

Copleston High School

ENRICHMENT OFFER



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Resilient

Resourceful

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Enrichment at Copleston High School

Enrichment is at the very heart of Copleston High School, woven into all parts of school life and helping to provide a truly rounded educational experience for all students.

While a large proportion of Copleston High School students' time is spent on ensuring their academic success, we also believe in helping students develop their characters; find out more about their interests and passions; and invest in their social, moral and cultural life skills.

The enrichment activities provide opportunities for students to learn new skills, make new friendships and develop their confidence, teamwork and communication skills.



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THE BASE



The Base is our bespoke tutor time programme for Key Stage 3 and Key Stage 4.

The BASE is a set of activities to help students understand more about themselves, their community and the wider world. It's about enabling them to develop as an individual and as a global citizen.

The Base begins in form time, with a set of activities written to help you explore a particular theme. Students are all expected to get involved in discussions and complete tasks in their booklets and they will watch videos and learn about inspiring people from the UK and beyond. Each year group will cover the same themes each week, so students will also be able to talk to friends, family and their subject teachers about what they are learning in form time. Students will also return to each theme again the following year to continue developing their understanding and to take inspiration from different people or different stories.

The Base extends beyond the form room. There are lots of opportunities for extension activities and creative tasks which students can continue at home, and there is a space in the booklet to record things students watch or read in the news which might link to the issues discussed in form time. We also want students to continue thinking about the issues and to be mindful of how these apply in daily life, both in school and beyond.



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THE APEX



The APEX is Copleston Sixth Form's unique enrichment programme of guided and self study activities designed to help students understand more about themselves, their community and the wider world.

The APEX is about enabling students to develop as individuals and as global citizens as well as helping to equip them with the tools, knowledge and experience needed for future careers and university or job applications, encouraging them to aim high in all aspects of their academic, personal and social development.

The APEX begins in tutor time, with a set of activities written to help students explore a particular theme. Students are expected to get involved in discussions and complete tasks in their booklet and they will watch videos and learn about inspiring people from the UK.

The APEX continues into enrichment lessons, with a set of personal development activities and a huge range of additional activities to extend and enhance subject knowledge and understanding of the world. Students can choose from webinars or short courses, or they can select tasks that look deeper into the topics covered during tutor time.

The APEX also extends beyond tutor time and enrichment lessons and there are lots of opportunities for extension activities which students can complete as part of their independent study with and that will provide valuable experience for interviews and applications

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WOW

Whats on Wednesdays



Every Wednesday, during period 5, year 7 students have the opportunity to participate in a wide range of leisure and recreation activities around the school. Students opt at the start of each term to do either 1 activity for the whole term or 2 activities for each half-term.

The activities available during the course of the year will change to meet the interests expressed by students and the sporting seasons.

Currently, there are well over 300 students regularly participating. There are also an increasing number of sixth formers and older students supporting our teaching staff and coaches in a leadership capacity.

The activities available for our students to choose from over the year are:

Hockey, Rugby, Girls Football, Boys Football, Netball, Basketball, Table Tennis, Trampolining, Fitness, Tennis, Climbing, Dance, Drama, Art, Dungeons and Dragons, Warhammer, Musical theatre, Board Games, library, Diamond art, Baking, Fencing, Chess, American Football, Yoga, Rounders, Softball, Athletics and Cricket.

The aim of the session is to allow students to have a go at new activities or to develop their skills and passion for an activity. It is about exposing students to a range of different activities to expand their opportunities within school so that they may want to pursue it after school.





