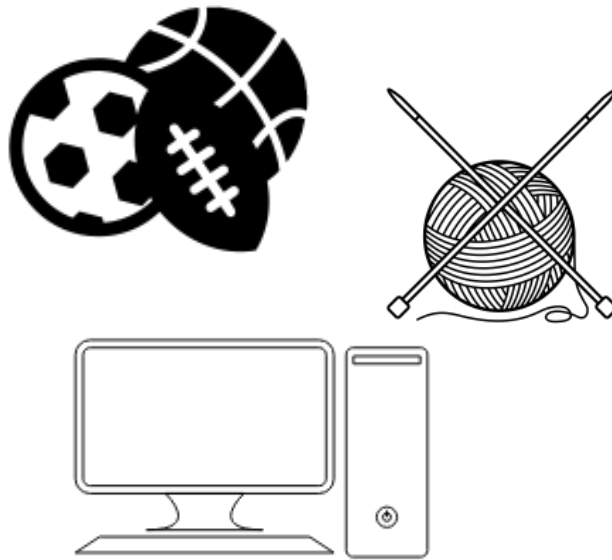




PENKETH HIGH SCHOOL

Enrichment Information Booklet



Term 1 September 2024



PART OF THE CHALLENGE ACADEMY TRUST | NURTURE | CHALLENGE | ACHIEVE
THE CHALLENGE ACADEMY TRUST C/O PRIESTLEY COLLEGE, LOUSHERS LN, WARRINGTON WA4 6RD. COMPANY NUMBER 10689247



Enrichment Timetable – September 2024

Monday (7 & 8)	Tuesday (7 & 8)	Wednesday (9 & 10)	Thursday (9 & 10)
<ul style="list-style-type: none"> • Board Games • Library Club • Needle Felting • EmpowerHER • Quiz Club • LGBTQIA+ and Allies Club • Penketh Geographic • David Attenborough Club • Anime Club • Girl's Football • Spotlight Drama and Vocal Group • Pupil Press • Boy's Rugby League • Rubik's Cube • IDEA Award • CAD Club • Chess • Boys Aloud 	<ul style="list-style-type: none"> • Anime Club • Board Games Club • Needle Felting Club • Girls Fitness Club • Centre Stage • Library Club • Coding Club • EmpowerHER • Debate Club • Environment Club • Boys Gaelic Football • Pupil Press • STEM Club • Brain Games Club • TED Talk Club • Just Dance Club 	<ul style="list-style-type: none"> • Year 9 Boy's Football • Library Club • Homework and Study Club • Year 9 Seasonal Craft Club • EmpowerHER • Year 9 Bronze Duke of Edinburgh • Badminton • Pre-Historic Club • Year 9 Dodgeball • Community Kindness • Pupil Press • Spotlight Drama and Vocal Group • Year 10 Forensics Club • LGBTQIA+ Allies Club • Year 9 Chemistry Skills Builder • Boy's Gaelic Football • Boys Rugby League Club 	<ul style="list-style-type: none"> • Collage Club • Mindfulness Mandalas and Colouring • Girls Fitness Club • Year 9 Forensic Science Club • Counted Cross Stitch Club • Build-a-Band • Girls Football • Food Hygiene Skills • IDEA Award • Pupil Press • EmpowerHER • Badminton • History Study Club • Year 10 Chemistry Skills Builder • Community Kindness • Year 10 Duke of Edinburgh Silver • Centre Stage • Debate Club

• *Enrichment Sign up will be 4:30pm this Thursday for year 9 and 10 and 4:30 pm on Tuesday for year 7 and 8*

