



THE
LOUGHBOROUGH
Schools Foundation

Sixth Form Enrichment

Sixth Form Enrichment – STEP

Social Transferable Enjoyable Personal

From September 2020, Thursday afternoon activities will be held jointly across all three Senior Schools. There are two main aims of all the activities: firstly, to be fun, vibrant and engaging. A part of the week that you look forward to as it is something that you are interested in and committed to. Secondly, to develop and enhance your individual and transferable skills in preparation for life beyond School.



Below is a table showing all the options and on the following pages a description of each. If you have specific questions about an option, please contact the member of staff for each course.

Service	Combined Cadet Force Eco-schools International Schools	Primary School Partnership Voluntary Service Unit Sports Leaders Level 3
Business and Finance	Peter Jones Enterprise Competition Student Consultancy	London Institute of Banking and Finance
Creative	Creative Arts Creative Writing Film Appreciation Leiths Cookery School	LSF Radio Music Tech Tech Team
STEM	Animal Husbandry Brewing Club Computing Projects	DT and Engineering Gold CREST Award Programming
Academic	Astronomy GCSE Biblical Hebrew GCSE French GCSE	Music GCSE Level 3 (AS) Core Maths Oxbridge Maths
Support	Elite Music Group Elite Athlete Group / Strength & Conditioning	Maths for non-mathematicians Year 13 4 A Level Private Study
Enrichment	Year 13 Life after LSF	

If you have any general questions about the Enrichment Programme, please contact the relevant member of staff from your School.

Grammar School:
Dr Waters
A.Waters@lsf.org

High School:
Mrs Connick
R.Connick@lsf.org

Amherst School:
Mr Jennings
A.Jennings@lsf.org

Service

The Combined Cadet Force - CCF

Contingent Commander: D.Murphy@lsf.org

We aim to develop personal responsibility, leadership and self-discipline. Becoming a cadet can be a life-changing experience. It will allow you to take part in a vast range of exciting and adventurous military-themed activities.

For new cadets joining in Year 12:

As part of the options process, you will be asked to bid for your preferred section - while we do our best to accommodate your first choice, availability of staff and resources may mean that you will have to join your second-choice section. Please be aware that the number of places in the Royal Naval Section is strictly limited and you should assume that your second choice will be the most likely outcome.

Each of the four sections naturally has its flavour. The **Royal Navy** Section will sail as much as possible during the warmer months and during those periods cadets will return to School later in the afternoon, typically between 1700 and 1800 - please bear this in mind when applying. The **Army** Section training is focused on basic infantry fieldcraft tactics, team building, and rifle skills, and Army cadets typically form the bulk of the prestigious Patrols Platoon. The **RAF** Section endeavours to get its cadets off the ground at least once a year (more for those attending camps), most commonly in gliders or light aircraft and some cadets can earn their solo flying wings and even a private pilot's licence via a Flying Scholarship. On the ground, the training covers leadership, principles of flight, and developing knowledge of the RAF. The cost of joining the three military sections is £100 for the first year and £40 per year after that. Additional camps and courses sometimes involve a further cost, depending on the activity, but are always outstanding value.

The fourth option is the **Corps of Drums**. You do not need to be a musician to join, just willing to learn a new skill! The Corps of Drums forms the centrepiece of our Remembrance Parade and our Annual Review. You may join one of the military sections and be a member of the Corps of Drums by attending a weekly lunchtime practice. There is no cost for joining the Corps of Drums.

We are very conscious that cadets joining in Year 12 will not have the experience of those who have been in the CCF since Year 10 but, we are very keen to support those who wish to progress faster than normal. Therefore, we offer weekend leadership courses at various points in the year to enable you to be ready to take on leadership roles during the Summer term of Year 12, and to qualify for promotion to Non-Commissioned Officer (NCO) from the beginning of Year 13, or earlier. These courses are supplemented by others during weekends and holidays that range from powerboating to parachuting, canoeing to climbing, and signals to sailing. As a Year 12 cadet, you will have the opportunity to take the BTEC Diploma in Public Services or achieve an Institute of Leadership and Management qualification. Alternatively, you may be more interested in developing the specialist skills of your section rather than becoming an NCO, in which case you are likely to join the sailing team, Patrol Platoon, the Royal Air Squadron Trophy team, or the RAF STEM Flight.

For existing cadets:

The most committed and promising cadets returning after Year 11 can expect to take on a leadership role as an NCO. For more information, talk to a member of staff who runs your current section.



