



NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

Enrichment Programme

Year 10 to Year 13

Enrichment at Northampton High

There is a Chinese proverb which states "Teachers open the doors, but you must enter by yourself". The Northampton High School equivalent is "We scatter your path with opportunities".

Our unique and bespoke Enrichment Programme is scattering myriad opportunities and all you are required to do is sign up, show up and be interested. We believe that it would be a disservice to our pupils to let you leave school with just your GCSEs and A Levels.

Expect more; demand and seize opportunities to develop employable skills for the workplace of now and the future.

Whatever Enrichment course you choose, I guarantee you will develop much more than an understanding of the subject chosen; you will learn to collaborate, to think independently, to develop your own views and to enjoy the act of learning for pleasure

Mr Henry Rickman
Deputy Head Academic

Our aim

Northampton High School aims to offer a vibrant and innovative learning environment that goes beyond excellent academic teaching and learning. The Enrichment Programme is an important part of ensuring we reach this aim and appears within the formally taught curriculum for students in Years 10-12.

The programme complements other non-examined courses we run in the school, specifically Games, but also such courses as the Humanities Transferable Skills programme in Years 7 and 8 and the Global Outlook course offered in Year 9.

It incorporates the Electives we offer in the Sixth Form, bringing choice and challenge to students across these year groups in a wide variety of disciplines to suit wellbeing and future skills needs, without the stress associated with examined courses.

The Enrichment activities listed in this booklet will often provide a springboard for further study or opportunities such as MOOCs (Massive Open Online Courses) or EPQs (Extended Project Qualifications) in the Sixth Form and beyond. They will also enhance UCAS university applications and feed into the Northampton Laureates that are awarded at the end of Year 13.

Choosing Enrichment activities

Years 10 and 11 choose their Enrichment sessions for September in the spring term of the previous academic year via a Firefly page. Everyone is asked to choose three courses in order of preference and there is then an opportunity for Year 10 to change areas at the midpoint of the year. For example, a student could choose Yoga from September to February and then switch to Performing Arts Enrichment for the rest of the year. For Year 10 and 11, Enrichment activities are registered as other lessons on the official register.

Where any Year 10 students have not been able to attend a first choice option, they will be prioritised for their choices at the midpoint. It may be possible to stay in the same activity all year, depending on the popularity of the courses. However, it may be necessary to substitute a course where group sizes are too

small to allow an enrichment to run. Students will be asked to confirm choices at the midpoint. Year 11 Enrichment choices do not normally change during the year.

Sixth Form students should choose at least one Elective early in the school year and may also change activities at certain points, however, some Electives are not timetabled (e.g. EPQ, Enterprise and Young Philanthropy) and will normally take place across the whole year.

In the Sixth Form it may be possible to take more than one Enrichment or Elective, however, this will depend on the overall combination of subjects within the timetable and the overall balance of their A Level subjects.

All Year 12 students also undertake an Advanced Study Skills course during the first few weeks of the Sixth Form.

Days and timings

Games, Enrichment and Elective activities take place in the afternoons during periods 7 and 8. For Sixth Form students, Enrichment and Electives will be on Monday, Tuesday, or Thursday afternoons. Year 10 students are involved on Thursday afternoons and Year 11 on Tuesday afternoons. Games will take place on Tuesday for Year 10, and on Thursday for Year 11.


Sixth Form Games may take place on either Tuesday or Thursday, but club players will have to choose Games on Thursdays for squad training.

Year 13 students are free to take advantage of Enrichment and Games, if desired and where appropriate.

