreational to competing for the College. Every week we provide male and female recreational sessions, which are mainly for fun but also to improve skills and gameplay. If you want a little bit more you can join our fantastic men's and women's basketball teams who regularly play against other schools and colleges. Last year, the men's team reached the semi-finals of the Association of Colleges National Basketball Cup.

## **CERAMICS**

The course is aimed at two distinct groups:

- Those with some experience of working in clay who wish to extend their skills and perhaps develop ideas in this medium.
- Those with very little experience who wish to be shown the basic forming and decorative methods.

Both groups will cover the basic pottery techniques of modelling, slab building and coiling, as well as throwing on the wheel. Those with some experience can work more independently if they prefer.

## **CHARITIES GROUP**

The Charities Group offers the opportunity for students to get involved in the many charitable activities that take place in College over the year, including hamper collections, cake sales, fund-raising performances and fashion pop up shops. We are always open to new ideas and want people who will help run things and get as many students as possible involved. We work closely with a number of charitable organisations and the group is guided and supported by a member of staff. We will meet once a week, to catch up with what everyone is doing and plan future activities. It is anticipated that some members of this group will go on to form the Student Charities Committee.

Every year we raise thousands of pounds for good causes, so if you want to make a difference and have fun, then come along.

## **CHESS CLUB**

Beginners and Masters alike will be welcome to form part of a chess club that is based around learning and competition. Chess helps to develop qualities of forensic analytical power, decision making and the ability to function under pressure. At the College, a chess ladder is run all year with the opportunity to play against friends and likeminded students to reach the top of the pile.

## **CHOIR**

You are welcome at choir whether you are a serious singer, or a complete beginner. We sing a variety of music, both popular and classical and work towards a concert each term. If you are interested in joining, please come along. You don't have to be able to read music, although if you do, this will also be useful.

## **COLLEGE MAGAZINE**

This course is for students who enjoy writing, want to develop their skills and work as part of a team. Those who intend to study journalism would particularly benefit, but the course, which is run by the English department, is open to all students, whether currently studying English or not. Students will use publishing software to create, design and organise their articles, whilst receiving help and advice. Students will be involved in all aspects of magazine production from research to writing and editing.

## **COMPUTER - 3D MODELLING**

This is an introductory course in computer modelling, suitable for students who wish to learn how to produce computer generated models. Students will learn how to model objects using an industry standard modelling application and then can use the College 3D printers to make real-life physical versions of their designs.

3D modelling programs are used to produce 3D images used in product design and advertising, animations and computer game models (such as rooms, racing cars, characters, etc.). As part of the course, students will also learn how to apply materials and textures to a computer generated 3D model to add realism, and how to set up lights and cameras. Students will be given the opportunity to demonstrate these skills by building and rendering a 3D model of their own choice.

## **CREATIVE WRITING**

This course will enable you to develop all aspects of your writing. The course will inspire you through workshops and examples of good writing and you will have the opportunity to create your own collection of work. We will explore a variety of forms including prose, poetry, drama and non-fiction. You will have the freedom to express your own ideas, to experiment with different kinds of writing and to develop your own style. There will be opportunities to enter national competitions, attend a residential weekend and to benefit from visiting writers.

This course will give you a rich experience of writing and enable you to publish your work in the College magazine and other outlets. Sign up for a rewarding, constructive and inspirational experience! If you would like to continue this into Year 2, you will be able to do an Extended Project Qualification in Creative Writing (see Section 2).

## **DANCE - CHOREO LAB**

Student led session. Open class, students decide style of dance, type of work and what they do. If you don't want to do "mainstream" dance and want to do "your" thing - then come work with us! Students of EPQ Dance look for dancers for their choreography here too.

## **DANCE CLUB**

Teacher-led contemporary dance class focusing on Choreography, technique and performance. A good complementary class for A Level Dance students and also for non-dance students looking to gain experience in contemporary dance.

## **DEBATING SOCIETY**

The Debating Society offers you the chance to discuss the issues that matter to you. Each week, a team of up to six students debates an issue and tries to persuade the audience to vote for their side. The topics are yours to choose, from moral dilemmas to international affairs and social issues. No one has to take part in public speaking but we welcome people who are keen to debate and we enter teams in local and national competitions every year. Anyone considering a career in law, politics, acting or teaching has a lot to gain by taking part in Debating. It is a challenging and exciting way to develop your confidence and fluency.

## **DRAMA CLUB**

We will take a look at Drama and Theatre through the ages, including texts from the classical Greek period to contemporary, through a variety of activities including play reading, performance and discussion. We will explore modern playwrights' dramatic aims and intentions, their social and political thinking and attempt to bring the texts alive practically. No experience of acting is necessary but a willingness to 'have a go' and an interest in theatre and drama will be necessary to complete the course.

## **DRAWING AND PAINTING**

A lively course suiting students of all abilities. The students will explore a variety of drawing and painting techniques. The emphasis will be on a loose approach to media, working on short activities as well as producing longer, more detailed pieces.

## **EQUINE STUDIES – THEORY**

This is an Equine Theory course suitable for both those who wish to start learning about Equine Management and also those who already have some background in Horse Knowledge and Care. The Essential Horse Knowledge Certificates (EHKC) are classroom based recreational qualifications that are run by British Horse Society Qualified Registered Instructors. These qualifications are offered at two levels: Entry Level and Level One. They are designed to provide a sound foundation of equine knowledge to the learner and students would complete both levels in their first year of study. To opt to participate in the Equine Studies additional study, students make a £15 contribution towards the BHS assessment fees.

## **ENTERPRISE SKILLS**

This course is designed to develop the skills, knowledge and understanding required to start and run your own business. The course is for aspiring entrepreneurs, those hoping to one day start-up their own business and those who want to improve their employability skills. There will be one session a week.

During the course, you will be given the opportunity to:

- Set-up and run a business
- Learn new skills e.g. communication, teamwork, problem solving and analytical skills
- Take part in national enterprise challenges e.g. Barclay's all for one Micro-Tyco Community Challenge turning £1 into as much money as possible.
- Do work experience in a primary school helping younger students to set up and run a business.

Examples of themes to be explored include the following: vision and values; personal abilities; business relationships; legal framework; financial issues including cash flow forecasting; negotiations; selling products and business planning. The course provides an excellent opportunity to improve a range of personal attributes including: effective written and oral communication skills; ability to work in a team; problem solving and analytical skills.