Eco-schools

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Are you interested in making a positive environmental change outside of your own behaviour? We will collect data and apply sampling and identification techniques, of the Foundation as a whole; its carbon footprint, biodiversity and waste management. As a group, we will decide on priorities and act on them. This is an opportunity for you to take the lead and work constructively with a group of other students to benefit the environment for many years to come.

International Schools

A.Tallett@lsf.org

The International Global Citizen's Award (IGCA) programme encourages young people to become better global citizens by:

Finding out about other cultures and outlooks.

Finding out more about how their everyday lives affect the environment and the lives of others.

Taking small actions to help make the world a better place.

Reflecting on their developing knowledge and awareness.

The IGCA is available at three levels. The initial level is Bronze, and from this, the participant can proceed to Silver and Gold levels. Each level should take approximately six months to complete.

For further information, please visit the following website:

www.globalcitizensaward.org



Voluntary Service Unit – VSU

**N.Ebden@lsf.org and
A.Williamson@lsf.org**

Through the VSU we have a range of fulfilling roles within the community. There are many different experiences including volunteering at old age people's homes, local charity offices and shops. In addition to the rewarding feeling of being part of the community, you will also be able to build and evidence a range of transferable skills.

This choice would be particularly appropriate for students who wish to pursue careers in the health profession or teaching and this option can also count towards the volunteering aspect of any Duke of Edinburgh award.

Primary School Partnership

**A.Williamson@lsf.org and
Z.Mir@lsf.org**

This opportunity is run in conjunction with the VSU at the High School and the Grammar School. We have several links at local primary schools where we assist with reading and small group work. This is a very enjoyable option and you genuinely get to feel that you are making a real difference with the pupils in front of you.

Sports Leadership Level 3

J.Hackett@lsf.org

This is a 2-year option. Sports Leaders Level 3 is a nationally recognised qualification that enables successful learners to independently lead purposeful and enjoyable sport/physical activity.

The Sports Leaders UK Level 3 Qualification in Sports Leadership builds leadership skills and experience. This course allows students to plan and deliver sessions for specialist community groups and schools. It helps to develop confidence and the ability to communicate effectively with other people and peers. The course is of value to those who wish to further develop their coaching skills or progress onto a career in Sport or PE teaching. There is **no requirement** to have completed the Level 1 or 2 Sports Leadership Course. Although it is not a prerequisite of the course, the learner should have access to coaching either within the Foundation or externally. The Level 3 Award in Higher Sports Leadership has been awarded 16 tariff points by UCAS. **There is a charge of £56** to cover the costs of registration with SportsLeaders UK, and if your placements are done outside of school time, you can do supervised private study on a Thursday afternoon.

For further information, please visit the following website:

www.sportsleaders.org

Business and Finance

Peter Jones Enterprise Competition

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For Year 12 only. You will put together a digital business plan and make a presentation which you must submit to receive a "loan" to start the business. (Please note, the School is not liable for this loan if the venture fails to cover its costs). If a loan is successfully granted you can start production of your project as well as develop a range of social media options to spread the word about your products.

At the end of March, you have to submit a digital review of the processes that have been used and the performance of the enterprise. If successful, you have the opportunity to go to Buckingham Palace for an awards ceremony.

Student Consultancy

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The Student Consultancy equips students with key and demonstrable consulting and teamwork skills to help local businesses, charities and community organisations. Students work in small teams to address a strategic issue or business problem. It will provide you with an opportunity to:

Contribute to the local community.

Tackle strategic business issues.

Develop key employability skills such as self-management, team working, business and customer awareness, problem-solving and communication.

Students need to have: creativity in finding solutions, positive approach to business situations and commercial awareness, motivation to support the local community, and teamwork and communication skills.

The London Institute of Banking and Finance

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Do you have an academic interest in finance beyond managing your own pocket money? The London Institute of Banking and Finance runs two courses that are linked to personal finance; however, they also develop economic critical thinking and analysis. The diploma follows on from the certificate, so you do not need to decide if you want to progress to the diploma until the end of Year 12.

For further information about the 1 year certificate and the 2 year diploma, please visit the following website:

www.libf.ac.uk



Creative

Creative Arts

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The Creative Arts departments across the Foundation have come together to be able to offer a rotation of activities which are accessible and relevant to both current A Level Art students and those who stopped Art after GCSE but have a genuine interest in all forms of creative expression. This will not lead to any qualification but instead aims to be enriching and engaging. Activities will include visual Art, Music, Drama and Photography and there will also be trips and workshops to help stimulate. What is important is that you come with an open mind, and a passion and willingness to immerse yourself in all aspects of the course.