The Courses

Arts Enrichment
 Computing Enrichment
 Core Maths
 Dance
 Enterprise Elective
 EPQ
 Film Studies Elective
 Food Elective
 Global Outlook
 MOOCs
 MedVet
 Performing Arts

Photography Enrichment
 Politics and International Relations
 PPE (People, Politics & Ethics)
 Problem Solving Maths
 Science Enrichment
 Sociology
 Sports Leadership
 T4T (Teachers for Tomorrow)
 Theory of Knowledge
 Yoga
 Young Philanthropy
 Northampton Laureate

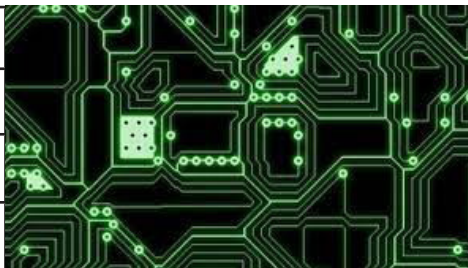
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| Arts Enrichment |  |
| Day(s) - Tuesday | |
| Teacher - Mr Laubscher | |
| Available to - Year 11 and Sixth Form | |
| <p>The Arts Enrichment is a practical course that develops students' understanding of the relationship between society and art: art movements, art historical terms, concepts and issues; the influence of diverse cultural, social and political factors, as well as developments in materials, techniques and contemporary processes such as installation, performance and happenings.</p> <p>Students will develop a better understanding of the chronological order of the various art movements and also have an opportunity to respond to them in a practical way. This is an enriching course, contributing to the student's general knowledge, creative development and wellbeing.</p> | |

Computing Enrichment

Day(s) - Thursday

Teacher - Mr Martin

Available to - Year 10



The Computing Enrichment course builds on the computational thinking skills you have already developed. You will learn to build real-life programs in Python, and web-based apps using HTML, CSS and JavaScript. You will be amazed at how coding can automate so many aspects of life and how you can get information off the internet and display it in ways that are attractive, making the data come to life.

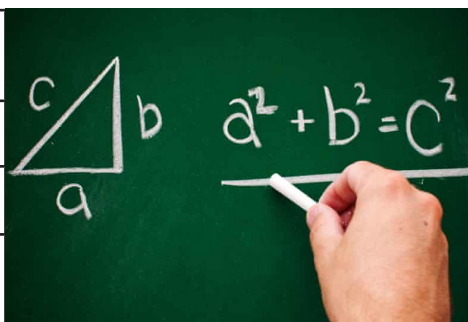
You will build your confidence with technology and explore physical computing with the Raspberry Pi. If you enjoy working with computers and want to develop your skills in a creative and enjoyable way, then this Enrichment course is for you.

Core Maths (Maths for non-A Level Maths students)

Day(s) - Monday

Teacher - Mrs Harrison

Available to - Year 12 (Year 13 if required)




The Core Maths course is designed to support students in the Sixth Form who do not take A Level Maths, but whose A Level subjects have a numeracy focus of one sort or another.

A number of subjects have a mathematical element that falls short of needing to study Maths, however, the skills involved often require support from a specialist teacher. Students studying subjects like Geography, Business, Economics, Biology, Chemistry and Computing may all benefit from following this course, which can lead on to an AS Level qualification in Year 13, if desired.

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| Dance |  |
| Day(s) - Thursday | |
| Teacher - Miss Sinéad | |
| Available to - Year 10 and Sixth Form | |

Dance is an integral part of a student's learning. Through movement we can enhance self-awareness, memory and creativity, as well as teamwork skills when developing choreography. Students will be offered training in multiple disciplines of dance, including commercial jazz, lyrical modern, contemporary, musical theatre, and ballet.

There will also be time to explore choreography in various groups, giving a sense of achievement and helping build confidence and joy whilst dancing to music. A wonderful way to get active and fit!

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| Enterprise Elective (GDST LEAD) |  |
| Day(s) - Tuesday | |
| Teacher - Mr Viesel | |
| Available to - Year 12 | |

The Enterprise Elective at Northampton High gives students the opportunity to set up and run their own business. As a group they decide on their product or service, elect a Board of Directors, invest their share capital, find customers, trade and ultimately (we hope!) become a profitable enterprise.