• *Complete the form on Teams*







• *Clubs in red are a year long*

• *Any issues please see your PD Coach before Thursday or Tuesday*



Monday Enrichments






Name of Enrichment	Description	Dual Curriculum Skills
Board Games	Playing board games brings people closer, strengthens relationships, and can help you meet new people. They can also help increase brain function. Playing board games will help you develop a range of skills that will be useful to your future careers.	Teamwork Problem Solving
Library Club	Library Club is a safe space that you can read a book and complete your homework silently. Reading is the key to the whole curriculum, come along and unlock your future with a book!	Listening Aiming High
Needle Felting	Needle felting is the art of matting wool fibres together using a special needle with notches cut out of it to create felt. You will use this technique to create 3 dimensional projects, such as animals, flowers and other decorations. You do not need to be a great artist to make things, you just need patience and concentration.	Staying Positive Creativity
EmpowerHER	Have you ever wanted to learn all about the world of female rights and feminism? From the famous 'Barbie' film to the unforgettable Suffragettes, this club will allow girls (and boys!) of any age to delve into this fascinating area of society. In this club there will be chances to discuss films, articles, music, theatre, radio and even have debates around feminism and championing voices. You might even be interested in becoming a Penketh Empowerment Ambassador and learn how to be a helpful mentor in school. This will be a welcoming and friendly environment where you will grow in confidence and knowledge about female empowerment.	Listening Speaking
Quiz Club	Quiz Club is open to all Penketh students. Each week there will be a different quiz, some of them cultural, others topical, it will depend on what is happening at that time of the year. Each week you will complete quizzes in pairs, in groups or on your own and learn how to problem solve and work well in a team. This club provides an opportunity to make new friendships and find out fun facts about a variety of topics.	Problem Solving Teamwork
LGBTQIA+ and Allies Club	Join us every Monday for our LGBTQIA+ and Allies Enrichment sessions! These gatherings provide a welcoming and supportive space for individuals of all orientations and identities to connect, share experiences, and learn from one another. Whether you're part of the LGBT community or an ally, you'll find engaging activities, insightful discussions, and opportunities to foster meaningful relationships. Let's celebrate diversity and promote inclusion together—everyone is welcome!	Emotional Intelligence Community Connectedness
Penketh Geographic	Pupils will investigate a geographical issue that they are interested in. This could be produced and presented in the form of a presentation, blog, news report, etc. This enrichment will provide pupils with an opportunity to engage with current geographical issues.	Speaking Community Connectedness


David Attenborough Club	During David Attenborough Club, you will watch a variety of documentaries and complete a fact file as you watch. At the end of each documentary, you will use the fact file you have created and create a project as part of a group looking at one of the species in more detail. You will then present this information to the rest of the group.	Speaking Creativity
Anime Club	You will have the opportunity to enhance your communication skills and creativity. You will be able to watch short clips of anime, discuss the plots, characters and the challenges that they face. You will also have the opportunity to do activities such as 'show and tell', talking to the group about your favourite anime, get creative in drawing anime characters and work on team presentations.	Speaking Listening
Girls Football	Opportunity to learn/advance skills on the football pitch and potentially get into the year group team.	Teamwork Aiming High
Spotlight Drama and Vocal Group	A collaboration of vocal and drama skills focusing on a range of scripts, pop songs and musical theatre productions. This will be ran by all Music and Drama staff. We will be working towards a number of external performances.	Speaking Teamwork
Pupil Press	In Pupil Press we will be Covering ...  School News: Sports events, club activities, and academic achievements.  Creative Corner: Poetry, short stories, and artwork by students.  Global and Local Issues: Discussions on topics that impact your community and the world.  Student Voices: Interviews, opinion pieces, and advice columns. Why Join Pupil Press?  Express Yourself Write about topics that matter to you and your peers. Share your opinions, stories, and creative ideas.  Showcase Your Talents Develop skills in journalism, photography, and graphic design. Work with a team to produce a professional-quality newsletter.	Teamwork Leadership
Boys Rugby League	This enrichment is for all boys who would like to play for the school team, or those interested in playing full contact rugby. For those selected for the school team this will form our training sessions on a weekly basis	Leadership Aiming High
Rubiks Cube	In this enrichment you will learn tips and tricks to help you to work towards solving a Rubik's cube. Be prepared to impress all of your friends with the new skills you learn!	Problem Solving Staying Positive
iDEA Award	The Inspiring Digital Enterprise Award, known as iDEA is an international award winning programme that helps you develop digital, enterprise and employability skills for free. Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.	Problem Solving Staying Positive