Creative Writing

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The afternoon is a relaxing but also inspiring slot in the busy week, to reflect and write with freedom from academic constraints. It is suitable for pupils studying any subjects in School and does not require a knowledge of Literature. We look at various examples of writing in different forms, from poetry to fiction and script, seeing how others do it and then trying out different activities. Sharing and discussing the results is never compulsory but often fun.

Film Appreciation

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This activity aims to broaden students' appreciation of the film industry by discussing and reviewing films of varied genres including classic, cult, biographical, foreign, award-winning, old and modern. Students will be moved out of their comfort zones and introduced to films they would not normally consider watching. We discuss aspects of a successful film including acting quality, directing, finance, script, special effects, soundtrack, cinematography etc. and why certain films leave a lasting memory on the viewer. Students will consider what makes an effective film review by researching the work of film critics and by writing critical reviews for the movies studied. This activity would be enjoyed by anyone with a love of the cinema and a willingness to appreciate the art of film making over the years.

Leiths Cookery Toolbox

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In partnership with the renowned **Leiths Cookery School**, we are delighted to offer this practical, hands-on course, designed to inspire a love of quality food and equip students with vital skills for life.

By making a range of exciting and nutritional dishes, students will be inspired to master some of the key cooking skills, including knife skills, time management and presentation. Students are encouraged to work independently and collaboratively to meet deadlines in a supportive environment and will prepare and present simple, well-cooked quality dishes.

Students will learn how to carefully choose and store quality ingredients and give them the confidence and knowledge to use them with care. By developing a range of highly skilled techniques and mastering a variety of dishes, students can put them to good use to delight friends and family or apply them as a valuable introduction to independent living for university and beyond.

The course incorporates a **Level 2 Food Safety and Hygiene for Catering** qualification to provide an essential understanding of food safety, selection and storage of ingredients and hygienic practice.

Skills developed can be used to support part-time employment, as a base for students wishing to pursue a career in hospitality or for those planning a gap year, for example, working as a chalet host for a ski season.

A selection of dishes included on the course include;

Griddled halloumi.

Moroccan tagine, herbed couscous and oatmeal and raisin cookies.

Salmon with sweet and hot crust and chocolate brownies.

As this is a professionally recognised qualification, there is a **charge of around £150** to cover the cost of registration.

For further information, please visit the website:

www.leithsacademy.com

LSF Radio

J.Travis@lsf.org

Ever find yourself giving recommendations about new music to friends?

Perhaps you like discussing the weekend sport or a movie you saw with your mates.

Do you want to debate items in the news or run a radio quiz?

If you are interested in a career in broadcasting (TV/radio/podcast) or sound production/engineering, or just fancy giving it a go, then LSF Radio will be launching in 2020. We are looking to get a radio and podcast network started within the Sixth Form at LSF, giving students a chance to try recording, producing and putting out radio shows and podcasts. No experience will be necessary, just enthusiasm and a good idea for a show!

Music Tech

R.Connolly@lsf.org

This course will appeal to pupils who have an interest in different styles of music and more specifically, music production. A background in playing an instrument or using music software is advised.

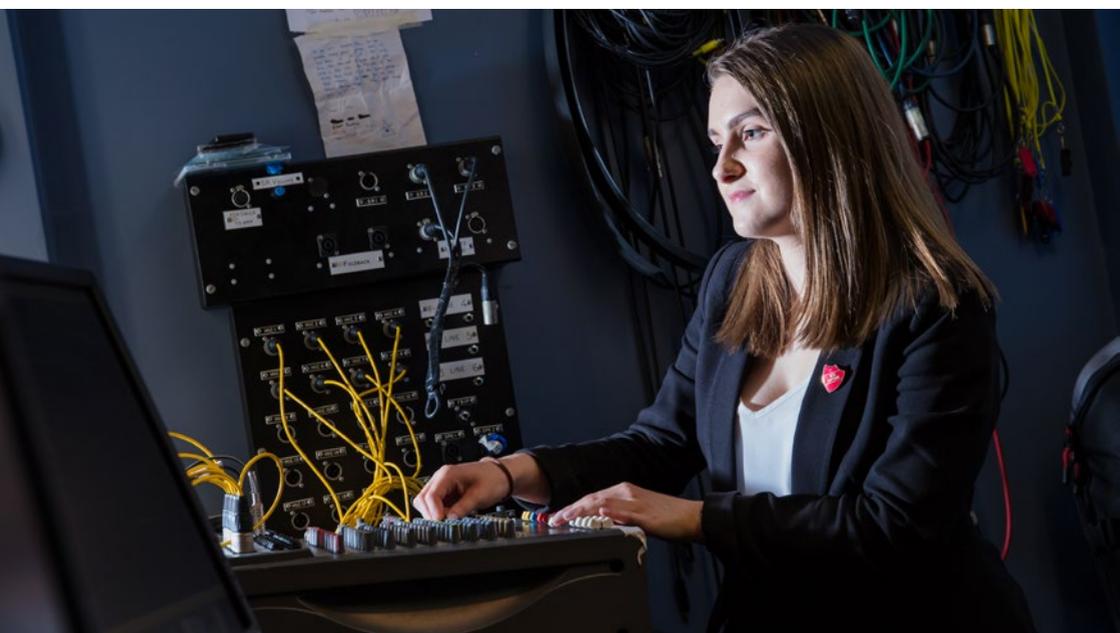
The course content includes; different types of microphone and how best to use them; basics of synthesis; composing in various genres of music; the music business; setting up and using the recording studio; Ableton Live.



