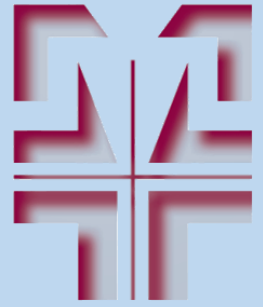


St Michael's CE High School

A Church of England Academy



Therefore, choose

Year 9 Curriculum Enrichment 2022-23



“I came that they may have life - life in all its fullness” John 10:10

Growing in Body, Mind and Spirit

“Therefore Choose ...Life”

Deuteronomy 30:19

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Introduction

The Year 9 Curriculum Enrichment programme is a coherently planned, innovative series of lessons aimed at encouraging our young people to make a difference in their community. Pupils will take part in a range of different activities which are in line with our school vision, providing them with further curriculum opportunities to grow in 'body, mind and spirit,' with the ultimate aspiration of 'becoming the person God wants them to be.'

Voluntary work, community service, environmental projects, charity work and aspects of work experience will all play a part in the programme, enabling pupils to gain some valuable life skills and learn a little more about 'life outside school!' By engaging with these activities pupils will also give something back to their local community, encouraging them to grow in character and reflect the Christian Values of stewardship, compassion, service and humility. We hope that the programme will inspire and innovate our young people to take action, become courageous advocates and, of course, we hope that they enjoy the new experiences which come their way!

How it will work

Pupils will take part in eight different activities for four weeks each. They will take place on a Thursday afternoon during periods 7 and 8 and will be led by various members of staff. Pupils must be extremely organised 'Self Managers,' checking each week the activity in which they are participating and coming prepared with, where relevant, the clothes and equipment necessary for that week. All activities are described in this booklet and the tutorial rotation is also included for parents, carers and pupils to refer to. Tutors will help pupils to be organised and the detailed rota for each tutorial will be in tutorial rooms.

This booklet aims to set out the purpose of the Enrichment activities and explain in detail what each entails. Each page has a different letter in the coloured box at the top of the page which corresponds to the rotation dates on pages 5 and 6.

Duke of Edinburgh's Award

The various activities in which the pupils are involved will enable them to work towards gaining their Bronze Duke of Edinburgh's Award. We will be encouraging all pupils in Year 9 to enrol into the programme and pupils will be guided through the completion of the Award. By the end of the year they will have covered all of the Award except for the expedition, (further explanation of this on the next page.)

The Duke of Edinburgh's Award

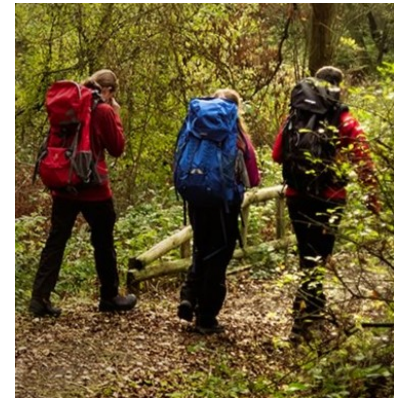
About the Bronze Award

The Duke of Edinburgh's Award is the world's leading and most respected youth achievement award. It is a rounded programme of personal development which gives millions of young people the chance to be the best they can be, push personal boundaries, gain new skills and make a difference in their community. There are three awards; bronze, silver and gold, and pupils in Year 9 can choose to take part in the Bronze Award.

The Award separates into four parts:

- Skill
- Physical
- Voluntary
- Expedition*

To achieve the whole award, you have to cover the Skill, Physical and Voluntary sections for three months, with one of them for six months. The Curriculum Enrichment programme provides opportunities for pupils to complete three months of Skills and Physical and six months of Voluntary.



Logging your DofE Award (eDofE)

Pupils taking part in the Award will log into their new DofE account at the start of the programme. Their teacher will guide them through this process. Intermittently during the year there will be an 'upload' session where pupils will be in an ICT room and will write a little about the projects they have completed to that date.

*What about the expedition?

To achieve the Bronze DofE Award you have to complete a two day expedition which involves camping and route planning. More details about the expedition will follow and it is likely pupils will take part in this in the summer term of next year.

Can I add extra activities I do out of school?

Of course! When you upload information to your eDofE account, you are very welcome to add details of any activities you do outside of school which may enhance your award. This will be explained to you as you log into your DofE account.