## **FIVE-A-SIDE FOOTBALL**

This popular course is open to both men and women and provides a pleasing break from your academic studies. We run a competitive league. The atmosphere is fantastic every week and is open to all students whatever your ability level. Although the onus is on enjoyment, there is also a competitive element.

Students will be expected to wear appropriate kit and training shoes suitable for the hard surface area.

## **RUSH HOCKEY**

Rush Hockey is a new way to play hockey - it's fast, it's furious and it's fun. A small sided (5v5) hockey game, Rush Hockey consists of fun-fuelled quarters of 10 minutes with a snappy five minute break between each.

The rules are very simple and therefore Rush Hockey will be available to all students – whether you have previous experience of hockey or not. It will be played on the College astro- turf and equipment will be provided. Those who are interested can also play in some inter college fixtures. Sign up now and get your first rush!

## INDIA EXPEDITION

Year 2 ONLY

Students who are involved in the India Expedition will meet each week to plan fund raising activities and discuss projects they will undertake on their visit to India. Students will also be given the opportunity and support to complete an EPQ qualification.

## INTRODUCTION TO JAPANESE

Manga?! Japanese letters and writing? Japan for a gap year? If you are thinking about learning Japanese then this course is for you!

Topics to be covered include:

- Introducing yourself
- Writing & Pronunciation
- Shopping (Come on, boys! You have to buy stuff as well!)
- Jan Ken Pon ...what?!...well you won't know unless you come along!



Run by a native Japanese, born and bred in Osaka – but living in Colchester for over 20 years – so not only can you understand me, but also I can understand you! Come and bombard her with lots of questions about Japan...oh and by the way, it's loads of fun too!

## JAPANESE CONTINUED

Part 2 for students who've done Part 1 !!!...well what did you expect?  
Okay, so if you have some knowledge of Japanese already, we'll let you join in.

## LATIN FOR BEGINNERS

This is a one-year course, one lesson per week. You need no previous knowledge of Latin or of the ancient world, although a general knowledge of the world of ancient Greece and Rome would be useful. If you are doing another language or History, English or Classical Civilisation, Latin would be a useful complement to your studies.

Apart from enjoyment, there are many benefits of learning basic Latin. It will make you think about your own language, e.g. what is the origin of words like television, fax, birth by Caesarean section, habeas corpus, Colchester? Where do expressions like e.g., i.e., NB, PS come from? It will also help you improve your knowledge of English grammar. You will learn something about an ancient culture and the way they lived.

You will be able to put it on your UCAS form and the subject is particularly relevant for students considering applying to Oxbridge!

## **MANDARIN CHINESE FOR BEGINNERS**

Are you interested in Chinese culture and language? Are you thinking of travelling or taking a Gap year? Are you fascinated by Chinese characters? The course will enable you to greet people, introduce yourself and your family, buy things, and identify objects. The focus is on spoken & listening skills, but will also cover basic character recognition. No previous knowledge of Chinese is needed.

## **MEDICS**

The Medics group helps students prepare for entry to University to study Physiotherapy, Medicine, Dentistry or Veterinary Science. These meetings are a vital part of the preparation for course application, interview and for the courses themselves.

The meetings will provide help with UKCAT and BMAT, advice and guidance on personal statements and University choices. Each student will experience a mock individual and multi-mini interview; they will have plenty of practice in the medics meetings where we will prepare and discuss interview questions, ethical scenarios and current news.

Additionally, students will benefit from meeting and listening to the experiences of qualified ex-students and guest speakers. All students hoping to apply for these courses must attend Medics additional study.

Medics meetings take place on a weekly basis in both year 1 and year 2.

## **NETBALL - SQUAD AND RECREATIONAL**

This course is open to players of all abilities, and the aim is to develop both individual and team skills through coaching drills in an enjoyable environment. Regular fixtures are organised on Wednesday afternoons. Students wishing to join Netball need to keep Wednesday afternoons free (Blocks D and C). Appropriate kit is expected. We also run a recreational netball course for those students who would like to remain involved in Netball on a less competitive basis.

## **ORCHESTRA**

Students who play orchestral instruments at grade 5 standard can take part in this ensemble. We rehearse and perform a variety of pieces working towards College concerts as well as external events. The rehearsals are entirely practical and there are no costs involved in playing in the orchestra; any external concert costs are borne by the College.

The skills provide not only ensemble and instrumental elements but touch on the context of works and musical history. The ability to work together, to develop aural skills and to perform is keenly sought by employers and higher education establishments.

## **PRE-FOUNDATION ART**

**Year 2 ONLY**

This course is intended for A Level Art and Design students who are planning to progress to Art and Design degree courses, through a Foundation course or direct entry. It will help prepare yourself and your art portfolio for entry to competitive courses either at Foundation Diploma level or Degree level.

We look at the careers and courses available in Art and Design and entry requirements. You will be given assistance with your Foundation and Degree applications alongside guidance on how to answer questions at interview about yourself and your art portfolio. We will also help you write your personal statement.

Outside speakers include the current Course Leader for Foundation Diploma at Colchester Institute and ex-students who show their work and discuss their experiences. The course runs in parallel with the Art EPQ but you do not have to do the Art EPQ and Pre Foundation together. It is solely aimed at those students who do Fine Art, Photography, Graphics or Textiles. No special equipment or materials are needed.

## **ROCK MUSIC WORKSHOP**

A great opportunity to meet other students who play instruments and use a classroom as a rehearsal space. You could be already in a band or looking for like-minded students to form a band. We meet once a week and have amps, microphones and drum kits that you can borrow (you will need to bring your own guitars). We offer support to beginners in guitar, drums or setting up the sound equipment but many students are already experienced musicians. Most bands play cover songs but some write their own songs or just enjoy jamming together.

Once a year there is a 'Battle of the Bands' competition at the Colchester Arts Centre and bands audition to take part. This is a professional, ticketed event and the winning band wins a recording session in a local music studio.

## **RUGBY SQUAD**

Rugby continues to be extremely popular at College and caters for all levels of performance - from the complete beginner to the real enthusiast. Rugby offers a good chance to develop personal fitness and individual playing skills. The College 1st XV enjoys a strong fixture list, and 2nd XV fixtures are growing rapidly. Many players have also represented both County and Eastern Counties at both schools and club level. There is a high standard of coaching and a good "club" atmosphere - with the Rugby Club participating in many other areas of College life, such as charity work. You can follow the Rugby course at the training sessions and at matches on a Wednesday afternoon. Appropriate kit is expected and a match fee is required. Attending training once a week in addition to fixtures is a requirement for team players.

