



St Mary's
Colchester



Enrichment Guide 2021-22

Enrichment and wellbeing

Wellbeing is very much at the heart of St Mary's, in the whole school ethos and also in the programme of activities on offer.

The Enrichment Programme runs twice weekly and offers the students an opportunity to work on the very principles of Wellbeing: Connecting, Being Active, Taking Notice, Learning and Giving.

We offer a broad and diverse range of exciting activities for the students to explore.

This guide shows the full programme of activities available to each year group.



Programme 2021-22

A variety of activities are available for the girls to enjoy, they can select from the following programme:

Year group	Tuesday	Thursday
7	<ul style="list-style-type: none"> • Engineering • Orchestra • Origami • PE • Puzzle Solving 	<ul style="list-style-type: none"> • Choir • Craft Club • Gardening Club • Knit and Natter • PE
8	<ul style="list-style-type: none"> • Chess • Craft Club • Engineering • Orchestra • Quiz Club 	<ul style="list-style-type: none"> • Animation • Choir • Dance • Gardening Club • Knit and Natter • PE
9	<ul style="list-style-type: none"> • Chess • Craft Club • Engineering • Orchestra • Quiz Club 	<ul style="list-style-type: none"> • Animation • Choir • Graphics • PE • Patchwork
10	<ul style="list-style-type: none"> • Art for non-artists • English Speaking Board • Orchestra • Relaxation • Round Square • St Mary's School Radio • Yoga 	<ul style="list-style-type: none"> • Choir • Graphics • Mosaics • PE • Round Square • St Mary's School Radio
11	<ul style="list-style-type: none"> • Art for non-artists • English Speaking Board • Orchestra • Relaxation • Round Square • St Mary's School Radio • Yoga 	<ul style="list-style-type: none"> • Choir • Graphics • Mosaics • PE • Round Square • St Mary's School Radio

Animation

Animation is a method in which figures are manipulated to appear as moving images.

In this session you can learn how to use Stop Motion Animation using the Stop Motion Studio App on your iPad to bring a plasticine character or objects to life.

We will also create Gif Animation in Keynote to transform a piece of artwork you have made previously.



Art for non-artists

Are you interested in art but worried that you are not 'arty'?

Art can have the benefits of stimulating the imagination, making you more observant, boosting self-esteem and reducing stress.

Sign up for these sessions and discover your inner artist, using a variety of different materials, colours and techniques to broaden your mind.



Chess

Playing chess can help improve memory, deepen focus, boost planning skills and develop creativity. It is one of the oldest games in the world and is played across the globe.

Chess has the ability to bring people together of different ages, cultures and backgrounds.

In this session you will learn the rules of chess, how to start and finish a game, to problem-solve and think ahead – a great brain exercise! You will also have the opportunity to take part in an inter-school chess tournament.

Choir

Choir is for anyone who enjoys singing. Students prepare for a concert each term and enjoy singing a diverse range of genres, including pop songs, musical theatre, songs from films, classical songs and African songs.

Craft club

Crafting can help you relax, build self-esteem, reduce stress and give you a sense of satisfaction.

In this session you will learn how to make beaded key rings, little felt pots, pompom garlands and pin cushions.

With a seasonal or themed approach to projects you can really let your creative talents flow, you will have a fabulous time in the Craft club.

Dance

If you are a fan of Tik Tok dance routines, Just Dance or simply enjoy making up your own routine, then this is the session for you! Move to the latest music, keep fit and have fun with your friends!

Dance has a huge range of benefits, including increased aerobic fitness, enhanced coordination and improved self-esteem.

Engineering

Do you like making things and understanding how things work? Do you enjoy problem solving and learning new skills? If so, you will love our engineering projects.

In this session you could learn to solder an electronic circuit board, make an automaton toy, or put together a moisture detector that tells you when you need to water a plant. These are just a few examples.

There will be a variety of projects on the go and each will last a few weeks. You will leave with a better understanding of how physics, technology, design and maths are used in real life, all in a fun way.

English Speaking Board Course

Public Speaking is the art of effectively communicating your ideas, thoughts and knowledge through speech to a live audience. A Speaker usually aims to educate, inform, persuade or entertain and employs a variety of techniques using the voice, facial expressions and body movements to engage the audience. Public Speaking training is designed to enable nervous or shy potential Speakers to overcome their lack of confidence and it is also useful for ensuring that already confident and capable Speakers deliver the best possible speech or performance.

The focus is on control of the voice, use of facial expression, and awareness of the impact of movement. Advice is also given on how to structure a speech — taking consideration of content, order of comments, variation of mood and tone and delivery of the whole piece. English Speaking Board exams give you the opportunity to put their public speaking learning to active use in a safe and supportive environment whilst also allowing an external audience (the examiner) to assess the effectiveness of the content and delivery.

