



St Albans Girls' School



# Extra and Super Curricular Opportunities

## Sixth Form at STAGS

2020/2022



National Teaching School  
designated by



National College for  
Teaching & Leadership

*Be Brave not Perfect*



# St Albans Girls' School

## What are extra curricular activities?

The 'extra' refers to an activity being *outside* of your regular curriculum, e.g. doing a sport, playing a musical instrument or enrolling in a First Aid course.

## What are super curricular activities?

Super curricular activities are those that take your regular curriculum *further*. They take the subjects you study in the classroom *beyond* that which your teacher has taught you or what you've done for homework. For example, you may go into more depth on something you learnt in the classroom, or study a new topic altogether. Examples of these activities are; additional reading, attending lectures, visiting museums, entering academic competitions, enrolling in an online course.

## Why are they so important?

Both super-curricular and extra-curricular activities enhance a student's chance of acceptance onto a competitive degree course and/or employment. What you choose to do will build you a strong individual profile to impress Higher Education establishments and employers. These activities will develop a variety of skills and qualities that will benefit you in the future.

Super curricular activities will also help you explore what you would like to study and will bridge the gap between school and university level studying.

Very importantly, you may find a new lifelong interest and you can take the opportunity to challenge yourself.

## What are the choices?

- \* Arts Award
- \* Biology & Forensic Science
- \* Debating
- \* Digital Skills Enrichment Lessons
- \* EPQ
- \* Food Skills
- \* Financial Services
- \* Language Leaders Award
- \* Music Jam
- \* Progression Plus
- \* Sixth Formers into Teaching Programme
- \* Sports Enrichment
- \* Sports Leadership Award
- \* 1:1 Tutoring



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## ARTS AWARD



A qualification that supports you to grow as artists and arts leaders, inspiring you to connect with and take part in the wider arts world through taking challenges in an art form. At STAGS, we offer these qualifications at Bronze and Silver level.

You will:

- discover the enjoyment of creating and participating in any art form
- develop creativity and leadership skills
- learn new skills and share them with others
- experience working with creative arts professionals
- gain experience and knowledge to progress into further education and employment

### How do you gain the Arts Award?

You will take on challenges in an art form, participate in arts activities, experience arts events, get inspired by artists and share your arts skills with others. You create a portfolio to keep a record of your creative journey. Along the way you are supported by an Arts Award adviser, acting as assessor, facilitator and mentor. Your portfolio will include research on the work and life of an inspiring artist or craftsman, and evidence of how you have gained arts skills and then shared them with others by leading a workshop or by giving a presentation.

### What activities can you do?

You can do an Arts Award in any area of the arts from fashion to poetry, rapping to dancing, sculpture to film. You can be the creator or performer of your own work, or develop your skills in other roles like marketing or stage management.

**Led by: Miss Whitbread**





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## BIOLOGY & FORENSIC SCIENCE

### – An introduction to Forensic Science and Criminal Investigations

Are you a fan of crime drama? Does the perfect crime exist? Can a crime be solved in a one hour episode of real life? You will learn a variety of forensic techniques and consider the answer to these and other criminology dilemmas.

Some of the sessions will include:

- What is a crime?
- Evidence recording and collection
- Ballistics
- Blood Pattern Analysis
- The Power of DNA
- Accident Investigation
- Guilty or Not Guilty?
- The Evolution of Crime

The main focus of the course will be on Forensic Science, however you will also have the opportunity to evaluate current Scientific research from journals and newspaper articles and consider how Science is portrayed in popular fiction. You will consider the wide range of careers relevant to science. For example, might you like to be a Science journalist, a clinical photographer or design scientific museum exhibitions? These sessions will open your eyes to the wealth of opportunities available to you.

**Led by: The Science Department**





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## DEBATING

### What is debating?

Debating gives you the opportunity to compete in small groups in a formal argument, with each group trying to convince an audience of their side's point of view. The topics (or 'motions') are provided in advance and used for the debates.

