

HARLINGTON UPPER SCHOOL

ENRICHMENT BOOKLET

2021—2022



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ENRICHMENT AT HARLINGTON

At Harlington Upper School we believe in the holistic education of the pupils in our care. Academic qualifications are of course hugely important and rightly at the heart of the education we offer, however Harlington as a school is also about so much more. We aspire to maintain the broadest possible curriculum for our students and so our solution to promoting and nurturing what we value is through our Wednesday Enrichment programme.

On Wednesday afternoons there are no lessons at Harlington, but instead a myriad of activities that we hope enrich our students, that challenge them to try new things and that will help them to develop into the leaders of tomorrow. All enrichment activities offer pupils the opportunity for non-academic structure and enable them to increase their social and emotional resilience through team-work and independent learning. All sessions require focus and commitment thereby raising pupils' confidence and self-esteem. The range of activities on offer allow for all pupils to have the opportunity to experience activities not usually available to them. Wednesday afternoons are unique to Harlington and sum up so much about what is important to us.



HEALTH AND WELLBEING

RECREATIONAL SPORT

These sports are a great opportunity to try something new or develop existing skills while meeting new people and developing teamwork and social skills. There is still opportunity for some internal competition within sessions. You will need to wear sports kit and appropriate footwear for each of these sports. Players will need a positive and committed attitude and should be aware that this course runs through the autumn and winter and that full outdoor kit will be required. Further guidance will be given on signing up.

All students are welcome and a range of abilities catered for. Activities may be changed or offered on a rotational basis based on interests of students.

- Football
- Rugby
- Basketball
- Netball

SIXTH FORM RECREATIONAL SPORT

These sports are a great opportunity to try something new or develop existing skills while developing teamwork and social skills. This activity is solely available to Sixth Form students. Activities may be changed or offered on a rotational basis based on interests of students. You will need to wear appropriate sports kit and footwear for each of these sports. Players will need a positive and committed attitude and should be aware that this course runs through the autumn and winter and that full outdoor kit will be required. Further guidance will be given on signing up.

All students are welcome and a range of abilities catered for.

- Football
- Rugby
- Basketball
- Netball

ROWING

Indoor Rowing is considered a completely inclusive sport, suitable for all abilities. All you need is a pair of trainers and a smile. Rowing machines, called “ergs”, allow a full body workout by tackling both the aerobic and anaerobic system. A rowing machine can be used for short HITT workouts with bursts of 1 minute, 500m and 2000m, and longer rows will build stamina, endurance and fitness. There is no hiding from the screen though, which will tell you how you are doing.

The school has been successful in its bid for five new Concept Two machines, the market leader, which are designed to be safe and easy to use and can be found in gyms and homes around the world. A Concept Two is used by elite athletes through to those starting out on a fitness journey, looking to start something new, or a long-time athlete.

Rowing will help you with your physical and mental fitness, allow you to see personal progression and can easily be combined with circuits and strength and conditioning workouts. There is a workout for everyone and if you are the competitive sort, the free online logbook shows you how you where you are ranked globally.

SKIING

Whether you are a complete novice, never having stood on a pair of skis or an experienced parallel skier you are welcome to join the HUS ski team on a Wednesday afternoon.

You will be taught how to walk with skis on your feet, safely glide down the slopes by snow plough turning and of course how to stop before the crash barriers! This sequence of skiing lessons would be an ideal course to teach you the basics of skiing before you embark on your first school or family ski trip.

If you are a more advanced skier then you will have the opportunity to perfect your turns on the piste and enjoy free ski time.

This enrichment activity will incur a cost though as it requires specialist equipment and tuition. Please be aware that the session time for this enrichment activity will extend beyond the 4pm finish.

FENCING

Fencing is an Olympic sport that has roots back to ancient sword-fighting skills. If you like the idea of hitting people with swords, then fencing is for you! It is a fast-paced, skilful sport that involves speed, strength and strategy.