Under the guidance of a member of staff, the students will have one formal meeting each week where operational issues can be discussed and plans and strategies devised. The Enterprise Elective will give students the opportunity to develop their teamwork, organisational and interpersonal skills. This year we will be joining with schools from across the Trust to participate in the GDST LEAD Enterprise programme in partnership with the London School of Economics Generate.

Extended Qualification Project (EPQ)

Day(s) - Not formally timetabled

Project Coordinator - Mr Williams

Available to - Year 12 (Year 13 to complete)



The Extended Project Qualification (EPQ) is a standalone qualification designed to extend and develop your skills in independent research and project management. It has the status of an AS Level when completed, although, unlike other AS Levels, it is possible to achieve an A* grade in the qualification.

You can choose to write an extended essay (dissertation) or make an artefact for your project; the possibilities are pretty much limitless! Universities are big fans of the EPQ as it helps students to build the kinds of skills that are extremely useful when studying for a degree. Some universities may reduce their offers for places if you complete an EPQ to a high standard.

Film Studies Elective

Day(s) - Monday, Tuesday, Thursday


Teacher - Mr Williams


Available to - Year 11 and Sixth Form



Film Studies Enrichment explores how filmmakers create meaning through micro features including sound, cinematography and editing. We start with detailed analysis of film segments. Then you will get the chance to create a short (two minute) film. The enrichment leads on to the Elective which is available in the Sixth Form, although themes may be adapted to ensure they are age appropriate

Film Studies links to any subject - Humanities, Languages, STEM, Sport, Creative Arts. You will develop skills of observation, critical analysis and personal reflection. Transferable skills and knowledge gained through the study and creation of film are highly valued by prospective employers in a range of industries.

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| Food Elective |  |
| Day(s) - Tuesday | |
| Teacher - Miss Knight | |
| Available to - Year 11 and Sixth Form | |
| <p>The Food Elective focuses on building a repertoire of quick, low cost recipes suitable for life beyond school. Students can tailor the course to their needs by cooking dishes they want to learn to make. Recipe topics include: ways of cooking eggs, fakeaways/around the world dishes, roast dinner for 1 and a Ready Steady Cook challenge.</p> <p>Students can also optionally gain their Level 2 in food hygiene (at a small additional cost) which would expand their knowledge of food safety and would be a great addition to their CVs, especially when applying for jobs in catering. This is an excellent opportunity to become a more confident and independent cook, or for those more experienced, a chance to expand on the skills they have already acquired.</p> | |

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| Global Outlook |  |
| Day(s) - Thursday | |
| Teacher - Mrs Black | |
| Available to - Year 10 and Sixth Form | |

This new course will be of interest to students who want to develop their intercultural understanding and expand skills that will help them in a range of disciplines for their school education and beyond.

Throughout the rotation, students will push their reflective and presentation skills further through the exploration of topics such as the digital world, the environment and conflict and peace. If you are interested in current affairs and enjoying debating, you will find this course engaging.

Massive Open Online Courses (MOOCs)

Day(s) - Not timetabled

Coordinated by Mr Viesel and Mrs Carr

Available to - anyone



MOOCs are online courses with unlimited participation possibilities (hence 'massive'!). They are set up and run by large academic institutions such as universities and professional organisations, and have open access via the internet.

In addition to traditional course materials, such as filmed lectures, readings, and problem sets, many MOOCs provide interactive courses with forums and discussions to support community interactions among students and teachers as well as immediate feedback to assignments. Some MOOCs can lead to certification, for which there is generally a charge, however, most can be accessed completely freely. Students interested in taking a MOOC should have a conversation with Mr Viesel or Mrs Carr for help and advice.

MedVet (programme for medical applicants)

Day(s) - Monday


Teacher - Mrs Carr

Available to - spread over Years 12 and 13




The MedVet programme is a practical preparatory course for students who have chosen to apply for courses such as Medicine, Dentistry, Veterinary Medicine, Physiotherapy, Midwifery, Nursing etc. at university.

The programme includes reading and discussing medical journal entries, building up skills for interview and discussions with visiting speakers and alumnae. It takes place across Years 12 and 13 once the cohort has been finalised each year.