### What skills does it develop?

- Research, planning and teamwork
- How to construct a clear, convincing argument
- Analysing and evaluating ideas and events
- Public speaking skills

### What are the benefits?

Debating hones public speaking skills and is a great opportunity to develop confidence and ability in expression, both written and spoken. It is a valuable addition to a CV or personal statement, and also provides skills which would be useful in interviews of any kind. Although it needs independence, it is also very much a team activity, requiring teamwork and joint planning and other highly regarded skills.

### What will it consist of?

In addition to Debate Club running weekly throughout the year, we will apply to compete in major national debating competitions. Students have previously competed in: The English Schools Union National Debating Competition, which is the largest competition in the country, and the Cambridge Schools Debating Competition, which is a prestigious tournament involving over a thousand young people from across the world.

**Led by: Mrs Antona**





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## DIGITAL SKILLS ENRICHMENT LESSONS

We will build on your existing ICT skills that will enable you to enhance your work at school as well as to prepare you for university and the world of employment. These skills will focus on two main areas:

1. The use of core Microsoft Office software packages and will use the European Computer Driving Lesson intermediate and advanced units as the basis for the syllabus. As such you will learn key skills such as:
  - Word Processing: Learn how to impress people with your use of professional documents
  - Spreadsheets: Make the managing of numerical tasks easy
  - Presentation Software: Learn how to make professional presentations



2. The Inspiring Digital Enterprise Award (iDEA) is an international programme aiming to help address the digital skills gap. The iDEA curriculum has been developed to inspire people all over the world to become Digital Citizens, Workers, Makers, Entrepreneurs and Gamers to enhance their employability; and to help them become economically aware.

iDEA is the digital and enterprise equivalent of The Duke of Edinburgh Award. You take on a series of challenges that earn you points which aggregate towards your Bronze, Silver or Gold Inspiring Digital Enterprise Award.



iDEA's different learning categories cover topics as diverse as cyber security, cloud computing and e-safety; and animation, money management, design psychology, customer relationship management and advertising.



**This award can be used towards your Duke of Edinburgh Award.**

**Led by: Ms Pendlebury-Green**



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## EPQ

### What is the EPQ?

This is a Level 3 qualification which requires you to produce a single piece of work of your own choosing. In producing your work you will need to show skills such as planning, preparation, research, independent working.

Your project could be a report or an investigation, a design, a dissertation, a production, model or a performance. The qualification allows you to choose a topic that is of specific interest to you.



### How long is the EPQ?

The recommended time for the EPQ is 120 hours.

30 hours will be guided learning i.e. the teaching of skills.

90 hours will be independent study in researching, completing and reviewing the project.

An EPQ which is written work only should be approximately 5,000 words. Projects which are artefacts e.g. a performance or model will include a written report which is at least 1,000 words.

### When does the EPQ start?

The EPQ starts in February of Year 12 and continues until September of Year 13.

### What skills will you develop?

Independence, research, problem solving, organisational skills, project management, analytical writing, evaluation, self-motivation.

### What are the benefits of undertaking the EPQ?

As well as the skills you develop, the EPQ is the value of half an A Level and will enhance a university application. Completion of the EPQ also gives universities and employers positive evidence of the motivation to explore a subject in greater depth along with invaluable research skills.

**Led by: Mrs Pipes**



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## FINANCIAL SERVICES

This course is ideal for students who are interested in a career in Financial Services or who have a general interest in Finance.

### Qualification

Level 2 Certificate in Fundamentals of Financial Services



### What are the benefits?

This qualification is an important first step in developing the essential basic knowledge required for working in Financial Services. The Certificate is an industry recognised professional qualification and provides an introduction to the world of investment. You will also have student membership of a professional body. Having this Certificate on your CV will give you a head start when applying for jobs. There are also opportunities for career insight days and work experience.

### What will you study?

You will gain a broad overview of the industry and will learn about types of banking, financial products such as shares, bonds and insurance and gain an understanding of financial terminology.

### Assessment

You will be required to pass a multiple choice exam of 30 questions to gain the level 2 qualification.

**Led by: Mrs Lambert**





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## FOOD SKILLS

### - Eating Well on a Student Budget

This option can be used as the skills section for your Silver Duke of Edinburgh Award or preparing yourself for life.