## **RUGBY (WOMEN'S)**

For any female students interested in rugby, of all standards and abilities. The sessions take place at lunchtimes. Please contact Tim Grimsey in the PE department for more details.

## **RUN FOR FUN**

Experienced competitive athlete? Sports player wanting to get fit? Complete beginner? All are welcome at Run For Fun.

Run For Fun takes place after College up to twice a week. Students and staff run a designated and safe off-campus route – just for fun or to get fit! This can lead to opportunities to race in competitive races if desired. There is often a charity 'Colour Run' during the spring term.

## **SHAKESPEARE CLUB**

### **Royal Academy of Dramatic Art Shakespeare Certificate**

This is opportunity for students who want to improve their performance skills. Students learn and prepare a performance of a Shakespeare speech and a sonnet for the RADA (Royal Academy of Dramatic Art) Shakespeare Certificate examination which takes place at RADA in London. There is a fee (currently £42) for the BRONZE certificate. The certificate is decorative but more particularly students get detailed feedback on how to improve and it is a useful audition type experience. The examiners at RADA are very encouraging and sympathetic and students learn a lot.

The Shakespeare Youth Theatre comprises of students interested in preparing and performing a Shakespeare play.

## **SIGNING**

How does it feel to be deaf? Could you communicate with someone who could not hear you? How would you start?

If you choose this course, you will find out. This is a skill that everyone should have. It is particularly relevant to those hoping to enter the caring professions, but it really is fun for all. Come along and see if you can spend one lesson a week learning to sign, it'll be a skill for life and you never know, one day you may meet a deaf person and put your skills into practice! You will however be expected to purchase a 'Signing In' booklet from the College.

## **SOCCER (MEN'S)**

The College has an excellent reputation for its football teams. We have been British College Champions, reached the Schools F.A. Cup Final and won the Essex U19 Cup numerous times including last year. Whatever your level is, the College football team is looking to recruit new players. The College runs up to 3 teams, each with a programme of regular Wednesday afternoon fixtures and training takes place on Monday lunchtime.

Fixtures are league and cup commitments plus training. All teams have regular fixtures in league and cup competitions. Following team trials at the beginning of the year, you will be assigned to one of our three squads with the opportunity to move up the teams later. Each team has its own manager, and selection and competition is fierce.

The high standard reflects a commitment to train and it is essential that students wishing to play in matches keep Wednesday afternoon (Blocks C and D) free.

Shirts are provided but shorts and socks need to be purchased from College.

## **STORM RECORDS**

Storm Records is the College record label which publishes music performed by College students and is open to students who specialise in different disciplines, including Music and Music Technology, but also to students who want to pursue business, advertising, accountancy, video production and fashion in the context of a record label.

The record label will meet once a week to discuss and undertake actions that will improve sales, promote artists and generally advance the label to even greater success.

## **TABLE TENNIS**

Students will have an opportunity to participate in Table Tennis on a recreational basis. There will be various sessions available during the week and will take place on the College site. Equipment will be provided but suitable kit needs to be worn.

There will be an opportunity for students to represent the College in the prestigious Association of Colleges regional and national competitions.

## **TENNIS**

Group coaching will be given by an LTA qualified DCA/CCA Coach at the nearby University of Essex. Transport is provided to and from the University. There is an opportunity for students to participate in the Association of Colleges Regional competition, and an AoC Tennis Cup competition, however this coaching opportunity is on offer for those who just want to improve their skills, or just to have fun.

## **THEORY OF MUSIC – GRADE 5**

**ABRSM**

The music theory class is designed to help students pass Grade 5 Theory and to progress to higher grades in Theory of Music. Students should have a good grasp of basic theory (Grade 3 standard) and be hoping to take Grade 6, 7 or 8 practical (ABRSM). Each element of the course is taken in a group situation and students will be expected to practise past exam papers in their own time.

## **THEORY OF MUSIC – ADVANCED**

**ABRSM**

This class is for those students who have already taken grade 5 theory but who want to progress to grade 6, 7 or 8 Theory. These ABRSM Theory exams carry UCAS points and are especially useful to students wanting to go on to study music; but not exclusively so! Each element of the course is taken in a group situation and students will be expected to practise past exam papers outside of these sessions.

## **TRAMPOLINING**

Have you ever felt like reaching new heights? Trampolining is a fun way to keep fit as well as developing your skills. Many skills will be taught, which can be put together to form routines in a safe environment. Students of all abilities are welcome on the course, even if you've never been on a trampoline before; don't worry because you won't be alone so come along! There is opportunity for more advanced performers to represent the College in Regional and National finals. The College possesses two full size Nissan Goliath trampolines and all you need to provide is appropriate PE kit.

## **WORK EXPERIENCE**

Employers, Universities and other Colleges are often looking for candidates who can demonstrate that they have done more than pass their exams! Employers, in particular, value relevant and current experience of 'The World of Work'. So, if you want to be a Solicitor/ work in the legal field, fancy your chances in the business world as an Accountant or see yourself as something big in banking, want to work with animals, children or "people", or would like to find out more about "industry" and "management", Work Experience may be just what you need.

This course will initially be undertaken as a structured programme with the opportunity for students to develop their experience (spending time in the work place) and gain accreditation through a Level 2 EPQ – see p. 25/26.

## **VOLLEYBALL**

Students will have an opportunity to participate in Volleyball on a recreational or competitive basis, including as part of Essex Volleyball Satellite Club. Training days to be arranged, taking place on the College site. Equipment will be provided. All abilities are welcome, as through training and practice, personal skill development should follow. There will be an opportunity for students to represent the College in the prestigious British Colleges regional and national competitions. The College team recently won the U19 Mixed National Title.

## SECTION TWO

### 4<sup>th</sup>/5<sup>th</sup> Academic subject choices leading to nationally recognised qualifications

#### COACHING SPORT & PHYSICAL ACTIVITY (Level 2)

Year 1

1st4Sport

This qualification prepares learners for employment as a coach in sport or physical activity. Level 2 coaches are able to plan, deliver and review sport and physical activity coaching sessions, either working independently or as part of a larger coaching team. The qualification introduces learners to the practical and theoretical aspects of planning, delivering and evaluating linked and progressive coaching sessions in sport and physical activity.

The qualification is directed at learners who have an interest in coaching sport and physical activity. You do not need to be a PE student or member of a sports team to participate. The course is especially useful for those who wish to become involved in coaching, and to have responsibility for the planning, delivery and evaluation of linked and progressive coaching sessions; it can also be used to develop skills around confidence, leadership and education, making it useful for those interested in teaching as a career.