CAD Club	You will have the opportunity to work on Computers through CAD (Computer Aided Design software). You will use this software to create 2d and 3D models and designs.	Creativity Problem Solving
Chess	Chess Club is open to all Penketh students, regardless of skill level. Whether you are a skilled player who wants to sharpen your skills and test them at competitions, or you just enjoy playing the game and don't wish to compete, or you're a beginner who wants to learn how to play the game, we welcome you. Playing chess helps to develop many skills that are useful in life, such as: logic, strategic and tactical thinking, planning and preparation, and problem-solving. Chess Club provides an opportunity to simply have fun playing the game and making friendships, while building these skills at the same time.	Problem Solving Aiming High
Boys Aloud	A boys only vocal group covering a range of popular songs. A chance to express yourself via your voice and develop confidence singing songs of your choice!	Listening Speaking

Tuesday Enrichments







Name of Enrichment	Description	Dual Curriculum Skills
Anime Club	You will have the opportunity to enhance your communication skills and creativity. You will be able to watch short clips of anime, discuss the plots, characters and the challenges that they face. You will also have the opportunity to do activities such as 'show and tell', talking to the group about your favourite anime, get creative in drawing anime characters and work on team presentations.	Speaking Listening
Board Games Club	Playing board games brings people closer, strengthens relationships, and can help you meet new people. They can also help increase brain function. Playing board games will help you develop a range of skills that will be useful to your future careers.	Teamwork Problem Solving
Needle Felting Club	Needle felting is the art of matting wool fibres together using a special needle with notches cut out of it to create felt. You will use this technique to create 3 dimensional projects, such as animals, flowers and other decorations. You do not need to be a great artist to make things, you just need patience and concentration.	Staying Positive Creativity
Girls Fitness Club	HIIT is high-intensity interval training, it takes just 20 minutes. Push yourself really hard for 30 seconds and then rest for 30 seconds. The great thing about HIIT is that you take it at your own pace - push as hard as you can and you will see results. Examples of exercises we will do include squats, burpees, sit ups, mountain climbers, running on spot, this list is pretty endless. Anyone can do this session, whether you are a beginner at HIIT or if you have done these sessions before. We will follow an online instructor, e.g. Joe Wickes and several others, who will take us through a 5 minute warm	Staying Positive Aiming High

	up, 20 minute HIIT and then a 5 minute cool down. It's fun, it's quick and most importantly it is very effective for fitness and health!	
Centre Stage	A enrichment where you will learn a range of choreography as well as creating your own dances. Covering a range of styles to suit all abilities.	Listening Speaking
Library Club	Library Club is a safe space that you can read a book and complete your homework silently. Reading is the key to the whole curriculum, come along and unlock your future with a book!	Emotional Intelligence Staying Positive
Coding Club	Work independently to complete different coding activities online via hour of code initially and code.org You must have an interest in coding and preferably have some experience. This club is NOT gaming/playing games	Problem Solving Listening
EmpowerHER	Have you ever wanted to learn all about the world of female rights and feminism? From the famous 'Barbie' film to the unforgettable Suffragettes, this club will allow girls (and boys!) of any age to delve into this fascinating area of society. In this club there will be chances to discuss films, articles, music, theatre, radio and even have debates around feminism and championing voices. You might even be interested in becoming a Penketh Empowerment Ambassador and learn how to be a helpful mentor in school. This will be a welcoming and friendly environment where you will grow in confidence and knowledge about female empowerment.	Listening Speaking
Debate Club	Students will work in groups to create debate arguments either for or against a given topic. At the end of each enrichment, students will share their ideas with the rest of the group in the form of a debate	Speaking Leadership
Environment Club	Learning about the environment, how we are impacting it, and what we can do to make a change. During the enrichment, students will engage in practical activities, as well as a group project, around making our school a 'greener' place.	Community Connectedness Speaking
Boys Gaelic Football	Learning the skills of Gaelic football and applying in a game situation.	Problem Solving Teamwork
Pupil Press	In Pupil Press we will be Covering ...  School News: Sports events, club activities, and academic achievements.  Creative Corner: Poetry, short stories, and artwork by students.  Global and Local Issues: Discussions on topics that impact your community and the world.  Student Voices: Interviews, opinion pieces, and advice columns. Why Join Pupil Press?  Express Yourself	Teamwork Leadership