To enrol in the Duke of Edinburgh's Award scheme there is a cost of £24 per pupil. This allows pupils to create a personal DofE account which lasts until they are 24 years old. Pupils can continue with their Silver and Gold Award at college.

Rotation Dates

Date	901	902	903	904	905	906	907	908
7th July 2022	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C
14th July 2022	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C
21st July 2022	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C
Sept 1st 2022	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C
Sept 8th 2022	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A
Sept 22nd 2022	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A
Oct 6th 2022	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A
Oct 13th 2022	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A
Oct 20th 2022	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D
Nov 10th 2022	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D
Nov 17th 2022	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D
Nov 24th 2022	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D
Dec 1st 2022	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H
Dec 8th 2022	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H
Dec 15th 2022	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H
Jan 12th 2023	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F	Rotation H

Date	901	902	903	904	905	906	907	908
Jan 19th 2023	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F
Jan 26th 2023	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F
Feb 2nd 2023	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F
Feb 9th 2023	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B	Rotation F
Feb 23rd 2023	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B
Mar 2nd 2023	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B
Mar 9th 2023	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B
Mar 16th 2023	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E	Rotation B
Mar 23rd 2023	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E
Mar 30th 2023	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E
Apr 20th 2023	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E
Apr 27th 2023	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G	Rotation E
May 4th 2023	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G
May 11th 2023	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G
May 28th 2023	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G
May 25th 2023	Rotation E	Rotation B	Rotation F	Rotation H	Rotation D	Rotation A	Rotation C	Rotation G

Root & Branch

Nature and the Environment

Rotation: A

Mr Neville, Miss O'Malley, Mr Cree

OUTCOMES:

- Pupils can take responsibility for the environment we live in.
- Pupils can maintain and grow plants in an outdoor environment.
- Pupils take part in various school community projects

CHRISTIAN VALUES: Service, creation, stewardship, koinonia

CHARACTER Education: Confidence, resilience, respect, tolerance, caring for the environment.

DofE: Volunteering, Skill, Physical

Activities:

Pupils will work in three different locations over 4 weeks.

Working at Cuerden Park – this will involve litter picking, balsam bashing and taking part in environmental projects in Cuerden Park.

Managing the School Garden – this will involve clearing, weeding, tilling, planting, sowing and harvesting in the school garden, with the ultimate aim of donating the produce to Chorley Council for distribution in poorer communities.

Working on school community projects— school improvement projects put forward by pupils will be developed.

Equipment / clothes / additional information

- These activities will take place outdoors regardless of the weather, so pupils will need to bring appropriate wear for gardening – old clothes and shoes, and wellies and waterproofs. There are occasions when pupils will be painting.
- Pupils going to Cuerden Park will be transported to and from the site by minibus each week.
- Pupils may bring their own appropriate gardening gloves from home if they choose to but we will also aim to provide these.
- They will need to be changed and ready **before** the 1:55pm bell and meet in the designated room in order to make a prompt start.
- Equipment will be provided for each session; pupils will not be required to bring any equipment themselves.



Cook, Stitch, Pitch

Life Skills: Patchwork, mending, cooking on a Trangia and pitching a tent

For this rotation, pupils will split into groups in their tutorial. They will be told which group is doing which activity in advance.

Rotation: B
Miss Williams

STITCH (patchwork/mending)

OUTCOMES:

- Pupils can make a patchwork blanket.
- Pupils can sew on a button and mend clothing.

CHRISTIAN VALUES: Compassion, creation

CHARACTER Education: Caring for others, perseverance, citizenship

DofE: Skill

Activities:

During this two week block pupils will be contributing towards the creation of patchwork blankets that we will be taken by pupils to be used at the Cry School in Lusaka, Zambia. This is our two year school charity focus for 2022-24.

Pupils will be working on their own square templates, joining them together to make a group creation.

During this rotation pupils will also learn how to mend and care for clothing. They will have the opportunity to develop the following skills:

- Sew on a button
- Turn up a hem
- Mend a ripped seam
- Patch a fabric hole

Equipment / clothes / additional information

- Pupils will be in school uniform for all the sessions. All equipment will be provided but if pupils have material they wish to bring in, they can do so.



Cook, Stitch, Pitch

COOK / PITCH (Camping skills)

OUTCOMES:

- Pupils can pitch a tent and cook on a Trangia.

Rotation: B continued

Mrs McDermott

CHRISTIAN VALUES: Koinonia, service, stewardship

CHARACTER Education: Determination, grit, resourcefulness, confidence

DofE: Skill and expedition preparation skills.