Tech Team

S.Bruton@lsf.org

You and the team will be involved with designing and building the sets, rigging the lights, editing sound or film for projection for the various forthcoming productions. With Mr Viccars, you will use a range of tools, sweat and creative flair on Thursday afternoon. You will also act as stage crew or technicians in the productions, so there could be an evening commitment when shows are on.



STEM

Animal Husbandry

J.Thornton@lsf.org

Animal Husbandry focuses on caring for both the animals housed in the Biology block and the wildlife around the campus. Activities completed in sessions also include building a marsh, maintaining the pond, maintaining animal enclosures, designing and stocking new fish tanks and vivariums and putting up bird feeders and houses around campus. This enrichment opportunity is best suited for prospective Veterinary or Biology students, who can undertake research projects such as breeding Leopard geckos or exploring cricket courtship behaviours.

Brewing Club

R.Ball@lsf.org

Year 13 choice only. The brewing course will allow students to appreciate the technical aspects of brewing. The course will involve looking at the history of brewing, researching methods of production, and producing different varieties of beer. The course will enable students to learn about the science behind the process and apply STEM in an interesting way outside of a laboratory. The course is aimed at Year 13 students and, due to the nature of the activity, will require parental consent. A small fee (£20) will be applicable to cover the cost of materials.

Computing Projects

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We are offering an exciting opportunity to develop technical and advanced skills in areas of Computing. This will work as a great supplement to those who have, or are currently studying, Computer Science. The programme of study will be technical in nature, but will also allow students to show off their creative side.

Content of the sessions will include:

Web design - Programming a PHP/MySQL database-driven website.

Alternative programming language - An opportunity to develop the fundamental underpinnings of another language such as Java or C#.

Digital media - An opportunity to design and produce your very own podcast and YouTube channels using some of the most popular software in this area.

Digital graphics - A chance to develop the core skills needed in Photoshop, which is the industry-standard software.

Future technologies - A chance to explore new and emerging technology to see how they might impact on the future of the human race.

Design Technology and Engineering

T.Moseley@lsf.org

A range of Design and Technology related activities are available to those who are interested in the subject or the wider field of Engineering. The activities enable pupils to primarily develop both their practical skills and confidence in a workshop environment. Past activities have included Car Maintenance, where pupils have worked on the department's own Mazda MX-5 and Land Rover by developing the body panels and working on the various motor components. They have also renovated a range of old bicycles to newly refurbished states, as well as learning the fundamentals of model making by assembling a variety of different kits such as those made by Airfix.

This will undoubtedly appeal to pupils who like the practical nature of the subject without having to worry about the academic demands of the A Level or GCSE qualifications. Due to the nature of the workshop environment, however, spaces are limited.

Gold CREST Award

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If Engineering and Science is your passion, this is your opportunity to manage your own project. Over the two years, you need to commit to around 70 hours to make an original contribution to a STEM field of study. As well as being an excellent opportunity to have ownership of an original piece of research, it is also an enjoyable and very rewarding option.

Programming

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This covers several different options. The first option for Year 12 students is to learn C++, which is an industrial-strength compiled programming language. It is considered to be an intermediate-level language, as it encapsulates both high- and low-level language features. You study at your own pace and you learn by making many mistakes. This process will help when you meet the language later at University (via a Science/Engineering or Computing degree) and it will give you a good head start. The final stream is in Year 13; this is mainly learning C++. If you have studied the language the year before, real progress can be made. To succeed at C++, it is not essential to understand the basics of another procedural language, but it will help.