	<p>Write about topics that matter to you and your peers. Share your opinions, stories, and creative ideas.</p> <p> Showcase Your Talents Develop skills in journalism, photography, and graphic design. Work with a team to produce a professional-quality newsletter.</p>	
STEM Club	Pupils will work in small groups to carry out a variety of STEM related activities	Problem Solving Teamwork
Brain Games Club	<p>Brain games will consist of three different puzzles for students to complete; word searches, sudoku and cross words.</p> <p>Word searches involve students looking for hidden words in an array of letters.</p> <p>Sudoku is a number puzzle in which players insert the numbers 1 to 9 into a grid consisting of nine squares subdivided into a further nine smaller squares in such a way that every number appears once in each horizontal line, vertical line, and square.</p> <p>A cross word is a puzzle consisting of a grid of squares and blanks into which words crossing vertically and horizontally are written according to clues given.</p>	Problem Solving Staying Positive
TED Talk Club	Pupils will watch a TED Talk, from the content of the TED Talk they will then create a for and against argument. Pupils will then discuss and debate their arguments.	Speaking Leadership
Just Dance Club	<p>Just dance will give you the opportunity to develop your dancing skills, whether you are a beginner or an expert.</p> <p>By using the Just Dance Game as a tool to practice and master dance moves, you are not only improving your physical fitness but also reaping the mental health benefits that dance has to offer.</p>	Teamwork Staying Positive

Wednesday Enrichments







Name of Enrichment	Description	Dual Curriculum Skills
Year 9 Boy's Football	Football training. Small sided games which focus on the core elements of the game (Passing, shooting, dribbling)	Teamwork Leadership
Library Club	Library Club is a safe space that you can read a book and complete your homework silently. Reading is the key to the whole curriculum, come along and unlock your future with a book!	Emotional Intelligence Staying Positive
Homework and Study Club	Complete your homework or revision/studying using the school PCs. Paper and resources will also be available during the sessions.	Aiming High Problem Solving
Year 9 Seasonal Craft Club	Creating decorative items for the home/gifts with a seasonal focus in a relaxed calm environment. Enhancing creativity skills with a sense of achievement when you have produced your pieces.	Problem Solving Creativity
EmpowerHER	Have you ever wanted to learn all about the world of female rights and feminism? From the famous 'Barbie' film to the unforgettable Suffragettes, this club will allow girls (and boys!) of any age to delve into this fascinating area of society. In this club there will be chances to discuss films, articles, music, theatre, radio and even have debates around feminism and championing voices. You might even be interested in becoming a Penketh Empowerment Ambassador and learn how to be a helpful mentor in school. This will be a welcoming and friendly environment where you will grow in confidence and knowledge about female empowerment.	Listening Speaking
Year 9 Bronze Duke of Edinburgh	This is a unique experience for 1 year; a recognised qualification involving four areas: Voluntary, Physical, Skills and Expedition. *IF CHOSEN THIS WILL BE YOUR ENRICHMENT FOR THE FULL YEAR*	Staying Positive Teamwork
Badminton	We will learn how to play Badminton starting with setting up the court and packing it away, practising our badminton grip, our strokes, and our stance. We will then play the games, taking it in turns so that in the 45-minute session you should all get a few games in. When we cannot use the Sports Hall- we will be in P06 undertaking general knowledge quizzes or in the Dance Studio or outside doing Circuit training.	Staying Positive Teamwork
Pre-Historic Club	In this club you will discover life before early humans, you will look at the Cambrian period, the cretaceous mass extinction as well as looking at life forms that have survived into present day such as crocodiles and various plants and animals.	Listening Problem Solving