The qualification is recognised as the industry standard level 2 qualification for coaches by UK Coaching, the lead technical agency for the development of sports coaching in the UK. It has been aligned to the UKCC criteria and will allow progression onto a UKCC-endorsed qualification.

Following successful completion of Level 2 in your first year, you could progress on to the *Coaching Sport & Physical Activity Level 3* in year 2. The skills and knowledge developed through this qualification may also be used to progress to other industry-relevant qualifications in coaching sport, activity leadership, supporting PE in school sport or sports development.

The course will form part of the Programme of Study for all BTEC Sport L3 students (although is not compulsory for A Level PE students).

Students will participate in coaching sessions at a local primary school every other week, with a theory lesson at College in between.

## **COACHING SPORT & PHYSICAL ACTIVITY (Level 3)**

**Year 2 only**

### **1st4Sport**

Those who have successfully completed level 2 in their first year can choose to progress to Level 3 in their second year. The qualification is recognised as the industry standard level 3 qualification for the coaching sport and physical activity by UK Coaching, the lead technical agency for the development of sports coaching in the UK. It has been aligned to the UKCC criteria and will allow progression onto a UKCC-endorsed qualification.

This qualification may lead to employment, paid or voluntary, as a lead coach in a sport and physical activity. Indeed a number of our students have gone on to become paid coaches as a result of taking the Level 3 course at College.

Students will participate in coaching sessions at a local primary school every week.

## **COACHING SPORT THROUGH RUGBY**

### **1st4Sport (Level 2 Award)**

The Coaching Sport Through Rugby Additional Study enables young people to develop leadership skills and engage with grass-roots rugby union and Tag Rugby. Students will follow the Coaching Sport Level 2 Course (see above) with a specialist Rugby focus. By completing this qualification, students will develop a range of skills in independent enquiry, teamwork, self-management, creative thinking and effective participation.

Students will be introduced into a number of leadership roles, including:

- leading Tag Rugby activity sessions
- refereeing Tag Rugby games
- managing a local small-sided game team
- contributing to the organisation and delivery of a local Tag Rugby festival/event for young people.

Holders of this Certificate will be provided with guidance on further opportunities as a sports leader, including how to contribute to grass-roots sport as an administrator, coach, referee, team manager and sports development volunteer.

## CORE MATHS

Level 3 Mathematical Studies (Core Maths) is a new course which is intended for students who have achieved a grade 4 (or equivalent) and above at GCSE but aren't planning on taking Mathematics at A Level. It helps to develop students' mathematical thinking and skills in preparation for the mathematical demands of study, work and life.

The course builds on work that you have studied at GCSE. The course is quite applied in nature and seeks to teach students new concepts and techniques for solving a variety of both theoretical and "real world" problems.

The course is also useful for those who may wish to study a number of degree courses with mathematical, statistical or numerate elements including Politics or Sociology degrees (see list on next page).

Students taking the following A Levels will find Core Maths a beneficial 4<sup>th</sup> Course:

Accounting	Electronics
Applied Science (Level 3 Cert/Ext. Cert)	Environmental Science
Biology	Geography
Business	Geology
Chemistry	Product Design (Resistant Materials)
Computing	Psychology
Economics	

However, Core Mathematics is open to any A Level student who wishes to study the course and who has previously achieved grade 4 to 9 in GCSE Mathematics.

Successful candidates gain a Level 3 qualification - which is equivalent to an AS Level (half an A level) at grade A to E.

The qualification also carries UCAS points (at the AS Level tariff).

## EXTENDED PROJECT QUALIFICATION (EPQ)

The AQA Extended Project Qualification (EPQ) is an established qualification which is highly regarded by universities. The EPQ provides students with a choice regarding what they decide to produce, research and write about. The majority of students will start their project at the end of their first year and complete in their second year. Students will be expected to work in a highly independent and self-motivated way, with a significant amount of work taking place outside of the classroom. Study commences in mid February of the first year, and continues onto the second year.

The course assessment consists of a number of elements:

- A 'plan' or production log which records the various stages of the project
- A final product (if this is a report it should be approximately 5000 words in length; if it is an 'artefact' it should also be accompanied by between 1000 and 5000 words of explanation about how it was developed)
- A presentation to a non-specialist audience about the project, and opportunities for questions

Please note that students are only permitted to take ONE EPQ route during their time at College. The qualification is regarded as carrying the same weight as half an A Level. Many universities do not formally award 'UCAS points' to EPQ's, but all recognise that it is a valuable qualification for university entrance and will often make an alternative (lower) offer including EPQ.

The possible EPQ options or 'routes' for 2018/19 are:

GENERAL EPQ ROUTE	EXAMPLE SUBJECT AREAS
<p>A 'free choice' of topic for second years with motivation - this allows for any topic or task to be undertaken, subject to approval.</p>	<p>Psychology;                      Law;                      Health and medicine;                      Media;                      Modern Foreign Languages</p> <p>And many others!</p>

Continues over...

ADDITIONAL STUDY EPQ ROUTE	SUBJECT AREAS
<p>A chance for second years building on skills / interests from Additional Studies pursued in first year</p>	<p>Creative Writing</p> <p>Computing/ICT/3D Modelling</p> <p>Archaeology</p> <p>Work Experience (level 2 EPQ)</p>

YEAR 2 EXTENSION EPQ ROUTE	SUBJECT AREAS
<p>Extension course for second years in areas closely related to part of their A level curriculum in subjects.</p>	<p>Anthropology</p> <p>Art (including Pre-Foundation)</p> <p>Dance</p> <p>Drama / Performance</p> <p>English</p> <p>History (including Military History)</p> <p>Music Technology Extension</p> <p>Physics/Science Extension</p> <p>Textiles</p>

## **FINANCIAL STUDIES CERTIFICATE**      *One period per week*

Managing your money is an essential life skill. This qualification, offered through the London Institute of Banking & Finance (LIBF), is divided into two units:

Unit 1: Financial Capability for the Immediate and Short Term

Unit 2: Financial capability for the Medium and Long Term

There are no entry requirements for this course; students must simply be interested in effectively managing their finances at university, in their first job and beyond. You will learn about managing your money, how it will impact on your life and financial choices that you will have to make. Financial services products (such as credit cards, loans and mortgages) will be explained to you along with how they can help you meet your individual lifestyle needs.

CeFS carries UCAS points, is equivalent to an half an A Level and graded A\* - E.

The course is available on-line and taught in one period per week, although students can access the full course materials at any time.