Activities:

Pupils will be involved in practising outdoor skills. This will aid them with the necessary knowledge and practical skills to carry out a Duke of Edinburgh expedition unaided by staff. *(Staff are there in an advisory role with the activities and for supervision/health and safety/first aid)*. Please note: if students choose not to partake in the DofE expedition, they will receive a certificate acknowledging what they have done within the skills, physical and voluntary sections.

Equipment/clothes/additional information

- Pupils will need to bring suitable outdoor clothes for these sessions, e.g. old clothes and shoes and wellies and waterproofs if necessary. They will be pitching tents outside, regardless of the weather.
- The tents and Trangias will be provided.
- Pupils will be working in groups of 2-3.

Week 1: Half the tutorial will do patchwork/mending, half will pitch a tent

Week 2: Repeat of week 1, with the groups swapping

Week 3: Half the tutorial will do patchwork/mending, half will cook on a Trangia

Week 4: Repeat of week 4, with the groups swapping



Flex 'n fit

Rotation: C
Mrs Walsh, Mrs Finch

FLEX N FIX (Yoga style exercise, Boxercise and First Aid)

OUTCOMES:

- Pupils can demonstrate various Yoga style stretches and relaxation routines with confidence.
- Pupils enjoy learning the techniques of Boxercise
- Pupils can perform minor first aid procedures.

CHRISTIAN VALUES: Service, peace

CHARACTER Education: Caring for others, resourcefulness, citizenship

DofE: Physical, Skill

Activities:

For four weeks pupils will:

- Take part in a Yoga style programme that enhances their health and well-being through various stretches, relaxation routines and meditation.
- Take part in Boxercise, a boxing based fitness programme.
- Pupils will also take part in a First Aid taster course, which will cover different scenarios and how to treat a casualty. They will be able to explain the priorities of treatment to a casualties, be able to put a casualty in the recovery position, identify various injuries and demonstrate Cardio Pulmonary Resuscitation. On occasions this session is led by a Surgeon.

Equipment / clothes / additional information

- Pupils will get changed into their school PE kit in the dance studio changing rooms at the start of period 7 for all the sessions.



Treasure, maps & family tracks

TREASURE, MAPS AND FAMILY TRACKS:

Local History / Geography

Rotation: D

Miss O'Malley

Over these four weeks, pupils take part in two local History walks around Chorley, learn expedition skills and follow a map around Astley Park. This is continued on the next page.

Part 1: Geography

OUTCOMES:

- Pupils can plan an expedition menu and route, and read a map.

CHRISTIAN VALUES: Stewardship, endurance, wisdom

CHARACTER Education: Encouraging endurance, raising aspiration, building geographical skills, raising self-confidence when outdoors.

DofE: Skill / expedition practice

Activities:

Week 1: Pupils will remain in school and revisit geographical skills from Y7. They will look again at Ordnance Survey maps and begin work on their expedition route.

Week 3: Experience of an expedition. Pupils will complete a map reading treasure hunt in Astley Park.

Equipment / clothes / additional information

- Pupils will be in school uniform for week 1 but for week 3, pupils will take part in an outdoor map reading activity in all weathers and must bring suitable walking clothing plus an outdoor waterproof coat.



Treasure, maps & family tracks

Part 2: Local History

Rotation: D continued
Miss Simons, Mr Topping

OUTCOMES:

- Pupils will be able to recognise different buildings and explain their historical context in areas around Chorley.
- They will be able to recognise different periods of architecture and explain who lived in various buildings in town.

CHRISTIAN VALUES: Wisdom, koinonia

CHARACTER Education: Curiosity, respect,

DofE: Skill

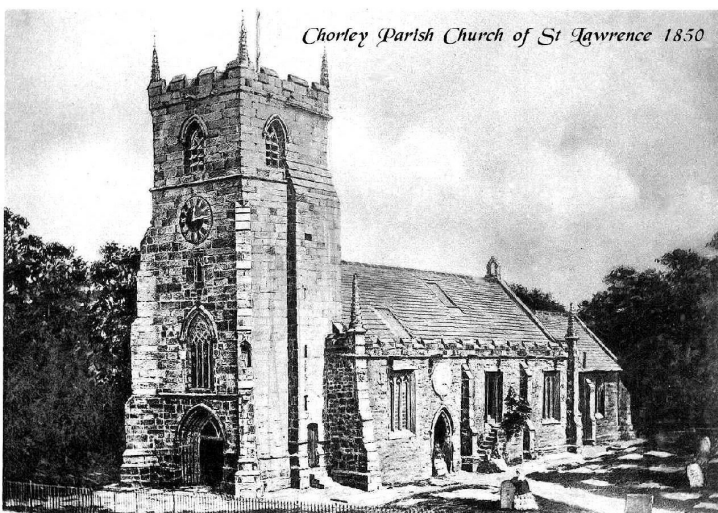
Activities:

Week 2: Pupils will take part in a History walk. They will explore the life of the Gartside family in Chorley, looking at how Chorley has changed since the family lived there, exploring how buildings and places have changed both in architecture and in their significance.

Week 4: Pupils will take part in a historical 'treasure hunt' walk around Chorley. The idea of the walk is to engage pupils in historical discovery by placing people and places from the past into present day Chorley and so develop an understanding of local history and the visible traces left behind in the present. The session is cross between a murder mystery and 'Who do you think you are'.

Equipment / clothes / additional information

- Pupils will be in school uniform for all the sessions.



Generations

GENERATIONS: (Performing Arts / Highgrove House)

Rotation: E

Mrs Burgess, Miss Nicholson

OUTCOMES:

- Pupils can converse with people of different generations.
- Pupils show confidence in performing in front of others.

CHRISTIAN VALUES: Service, koinonia, patience, humility, compassion, creation, love

CHARACTER Education: Caring for others, citizenship, respect, tolerance, open-mindedness, confidence, tolerance, resourcefulness

DofE: Skill, Physical, Voluntary

Activities:

Weeks 1 – 3: Pupils will be involved in following an Integrated Arts theme preparing a presentation to residents at Highgrove House.

Weeks 4: Pupils will attend one session at Highgrove House Residential Home where they will interact with the residents through a variety of activities and share presentations prepared during the first three weeks. This has not happened for the past two years but with the decline of Covid we are hoping this can be reinstated at some point this year.

Equipment / clothes / additional information

- Pupils will be in school uniform for weeks 1-3 but may bring in costumes for the presentation in week 4.
- Pupils will be responsible for transporting any necessary equipment to Highgrove House.



Peace yourself together

A wellbeing focus. Learning coping strategies for great mental health!

For this rotation, pupils will be split into groups for the mindfulness and jigsaw sessions and do the tai chi together.

Rotation F:

Mrs Schiel, Mrs Cattell, Mrs Banks

OUTCOMES:

- Pupils learn about 'self help,' have coping strategies to help them in time of stress and explore activities which help mental health.

CHRISTIAN VALUES: Peace, thankfulness

CHARACTER Education: Determination, perseverance, reflection, patience

DofE: Skill: alternative therapies / Physical.

Activities:

Week 1 and 3: Pupils will be learning about 'self care,' the importance of frequent relaxation and coping with the stresses of modern life. Pupils will split into two groups, with one group taking part in mindfulness activities and the other completing a jigsaw challenge. Studies have shown that doing jigsaw puzzles can improve cognition and visual-spatial reasoning. The act of putting the pieces of a puzzle together requires concentration and improves short-term memory and problem solving.

Week 2 and 4: A guest visitor to school will lead pupils in the discipline of tai chi. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

Equipment / clothes / additional information

- Pupils will be in school uniform for weeks 1 and 3, but must wear their PE kit for weeks 2 and 4.



Compassion Kitchen

COMPASSION KITCHEN: Helping others in the community

Rotation G:

Mrs Faulkner, Mrs Ferson

OUTCOMES:

- Pupils can bake various cakes and biscuits.
- Pupils show compassion to others by contributing to an open kitchen.

CHRISTIAN VALUES: Humility, thankfulness, service, compassion and koinonia.

CHARACTER Education: Caring for others, citizenship, respect and open mindedness.

DofE: Skill, Voluntary

Activities:

Pupils will make various cakes and biscuits each week. They will be encouraged to donate a small number of their cakes to the Open Kitchen at Chorley United Reformed Church. The plan and ingredients for what they are making each week is included and pupils should refer to this booklet to organise what they need to bring in..

Equipment / clothes / additional information

- Pupils will be in school uniform for all the sessions.
- Pupils will need to bring the following every week:
 - Named apron
 - Recipe book
 - Named container with a lid
 - Ingredients
- Pupils' home learning every week will be to weigh out their ingredients at home and bring them into school.