Year 9 Dodgeball	Small side dodgeball games focusing throwing, catching and dodging.	Teamwork Leadership
Community Kindness	This enrichment aims to give back to the wider community. In our group we will plan ways we can have a positive impact on those around us, we will think of how we can improve the environment we live in and ultimately aim to put a smile on others faces!	Community Connectedness Emotional Intelligence
Pupil Press	In Pupil Press we will be Covering ...  School News: Sports events, club activities, and academic achievements.  Creative Corner: Poetry, short stories, and artwork by students.  Global and Local Issues: Discussions on topics that impact your community and the world.  Student Voices: Interviews, opinion pieces, and advice columns. Why Join Pupil Press?  Express Yourself Write about topics that matter to you and your peers. Share your opinions, stories, and creative ideas.  Showcase Your Talents Develop skills in journalism, photography, and graphic design. Work with a team to produce a professional-quality newsletter.	Teamwork Leadership
Spotlight Drama and Vocal Group	We will learn how to play Badminton starting with setting up the court and packing it away, practising our badminton grip, our strokes, and our stance. We will then play the games, taking it in turns so that in the 45-minute session you should all get a few games in. When we cannot use the Sports Hall- we will be in P06 undertaking general knowledge quizzes or in the Dance Studio or outside doing Circuit training.	Speaking Teamwork
Year 10 Forensics Club	Forensic science is the application of scientific techniques and expertise in order to help support the investigations of criminal cases. It contains many different scientific areas including Crime Scene Investigation, DNA analysis and fingerprint analysis. This enrichment will give you an insight into some of these areas.	Listening Problem Solving
LGBTQIA+ Allies Club	A student-led club that aims to create a safe, welcoming, and accepting school environment for all pupils, regardless of sexual orientation or gender identity. This club is a safe space for pupils within the LGBTQIA+ community, those questioning their sexuality as well as LGBT+ allies.	Emotional Intelligence Community Connectedness
Year 9 Chemistry Skills Builder	Enrichment will look at building security in fundamental Chemistry skills and also look at some analytical techniques used in industry to analyze chemicals. We will also look at demonstrations not included in the KS3/4 that pupils would not normally get to do.	Aiming High Problem Solving

Boy's Gaelic Football	Learning the skills of Gaelic football and applying in a game situation.	Problem Solving Teamwork
Boys Rugby Leage Club	This enrichment is for all boys who would like to play for the school team, or those interested in playing full contact rugby. For those selected for the school team this will form our training sessions on a weekly basis	Leadership Aiming High

Thursday Enrichments

Name of Enrichment	Description	Dual Curriculum Skills
Collage Club	Collage Club is all about unleashing your creativity. You will get the opportunity to play with a variety of materials like magazines, old books, coloured paper, photos, and more to create unique, eye-catching artwork. There's no right or wrong way to collage in Collage Club - it's all about experimenting, layering, and discovering surprising combinations. Whether you want to tell a story, make a statement or just let your imagination run wild, come and express yourself and see where your creativity takes you.	Creativity Problem Solving
Mindfulness Mandalas and Colouring	This enrichment activity is based around the practice of mindfulness and Buddhist meditation via the creation of mandalas. Pupil's will have the opportunity to practise mindfulness, which as a strategy they can apply in their lives. Pupils will practice mindfulness using mindfulness colouring exercises, in a quiet and calm environment. The pupils will also have the opportunity to develop their knowledge and understanding of Buddhist meditation techniques, including the creation of Mandalas. Pupils will work towards designing and creating their own mandalas, as a form of mindfulness meditation.	Emotional Intelligence Creativity
Girls Fitness Club	HIIT is high-intensity interval training, it takes just 20 minutes. Push yourself really hard for 30 seconds and then rest for 30 seconds. The great thing about HIIT is that you take it at your own pace - push as hard as you can and you will see results. Examples of exercises we will do include squats, burpees, sit ups, mountain climbers, running on spot, this list is pretty endless. Anyone can do this session, whether you are a beginner at HIIT or if you have done these sessions before. We will follow an online instructor, e.g. Joe Wickes and several others, who will take us through a 5 minute warm up, 20 minute HIIT and then a 5 minute cool down. It's fun, it's quick and most importantly it is very effective for fitness and health!	Staying Positive Aiming High
Year 9 Forensic Science Club	Forensic science is the application of scientific techniques and expertise in order to help support the investigations of criminal cases. It contains many different scientific areas including Crime Scene Investigation, DNA analysis and fingerprint analysis. This enrichment will give you an insight into some of these areas.	Listening Problem Solving