The course will cover the following topics: nutrition and cooking skills, basic kitchen equipment and essential ingredients for a student.

Through practical work we will look at batch cooking and freezing as a way of saving money; making a meal from leftover ingredients and using seasonal ingredients.

Most weeks we will be cooking, below is a small selection of dishes we made this year.

- Minestrone soup
- Sausage and butterbean casserole
- Mediterranean chicken
- Burgers and rustic chips
- Banana bread
- Pineapple upside down cake

There is the option of studying and taking the Food Hygiene Certificate. This option would incur a cost but more information will be available in September. The Food Hygiene Certificate is required by any food or catering establishment so this would enable students to get a job in a coffee shop, bar or restaurant.

The programme of activities can be adapted to suit the needs of the students.

**Led by: Mrs Draper**





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## LANGUAGE LEADERS AWARD

### Course Objective:

The aim of this award is to provide skills and experience in leadership that are taught in a language learning context. This will prepare you to deliver fun foreign language activities to Year 7 in French & Spanish Lunchtime Language Clubs from Easter onwards to support them in their learning in fun, creative, games based sessions.

### This course is ideal for:

- Students who want to develop their practical language skills and work with children
- Students who enjoy being creative and who like helping others learn in a fun way.
- Students interested in broadening key planning, communication and self-evaluation skills needed and valued in later life, in both academic and work environments.

### Unit Titles and Outlines

**1. Plan, lead and review language activities in French:** You will learn how to plan and deliver educational activities in French or Spanish, using both verbal and non-verbal means of communication. You will start by observing Year 7 or Year 8 lessons at STAGS after Half term in Term 1

**2. Develop leadership skills:** You will assess and evaluate the skills, qualities and values that a good leader needs. You will learn how to manage behaviour and how to motivate young learners to take part effectively in a range of fun learning activities.

**3. Develop knowledge about language:** You will understand the basic principles of how someone learns a new language and how to ensure learning is accessible to all students. You will observe Language Teachers in Term 1 and deliver Lesson starters to Year 7 or Year 8 in Term 2.

**4. Develop intercultural understanding:** You will broaden your understanding of the culture of the countries where French or Spanish are spoken and share your knowledge with Year 7 students.

**5. Explore a compendium of foreign language games and activities:** This unit will provide you with a wealth of resources and games to help you lead fun, relevant and successful language learning activities as well as devising your own creative activities and games, making learning a new language fun and interactive for Year 7.

**6. Take part in and lead a language learning event:** You will plan and deliver a range of activities in French and Spanish by running a weekly Lunchtime Language Club for Year 7 in term 3, proving you can take on individual responsibility as well as work as part of a team.

**This course requires commitment and work to be completed in addition to the weekly sessions. You will be expected to complete work for each week and deliver a series of 4 lesson starters and be involved in a minimum of 6 Year 7 Language Club sessions, as well as complete regular self and group evaluations to be awarded a certificate.**

**There is no formal assessment in this award HOWEVER on successful completion of the course you will receive a Foreign Language Leaders Award certificate to put in your portfolio. **This award can be used towards your Duke of Edinburgh Award.****

**Needed: Commitment, adaptability, enthusiasm and a willingness to work as a team.**

**Led by: Miss Cusworth**



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## MUSIC JAM

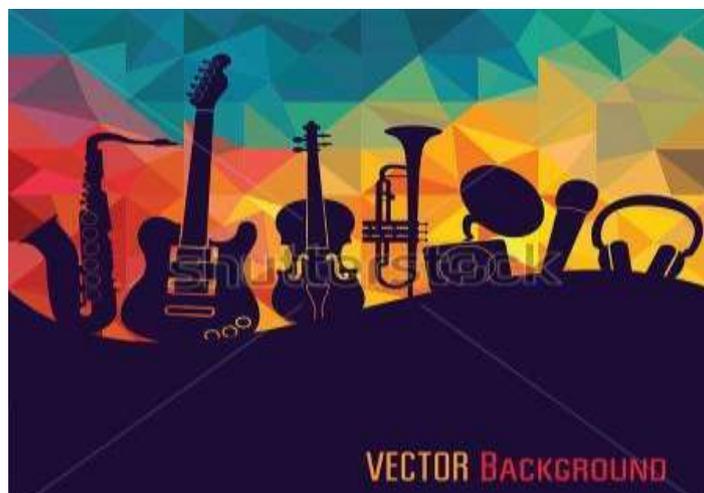
Would you like the opportunity to develop your musical understanding and skills?

