

Our Lady's Catholic College Enrichment Day July 2016



Our Enrichment Days are designed to allow the whole school to take part in PSHE sessions and activities. The themes of these sessions have been chosen due to their prevalence in the news, within our school community and the local area.



Year 7

The theme for Year 7 was Environment. Led by Mrs Wane, the year group visited Brockholes Nature Reserve near Preston. Throughout the day the pupils took part in a number of different activities including pond dipping, sweep netting, orienteering and landscape drawing.

The aims of the day were to learn more about nature and what creatures and animals live in different environments. A large part of the activities included respecting the environment and ways this could happen. Pupils enjoyed the pond dipping and sweep netting in particular, and then inspecting the different bugs. The strong theme was about how human actions can harm the environment and what we can do to respect the environment.



Year 8

Year 8 spent the Enrichment day covering Health and Wellbeing. A recent questionnaire completed by pupils in school suggested that they would benefit from some sessions which helped people understand how to eat and drink healthy and from taking part in different types of physical activity.

Led by the PE department, pupils did a variety of activities. The gym was set up with different activity stations which enabled pupils to play team games and work on their fitness skills. Pupils also enjoyed Zumba sessions led by Miss Halkic who had boundless energy throughout the day! Cooking was a particular highlight of the day with many enjoying tasting the food they had made in the technology department!

Led by Mrs Saltariche, pupils also spent some time looking at mental health and how our mental health can affect our daily lives. We hope this will go some way to breaking down the stigma of mental health and encourage our students to support one another and recognise when our mental health is suffering.



Year 9

Year 9 spent the day focusing on the Year of Mercy, under our heading Day With A Difference and led by the RE department. Students took part in sessions to teach them what the Year of Mercy is, the problems that Asylum Seekers face and making their own prayer candles.

The afternoon saw the students head up to Lancaster Cathedral for a visit there, including a rather tense trip up the bell tower! Work was also completed around The Holy Door, and the history of the Holy door which is blessed by the Pope.

At the end of the day students comments included 'I have learnt what it means to be merciful to others and to be more patient with them'.

Year 10

Year 10 spent the majority of the day having Taster sessions in the Sixth form. Students were able to pick their top choices for lessons and take part in activities which enabled them to see how lessons are taught in the Sixth form. The aim was to get them thinking about their futures, and to see that our Sixth form can give them a fantastic start to life after their compulsory education ends.

Intermixed with these lessons were sessions run by Sarah Karim from Smiths Technology and Andrea Dapoto from University of Cumbria. Sarah Spent the day getting pupils to work together to create towers with spaghetti and sweets, as well as looking at what employers look for in interviews. Andrea provided the students with an insightful presentation on how important it is to revise and how to deal with exam pressures.



If you feel there is a topic you would like covering in future PSHE sessions or Enrichment Days, please speak to Mrs Wilkinson or Mrs Porter and share your ideas!

Year 12

Year 12 split into 2 groups for the Enrichment day, with a large majority heading out to UCLan in order to learn more about university life and what University can offer them.

Those pupils who are more inclined to go into employment or apprenticeships after Sixth form stayed in school and had a variety of different speakers including Lea Roberts from the Duke of Edinburgh who completed her apprenticeship with Lancashire County Council and Philip Iddon and Will Simpson from BT – Will who is in the process of completing an Apprenticeship with them.

These talks allowed the pupils to understand what happens in an apprenticeship and also learn about the benefits to Apprenticeships over a standard job, and the prospects that can be opened up for them.

One of the most useful things that came from these talks was the realisation for many pupils that an apprenticeship does not mean an individual is committing forever to a job role, but that they can work in an occupational area for a minimum of a year before moving on if they wish, carrying with them the qualification they will have gained during that time.