Exams: Each Unit will have both a multiple-choice paper and a written paper based on pre-released case study material.

Year 1 students who are successful in the Certificate have the opportunity to progress to study the Diploma in Financial Studies in Year 2. This may be of particular interest to those interested in a career in any of the financial services or in business management.

## **FINANCIAL STUDIES DIPLOMA**

**Year 2 only**

Students who have successfully completed the Financial Studies Certificate in year 1 can progress to the Diploma in year 2. The Diploma has 2 units and is studied in one period a week. Assessment is the same format as for the Certificate.

Unit 3: Sustainability of an Individual's Finances

Unit 4: Sustainability of the Financial Services System

The Diploma also carries UCAS points equivalent to an A level and is graded A\* - E.

## **LESSONS IN FINANCIAL EDUCATION CERTIFICATE - LEVEL 2 (LIBF)**

### **Two periods per week**

The Lessons in Financial Education Certificate will give you a good understanding of money and finance and will provide valuable insight into a range of career opportunities within the financial services sector, while giving guidance on methods for enhancing your employability skills. This qualification equips you with the knowledge to cope confidently and effectively with basic financial encounters you are likely to meet. You will develop knowledge and understanding of spending and how to become competent at managing your own money. You will also explore various careers within the financial services industry. The qualification also provides a valuable insight into a range of career opportunities within the financial services sector, gives guidance on methods for enhancing individual employability skills.

LIFC is made up of three units which need to be successfully completed in order for you to achieve the certificate:

Unit 1: Your Personal Finances

Unit 2: Money Management for Your Generation

Unit 3: Your Future, Your Career

The course will be a compulsory part of the Advanced Foundation Programme. The course is available on-line and taught in two periods per week except for those taking BTEC L2 Business where it will be taught as part of the course.

Each Unit will have both a multiple-choice and a written answer element. Students who are successful in the Certificate have the opportunity to progress to study the Level 3 Certificate in Financial Studies in their second year at College.

## **MATHEMATICS - EDEXCEL AWARDS IN ALGEBRA**

This course leads to the Edexcel Algebra Award at both level 2 and level 3. It is designed to support the study of the algebra met in A Level Mathematics. Teaching will include online activities, practice questions as well as both group and individual working.

This course is compulsory for any student who is doing A Level Mathematics who did not achieve a 7 or A in GCSE Maths.

## SECTION THREE

### Recreational sports, Trips, Committees and Occasional activities

There are many additional activities that are available to students on a casual attendance basis. They are often announced through the College Student Bulletin, so be sure to check the Bulletin daily for details.

Students may take part in activities or join clubs and societies which reflect their individual interests. They may also choose to get involved with the wide range of clubs and societies as a good way of getting to know other students and adding a different dimension to their experience at College.

There are over 200 educational trips and visits each academic year, locally, nationally and internationally. Many departments run trips and visits linked to the specific curriculum e.g. to Colchester Zoo with the Biology department, fieldwork in High Woods Country Park as part of the Environmental Studies course or a theatre visit to see a set text performed in English or Drama. However, there is a wide range of opportunities to participate in residential trips further afield. Last year, residential trips within the UK included Stratford upon Avon with the English Department, Yorkshire with the Visual Arts team and both Arran and Bournemouth for Geography. Trips abroad visited locations including France, Germany, Italy, Paraguay, Sri Lanka and New York.

The Physical Education Department offers you the chance to take part in a wide range of team sports from which you should be able to find something to suit your ability and interest. Sessions will involve you in all aspects of team games. Teaching and coaching of individual and team skills, together with team tactics, will take place. Full fixtures have been arranged and leagues entered where appropriate. Teams will also be entered for County and National competitions. Fixtures are posted on the College sports notice boards at the beginning of the season. Transportation to and from the grounds will be provided for you and basic team kit is provided.

Students have many opportunities to extend their interest in the Arts. College organises trips to the Theatre, Museums, and Galleries and there are opportunities to get involved in productions and performances, and you don't have to be studying Drama or Music related subjects.

## **ARTS AND CULTURE FESTIVAL**

The College holds an Arts and Culture Festival each year at the end of the summer term. This festival engages the entire College in a range of activities, with acoustic music in the library, 3D modelling in Maths and stop-frame animation in the Physics Department, alongside performances and exhibitions in areas such as Dance, Drama, Music, Graphics and Photography. There is a catwalk fashion show on the concourse and the outdoor social areas have a festival atmosphere, with West African drumming circles, henna stalls and street food, all accompanied by music from Storm Radio DJs and College bands. Students from the Arts Committee and Culture Committee are involved in planning this event, but it is open to all students across College and offers an ideal work experience opportunity for those wanting to pursue a career in Events or Arts Management.

## **ASSOCIATION OF COLLEGES NATIONAL CHAMPIONSHIPS**

Each year, the College enters a variety of teams in the British Colleges National Championships. As part of a residential weekend in Nottingham, our students compete and achieve at the highest level. Recently, we have had students qualify from regional events to the finals for the Women's rugby 7s, Badminton, Tennis, Golf, Cross country running, squash and trampolining as well as achieving both Gold and Silver in table tennis, along with Silver for the mixed Volleyball academy team and a variety of other successes. Contact the PE department for more details.

## **ATHLETICS**

College students can be selected by N.E. Essex to compete in the Essex Schools Championships. If you are involved or interested in Athletics you should inform Nesta James (Head of PE Department) when you join the College.

## **BADMINTON RECREATIONAL**

For a relaxing and fun time, why not choose badminton? The course caters for players of all abilities and the aim is to develop personal skills to the full in an enjoyable atmosphere. Whether you are looking to learn new skills, play for enjoyment or play competitive games, this course has something to offer everybody. Rackets and shuttlecocks will be provided – although you may wish to bring your own. Appropriate dress will be expected. Badminton takes place on site.

## **BOOTCAMP**

Want something different from a gym workout? Bootcamp is there for everyone in College who wants to get fit, lose weight, get stronger or tone up. It is perfect for everyone and in this fun class you can really encourage each other as a team, while meeting new people and having fun while getting fit. You will see the benefits straight away!

## **BOXING**

We are linked with a local boxing club with an experienced coach coming in to teach the basics of boxing and to develop the more advanced techniques. This is a very exciting opportunity to try this specialised sport at College with qualified coaches. Take part in Boxing to learn a new sport, learn self-defence, for stress relief, or if you want to improve your boxing skills. Everyone is welcome.