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| Performing Arts Enrichment |  |
| Day(s) - Tuesday | |
| Teacher - Mrs Marriott | |
| Available to - Year 11 and Sixth Form | |
| <p>The Performing Arts elective will involve producing excerpts from various musicals, with the aim to offer informal performances during the year. We will combine music, dance, drama and costume in small groups.</p> <p>This will be exciting and rewarding and there will be opportunities for soloists and ensembles to shine. If you love singing, dancing or acting (or all three!) it could be just the tonic!</p> | |

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| Photography Enrichment |  |
| Day(s) - Tuesday | |
| Teacher - Mrs Beacroft | |
| Available to - Year 11 and Sixth Form | |
| <p>Manual photography and darkroom use allow the artist to experiment with light, tone and contrast, using light sensitive paper and enlargers. Students will have the opportunity to develop a knowledge of how a darkroom functions, and how best to organise this space for the successful development of film negatives. We will introduce students to photograms, cyanotypes, test strips and the development of photographic images using manual techniques and chemical baths.</p> <p>Health and safety training will be covered, alongside slideshows of notable photographers and an additional digital photography assignment. Students will then be encouraged to compare and contrast their photographs, learning the advantages and disadvantages of each practical route.</p> | |

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| Politics and International Relations Elective |  |
| Day(s) - Tuesday | |
| Teacher - Mr Donaldson | |
| Available to - Year 11 and Sixth Form | |
| <p>This programme is designed to introduce students to the key issues and personalities that are shaping important developments in the world we live in today. Students are encouraged to debate the issues raised, read around the subjects taught, and to prepare presentations to enhance learning. Students usually have the opportunity to visit Westminster in the autumn term and are encouraged to take part in our Model United Nations Club.</p> <p>Additionally, extracurricular talks are delivered by staff, outside speakers and MPs to develop understanding of the national and global political scene. People of all political persuasions are welcome, as are those who are just curious about politics!</p> | |

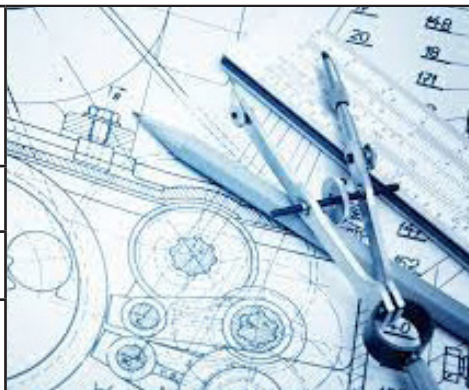
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| PPE (People, Politics and Ethics) |  |
| Day(s) - Thursday | |
| Teacher - Ms Eldridge | |
| Available to - Year 10 and Sixth Form | |
| <p>In the PPE (People, Politics and Ethics) Elective we will be engaging with current events and asking important questions about what it all means. Why is there a cost of living crisis and what can we do about it? Should sport and politics be kept separate? Does free speech have its limits? Are we doing enough to tackle the climate emergency and live up to promises made at Paris15? Why did Russia invade Ukraine and should Britain get involved?</p> <p>If you watch the news, care about what is going on in the world and have some questions, this is a course you will definitely find engaging and useful.</p> | |

Problem Solving Maths (for applications for degrees in engineering and world-class institutions)

Day(s) - Monday

Teacher - Mrs Forsyth

Available to - spread over Years 12 and 13



This programme is designed to support advanced mathematicians and physicists who are considering applying to university to study courses like Engineering, Maths or Physics.

The difficulty of the problems involved generally exceeds A Level Maths and Further Maths standard and the course is adapted for the students involved, crossing the two years of Sixth Form as the cohort develops.

Science Enrichment

Day(s) - Thursday


Teacher - Mrs Vizer

Available to - Year 10




Students will dive deeper into the topics covered in GCSE Science. Practical tasks will be at the forefront of the learning and we investigate cross-curricular links between the three sciences using hands-on activities.

