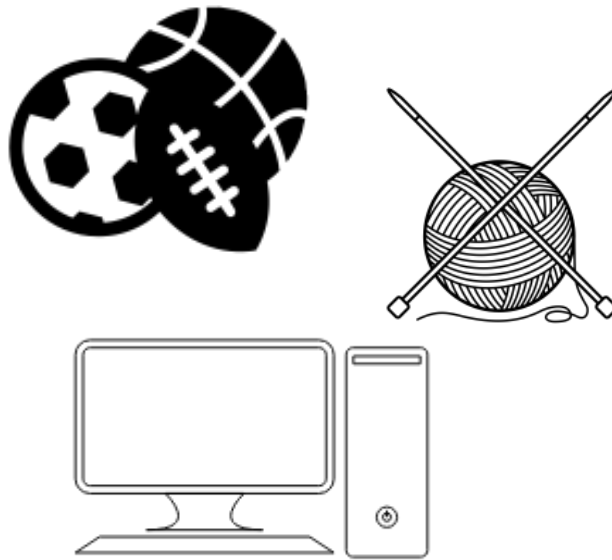




PENKETH HIGH SCHOOL

# Enrichment Information Booklet



## Term 2 January 2025



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

## What is Enrichment?

All pupils at Penketh High School from year 7 to Year 10 have the opportunity to take part in extra-curricular clubs twice a week during period 6 (2.30-3.15pm) of the school day. For pupils in year 7 and 8 this is a Monday and Tuesday. For pupils in year 9 and 10 this is a Wednesday and Thursday.

Pupils are able to choose their own enrichments. This booklet is designed to give a little more information about the enrichments on offer this term to help pupils to make their choice.

## How do I sign up?

All pupils must sign up to enrichment. They will do this using Teams. Pupils in all year groups 7-10 will sign up on Tuesday 10<sup>th</sup> December. Enrichment sign-up goes live on pupils year group Teams at 4:30pm. Places in enrichment are on a first come first served basis so best to be logged on and ready at 4:30pm.

When enrichment sign up goes live there will be instructions available to follow on how to sign up. If you click on an enrichment and it says it has closed that means that it has reached the maximum number of pupils. It is a good idea to have a backup. Pupils **MUST** choose a different enrichment this term to what they have done before.

**For Term 2 pupils must select different enrichments from the enrichments they have done in term 1.**

If a pupil is in Further Maths or Bronze or Silver Duke of Edinburgh pupils should not pick an enrichment for that day.

If pupils have any questions you should see their PD Coach or head down to the PD Hub where somebody will be happy to help.



## Enrichment Timetable – January 2025



Monday (7 & 8)	Tuesday (7 & 8)	Wednesday (9 & 10)	Thursday (9 & 10)
<ul style="list-style-type: none"> <li>Girls Netball Team</li> <li>Anime Club</li> <li>CAD Club</li> <li>Board Games</li> <li>Needle Felting club</li> <li>Penketh Geographic</li> <li>School Production</li> <li>Library Club</li> <li>iDEA Award</li> <li>EmpowerHER</li> <li>British Wildlife Club</li> <li>Chess Club</li> <li>Debate Club</li> <li>Book Club</li> <li>EAL Reading Group</li> <li>Quiz Club</li> <li>Pupil Press</li> <li>Rubik's Cube</li> <li>Boys Choir/Samba Club</li> </ul>	<ul style="list-style-type: none"> <li>Anime Club</li> <li>Games Club</li> <li>Needle Felting Club</li> <li>Girls Fitness</li> <li>School Production</li> <li>Library Club</li> <li>Coding Club</li> <li>EmpowerHER</li> <li>Book Club</li> <li>Debate Club</li> <li>Environment Club</li> <li>Basketball Club</li> <li>Gaelic Football</li> <li>Pupil Press</li> <li>STEM Club</li> <li>Brain Games</li> <li>Darts</li> <li>Lego Club</li> <li>Just Dance</li> </ul>	<ul style="list-style-type: none"> <li>Darts</li> <li>Library Club</li> <li>Homework Club</li> <li>Seasonal Craft Club</li> <li>EmpowerHER</li> <li>Year 9 Bronze Duke of Edinburgh</li> <li>Badminton</li> <li>Further Maths</li> <li>History Study Club</li> <li>Fixtures</li> <li>Microscope Club</li> <li>Film Club</li> <li>School Production</li> <li>Forensic Science</li> <li>LGBTQIA+ Allies</li> <li>Year 10 Chemistry</li> <li>Masterclass</li> <li>Gaelic Football</li> </ul>	<ul style="list-style-type: none"> <li>Textile Printing Club</li> <li>Mindful Mandalas and Colouring</li> <li>GIRLS FITNESS</li> <li>Forensic Science</li> <li>Counted Cross-stitch</li> <li>School Production</li> <li>Level 1 and 2 Food Hygiene</li> <li>iDEA Award</li> <li>EmpowerHER</li> <li>Badminton</li> <li>Philosophy and Ethics Club (Invite only)</li> <li>United Utilities Project (Invite Only)</li> <li>Microscope Club</li> <li>Debating Club</li> <li>Year 10 Silver Duke of Edinburgh</li> </ul>