## **CHEERLEADING**

If you've seen cheerleading in American TV programmes and the film franchise 'Bring it On', you'll know how difficult it can be. It is a mixture of acrobatics, gymnastics, stunt work and dancing. Cheerleading is very exciting and is quickly growing in popularity in the UK, having recently been officially recognised as a sport. Everyone is welcome, from experienced cheerleaders, dancers and those who have never done anything like this before and would love to give something they've seen on TV a try. Both males and females welcome.

## **CHRISTIAN UNION**

All welcome to come for a time of chat, Bible Study, discussion of the Big Issues of life, worship, hearing what God has been doing in people's lives... Look out for events and talks organised by the Christian Union... Is there more to life than this? Does God exist? How do you know the Bible is true? What about suffering? What's the purpose of my life?

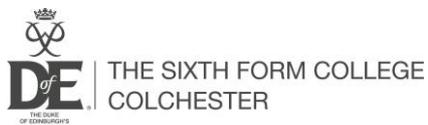
## **CONSERVATION GROUP**

**Weekends**

The Sixth Form College conservation volunteers take part in practical conservation work on local nature reserves such as Abberton Reservoir and Fingringhoe Wick. We assist Essex Wildlife Trust wardens and The Conservation Volunteers with habitat management tasks including tree-planting, coppicing, and constructing boardwalks. We have also helped with the construction of a low carbon building at Bradfield on Sea. Work parties take place on Sundays (approximately one a month) in the course of the year. It is suitable for students on all Programmes of Study and especially for anyone interested in wildlife and environmental issues. It can count towards the CAS/Volunteering components of the I.B. and Duke of Edinburgh Award.

## DUKE OF EDINBURGH GOLD AWARD

Weekends



The College's Gold Duke of Edinburgh's Award group welcomes interest from first year students, with or without previous experience. As numbers are limited, interested students need to attend meetings in September to formally apply and if there is exceptional interest, we will need to run a ballot. The College also offers its support to all students who wish to participate in local groups, who may wish to use another Additional Study to count towards achieving their Gold award.

There are 5 sections at Gold level. Within each category, participants have a wide choice of activities, approaches and time scales necessary to complete these reflect this.

These sections are:

- **Volunteering** helping someone, your community or the environment
- **Physical** becoming fitter through sport, dance or fitness activities
- **Skills** developing existing talents or trying something new
- **Expedition** planning, training for and completing an adventurous journey. This eventually involves four days and three nights away in wild country in groups, unaccompanied but supervised. Prior to this participants will be trained in map reading skills, emergency procedures, first aid and other relevant matters.
- **Residential** staying and working away from home as part of a team. Students will undertake a purposeful enterprise involving voluntary service or training away from home, with people unknown to them, over a period of at least five days. There are endless possibilities, e.g. canal clearing, an outward bound course, helping with holidays for children with additional needs etc.

All the expedition training takes place outside College hours. The Skill, Volunteering, Physical and Residential sections are completed in the student's own time. The College Additional Studies programme helps students to complete these sections and we therefore recommend that students enrol on at least one other Additional Study.

The total cost of expedition training over the two years is approximately £550. This includes two 6 day Wild Country expeditions as well as a local training weekend and is competitive with other providers and effectively 'covers' two years. As the fee is paid in instalments, it is often possible for students to save from their part time jobs, Christmas and birthday presents to meet much of this cost.

Apart from being very rewarding and enjoyable in itself, the Duke of Edinburgh Gold Award is highly regarded by many employers and universities and can also be used towards the IB CAS hours. For more information, visit the Duke of Edinburgh Award website ([www.dofe.org](http://www.dofe.org)) or see Graham Rayner, room 642.

## **EQUESTRIAN EVENTS**

The College has entered Show Jumping, Dressage and One Day event teams. Future events will depend on the interest and expertise of students. Team selection is open to any student who has a horse/pony who is capable of competing at the level required, although preference is given to those studying Equine courses at College. The College has competed at the Hickstead National Schools Show Jumping Championships, since 1992 and have previously made it through to the finals. Our Dressage team has been National finalists in the past, and we have a strong record in One Day Event competitions at Poplar Park organised by Woodbridge School.

Students who wish to be considered for team selection should register with Lisa Cesareo on joining the College.

## **FRIENDS NOT FOES**

This group started life last two years ago as WELCOME REFUGEES but the students involved changed the name to reflect the group's wider concern with tackling discrimination in society. Friends Not Foes is very much student-run and has engaged in activities ranging from providing practical help for Colchester's refugee community (creating a Holocaust Memorial Installation for Firstsite, helping with the Syrian Café also at Firstsite, teaching Driving Theory, arranging a community picnic, a Vintage Clothes Sale) to visits to relevant lectures at the University. The group also contributes to the College tutorial programme. We meet once a week to discuss the current issues and to arrange volunteering activities. The group is proud of its continuing and positive relationship with those who have found refuge in Colchester and the wider community. Last year, Friends Not Foes won a Colchester Youth Award and the Group of the Year Award at the Essex Teaching Awards. Everyone is welcome!

## **GOLF**

Any student already competent in the sport wishing to represent the College in regional and national golf competitions such as the Essex Schools and the Association of Colleges. Students should therefore expect some 'out of hours' commitment.

## **HOLOCAUST MEMORIAL PROGRAMME**

## **YEAR 2**

The Holocaust Memorial Programme is an additional study that encourages students to learn about and reflect on the Holocaust. It is not an overly historical approach and will include focus on literature, art, psychology etc. The programme includes a three-day trip to Poland and a visit to Auschwitz (Cost to be paid by students). This opportunity is open to all 2<sup>nd</sup> years, regardless of what you study. There is no examination at the end; it is however a way of showing universities that you have a deep interest in learning outside the classroom.

## **INSTRUMENTAL TUITION**

Timetables for these lessons will be finalised once students have been given their academic subject timetables: they should be aware that notices, via the student bulletin, will announce when they are to meet the instrumental or vocal tutor to arrange lesson times.

There is a cost for this individual tuition which is likely to be in the region of £150 for 12 half hour lessons (unless the student is taking A Level Music or IB Music). A student facing financial difficulties may apply to their Senior Tutor for further financial support. If there are any queries please see the Head of Music.

## **MODEL UNITED NATIONS CONFERENCE**

The Model United Nations trip takes place each spring and involves students from Sixth Form Colleges around the country getting together to explore the goals of the United Nations. Members of the College Debating Society have the chance to be part of a delegation representing a country such as Iraq, Argentina, Japan, France, or the UK. The aim is to persuade other 'countries' at the conference to support your proposals on issues including international terrorism, nuclear disarmament, refugees, human rights abuses and the impact of climate change. Recently, College hosted a two day Model UN conference which was very successful. See also 'Debating Society'.