The programme is decided each term in collaboration with the teacher, but can include many possible options.

You will have a choice of some of the following options each term:

- Learning how to write your own pop/rock song, or how to refine and produce a backing track on Garageband for songs you have already written
- Learning how to play chords on acoustic/electric guitar for songs of your choice
- Learning how to play the bass guitar for songs of your choice
- Basic drum-kit
- Learning how to play chord backings for pop/rock songs of your choice on the keyboard
- Ensemble work – ie, a Classical duet or quartet with other students on the course
- Forming a band with others on the course
- A pop/rock choir
- Singing technique – Classical and/or Pop
- Learning how to vocally harmonise a pop song melody

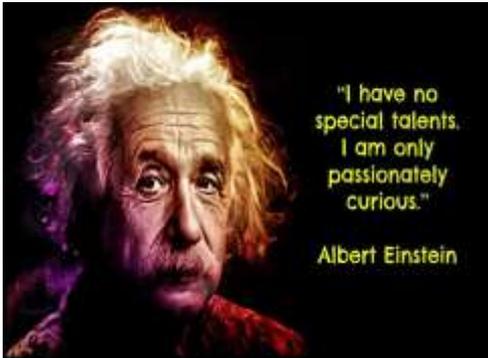
**Led by: Music Department**





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## PROGRESSION PLUS



Progression plus is aimed at students who aspire to some of the top universities in the country including Oxford, Cambridge as well as those applying for Medicine, Dentistry, Veterinary science and Higher Apprenticeships and/or students who simply enjoy the opportunity to debate and challenge contemporary issues.

This programme will help you prepare for many application and interview processes developing your skills of articulation and confidence in delivering your thoughts and ideas.

It includes activities such as:

- Mini tutorials
- Discussion groups
- Speakers
- Mock interviews
- Preparation for entrance tests
- Development of critical thinking skills
- Preparation of personal statements



**The aim of the discussion sessions is to provide you with:**

- An opportunity to stretch and fuel your curiosity through independent research prior to the session
- A chance to discuss controversial and contemporary issues
- The opportunity to think outside the parameters of the exam specifications
- A chance to use the language of critical thinking
- The skills to perform confidently in an interview in response to probing questions

**Some of the topics for discussion that have already taken place this academic year:**

- Plastics - the way forward
- The trial of Marie France accused of driving carelessly - guilty or not? (Dr Stephen Pan, Serving Magistrate)
- The power of the orator in shaping the world
- Artificial Intelligence – The next evolutionary step?
- The four ethical pillars – Where do you stand?



Progression Plus will give you the opportunity and skills to develop your passion for your subject beyond that which is required by the exam specifications.

**Led by: Mrs Birkett**



# St Albans Girls' School

## SIXTH FORMERS INTO TEACHING PROGRAMME

This course is ideal for Year 12 students who have ambitions to go into the teaching profession.

### What the course will entail

Following an initial induction programme, there will be regular involvement in lessons here at STAGS. This will allow you to see the classroom from the perspective of the teacher rather than the learner. The interaction with students will allow you to share in their learning journey and foster their development, while also feeling a sense of achievement as you see what a difference you can make to others.

There may also be opportunities to visit other local secondary schools in the area to enhance your understanding of the education system and support you in finding the right pathway to training as a teacher. You will be supported to gain work experience during Year 12 and Year 13 should you wish to make contact with local primary schools to develop your understanding of KS1 and KS2 education

### The benefits of undertaking the course

Completion of the Sixth Former into Teaching Programme will give you significant experience to be able to refer to when making future applications for teacher training placements (either your university application or for postgraduate training courses).

We would also encourage our former students to stay in touch throughout university so that they can further develop their role within the classroom.