Recipes—pupils need to bring the following ingredients



WEEK 1: Chocolate chip shortbread cookies

125g butter
50g caster sugar
175g plain flour
1 tablespoon milk
100g milk or dark chocolate chips



WEEK 2: Abbey Biscuits

75g plain white flour
75g margarine
75g caster sugar
60g rolled oats
60g raisins
1 dessert spoon milk

School will provide:
1/2 teaspoon syrup
1/2 teaspoon bicarbonate of soda

WEEK 3: Muffins

Dry Ingredients:

400g self-raising flour
1 level teaspoon baking powder
100g caster sugar

Choose one: 1 level dessertspoon of cocoa powder, cinnamon, lemon or lime rind

Choose one: 100g raisins, chocolate chips, peeled and grated apple, peeled and grated pear, chopped banana or glace cherries

Liquid Ingredients:

2 large eggs
150ml milk
150ml yogurt natural or flavoured
120ml golden syrup
150g melted butter or baking margarine



WEEK 4: Raspberry Buns

150g self-raising flour
75g block margarine (in foil)
75g caster sugar
1 egg
2 tablespoons jam or curd of your choice

Give a helping hand

EMPLOYABLE ME: Careers / Design and Technology

Rotation: H

Miss Simons, Mrs Cattell, Mr Gladders

For rotation H pupils are split into two groups in their tutorial. Two lessons are spent doing a charity DT project and two are spent working on Careers and DofE upload.

OUTCOMES:

- Pupils can access and make the most of digital careers information, advice and guidance services.
- Pupils can demonstrate awareness of what labour market information (LMI) is and how it can be useful.
- Pupils can use the 3D printer to create a prosthetic arm which will be sent to charities.

CHRISTIAN VALUES: Wisdom, hope, compassion

CHARACTER Education: Raising aspiration, building employability skills, raising self-confidence and assertiveness, resourcefulness, caring for others

DofE: Skill / voluntary

Activities:

Week 1: Group A Careers / Group B D&T Prosthetic Arm

Week 2: Group A Careers and DofE upload / Group B D&T Prosthetic Arm

Week 3: Group B Careers / Group A D&T Prosthetic Arm

Week 4: Group B Careers and DofE upload / Group A D&T Prosthetic Arm

We are currently exploring a new Y9 Enrichment charity link which involves pupils working on D&T skills, using the 3D printer to create prosthetic limb devices for children and adults in need.



Any donations of the following items would be gratefully received

Plastic flower pots

Seeds and cuttings of vegetables and fruits—including herbs / lavender

Old clothes (which could be used for mending purposes)

Material which could be cut into patches

Please bring gardening items to Mr Neville and material to Miss Williams

The Bronze Award Expedition 2022-23

Since starting Year 9 Enrichment in 2019, pupils have not yet had the opportunity to take part in the full expedition due to the Covid pandemic. In 2020 the Duke of Edinburgh's Award changed the regulations allowing young people to complete the expedition without spending the evening camping and for the past two years our pupils have completed a 'project' style expedition on the school site.



Year 9 2022-23 will be the first year group to complete the full expedition overnight and off the school premises. It is intended that half the pupils in Year 9 will complete the expedition on Monday 10 and Tuesday 11 July 2023, with the other half completing this on Thursday 13 and Friday 14 July 2023.

It is likely to involve pupils camping on two sites in the Rivington Area. Completing the expedition is usually priced at over £120 per person, as pupils have to complete a training day and hire DofE Assessors. However, several members of St Michael's staff are presently training as Duke of Edinburgh's Assessors and completing essential First Aid and Lowland Leader training in order to keep costs down. We currently estimate that the expedition will cost around £70-80 per pupil. We are committed to providing the DofE expedition experience to ALL our pupils and are exploring further ways to keep costs at a minimum. Parents will be able to pay in instalments and further information will be available later in the year.

Expedition kit

School has a number of rucksacks, sleeping bags and sleeping mats available for pupils to borrow but over the year, if pupils can ask family and friends and see if they can borrow / source the following items, this would be very helpful:

- Rucksack (65Litre capacity recommended)
- Sleeping bag
- Sleeping mat
- Walking boots (trainers not recommended)
- Waterproof coat and trousers
- Torch / First Aid kit / plastic cutlery
- torch