## **OXBRIDGE APPLICATION SUPPORT**

### **Support programme for application to Oxford and Cambridge**

An extensive support programme is provided for students who are potentially interested in applying for degree courses at either the University of Oxford or University of Cambridge. The programme commences during the induction and enrolment periods for students wishing to receive specialist coursing advice. Throughout the first year of study, a specialist team of staff provide briefings and general information, organise support from former students currently studying at Oxford and Cambridge, provide one to one support, guidance and advice - including helping students apply for conferences and study days. Subject support is also provided including support in preparation for the 'extra tests' Oxford and Cambridge set for a number of chosen degree courses (taken in November). A visit to Cambridge during the Spring Term including Emmanuel College is organised. Support is also given re preparation of applications and preparation for the interviews in the December. A Moodle 'Oxbridge' facility is provided – and up to date and useful materials are regularly 'posted-up'.

All 'Arts' subject Oxbridge applicants are advised to undertake an 'accelerated' Extended Project Qualification (EPQ) towards the end of year 1. Some 'Science' applicants will also be advised to complete an EPQ.

Any students wishing more details should speak to Ian MacNaughton (Principal) or Adam Bantick (re 'Arts' applications) or Dan Stebbings (re 'STEM' applications).

## **PERFORMANCES AND PRODUCTIONS**

There will be two student productions, one in the autumn for all students and another in the summer term for first year students. You will need to be committed to rehearsals in the lead up to the performance, usually after College.

Those who have successfully auditioned will prepare performances which will be a great way to develop stage confidence and skills and to show involvement and commitment. There will also be opportunities to be involved in all aspects of backstage as well as onstage roles.

Whatever your current level of performance and whatever type of music, dance or drama you are interested in you should be able to find ways of taking part. You do not have to be a Music, Dance, Drama or Performance Studies student to become involved in the productions. All who are interested and enthusiastic are welcomed.

## **PHOTOSHOP/DIGITAL IMAGING for BEGINNERS**

This additional activity may be offered for students wishing to enhance their Digital Imaging/Photoshop skills. Students will be introduced to the Photoshop programme, image capture, enhancement and manipulation of images, layering and different functions and possibilities of the Photoshop programme. No previous experience necessary. This activity is a useful addition for students who study Art, Photography or Graphics. Sessions will run as one-off events throughout the year and will be advertised in the student bulletin.

## **PRE-TEACHING FOR PRIMARY SCHOOLS**

**Work experience in a primary school - either half a day per week between September and March or ten full days in the summer term**

Pre-Teaching will be of particular interest to students considering primary school teaching in the future. Although not the only route into primary teaching, students who would like the option of studying a Primary Teaching degree at university are required to have had ten days' classroom experience whilst in year 12.

Students are helped to arrange their placements and are expected to keep a simple diary of their experiences. In addition, students are required to attend one talk per term delivered by an external speaker regarding aspects of teaching and training. Students hoping to become primary school teachers must be intending to study at least one, preferably two, subjects taught in primary schools to A level (or the equivalent IB subjects). A maximum of five College days will be missed with the summer term option.

## **RUSS SHOP: Ethical Café**

The Russ Shop is a student run facility that promotes fair trade, providing an ethical, contemporary and lively space for students to socialise in College. Each year it donates its small profit to the College's nominated charity, Russ Foundation (see inside cover of this booklet for more information). As a group, your creativity and enthusiasm will help steer the approach and direction of the enterprise by encouraging creative and innovative use of the space. The team will be responsible for the day to day running of the coffee bar and shop. So if you are ethical, principled, big-hearted, responsible, work well as part of a team and enjoy a challenge, then sign up and be a part of Russ Shop! Volunteering in Russ Shop can count as part of your CAS requirement (IB) or the Volunteering section of D of E.

## **SOCCER (WOMEN'S)**

With growing interest in Women's Soccer, the College is developing a course aimed at those wishing to learn and develop soccer skills. The course is at lunchtime on the All-weather pitch. Appropriate kit and footwear will be expected. The women compete regularly in the Association of Colleges finals of the 5-a-side and as interest grows the number of competitive matches are increasing.

## **STORM RADIO**

Storm Radio is the sound of the Sixth Form College. Student volunteers present three shows a day, guided by experienced second year producers. You will gain presenting skills, confidence and experience with broadcast equipment. As well as playing music, we record podcasts, review new releases and organise live DJing events using a Numark Omni controller. Several volunteers have gone on to senior positions at university radio stations across the country.

## **TEAM TRIALS, COACHING AND TRAINING**

If you want to play for College teams, you should opt for team sports in BLOCK C and D ON WEDNESDAY AFTERNOON. Students should be aware that the major emphasis of Wednesday afternoons is representative team sport, and, if selected for teams, this will involve a commitment to attend training and practice sessions usually on a Monday in order that teams can achieve their highest potential. Inclusion in a representative team will depend upon attendance at these sessions. Further details will be given to all students at the start of the season.

**Trials will be held at the start of the new term for all students wishing to play for College teams.** Once selected for a specific team or squad you will be expected to make a full commitment to the team. Students will be able to count this as a timetable commitment. Any student not selected at this stage will still be able to take part in the sport as part of the recreational programme.

It is obviously important that you are committed to the team and attend regularly if you wish to represent the College in competitive sport.

The College sports colours are navy/sky blue. It will be helpful if you intend to play in the College teams to provide navy blue skirts/black shorts. Socks will be available for purchase after trials have taken place.

## **TRIPS AND VISITS**

(local fieldwork, day trips, national and international residential trips)

Students will have opportunities to participate in residential field trips and day or part day visits. For example, there are annual field trips organized by the Biology, Environmental Science, Geography, Geology, Visual Arts, Music, Drama, Art History, Sociology and English Departments. The Modern Languages Department regularly offers Exchange visits. In addition, there are many other field trips and visits open to all students.

Recently, groups have visited Iceland, Paraguay, France, Peru, India, Sri Lanka, USA, Italy, Belgium and Germany. The Social committee has also arranged trips to Alton Towers, Harry Potter World and West End Musical. All departments build visits into their programmes of study and there are many more general opportunities for theatre, sport, dance and music trips. Students should ensure they check the student bulletin and Moodle frequently. Departmental trips will usually be initially aimed at students within those curriculum areas but where there is space for other students to apply, they will be advertised in the student bulletin on a first come first served basis.