**Led by: Miss Miles**





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## SPORTS ENRICHMENT

Sport and physical activity continues in the 6th form as part of our dedication to encourage healthy active lifestyles. All students will be timetabled with one PE lesson every week. With an extensive range of onsite facilities students will be able to choose from a variety of activities which may include badminton, basketball, fitness and dance to name a few.

There may also be the opportunity to invite instructors from the health and fitness industry to come and lead sessions at a small cost to students.

**Led by: Mrs Poole**





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## SPORTS LEADERSHIP AWARD

Here are just a few of the benefits of a Sports Leaders UK Award or qualification for a student. A fun and practical course that focuses on leading rather than technical ability.

A leadership qualification from Sports Leaders UK will help students...

Become More **QUALIFIED.** Become More **EXPERIENCED.** Become More *employable.*  
Become More **COMMUNITY MINDED.** Become More **ambitious.** Become More **Active.**

- Potential stepping stone into employment, further education or training
- A good foundation to progress onto other Sports Leaders UK Awards or qualifications, and/or a National Governing Body Award
- Develops generic leadership skills that will be vital in other areas of life
- Allows those who are not sports superstars to take a full and active role in sport and physical activity
- Increased self-confidence that comes through taking responsibility for own and others learning and enjoyment

### Impact of Sports Leaders UK courses on teenage learners



Learners reported that their participation in Sports Leaders UK Awards and qualifications led to: positive personal outcomes across a range of areas including gains in confidence, communication (99%), skills, team work (97%) and interest in the community. 92% of teenage learners said they were more confident about speaking in front of a group and 96% felt they had developed confidence in leading a group:

78% of teenagers say that the skills they gained from a Sports Leaders UK course could be used in the workplace.

(Source: Institute of Voluntary Research, February 2015).

### Example of units covered:

Unit 1 – Developing leadership skills

Unit 2 – Plan, lead and evaluate a sports/physical activity event

Unit 3 – Assist in planning/ leading a sports or physical activity event

Unit 4 – Lead a sport/physical activity session linked with the centre\*

Unit 5 – Lead a sport/physical activity session in the community\*

(\*10hrs leadership time must be demonstrated in Unit 4 OR Unit 5)

**Led by: Mrs Warner**



# St Albans Girls' School

## 1:1 TUTORING



If you are studying English and or Maths, there is an exciting opportunity to be part of our tutoring programme.

We are seeking Year 12 Tutors to help students in Years 10 and 11 who need support in a core subject.

Tuition will take place each week, initially from October to Easter.

Tutors will be expected to meet with their student once a week, to identify areas of difficulty and then support the student to improve. Meetings could be either in person or via an organised Google Meet. Tutors will be required to feedback to the relevant member of staff on a regular basis.

This is a paid position and tutors will receive a shopping voucher of their choice.

On successful completion of tuition in the summer term, this super curricular option is ideal for students who have a passion for their A Level subject and are able to explain key concepts in a clear and engaging way. There will be a limited number of places available and interested candidates will be required to apply by letter.

**Led by: Mrs Lambert & Miss Rose**



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## PROFESSIONAL PLACEMENT WEEK AND VOLUNTEERING



Professional Placement week is a unique opportunity for you, whilst still at school, to explore the world of work. When the rest of the school is taking part in Curriculum Enrichment Week in July you will have the chance to complete a week of work experience.

Work experience gives you the chance to:

- Discover your own skills, preferences and talents
- Investigate how you can develop your potential through job choice and vocational training
- Meet people from a variety of backgrounds
- Gain in confidence and social development
- Be aware of the roles and responsibilities of adult working life.

### Why is work experience important?

You will acquire valuable transferable and practical skills on how to deal with people, work in a team, use office equipment and IT packages. Most employers, colleges and universities will ask you about the benefits gained from your work experience on application forms, and at interviews. Anything that has given you experience of life in what the employers like to think of as the 'real world' is helpful. Work experience is extremely useful when you are competing with hundreds of other people for a job or a place on a course.

