

Fowey River Academy



**SUMMER
ENRICHMENT**



ENRICHMENT

WHAT IS IT?

ENRICHMENT is everything that we do outside of lessons that enhances the student experience at FRA.

This is lunch time clubs, after school clubs and trips or visits.

See the timetable on the next page, and then just turn up!!

HOW DO I GET HOME FROM AN AFTER SCHOOL CLUB?

There are late buses at 4.10pm on a Monday and a Thursday (*at the moment these do not go to Bodmin area*).

ENRICH+

WHAT IS IT?

ENRICH+ is Period 6 on a Wednesday for Years 7-10.

All staff stay in school to offer a range of activities for students to choose from.

Students will take part in the ENRICH+ activity every Wednesday for the whole quadmester (10 weeks). At the end of the quadmester they can change their activity and try something else, or if they wish re-select and carry on with the same activity.

There are a range of activities and we expect students to take advantage of this fabulous offer.

HOW DO I CHOOSE?

Students will be able to make their choice using this Enrich+ Brochure and a google form by Monday 19th February – 9am.

This means students have the half-term break and the weekend to discuss with parents/carers and consider their options.

Students will choose their top 3 preferences and will be allocated one of these activities for the semester.



Students will be emailed with their allocated activity on Tuesday 20th February. The first session will begin on Wednesday 21st February.

HOW DO I GET HOME FROM ENRICH+?





On a Wednesday for ENRICH+ all buses depart school at approximately 4.15pm

Year 11's will receive a personalised support plan during Wednesday Period 6 to enhance their final year at FRA. This is organised by the year 11 team and communicated separately to students and parents/carers – however, check the ENRICHMENT timetable to see where Year 11 can still access activities including the Year 11 bespoke evening.

ENRICHMENT TIMETABLE

Monday Lunch 1	Monday Lunch 2	Monday After School
Volleyball – Years 9/10/11 Sports Hall > Mr White		Cricket Nets Sports Hall > Mr Chapman Sports Squad Personal Fitness Training Fitness Suite > Mr Horton Sports Studies Support – Year 10/11 ITT > Mrs Baillie
Tuesday Lunch 1	Tuesday Lunch 2	Tuesday AfterSchool
Year 8 5-a-side football Sports Hall > Mr Horton		Year 10/11 Sports Hub Takeover: Personal Training Fitness Suite Squash/Racketball > Mr P. Smith <i>Please note there is no late bus service, students will need to arrange their own transport home.</i>



<p>Wednesday Lunch 1</p>	 	
<p>Duolingo Club – All Years L3 > Mrs Kelly</p>		
<p>Thursday Lunch 1</p>	<p>Thursday Lunch 2</p>	<p>Thursday AfterSchool</p>
<p>Rounders Skills Sports Hall > Miss Baillie</p>		<p>Duke of Edinburgh Award Years 9/10/11 A2 Mr Doyle</p> <p>Rounders Back Field > Miss Rowe</p> <p>Maths GCSE Foundation Revision – S8 – Mr Randall</p> <p>Maths GCSE Higher Revision – S1 – Mrs Miller / Mr White</p>
<p>Friday Lunch 1</p>	<p>Friday Lunch 2</p>	
<p>Pride Club LGBTQAI+ with Sally from The Intercom Trust A1 > Mrs Moorcroft</p> <p>Volleyball – Years 9/10/11 Gymnasium > Mr White</p> <p>5-a-side Football – Years 9/10 Sports Hall > Mr Chapman</p>	 <p>5-a-side Football – Years 7 Sports Hall > Mr Horton</p> 	

SPORT SPECIFIC ENRICHMENT

Fowey
River
Academy

SIGN UP TO A SQUAD

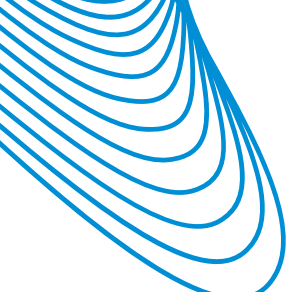


What we expect

- ▶ Attend training sessions every week during your designated lunchtime and after school
- ▶ Represent the school at every opportunity you can
- ▶ Turn up ready to develop your specific skills for that sport
- ▶ Be organised with kit
- ▶ Be punctual
- ▶ Be a role model in all things PE and sport

What you will get in return

- ▶ Specific coaching
- ▶ Access to 'squad' only gym in our fitness suite every Monday after school
- ▶ Guidance on fitness and conditioning
- ▶ Opportunity to represent the school and take part in fixtures/trips




OPPORTUNITIES FOR ALL @ FRA



Have a look through the following pages at the range of activities on offer for ENRICH+ this semester.