## **UCAS APPLICATION SUPPORT**

All students who are making Higher Education applications will be fully supported by a range of experienced College staff. In the summer term of the first year, the 'Three Day Programme' which includes advice from experts in applying for Higher Education courses and sessions on topics such as 'writing a Personal Statement' and an induction to the UCAS website. During the UCAS application process, extensive support is available from Personal Tutors, Senior Tutors, the Careers team and our dedicated UCAS administration staff to ensure that students make a highly effective application. There are HE briefing meetings for parents in March of the first year and May of the second year which are advertised in our newsletter. For details of the Oxbridge programme, see p.34

## **UNPLUGGED (AND PLUGGED) ON THE CONCOURSE**

Another opportunity for students to showcase their musical talents. Groups and individuals are invited to take part in lunchtime concerts on the concourse in College. There is no audition process although the standard of individual performances is usually very high. Unplugged events take place every half term.

## **WEIGHTS AND FITNESS**

Do you want to improve or maintain your levels of personal fitness? If so, why not sign up to the College multi-gym. A short but compulsory induction will include instruction on warm-ups and appropriate weight-training techniques. You can then use the gym as much as you want during College hours on a 'drop-in' basis.

Advice on the development of training programmes can be provided by a qualified coach upon request. Adherence to rules and regulations is required at all times and appropriate kit is necessary.

## **YOGA**

Yoga is known for its stress relief, takes place in a calm environment and helps you to completely forget the outside world. In the same session, stretch therapy led by a professional coach, adds an exercise dimension, finishing with breathing techniques in order to help students to escape and de-stress!

## **THE COLLEGE COUNCIL**

**THIS IS YOUR COLLEGE. THE COLLEGE COUNCIL ENABLES YOU TO HAVE A SAY IN WHAT GOES ON AND TO CONTRIBUTE TOWARDS MAKING SURE COLLEGE IS A LIVELY AND ENJOYABLE PLACE IN WHICH TO STUDY.**

To get involved, a student usually firstly becomes a tutor group representative and will then attend the monthly College Council meetings.

The elections for the College Council Executive take place in the autumn term. Any tutor group representative can stand for a variety of Executive posts or can become Chairperson of one of the committees.

## **COLLEGE COUNCIL EXECUTIVE**

This is the key co-ordinating body of the Council and consists of the Chairperson, Vice-Chairperson, Secretary, Treasurer as well as the Chairpersons of each of the following committees:-

## **ARTS COMMITTEE**

This Committee organises trips and creative events for all the students. Each year the committee decides for themselves what they would like to do. Some recent favourites have been “The Clothes Show Live” and “Harry Potter World” trips as well as Karaoke on the concourse but. Students will be involved in The Arts and Culture Festival that takes place in the summer term.

## **CHARITIES COMMITTEE**

Please see the entry for CHARITIES GROUP on p. 11

## **CULTURE COMMITTEE**

The Culture committee is keen to reflect the rich diversity of students at College and add a cultural and international dimension to social events in the College calendar. We put on a range of events such as Black History Month and Chinese New Year celebrations and Henna workshops as well as working with other groups. The Culture Committee has produced podcasts for Storm Radio and each year, works alongside the Arts Committee to co-ordinate the summer Arts and Culture Festival.

## **ENVIRONMENT COMMITTEE**

The Environment Committee encourages students to take an active part in enhancing the local environment – both in the College and across Colchester. Activities include promotion of environmental and sustainable initiatives within the College, organising and running of events to raise awareness of green issues. Over recent years money was raised on World Toilet Day to twin College toilets with school blocks in Uganda and Sierra Leone, we have supported World Wildlife Day, Earth hour and held a Meat Free Monday event. Events have been organised to raise funds for The World Land Trust enabling purchase of threatened rainforest in Ecuador and Borneo and wildlife corridors in India.

The committee is fun to join, a great way to make friends and participation is a huge asset for your UCAS application! And if you are an IB student your involvement will count as CAS hours.

## **SOCIAL COMMITTEE**

All the fun activities are organised by this Committee such as student parties and the 'Knollfest'. As well as helping to organise these very popular events it is a great way of meeting people.

## **SPORTS COMMITTEE**

We arrange a wide variety of sporting activities and competitions based around current worldwide competitions and other popular but less known sports such as Dodgeball. Alongside the competitions, we organise special 'sports fairs' and an annual 'Question of Sport' quiz. If you are interested in event organising, think this will be beneficial on your CV, and love sport, the Sports Committee is perfect for you.

# Russ Foundation



## What exactly is Russ Foundation and what does it do?

Since the College opened in 1987 the tutorial 10p collections have been a lifeline for **RUSS FOUNDATION**, a charity in Madurai, India whose frontline work supports some of the world's most vulnerable and disadvantaged people. At the heart of **RUSS** is a home for orphaned and deprived children. Each young person has their own tragic story: most are at **RUSS** through dire poverty, parental alcoholism or suicide, or the deaths of their parents due to AIDS. Some of the children are HIV+ themselves and a number have been living at **RUSS** for most of their life.

As well as the orphanage, the **RUSS FOUNDATION** manages a huge HIV/AIDS programme which involves significant outreach work. The projects focus primarily on working with people who are ostracised by both their families and their community due to their HIV status and deliver a comprehensive preventative awareness programme covering around forty villages and hamlets with a population of around 40,000 people. **RUSS** also delivers a TANSACS programme through which a team of doctors, social workers and medical staff offer basic education, healthcare and legal rights and representation to 2,000 sex workers, who are at great risk from STDs, HIV, poverty, rape and violence.

**RUSS** also delivers an Evening Tuition programme, which means that children can study if they have to work to help feed their families during normal school hours.

### So what can I do to help?

- Please do try your hardest to find 10p to donate to the collection each week in tutorial.
- Try to visit the RUSS SHOP: ETHICAL CAFÉ on level 2 in South Site. It's a student-run fair trade café which donates its small profit to **RUSS** each and every year.

**Your** weekly 10p could provide fresh food & water for one of the people at Russ for a day. In a year, you could feed **everyone** at Russ for a day.

In a **single** week your tutor group's £2.80 could subsidise medical treatment for ten people living in dire poverty.

In a **single** week your division could raise the £45 needed to provide a full-time community nurse for a month.

Donations in the UK are administered by the Colchester-based charity GOOD FOUNDATION (registered charity 291251) and distributed regularly to RUSS FOUNDATION in India.



Additional Studies and Extra Curricular Activities  
Handbook 2018/19