• Enrichment Sign up will be Tuesday 10<sup>th</sup> December 4:30pm on for all year groups

• Complete the form on Teams

• Clubs in red are a year long, you should already be part of these. If you are already in one of the clubs in red do not pick an enrichment for that day.










• Clubs highlighted in blue, if you are taking part in these you will already aware if you are in them, please do not pick a club for these days if you are part of one of the clubs in blue.

• Any issues please see your PD Coach before enrichment sign up.



# Monday Enrichments







Name of Enrichment	Description	Dual Curriculum Skills
<b>Board Games</b>	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.	<b>Teamwork</b> <b>Problem Solving</b>
<b>Library Club</b>	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!	<b>Listening</b> <b>Aiming High</b>
<b>Needle Felting</b>	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.	<b>Staying Positive</b> <b>Creativity</b>
<b>EmpowerHER</b>	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.	<b>Listening</b> <b>Speaking</b>
<b>Quiz Club</b>	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.	<b>Problem Solving</b> <b>Teamwork</b>
<b>British Wildlife Club</b>	In British Wildlife Club you will use problem solving skills to identify different British bird and mammal species. We will also discuss the conservation statues of these species and ways we can protect them.	<b>Problem Solving</b> <b>Community Connectedness</b>
<b>Penketh Geographic</b>	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.	<b>Speaking</b> <b>Community Connectedness</b>
<b>Debate Club</b>	Do you have big ideas and a passion for speaking up? 🗣️ Do you enjoy sharing your views and challenging others to think differently? 💡 Then the Debate Club is the perfect place for you!  Here, you'll: 🎤 Sharpen Your Public Speaking Skills	<b>Listening</b> <b>Speaking</b>

	 Master the Art of Persuasion  Collaborate with Like-Minded Thinkers  Compete in Exciting Debates  Whether you're a confident speaker or just starting out, the Debate Club will help you find your voice and make it heard!	
<b>Anime Club</b>	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.	<b>Speaking</b>  <b>Listening</b>
<b>School Production</b>	<p>We are excited to announce that our school production is going to be Annie. Performing Arts enrichment from next half term will be rehearsals for the show cast. If you select Performing Arts next half term, you must select for BOTH days (Year 7 &amp; 8, Monday &amp; Tuesday / Year 9 &amp; 10, Wednesday &amp; Thursday). We will make arrangements for those of you completing DofE and on a sports team, please see Mrs Dean to discuss this.</p> <p>If you select this enrichment, you are making a commitment to be a part of the show cast, this will be for the remainder of the year, and therefore this will be your enrichment for the foreseeable future. We will also hold after school rehearsals on Monday, Tuesday and Thursday. You MUST commit to these on top of the enrichment time. Two will be for full cast and one will be for main cast, nearer to the show they will all be full cast.</p> <p>By selecting the enrichment, you will be guaranteed a place in the ensemble cast, main cast auditions are on Wednesday 11th December and the information is on Teams. If you have any questions, please speak to Mrs Dean.</p>	<b>Speaking</b> <b>Listening</b> <b>Staying Positive</b> <b>Teamwork</b> <b>Leadership</b> <b>Emotional Intelligence</b> <b>Creativity</b> <b>Aiming High</b>
<b>EAL Reading Club</b>	English as an additional language reading. This group is aimed at pupils whose first language is not English. We will look at phonics sounds, segmenting and blending, and various text to improve reading and understanding.	<b>Listening</b> <b>Speaking</b>
<b>Pupil Press</b>	<p>In Pupil Press we will be Covering ...</p> <p> School News: Sports events, club activities, and academic achievements.</p> <p> Creative Corner: Poetry, short stories, and artwork by students.</p> <p> Global and Local Issues: Discussions on topics that impact your community and the world.</p> <p> Student Voices: Interviews, opinion pieces, and advice columns.</p> <p>Why Join Pupil Press?</p> <p> Express Yourself 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>	<b>Teamwork</b>  <b>Leadership</b>
<b>Girls Netball Team</b>	Netball team year 7&8 only. This is in support of weekly fixtures.	<b>Teamwork</b> <b>Problem Solving</b>

