



Excellence Programme

Autumn Term 2021



What is the Excellence Programme (EP)?

- You will have an EP session once every 2 weeks (Wednesday morning during Week 1)
- You will choose what activity you do from those listed in this Choices Booklet
- It is compulsory and is part of your timetable
- Students from Years 10 & 11 will be in your group
- The sessions are run by Carrington School Teachers and Support Staff

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

How do I make my choices?

- Have a look at the activities on offer in this booklet, these are in 3 sections based on our three school values
 - Aspire
 - Innovate
 - Respect
- Set up your SchoolsBuddy account. You will receive an email to your school email account today giving instructions on how to do this.
- The sessions available for the Autumn Term 2021 will be available for you to choose on SchoolsBuddy between **15th and 20th September**
- The **Duke of Edinburgh** scheme is available to all students in Year 10 and will take place during your Excellence Programme time. Details of DofE are given on the next page of this brochure.
- For those of you that have already signed up to take part in the **BTS** (British Theatre School) this will take part in your Excellence Programme sessions. You do not need to make any further choices from this brochure.
- **Choose 3 Sessions** that you would like to take part in – one from each section of Aspire Innovate & Respect, **UNLESS** you would like to participate in **Duke of Edinburgh** or **BTS** in which case this is the only choice you need to make.
- You will be allocated one of the three activities that you have selected. You must be prepared to do any of your choices.
- You will find out which activity you have been allocated on **Monday 27th September**
- The activity that you choose is for the Autumn Term 2021 only. You will be given the opportunity to choose again at the end of the Autumn Term for the Spring Term 2022.



Duke of Edinburgh Award

Available to students in Years 10

The DofE programme is a fun and engaging way to develop the skills and attitudes you need to become a more rounded, confident adult. The Duke of Edinburgh Scheme is recognised by employers, colleges and universities as a way of helping you develop skills like those listed below. Participating will help you stand out from the crowd and be successful in the future whatever your plans may be.

- Self-belief, self-confidence and a sense of identity
- Initiative and a sense of responsibility
- A real awareness of your strengths
- New talents and abilities
- The ability to plan and use time effectively
- Learning from and giving to others in the community
- Forming new friendships
- Problem solving, presentation and communication skills
- Leadership and teamworking skills

The award scheme is made up of four sections

Volunteering involves giving service to other people and to the local community. It gives participants the opportunity to increase their self-confidence, to accept responsibility, understand strengths, appreciate other people and care for the environment.

Expeditions involves planning, preparing and undertaking an adventurous journey (involving an overnight camp) on foot, in an unfamiliar and remote environment. You will become part of a self-reliant team working together to overcome challenges. In your Excellence Programme lesson you will learn about safety and emergency procedures, basic first aid, navigation, route finding, map and compass skills, camp craft, country codes and team building.

Skill is about developing personal interests and learning practical skills. It gives you the chance to learn something new, get organised, meet new people, try something different and have fun.

Physical is about getting involved in a sport or physical activity. It gives you an opportunity to improve fitness, meet new challenges, increase self-confidence and gain a sense of achievement.

Participating in the scheme costs £60 per pupil, and will take up your Excellence Programme time for the whole of this academic year.

IMI

Section 1

Aspire

Exploring Unsolved Mysteries

- Learn about mind-boggling mysteries.
- Research the bizarre.
- Present something baffling.

Animal Care

- Consider different animal species
- Explore their habitats
- Learn about their care needs

First Aid

- Understand the importance of knowing basic first aid
- Learn practical basic first aid skills including considering own safety
- Learn key communication and observation skills to aid assessing injuries
- Apply knowledge to a 'real life' emergency including first aid

Exploring Important Issues through Film

- Watch thought provoking films
- Research/discuss topical issues to broaden students' knowledge
- Create leaflet and other printed documents on topical issues explored for wider school community
- Write film reviews and create publicity

Understanding the Importance of Anatomy

- History of anatomy
- Use computerized app to explore human anatomy
- Dissect and draw a heart/kidney
- Dissect a whole animal e.g. fish or frog

Futsal

- Futsal is a football game played on a hard court, smaller than a football pitch. It has similarities to five-a-side football.
- Futsal is played between two teams of five players each, one of whom is the goalkeeper. Unlimited substitutions are permitted.
- Unlike some other forms of indoor soccer, the game is played on a hard-court surface marked by lines; walls or boards are not used. Futsal is played with a smaller, harder, low-bounce ball than football.
- The surface, ball and rules together favour football ball control and passing in small spaces.

Gym Fit

- Learn how to use gym equipment properly to improve your strength and fitness
- Devise your own fitness programme under qualified YMCA supervision
- **Sessions will be run at the YMCA in Earlswood. Transport will be provided. £2 per student per session (£10 per term)**

Section 2

Innovate

Build a Bird House

- For nature lovers who want to bring wildlife to your own gardens/home
- We will design and build bird boxes, bird feeders, bat boxes and bug hotels which you will then be able to take home to improve your own wild spaces.
- Many small actions become a big difference in the world

Fashion Recycling

- Produce re-fashioned garments and accessories using recycled clothing
- Photograph outfits and organize into a fashion directory
- Create a 'how to' set of directions

Bullet Journalism

- Creative techniques for note taking, calligraphy and sketching
- Planning to help become more organized
- How to use journaling as a mindfulness activity

Origami

- Learn about the ancient Japanese art of sculpting with paper
- Get creative and make different origami shapes and objects
- Great for mindfulness and building your practical and design skills

Section 3

Respect

A21 Charity Campaign

- *Did you know there are currently 27 million slaves currently in our world today? Did you know that every 8 seconds, a young girl is trafficked across foreign borders? Do you want to do something to help? Learn about the A21 Charity Campaign.*
- Help to raise awareness of modern slavery
- If you want to make a change, if you want to help, if you want to be part of something important choose this session.

David Attenborough Appreciation Society

- Learn about Sir David's life, from a child searching for fossils through his career in early television to becoming one of the most famous biologists in the world and investigate how our local area can inspire you
- Learn about his work in biodiversity and his approach to conservation
- Look at ways we can do our bit to support his efforts around school and in the wider community.

Managing the Worry Gremlin

- The Worry Gremlin loves one thing – to feed on your worry! But watch out, as the fuller he gets, the more worried you get!
- How can you stop him? Starve him of his favourite food – your worry– and he'll shrink and shrivel away
- Join the programme to start to understand your worry and learn strategies to help you manage it better.

Eco Schools

- Work towards achieving the eco schools accreditation
- Make the school more environmentally sustainable
- Write an eco-code for the school
- Discuss how we can be environmentally sustainable – from recycling to energy