### When can you undertake work experience?

You can undertake regular weekly work experience for up to two hours a week in consultation with the Sixth Form team. Your placement will need to be authorised, and you will be responsible for maintaining excellent communication, attendance and timekeeping with your employer. You will also undertake a week of work experience in the Summer Term of Year 12 during week beginning Monday 6 July.

### How can you find a placement?

Decide on the type of work you would like to do. This may be linked to your future career plans, or may be an area of employment you think you might enjoy, like helping or caring for others, or working outdoors or with children.

Use your networks to find suitable placements. Ask your family and family friends if they have any connections in the area of work in which you would like to work.

Use the internet, and websites such as LinkedIn to identify businesses which you may be able to contact to secure a suitable placement. It is also a good idea to try and network at any careers events held by the school, as the volunteers are usually from the HR department so will be best placed to help you.



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Make sure your CV is up to date with your correct contact details, Write a good covering letter requesting a work experience placement, and letting the organisation know why you would like to have your work experience placement with them. Send this out by email or post, remember that organisations may take a while to reply, you might want to follow up your letter with a phone call.

Finding a suitable placement may not be easy, but help will be available from the Sixth Form team. Once you have a placement arranged you will be able to complete the forms required by STAGS to be able to ensure that all the health and safety requirements are in place to ensure you have a successful placement.

## Professional Placement Week Key Dates for 2020-2021

<b>Start sending our applications for placement</b>	<b>From September 2020</b>
<b>Letter about Professional Placement week, explaining the process and forms</b>	<b>This will be sent to you in October 2020</b>
<b>Progression Programme Session on how to gain Work Experience</b>	<b>October 2020</b>
<b>Complete all forms and hand them into Mrs Choudhury</b>	<b>by Friday 16 April 2021</b>
<b>Participate in Professional Placement Week</b>	<b>Monday 5 July - Friday 9 July 2021</b>
<b>Log skills and competencies developed on Unifrog</b>	<b>by Friday 16 July 2021</b>

## What is volunteering?

Volunteering is defined by Volunteering England as 'any activity that involves spending time, unpaid, doing something that aims to benefit the environment or someone (individuals or groups) other than, or in addition to, close relatives.'

Volunteering can include formal activity undertaken through public, private and voluntary organisations as well as informal community participation.

## Why volunteer?

Volunteering can make a real difference to your own life and the lives of those around you. When you think about giving your time, you need to find a volunteering opportunity which is right for you, whether it's supporting an elderly person or helping out at a local sports club. Don't agree to do anything you are uncomfortable with or that you cannot commit to for the requisite amount of time.

Volunteering will also equip you with a wide range of transferable skills that will enhance your CV and University applications.



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## Factors to think about before applying for a volunteering position

- Before making initial contact with an organisation, think about what you want to know from them, and what they are likely to ask you. Do your research.
- How much time can you realistically give? At what time of day? During the week weekends/holiday time only?
- What do you want to get from volunteering? Do you want to meet new people or gain new skills?
- What skills or experience can you yourself offer?

## Where to look for volunteering roles

- <http://www.do-it.org.uk>  
Do-it is an internet database of volunteering opportunities, and covers the whole UK. The database can be searched by postcode, type of volunteering activity and type of organisation.
- <http://www.volunteerstalbans.org.uk/>  
The St Albans Volunteer Centre has hundreds of roles available including fundraising, driving, conservation, support work, befriending and helping at events. Each month they produce a downloadable list of opportunities available including a list of vacancies suitable for 16 and 17 year olds.
- [www.vinspired.com](http://www.vinspired.com)  
V-inspired is the UK's leading volunteering charity for 14 - 25 year olds. V-inspired helps young people to make their mark on causes that they care about, whilst learning new skills and talents along the way. Students can search by area and interest, as well as earn credits towards awards. Students can also pitch ideas to get funding to solve problems within their communities.

## When can I volunteer?

You can volunteer for up to two hours a week. All volunteering placements must be authorised by The Sixth Form team. Volunteering hours also help you to complete your Gold D of E.



## St Albans Girls' School

**Head Teacher: Mrs M Chapman**  
**Assistant Head Post 16: Mrs J Pipes**

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*An Outstanding Specialist Business and Enterprise Academy*

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