<b>Rubiks Cube</b>	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!	<b>Problem Solving</b> <b>Staying Positive</b>
<b>iDEA Award</b>	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.	<b>Problem Solving</b> <b>Staying Positive</b>
<b>CAD Club</b>	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.	<b>Creativity</b> <b>Problem Solving</b>
<b>Chess</b>	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.	<b>Problem Solving</b> <b>Aiming High</b>
<b>Boys Choir/ Samba</b>	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!	<b>Listening</b> <b>Speaking</b>
<b>Book Club</b>	A quiet reading room for pupils to immerse themselves in their latest read. There is also an opportunity to quietly complete homework.	<b>Aiming High</b> <b>Listening</b>

# Tuesday Enrichments

Name of Enrichment	Description	Dual Curriculum Skills
<b>Anime Club</b>	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.	<b>Speaking</b>  <b>Listening</b>
<b>Games Club</b>	Playing games brings people closer, strengthens relationships, and can help you meet new people. They can also help increase brain function. Playing games will help you develop a range of skills that will be useful to your future careers.	<b>Teamwork</b>  <b>Problem Solving</b>
<b>Needle Felting Club</b>	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.	<b>Staying Positive</b>  <b>Creativity</b>
<b>Girls Fitness Club</b>	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!	<b>Staying Positive</b>  <b>Aiming High</b>
<b>School Production</b>	We are excited to announce that our school production is going to be Annie. Performing Arts enrichment from next half term will be rehearsals for the show cast. If you select Performing Arts next half term, you must select for BOTH days (Year 7 & 8, Monday & Tuesday / Year 9 & 10, Wednesday & Thursday). We will make arrangements for those of you completing DofE and on a sports team, please see Mrs Dean to discuss this. If you select this enrichment, you are making a commitment to be a part of the show cast, this will be for the remainder of the year, and therefore this will be your enrichment for the foreseeable future. We will also hold after school rehearsals on Monday, Tuesday and Thursday. You MUST commit to these on top of the enrichment time. Two will be for full cast and one will be for main cast, nearer to the show they will all be full cast. By selecting the enrichment, you will be guaranteed a place in the ensemble cast, main cast auditions are on Wednesday 11th December and the information is on Teams. If you have any questions, please speak to Mrs Dean.	<b>Speaking</b> <b>Listening</b> <b>Staying Positive</b> <b>Teamwork</b> <b>Leadership</b> <b>Emotional Intelligence</b> <b>Creativity</b> <b>Aiming High</b>

<b>Library Club</b>	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!	<b>Emotional Intelligence</b>  <b>Staying Positive</b>
<b>Coding Club</b>	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	<b>Problem Solving</b>  <b>Listening</b>
<b>EmpowerHER</b>	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.	<b>Listening</b>  <b>Speaking</b>
<b>Debate Club</b>	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	<b>Speaking</b>  <b>Leadership</b>
<b>Environment Club</b>	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.	<b>Community Connectedness</b>  <b>Speaking</b>
<b>Boys Gaelic Football</b>	Learning the skills of Gaelic football and applying in a game situation.	<b>Problem Solving</b>  <b>Teamwork</b>
<b>Pupil Press</b>	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.	<b>Teamwork</b>  <b>Leadership</b>
<b>STEM Club</b>	Pupils will work in small groups to carry out a variety of STEM related activities	<b>Problem Solving</b>  <b>Teamwork</b>