Clubs and Extra Curricular Activities at Copleston

| Club/Activity | Day/Time | Year Group/s | Venue |
|--|---|------------------|-------|
| Choir | Monday and Thursday 12.25 - lunchtimes | All | B19 |
| Wind Band | Monday 8.00-8.40am | All | B19 |
| Steel Band Group 1 | Tuesday 8.00-8.40am | All | B19 |
| Steel Band Group 2 | Wednesday 8.00- 8.40am | All | B19 |
| Guitar Club | Tuesdays 3.15-4.00pm | All | B20 |
| String Group | Thursday 8.00-8.40am | All | B20 |
| Music- Theory and Aural Test Practice | Thursday 8.00-8.40am | Invited students | B19 |
| Jazz Band | Friday 8.00-8.40am | All | B19 |
| Keyboard Club | Fridays 12.25 - lunchtime | All | B19 |
| School production rehearsals | Mondays, Thursdays 3.10-4.45pm | All | C23 |
| Shakespeare Schools Festival rehearsals | Fridays 3.10-4.30pm | 9-13 | C23 |
| Science club | Thursdays 3.15-4pm | All | C130 |

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| Club/Activity | Day/Time | Year Group/s | Venue |
|----------------------|---|---------------------|---------------------|
| Debating Club | Weds/Thurs (TBC) lunchtime | All | English rooms (TBC) |
| Philosophy Club | Fridays, week 2 lunchtime | Sixth Formers | A16 |
| Lego Club | Tuesday 3.15-4pm | All | A8 |
| Homework Club | Mondays, Tuesday, Wednesday (during WOW), Thursdays after school 3.15-4pm | All | A8 |
| Investors Club | Fridays 12.30pm | Sixth Formers | S11 |
| Coding Club | Tuesday lunchtimes | All | ICT2 |
| Greek Mythology Club | Tuesday lunchtimes | Year 8 | LRC (Library) |



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Copleston Sports Clubs

| Club/Activity | Day and Time | Year Group | Venue |
|-----------------------|----------------------|---------------------------------|-----------------|
| Basketball | Monday lunchtimes | Years 9-11 | Sports hall |
| Table Tennis | Monday lunchtimes | Year 9 | B gym |
| Dance | Monday lunchtimes | Years 10-11 | Activity Studio |
| Netball | Monday after school | Years 8-9 | Courts |
| Football | Monday after school | Week 1 YR 8 - Week 2 YR7 | 3G |
| Cheerleading | Monday after school | All | B Gym |
| Badminton | Tuesday lunchtimes | Years 9-11 | Sports hall |
| Basketball | Tuesday lunchtimes | Year 8 | B Gym |
| Dance | Tuesday lunchtimes | Years 7-8 | Dance Studio |
| Running | Tuesday lunchtimes | All | Field |
| <u>Girls</u> football | Tuesday lunchtimes | Years 8-11 | 3G |
| Stardust dance | Tuesday lunchtimes | All | B gym |
| Volleyball | Wednesday lunchtimes | Years 7-11 | Sports hall |
| Table tennis | Wednesday lunchtimes | Years 7-8 | B gym |
| Tanzanite dance | WOW | Year 7 | Main Hall |
| Trampolining | Wednesday lunchtimes | Years 7-8 | Activity Studio |
| Dance | Wednesday lunchtimes | Years 9-11 | Dance Studio |
| Climbing | Wednesday lunchtimes | Years 8-11 | Sports Hall |

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Copleston Sports Clubs

| Club/Activity | Day and Time | Year Group | Venue |
|---------------|------------------------|---------------------------------|-----------------|
| Trampolining | WOW | Year 7 | Activity Studio |
| Basketball | Thursday lunchtimes | Years 7-8 | Sports Hall |
| Table tennis | Thursday lunchtimes | Years 10-11 | B Gym |
| Trampolining | Thursday lunchtimes | Years 9-11 | Activity Studio |
| Dance | Thursday lunchtimes | All | Dance Studio |
| Netball | Thursdays after school | Year 7 | Courts |
| Football | Thursdays after school | Week 1 YR9 - Week 2 YR10 | 3G |
| Diamond dance | Thursdays after school | All | Dance Studio |
| Badminton | Friday lunchtimes | Years 8-9 | Sports Hall |
| Basketball | Friday lunchtimes | Years 9-11 | B Gym |
| Dance | Friday lunchtimes | All | Dance Studio |
| Basketball | Fridays after school | Years 7-8 | B Gym |
| Netball | Fridays after school | Years 10-11 | Courts |
| Street dance | Fridays after school | All | Dance Studio |