Academic

There are several GCSEs possible as well as additional and support maths.

Astronomy GCSE

A.Lloyd@lsf.org

Two-year option. Joint with some Year 10 and 11 pupils from the Grammar School. No previous knowledge of Astronomy is required just a passion for learning more. The subject is taught in a rolling two-year cycle. It looks at the formation of the Universe and the planets and stars formation. It looks forward to the technology that allows its study. There are a series of practicals and observations as part of the course.

Biblical Hebrew GCSE

S.Forde@lsf.org

Two-year option. The Hebrew Bible is an anthology of astonishing variety, containing some of the most memorable characters and sublime poetry ever produced in the ancient world. It can justifiably be called one of the most beautiful, influential and controversial works ever written. This book has been revered, reviled and ruminated over for millennia but can only be truly appreciated in its original language. GCSE Biblical Hebrew consists of two papers – a language paper testing comprehension and translation skills and a literature paper that allows students to critique the ideas, values and style of biblical set texts. The course presumes no previous knowledge of the language.

French GCSE

M.Jackson@lsf.org

Two-year option. There is an opportunity to join Grammar School Year 10 and 11s to take an accelerated GCSE French course. It would be worth talking to a member of your own Languages department if you are thinking of choosing this option.

Music GCSE

R.West@lsf.org

Two-year option. This is run in conjunction with Year 10 pupils. If you regret not taking GCSE music, this is an excellent opportunity to study your passion for two years. The syllabus runs on a Thursday afternoon and there is also a lesson during a lunchtime to facilitate the amount of content to cover. For further questions, please speak to a member of staff in the Music department.



Core Maths

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Two-year option. Edexcel Core Maths in Context is a Level 3 qualification (equivalent in terms of UCAS points to an AS level). Two exams, comprehension and application, are sat in May/June at the end of Year 12. You will learn how to use statistical techniques to collect, organise, interpret and present data on a wide range of contexts, how to analyse risk, how to use linear programming to achieve the best outcome given business constraints and how to use sequences to model growth and decay. You should only consider this course if you enjoy data analysis and can extract and comprehend relevant information from the quite lengthy contextual information provided. Enrichment allows 90 minutes per week of teaching time which is a quarter of that recommended by Edexcel. You should, therefore, expect to need to do extra, independent, study beyond the available lesson time. In addition, from Maths IGCSE you must have gained a good understanding of percentage change, histograms, cumulative frequency diagrams, probability tree diagrams, equations of straight lines ($y=mx+c$) and the n th term of an arithmetic sequence. A Level 6 or above in GCSE English Language and IGCSE Maths is a pre-requisite.

Oxbridge Maths

Oxbridge Maths

Year 13 only. This option is for further training and practice in Maths, aimed at students in Year 13 who will be applying to Oxford or Cambridge for Maths, Computer Science, Engineering or Physics (including Natural Sciences specialising in Physics), or for students who will need to take the STEP, MAT or TMUA exams for Maths at another university.

There will be some general practice of relevant topics, and then the specific practice of assessment tests which involve much Maths (e.g. PAT/NSAA/ENGAA, but mainly MAT) and then, after the October half-term, advice about Maths questions in Oxbridge interviews, and further practice.

For many students, this option will only run until Christmas. After the Oxbridge decisions, in January, most students will not need any further tests/exams/interviews (except for their A Levels). These pupils will then go to the 'Life after LSF' rotation. The priority will then be for anyone with a STEP offer for Cambridge. If no-one has such an offer, this option will continue as a Thursday afternoon from January.

Support

Support for Elite Musicians and Athletes

If you require extra time for training or practice, this is the time in the week where this can fit in. Please speak to either Mr West or Mrs Hackett to organise this.

Optional Private Study for students studying 4 A Levels

Year 13 only. If you are doing 4 A Levels and feel that an extra hour and a half of private study would help, this can also be facilitated.

Maths for non-mathematicians

X.Lin@lsf.org

Aimed at those students that are studying A Level Sciences but are concerned that their mathematics knowledge will hinder them. These sessions will focus on providing support on the core mathematical skills necessary for the Sciences.

Enrichment - Year 13 only

Life after School

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This course, for Year 13 students, will run in the Autumn and Spring terms. It is designed to help prepare students for their next move to University or the world of work and develop their transferable skills. Sessions will change each half-term and will cover topics on:

- Cooking on a budget.
- Employability.
- Finance (loans, mortgages, credit cards etc).
- Public speaking.



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