<b>Brain Games Club</b>	<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>	<b>Problem Solving</b>  <b>Staying Positive</b>
<b>Book Club</b>	A quiet reading room for pupils to immerse themselves in their latest read. There is also an opportunity to quietly complete homework.	<b>Aiming High</b> <b>Listening</b>
<b>Just Dance Club</b>	<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>	<b>Teamwork</b>  <b>Staying Positive</b>
<b>Basketball Club</b>	<p>A Club for Year 7 and 8 where they can practice and develop basketball skills, including teamwork and team tactics.</p> <p>Pupils who are successful in being selected for the school team will also do team practice here.</p>	<b>Teamwork</b> <b>Leadership</b>
<b>Darts</b>	Open for students of all abilities Learn how to safely and sensibly play darts. Basic skills will be taught, working up to more complex games and matches as the weeks progress. Pupils will learn important skills including safety, sharing, teamwork, staying positive and how to calculate their own scores.	<b>Teamwork</b> <b>Staying Positive</b>
<b>Lego Club</b>	Pupils will have the opportunity to explore their creative side in Lego club, constructing models using their imagination and learning how to create Lego models from a plan. Are you creative? Are you interested in construction? Are you keen to learn how to follow a plan to achieve a desired outcome? Then this is the enrichment for you!	<b>Creativity</b> <b>Problem Solving</b>

# Wednesday Enrichments

Name of Enrichment	Description	Dual Curriculum Skills
<b>Darts</b>	Open for students of all abilities Learn how to safely and sensibly play darts. Basic skills will be taught, working up to more complex games and matches as the weeks progress. Pupils will learn important skills including safety, sharing, teamwork, staying positive and how to calculate their own scores.	<b>Teamwork</b> <b>Staying Positive</b>
<b>Library Club</b>	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!	<b>Emotional Intelligence</b> <b>Staying Positive</b>
<b>Homework and Study Club</b>	Complete your homework or revision/studying using the school PCs. Paper and resources will also be available during the sessions.	<b>Aiming High</b> <b>Problem Solving</b>
<b>Seasonal Craft Club</b>	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.	<b>Problem Solving</b> <b>Creativity</b>
<b>EmpowerHER</b>	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.	<b>Listening</b> <b>Speaking</b>
<b>Year 9 Bronze Duke of Edinburgh</b>	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*	<b>Staying Positive</b> <b>Teamwork</b>
<b>Badminton</b>	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.	<b>Staying Positive</b> <b>Teamwork</b>
<b>History Study Club</b>	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.	<b>Listening</b> <b>Emotional Intelligence</b>

<b>School Production</b>	<p>We are excited to announce that our school production is going to be Annie. Performing Arts enrichment from next half term will be rehearsals for the show cast. If you select Performing Arts next half term, you must select for BOTH days (Year 7 &amp; 8, Monday &amp; Tuesday / Year 9 &amp; 10, Wednesday &amp; Thursday). We will make arrangements for those of you completing DofE and on a sports team, please see Mrs Dean to discuss this.</p> <p>If you select this enrichment, you are making a commitment to be a part of the show cast, this will be for the remainder of the year, and therefore this will be your enrichment for the foreseeable future. We will also hold after school rehearsals on Monday, Tuesday and Thursday. You MUST commit to these on top of the enrichment time. Two will be for full cast and one will be for main cast, nearer to the show they will all be full cast.</p> <p>By selecting the enrichment, you will be guaranteed a place in the ensemble cast, main cast auditions are on Wednesday 11th December and the information is on Teams. If you have any questions, please speak to Mrs Dean.</p>	<b>Speaking</b> <b>Listening</b> <b>Staying Positive</b> <b>Teamwork</b> <b>Leadership</b> <b>Emotional Intelligence</b> <b>Creativity</b> <b>Aiming High</b>
<b>Microscope Club</b>	Are you interested in learning about the latest in microscope technology? This enrichment will teach you how to safely use microscopes to discover objects and organisms under the microscope.	<b>Problem Solving</b> <b>Staying Positive</b>
<b>Film Club</b>	<p>Film Club</p> <p>We will watch a range of films and discuss the ideas presented in them.</p>	<b>Listening</b> <b>Speaking</b>
<b>Forensic Science Club</b>	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.	<b>Listening</b> <b>Problem Solving</b>
<b>LGBTQIA+ Allies Club</b>	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.	<b>Emotional Intelligence</b>  <b>Community Connectedness</b>
<b>Year 10 Chemistry Masterclass</b>	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.	<b>Aiming High</b>  <b>Problem Solving</b>
<b>Boy's Gaelic Football</b>	Learning the skills of Gaelic football and applying in a game situation.	<b>Problem Solving</b>  <b>Teamwork</b>