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Copleston Sports Clubs

| | | | |
|---------------------------|------------------------------|------------------------------------|---------------------|
| Junior Academy Basketball | Thursday After School | (Selected Players) | Sport Hall |
| Netball | Thursday After School | Open to Year 8 | Courts |
| Football | Thursday After School | Open to Year 10 | 3G Pitch |
| Dance | Thursday After School | Open to all Year Groups | Dance Studio |
| Junior Basketball Academy | Friday Lunchtime | (Selected Players) | B Gym |
| Handball | Friday Lunchtime | Open to Year 7 & 8 | Sports Hall |
| Table Tennis | Friday Lunchtime | Open to Year 9, 10 & 11 | Activity Studio |
| Dance | Friday Lunchtime | Open to Year 8 | Dance Studio |
| Dance | Friday After School | Open to Year 7 | Activity Studio |
| Volleyball | Friday After School | Open to Year 9, 10 & 11 | B Gym |

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Copleston Sports Day

Sports day at Copleston has evolved to become one of the key whole school events of the year. All students in Year 7, 8 and 9 are involved across a number of sporting activities during the day ensuring maximum participation and competition. Approximately 30 activities are manned by all staff from the school.

The day is split in 3 zones, Games, Athletics and Inflatables. Within each zone students, within their Form groups, are divided into teams and compete against other Form groups in a number of sports. In games zone last year they had choices of Tug of War, handball, target games and dance.

During the athletics zone students can either compete in the more Olympic style Athletics events such as Javelin and shot putt or opt for the more “old School” vents like “Welly Wanging” and “obstacles races”. Alongside this, for those not competing there is a Copleston Mile where students complete the distance and are awarded points each time they finish.

Finally, the most anticipated zone is the inflatable where we hire approximately 7 different inflatable games, such as Wipe out, or Bungee run and forms compete against each other. This zone is always a favourite and whenever weather allows also involves some much need hydration!!

Results are collated and, for some, competition is fierce. For others participation is enough and we feel we have created a good balance between the 2. It is always a great day enjoyed by students and staff alike.





THE DUKE OF EDINBURGH'S AWARD

Duke of Edinburgh Gold Award

As part of our enrichment programme at Copleston Sixth Form, we give our students the opportunity to take the Duke of Edinburgh Gold Award

What is the Duke of Edinburgh Gold Award (DoFE)?

The DofE is a life-changing adventure you don't want to miss. It's about going the extra mile → learning new skills for work and life, getting fitter, helping others and exploring the countryside. Millions of young people in the UK have already done their DofE.

What do students need to do to earn the Gold Award?

Weekly tasks:

Students need to complete each of the DofE activities below for a minimum of one hour a week over a set period of time, so they can fit in around the students studies and life outside school.

| | | | | | |
|---|---|--|--|---|--|
| Gold (age 16+) | Volunteering 12 months | Physical 12 or 6 months | Skills 12 or 6 months | Expedition 4 days 3 nights | Residential 5 days 4 nights |
| | Physical and Skills sections: one section for 12 months and the other section for 6 months | | | | |
| If you didn't do Silver, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections. | | | | | |

Expedition

Exploring the countryside and camping under the stars with friends. The expedition will give students lifelong memories.

As part of a small team, students will plan their aim, choose their location and do some training to make sure they are prepared and know what they are doing – then spend our days and three nights away.

Students can choose how they want to travel – it doesn't have to be on foot. They could do it by bike, canoe, kayak, wheelchair, sailing boat or even on a horse.

The expedition will improve students communication and leadership skills. They will come home with a rucksack full of washing – and an experience they will won't forget.

Residential

To achieve the Gold Award, students need to complete an extra section – the Residential. It's a big, exciting and fulfilling experience, spending five days and four nights away from home on a shared activity with people they have never met before.

From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities to get involved with – both in the UK and abroad.

Students will learn how to work with people from different backgrounds and build confidence staying in new environments.