This course will take a year, as the first six months will be preparing for an exam. Following the exam, you will hone your debating and public speaking skills.



Gardening Club

You will learn skills for the future, including potting on, taking cuttings, crop rotation and soil sampling, while maintaining a 'Farm to Fork' ethos.

Gardening Club members also maintain the school's green house, gardening shed and the raised beds. They successfully grow and sell produce at school events. You will need a pair of wellies and to be prepared to get muddy!



Graphics

Come and learn about a range of different digital graphics using Adobe software. This will include illustrations, photo editing and digital animation.

No previous knowledge is needed. This will be of interest to those who like digital artwork and graphics.

We will look at a range of different software and develop skills using industry standard animation.

Knit and Natter

Similar to our Patchwork Club, if you are a fan of sewing, and enjoy being creative, this may be an activity for you!

In this club, you will learn to sew pieces of material together in order to create a beautiful, colourful, patterned blanket which will then be sent to children in Africa in support of our Senior School's charity, The Catherine Bullen Foundation.

Mosaics

Decorate surfaces with designs made up of closely set, small colourful pieces of material such as stone, mineral, glass, tile or shell. Take inspiration from the beautiful mosaic we have at the Senior School, or create your own design using your imagination and creative flair.

The first sessions will be using 'Tillions', in order to develop ideas and formulate patterns. Designed as a therapeutic activity, Tillions is a creative tool, comprising of small patterned magnetic tiles that fit together to make billions of different designs.

Tillions and mosaics are suitable for every ability, designers, mathematicians, artists, planners, thinkers and dreamers.



Orchestra

Orchestra offers a wonderful opportunity for musicians to play together and prepare for performances.

Students must be of a Grade 2 or 3 standard, depending on instrument, and participation is by invitation only.



Origami

For those who are unfamiliar with Origami, it is the art of folding paper into a sculpture without using glue or scissors. This may seem like a daunting task, but it is entirely possible to fold paper into very sophisticated and beautiful designs.

In a nutshell, Origami is good for you as it develops hand eye co-ordination, sequencing skills, maths reasoning, spatial skills, memory, but also patience and attention skills. Origami allows you to develop fine motor skills and mental concentration.

Origami is ultimately a peaceful hobby and it is a rewarding, beautiful art form that inspires a spirit of accomplishment. By completing the folds, you will slowly realise that you will be less critical of yourself overall, as you will be finding mini successes as you go along.

Patchwork

If you are a fan of sewing, and enjoy being creative, this may be an activity for you!

Patchwork is a form of needlework that involves sewing together pieces of fabric into a larger design.

In this session you will make beautiful patterns with different colours, in order to make unique creations such as quilts, cushion covers and bags.

PE

Physical Education (PE) is rotated on a termly basis and students are allowed therefore to opt into and out of PE at such times (although options they can move into may be limited).

Activities often comprise of netball, running club, football, athletics and rounders. You can enjoy being outdoors, enhancing team building skills and taking on leadership roles. You will hone and improve your skills, along with gaining a greater understanding of the rules of the activity.



Puzzle Solving

Puzzle Club will involve different challenges each week. You might be solving an unusual problem in a group, making things or thinking outside the box.

If you enjoy logic and problem solving, come along. It isn't all Maths based and it will make you think.

Quiz Club

Keep your mind active with topics from music to general knowledge, either individually or as part of a team.

In this session you will also create your own quizzes for your friends.

Quizzing can help enhance your knowledge, build your confidence, improve your listening skills and increase your ability to concentrate.

St Mary's School Radio

A chance to be a part of the team at St Mary's School radio station. If you have an interest in presenting, production, acting, comedy, drama, interviews, documentaries, running a radio station - (the list isn't endless but we are trying to make the point that there is something for everyone), come and join St Mary's School Radio!



Relaxation

Relaxation will use a number of different techniques in order to help relax your mind and body. Sessions may include activities such as making self-care tool kits, discussing and practising therapeutic activities.

You will gain an understanding of the importance of relaxation for your wellbeing.

Round Square

This will be enrichment with a difference - it will be led by the Student Round Square Committee and will be your chance to help shape the work Round Square does in the school; as well as find out some interesting things about the world around you - and about yourself.

If you are interested in having more **I**nternational awareness; if you think **D**emocracy is important; if you think we should have more **E**nvironmental awareness; if you have a spirit of **A**dventure; if you are up for the challenge of **L**eadership and if you would like to give something back through acts of **S**ervice - then the **IDEALS** of Round Square are for you.

You will explore the Round Square IDEALS and see how they can be put into practice at St. Mary's, in our wider community and globally.



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