At the end of the brochure click the link to take you to the google form.

Here, you can select the three activities you are most interested in. We will do our best to give you your first choice, but should this be full we will allocate you with one of your other choices.





OPPORTUNITIES FOR ALL @ FRA

BAND / KARAOKE / SONGWRITING CLUB

MISS GUBBIN

Sing your favourite songs along to a backing track, practice a song along with your band or write your own song!

BATTLE & BOARD GAMES

MRS CORNWELL

Settlers to Risk to Pokémon to Chess. Any board-based games can be played and more can be added on request. Who will be this semester's Chess Grandmaster?

CONSTRUCTION & WOODWORK

MR DOYLE & MR BROWN

Would you like to take part in some school based construction and wood work projects?

If YES, then this is the activity for you. Learn new skills, design and build projects around the school site working with a range of tools and materials





DANCE ACADEMY

MISS ARGENT

Fowey River Dance Academy, choreographing and learning 2 dances to be performed at The Royal Cornwall Show in June!

DRAMA CLUB

MS MOTTART
MR YATES

Our BIG summer project : creating a site specific performance and film with Wildworks Theatre Company. We welcome actors, dancers and singers to take part in a big high profile project - Hello Stranger - where we will be working with a number of professional directors and performers in creating a stunning final performance piece. New members welcome!

DRAWING CLUB - OUTSIDE

MISS FULFORD

Weather permitting ,come and enjoy learning lots of different styles of drawing using our own farm as inspiration





GARDENING CLUB

MISS HIGGINGS AND MISS BATEMAN

Tending to the poly tunnel, caring for seedlings and nurturing the new plants. Learn gardening skills and be proud of what we can grow in school.

FILM CLUB

MR PUGH / MISS RENFREE

An opportunity to watch, discuss & enjoy a variety of different films. From Disney to Marvel to old classics; all in the comfort of a classroom.

FITNESS CLUB

MR RANDALL

Personal training in the Fitness Suite and Training rooms.

A decorative graphic on the right side of the page, consisting of multiple thin, parallel blue lines that curve and flow downwards, resembling a stylized wave or a series of overlapping paths.



RAMBLING CLUB

MRS CORNWELL & MRS DUNWELL

Short walks around Fowey through woodlands and the town towards the river and beach. We will explore our local area.

SUMMER SPORTS

MISS ROWE / MRS BAILLIE / MR WHITE / MR CHAPMAN

Take part in a range of sports including softball, athletics, cricket, frisbee and anything else for the summer season.

TAG RUGBY

MR NEAVE

Development of core rugby skills including fitness, handling and knowledge of the game, and of course... lots of games each week!





LEGO CLUB

MRS.BROWN

Use your building and problem solving skills to make lego models from scratch, then back them up and add instructions for it to be donated to someone else who might enjoy it.

TENNIS ACADEMY

MRS MOORCROFT & MR WATERS

Practise and build your skills on the tennis court.

BADMINTON & SQUASH CLUB

MR BAYES & MR DOUBLE

Badminton, Squash and Racketball games in the sports hub. Just bring PE kit and trainers, all equipment provided.

THE CRAFT

MISS DAVIES
MISS BALL

COLLECTIVE

In an enriching hour come and create something beautiful, perhaps learn a new skill, find a new hobby or perfect an existing talent. This activity may at times require resources to be brought in.



LANGUAGE BOOST

MISS RUBIO & MRS KELLY

Practise the language that you are learning or new something new.

Catch up on homework on our Languages APPs to be on the top of the languages league!

FURTHER MATHS

MRS MILLER

An invite to see further maths topics
Maths booster session for any year 10 student.

ENGLISH BOOST

MRS GILBERT

English booster session for any year 10 student.

SCIENCE BOOST

MR BIDDER & MISS HOWSON

Science booster for any year 10 student.



Click
HERE
to go to the ENRICH+
Google form and make
your choices



**This must be completed from a
student FRA email account**

OPPORTUNITIES FOR ALL @ FRA