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Trips

In an academic year, trips are offered to students across the school. Some of our trips are residential such as the 1st World War Battlefields in Belgium, Water sports Activities in France as well as the Ski Trip. We also offer many theatre trips, museums, concerts and visits to places of interests.

Previous trips have included:

Ski Trip - Austria

Sixth Form Trip to New York

Year 8 Sail France Activity Week

Year 9 Ardeche Activity Week

Duke Of Edinburgh Award

Year 11 Battlefields trip to Belgium

Brighton (Geography Sixth Form)

Cern (Science Sixth Form)

various theatre trips to London, for instance a year 11 visit to The Globe Theatre to watch Romeo and Juliet

Year 7 Panto trip to Ipswich New Wolsey Theatre

BT Martlesham

Alton Water

Adnams Science Trip

Cambridge University Taster Days

Colchester Zoo Science

Colchester Zoo Literacy Trip

Colchester Zoo Graphics Trip

Dance East visits

Move It Dance Trip in London

Felixstowe Geography field trip

Natural History Museum

various revision events at local universities

Tate art trip

Oliver Twist at the New Wolsey

Visiting authors come yearly and offer seminars and writing workshops

Touring school theatre companies come regularly



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School Production

Involving students from Year 7 through to Year 13, the production teaches students about audition processes, how to work as part of a company, how dress and technical rehearsals work, how to learn lines, as well as learning choreography and musicality.

Students can take on the following roles: Lead acting parts/singing roles, supporting roles, ensemble, dancer, stage management, lighting technician, as well as other back-stage roles.

Most years we also have a band made up of students musicians, who get to experience what it is like to work within a professional band.

The school production is an inclusive enrichment opportunity where students from all years groups support each other and work together. Older students become role models for younger students and this is why students return each year and want to be a part of the production during their time at Copleston.



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Shakespeare Schools

Is an enrichment opportunity for strong performers to stretch them and allow them to work with students from all year groups on a high quality directed performance. The technical/dress rehearsals and the performance take place at Dance East in a professional theatre, where students learn how professional shows operate.

The performance takes an ensemble approach each year with all performers being on stage at all times during the 30 minute performance, teaching students about how ensemble companies work and how to utilise physical theatre.

A level Drama students and 6th Form students with a passion for and commitment to Drama are offered spaces first. The opportunity is then offered to strong performers from GCSE Drama classes and BTEC Performing Arts groups, as well as strong performers from Years 7 and 8, making sure that all keys stages are represented and able to take part.

Again older students are role models for younger students in terms of setting expectations and how to conduct themselves in rehearsals and during the technical rehearsals and performance.



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The Dance Show

Copelston has an annual dance show every summer and a bi-annual Christmas show, both held at DanceEast at Ipswich Waterfront. The shows are always a tremendous occasion with approximately 100 pupils involved from Year 7 to Year 13. The elite dance companies that perform are Stardust (Year 7-9) and Diamond (Year 10-11) and the Sixth form Dance Academy.

Copelston have ten dance clubs a week which also feed into the Dance Shows, showcasing work from the older student leaders. To perform at the 200 seater theatre is an amazing opportunity for all the dancers involved and combining the choreography with the professional lighting and sound gives the students a chance to see how performing in a professional theatre works.



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The Soiree

The Soiree Musicale (soiree for short) is the Music Department's show piece event of the year. It occurs at the very end of the summer term in an informal environment with the audience sitting round tables with refreshment.

It has always been the intention to present a snap-shot of what the department has been working on throughout the year. So in the past we have had soloists (the very brave), small groups such as the Guitar Group, Steel Pans, Recorder Group, Jazz Band, String Quartet and Brass group. Then there are larger groups such as the Wind Band and String Ensemble combine to form a full orchestra.

The repertoire and styles of music are extremely varied and beginners will often play alongside very experienced players. The emphasis is on fun as well as putting on a good show.

The evening usually finishes with a grand finale in which all performers who have played elsewhere participate together. This often includes a choir constructed specifically for the event that includes members of staff as well as pupils. It is always a wonderful showcase of the musical talent we have here at Copleston!



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