Initially we will choose one strand and then develop this over the weeks until students feel confident enough to independently develop their own strands of research.


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| Sociology |  |
| Day(s) - Tuesday | |
| Teacher - Mr Viesel | |
| Available to - Year 11 and Sixth Form | |
| <p>Sociology asks questions about the individual and society: to what extent are we shaped by other people and by institutions; do individuals have independent agency; how do identities develop within social groups; how do societies decide that some behaviours are harmful; how do we live well together...?</p> <p>This programme draws selectively on the Sociology A Level specification, with a focus on culture and identity in the autumn term and crime and deviance in the spring term, before students complete a small-scale sociological research project of their own in the summer. The aim is to engage students in some key sociological debates and to develop practical social-scientific research skills. It will be of interest to anyone who has questioned why things are the way they are!</p> | |


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| Sports Leadership |  |
| Day(s) - Monday | |
| Teacher - Miss Fraser | |
| Available to - Year 12 | |
| <p>This course provides an introduction for people wishing to lead groups in sporting and recreational activities and gives you the opportunity to train and provide voluntary assistance alongside qualified coaches or teachers.</p> <p>The course involves both guided and peer-to-peer learning and supervised leadership to ensure you have the skills needed to lead basic physical activities. You will have an opportunity to coach younger pupils and will work on activities such as becoming a good leader and working effectively in a team. The course brings benefits that are far wider than just the sporting arena.</p> | |


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| T4T (Teachers for Tomorrow) |  |
| Day(s) - Not formally timetabled | |
| Teacher - Ms Eldridge | |
| Available to - Year 12 (Year 13 if required) | |

T4T is a programme that gives Year 12 students the opportunity to work alongside teachers in their classroom to support the learning of students in the lower years. Initially you will observe and assist with lessons, learning how teachers plan for and communicate with their classes.

You will quickly be encouraged to make your own contributions by producing and delivering lesson activities, and eventually you could plan and teach a whole lesson. If you want to improve your confidence and presentation skills or are thinking about working with younger people in the future this elective is an excellent choice.

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| Yoga |  |
| Day(s) - Tuesday and Thursday | |
| Teacher - Mrs Eborall | |
| Available to - All | |
| <p>Yoga is a combination of physical and mental exercises that help to strengthen the body and calm the mind. You'll be fully guided to synchronise the breath with gentle poses. In addition, we will explore breathwork and meditation to develop techniques for coping with the demands of teenage life.</p> <p>Yoga is inclusive and practised at a level and pace that suits you. Benefits include: strengthening, toning, flexibility, better posture, reduced stress, improved sleep, healthy joints, balance, being more present and aware.</p> | |

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| Young Philanthropy Elective |  |
| Day(s) - Not formally timetabled | |
| Teacher - Mrs Harrison | |
| Available to - Year 12 (Year 13 if required) | |
| <p>The Young Philanthropy Elective offers students the opportunity to work with the school and local community on a range of voluntary service roles. This gives an enormous sense of achievement and can improve wellbeing as well as supporting UCAS applications.</p> <p>We work with the Northamptonshire Community Foundation which works to create safer, stronger communities. Projects supported include breakfast clubs, clubs for those with disabilities, support groups for the elderly, youth clubs, sporting activities etc., and High School students have worked with a number of these initiatives in the past. Alternatively, students may choose to volunteer within the school, for example, working with Junior School pupils.</p> | |

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| The Northampton Laureate |  |
| Awarded in Year 13 | |
| <p>In partnership with Northamptonshire Chamber of Commerce on completing Sixth Form, all our students will have demonstrated academic achievement, intellectual creativity and leadership.</p> <p>They will have made a unique contribution to the school and the wider community through their participation in the Electives programme. This is recognised by the award of at least one of five Laureates – Gold (academic excellence), Red (sporting excellence), Green (partnerships and community excellence), Purple (artistic excellence) and Blue (excellence in the school community).</p> | |

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