# Thursday Enrichments

Name of Enrichment	Description	Dual Curriculum Skills
<b>Textile Printing Club</b>	Learn how to design a print and apply this to a range of different materials. Rollers at the ready and aprons on it is time to get creative!	<b>Creativity Teamwork</b>
<b>Mindfulness Mandalas and Colouring</b>	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.	<b>Emotional Intelligence  Creativity</b>
<b>Girls Fitness Club</b>	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!	<b>Staying Positive  Aiming High</b>
<b>Forensic Science Club</b>	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.	<b>Listening  Problem Solving</b>
<b>Counted Cross Stitch Club</b>	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.	<b>Problem Solving  Creativity</b>
<b>Microscope Club</b>	Are you interested in learning about the latest in microscope technology? This enrichment will teach you how to safely use microscopes to discover objects and organisms under the microscope.	<b>Problem Solving Staying Positive</b>
<b>School Production</b>	We are excited to announce that our school production is going to be Annie. Performing Arts enrichment from next half term will be rehearsals for the show cast. If you select Performing Arts next half term, you must select for BOTH days (Year 7 & 8, Monday & Tuesday / Year 9 & 10, Wednesday & Thursday). We will make arrangements for those of you completing DofE and on a sports team, please see Mrs Dean to discuss this.	<b>Speaking Listening Staying Positive Teamwork Leadership Emotional Intelligence</b>

	<p>If you select this enrichment, you are making a commitment to be a part of the show cast, this will be for the remainder of the year, and therefore this will be your enrichment for the foreseeable future. We will also hold after school rehearsals on Monday, Tuesday and Thursday. You MUST commit to these on top of the enrichment time. Two will be for full cast and one will be for main cast, nearer to the show they will all be full cast.</p> <p>By selecting the enrichment, you will be guaranteed a place in the ensemble cast, main cast auditions are on Wednesday 11th December and the information is on Teams. If you have any questions, please speak to Mrs Dean.</p>	<b>Creativity</b> <b>Aiming High</b>
<b>Food Hygiene Skills (Level 1 and 2 Food Hygiene)</b>	<p>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.</p>	<b>Problem Solving</b>  <b>Listening</b>
<b>iDEA Award</b>	<p>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.</p> <p>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.</p>	<b>Problem Solving</b>  <b>Staying Positive</b>
<b>EmpowerHER</b>	<p>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.</p>	<b>Listening</b>  <b>Speaking</b>
<b>Badminton</b>	<p>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.</p> <p>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.</p>	<b>Staying Positive</b>  <b>Teamwork</b>
<b>Year 10 Duke of Edinburgh Silver</b>	<p>The next stage for those who have completed their Bronze Award.</p>	<b>Staying Positive</b>  <b>Teamwork</b>
<b>Debate Club</b>	<p>In this session, we will debate about current affairs and issues in Warrington, the UK and around the World. Have your say!</p>	<b>Speaking</b>  <b>Leadership</b>

<b>Philosophy and Ethics Club</b>	This enrichment is invite only for further details please see Mr Bell	<b>Emotional Intelligence Aiming High</b>
<b>United Utilities Project</b>	This enrichment is invite only for further details please see Mr Doyle	<b>Community Connectedness Creativity Aiming High</b>