

Aspire

Innovate

Respect

Excellence Programme Spring Term 2025




Carrington
School AD ASTRA

What is the Excellence Programme (EP)?

- An opportunity to **try out something new** – you might discover unknown talents and interests, build skills and experiences in areas that will have long-reaching impacts into your future
- A chance to **broaden horizons** and opportunities, giving you an edge over other students for college courses and future employment
- You will take part in an EP session **every Friday afternoon**
- You must **choose your TOP FOUR activities** from this choices booklet
- You will do your allocated activity for 10 weeks
- EP is **compulsory** and is part of your timetable – be open-minded to try something new but also make a choice that interests you
- You will be in **mixed groups** of 7s, 8s and 9s for the Spring Term
- The sessions are run by Carrington School teachers and support staff and sometimes external facilitators

Why is Carrington School organising this programme?

- To extend your learning opportunities
- To help you to pursue your own areas of interest and strengths outside the normal school curriculum
- To help you develop your **self-confidence**, develop your **leadership skills**, improve your **self-motivation**, make you a better **team player**, get you involved in more activities, improve your **creativity** and support your emotional **well being**
- To help you develop the skills that colleges and employers are looking for
- To build resilience and an open-minded approach to trying something new!

How do I make my choices?

- Have a look at the activities on offer in this booklet – all of these activities relate to our school values of **Aspire, Innovate and Respect**
- **DO NOT** choose activities that you have already taken part in - try something new!
- **DO NOT** choose activities because your friends are doing it – try something you want to do!
- **Consider all of the options first** and then **select your top four**. Once you have selected, you will not be able to make changes
- **Places will be allocated on a first come, first served basis**. Where possible you will be given your first choice but make sure you pick three other options you will enjoy in case your first choice is full
- Follow the instructions sent to you by Mr Stafford to make your selections – the spaces will fill up quickly so to avoid disappointment it is important you regularly check your student email and Arbor for when the form opens
- **PLEASE TAKE TIME TO CHOOSE CAREFULLY AS SWAPS CANNOT BE MADE ONCE YOU HAVE CHOSEN**

Activities

Please select your **FOUR** options for the spring term in order of preference. Please do not pick an activity that you have done before. You must be prepared to do any of the four choices.

Your allocated activity will appear on Arbor on the first week back at school in January.

Carrington Farm (15 places)

Do you love wildlife and want to help care for our very own Carrington animals?

Do you want to learn how to care for the goats, rabbits, chickens and guinea pigs and spend time outside in the fresh air?



Creative Carrington Chef (20 places)

Do you want to be creative by designing and making quality culinary dishes?

Do you want to rise to the challenge and have the opportunity to show off your catering skills?

Are you focused on a career in this area or would you like to develop some more cooking and baking skills?



Charanga, Music Production (30 places)

Do you want to learn about how a song is created and edited in the modern day?

You will work individually or in pairs to produce your very own song including a backing track and recorded vocals

You will learn how to use Charanga, a cloud-based digital audio workstation to produce your own music



Cheerleading & Competitive Dance (15 places)

Would you like to learn how to do some incredible cheerleading moves?

Do you want the chance to train with KCA Performing Arts and learn a new skill?

Are you interested in learning a competitive dance routine and improving your fitness?



Chess (28 places)

Have you ever wanted to learn to play Chess?

Or are you already a Chess Grandmaster?

Join other like-minded students to learn the strategies needed to win a game of Chess



Computer Aided Design (CAD) (30 places)

Do you want to learn how to draw in 3D using industry standard software?

Would you like to learn about how real designers use Computer Aided Design in their careers?

Are you creative and imaginative? Would you like the opportunity to showcase your design work to others



Digital Editing: Using Photoshop (28 places)

Would you like to learn to use software that media professionals use?

Are you interested in creating your own media production from scratch using Photoshop?

Will you enjoy having the opportunity to manipulate images and text to create a professional looking magazine front cover?



Developing Drawing (30 places)

Would you like to improve your drawing skills?

Practice portraits and landscapes as well as different drawing styles such as photo-realism and cartoon

Students will need to provide their own drawing pencils. Paper will be provided

Some sessions may be outside



Excellent Leaders (30 places)

Do you love History and want to know more about world leaders like

Winston Churchill, Ben Carson, Nelson Mandela, Margaret Thatcher, Mother Teresa, Abraham Lincoln and the like?

Each week we will research the life history, challenges, achievements and unique characteristics of a different world leader and model them in class.

Every lesson will focus on a different leader



French Fun, Culture & Conversation (30 places)

Do you love all things French?

Immerse yourself in the wonders of France; watch French films and discuss them in groups; learn more about French culture and traditions and develop your French language.



Gymnastics for All (15 places)

Are you interested in making progress in your gymnastics skills?

Do you want the chance to train with Elastics, a British Gymnastics affiliated club?

Would you enjoy having time to create a floor routine to music and learning how to perform great rotations and vault moves safely?



Korean Culture & Language (30 places)

Are you interested in BTS, Kimchi, or Son Heung-min?

We will explore Korean culture in depth alongside learning the language (it's easier than you think)...



Mindfulness Colouring (30 places)

Take important time to reset and focus whilst colouring

Mindful colouring has been shown to reduce anxiety and stress, improve sleep, improve focus and even improve vision and motor skills!

Bring your favourite colouring pencils/pens/equipment and we will refine the skills and look at different strategies of mindfulness whilst colouring!



Mission: Breakout (30 places)

Unleash your inner Sherlock!

Are you a puzzle master? Do you love cracking codes and solving mysteries?

You'll team up to design and build your own escape room challenges.

Put on your thinking caps and get ready to engineer immersive, mind-bending experiences for other teams to break out of!

Can you outsmart your opponents and make the ultimate escape room?

Join us and find out!



Philosophy Film Club (30 places)

Ever wondered what makes us human, how we decide what's right or wrong, or whether machines can think?

At Philosophy Film Club we will explore life's biggest questions through thought-provoking films

From gripping sci-fi to moving dramas, we'll discuss the deeper ideas behind the stories while enjoying great cinema

Come along, share your views, and challenge your thinking!



Podcasting (30 places)

Do you love listening to Podcasts? Have you ever thought about creating your own?

You will plan, record and edit a podcast on a topic of your choice



Race Around the World! (30 places)

Would you like to find out more about places around the world?

Would you like to race virtually against other students to get to the destinations before anyone else?

Could you manage your money to make sure you have enough to get back to Redhill at the end of your virtual travels?



Reading for Fun (30 places)

Do you love reading? Would you enjoy some peace and quiet each week in Antares?

Bring your own books or find one in the library and enjoy reading – just for fun!

We look forward to hearing about the books you have read and the enjoyment you have had from them



Self-Defense for Beginners (20 places)

Do you want to learn some basic self-defense skills and strategies?

Would you like to know some Taekwondo moves to improve your skills set?

Could you have fun sparring with others whilst enhancing your fitness and building your confidence?



Volleyball (20 places)

A fun game that is not covered in KS3 PE

Do you want to learn how to play and score effectively?

Are you competitive and do you like learning strategies to win?

Do you enjoy participating in competitions whilst meeting new people?



World of Wonder

Investigating Amazing Places! (30 places)

Explore one of the world's most amazing environments

Investigate where it is found and what it is like there

Then working in groups make a model of the environment to demonstrate what you have learned



Yoga and Meditation for Beginners (20 places)

Improve your mental and physical health through yoga and meditation

Yoga is great for balance and toning, while breathing techniques will help you with better concentration

Learn the benefits of yoga positions (asanas) and master a Sun Salutation