Counted Cross Stitch Club	Enrichment will look at building security in fundamental Chemistry skills and also look at some analytical techniques used in industry to analyze chemicals. We will also look at demonstrations not included in the KS3/4 that pupils would not normally get to do.	Problem Solving Creativity
Build-a-Band	In this enrichment you will form bands of your own choice and create performances of your own. You will play a range of songs and also pick songs that you would like to perform. This group is ideally for beginners and existing musicians.	Teamwork Creativity
Girls Football	Opportunity to learn/advance skills on the football pitch and potentially get into the year group team.	Teamwork Aiming High
Food Hygiene Skills	This enrichment will enable you to gain basic knowledge and understanding of the importance of food hygiene, associated food hazards and good hygiene practice. This is important for understanding and maintaining good practice in the handling, processing and preparation of safe food. We will also complete a few quick and easy recipes to demonstrate your knowledge and there is chance to complete a recognised level 1 food hygiene qualification.	Problem Solving Listening
iDEA Award	The Inspiring Digital Enterprise Award, known as iDEA is an international award winning programme that helps you develop digital, enterprise and employability skills for free. Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.	Problem Solving Staying Positive
Pupil Press	In Pupil Press we will be Covering ...  School News: Sports events, club activities, and academic achievements.  Creative Corner: Poetry, short stories, and artwork by students.  Global and Local Issues: Discussions on topics that impact your community and the world.  Student Voices: Interviews, opinion pieces, and advice columns. Why Join Pupil Press?  Express Yourself Write about topics that matter to you and your peers. Share your opinions, stories, and creative ideas.  Showcase Your Talents Develop skills in journalism, photography, and graphic design. Work with a team to produce a professional-quality newsletter.	Teamwork Leadership
EmpowerHER	Have you ever wanted to learn all about the world of female rights and feminism? From the famous 'Barbie' film to the unforgettable Suffragettes, this club will allow girls (and boys!) of any age to delve into this fascinating area of society. In this club there will be chances to discuss films, articles, music, theatre, radio and even have debates around feminism and championing voices. You might even be interested in becoming a Penketh Empowerment Ambassador and learn how to be a helpful mentor in school. This will be a welcoming and friendly	Listening Speaking

	environment where you will grow in confidence and knowledge about female empowerment.	
Badminton	We will learn how to play Badminton starting with setting up the court and packing it away, practising our badminton grip, our strokes, and our stance. We will then play the games, taking it in turns so that in the 45-minute session you should all get a few games in. When we cannot use the Sports Hall- we will be in P06 undertaking general knowledge quizzes or in the Dance Studio or outside doing Circuit training.	Staying Positive Teamwork
History Study Club	Pupils will have the opportunity to spend time revising and studying History with the support of a history specialist. A great choice if you are already studying GCSE History or thinking about studying History in the future.	Listening Emotional Intelligence
Year 10 Chemistry Skills Builder	Enrichment will look at building security in fundamental Chemistry skills and also look at some analytical techniques used in industry to analyze chemicals. We will also look at demonstrations not included in the KS3/4 that pupils would not normally get to do.	Aiming High Problem Solving
Community Kindness	This enrichment aims to give back to the wider community. In our group we will plan ways we can have a positive impact on those around us, we will think of how we can improve the environment we live in and ultimately aim to put a smile on others faces!	Community Connectedness Emotional Intelligence
Year 10 Duke of Edinburgh Silver	The next stage for those who have completed their Bronze Award.	Staying Positive Teamwork
Centre Stage	An enrichment where you will learn a range of choreography as well as creating your own dances. Covering a range of styles to suit all abilities.	Listening Speaking
Debate Club	In this session, we will debate about current affairs and issues in Warrington, the UK and around the World. Have your say!	Speaking Leadership