You'll start with the simplest weapon called the Foil (a thrusting weapon), but could eventually progress on to learning the Epee (a duelling weapon) or the Sabre (a cutting weapon).

Whether you just want to keep fit or learn something new, everyone is welcome!

JIU—JITSU

Jiu-Jitsu is an ancient martial art from Japan.

The modern version offered at Harlington is known as Brazilian Jiu-Jitsu (BJJ), which has developed the ancient techniques and made them even more efficient. It is widely regarded as the most effective art to learn for self-defence, but can also be practised as a competitive sport. It is one of the main arts used in modern Mixed Martial Arts (MMA).

You will learn different throws, joint locks, chokes and pinning holds that you can use to defeat an opponent. By focussing on ground fighting, BJJ allows people to defeat stronger and heavier opponents by using correct leverage and technique.

Whether you want to keep fit, learn to fight, or start a new sport, Jiu-Jitsu is for you!

OUTDOOR ADVENTUROUS ACTIVITIES

Outdoor education can be simply described as experiential learning in the outdoors. We use the term “outdoor education” at Harlington to refer to a range of organised adventurous activities, which take place in a variety of ways and always in outdoor environments.

The aims of outdoor education and Adventurous activities at Harlington are to:

- Develop a deeper relationship with learning outside the normal classroom.

- Enhance your personal and social development.

- Learn how to overcome adversity and increase your resilience.

We offer a range of sessions in the following activities.

Outdoor Navigation

Paddle sports including both Kayak and Canoe (these particular sessions are from 1.15 – 3.30 on the Grand Union Canal, Stoke Hammond).

Mountain biking (these sessions are conducted on the school grounds)

Rock Climbing (these particular sessions are from 1.15 – 3.30 at Big Rock Climbing Centre Milton Keynes).

Additional opportunities will be made available for some of the activities to be done on day trips away from Bedfordshire.

Please note that due to strict Health and Safety standards there are very limited spaces on OEAA sessions so first come first served for each session series.

The rock-climbing activity is conducted at an external climbing centre and therefore requires an additional financial contribution .

WALKING CLUB

Have you ever been up Sharpenhoe Clappers? Seen Barton's Natural Springs? Or navigated your way round some new countryside using only a map and compass? If this is a skill you would like to learn or develop, as well as seeing some of the beautiful countryside right on our doorstep then this is the club for you.

All fitness levels welcome but be prepared for some hills!

CARD GAMES

POKEMON, YU-GI-OH, MAGIC the GATHERING etc.....do you play CCG games?

If so, bring your decks along each week to challenge others...

Will you be the Harlington champ?

As well as CCG games you can play, or learn to play classic card games like Black Jack, Gin Rummy, Trumps etc?

NOTE : THERE WILL BE STRICTLY NO GAMBLING GAMES

BOARD GAMES

Board games are no longer just Monopoly!

In the board games activity we will have a range of different strategy, skill and reaction focused games.

You will be able to work in a team, but also develop key planning and communication skills.

You can learn to master one particular game, or vary from week to week to have a go at many different styles.

CHESS

Chess club brings together those who play chess as a hobby, those who have an interest in chess, or those who have an interest in learning about chess.

Chess club will promote an increased knowledge and understanding of the game of chess as an intellectual sport. Chess club members will be able to further develop their ability as chess players, while developing an appreciation of the game and having fun while doing so.

Sessions will involve an introduction to the basics of the game, how the chess pieces can be used, chess tactics and theory and of course playing chess games. There may also be the possibility of mini tournaments. In addition, there will also be opportunities to view media sources that promote chess.

Anyone with an interest in chess, whether at a beginner, intermediate or more advanced level is welcome to check out chess club.



CREATIVITY AND EXPRESSION



DANCE

If you have a passion for Dance be it performing or choreographing this is the club for you, meeting on a weekly basis this is your opportunity to develop your Dance skills and work collaboratively with others to create something fantastic. You'll develop a wide range of transferable skills that are useful at any stage in your career, including teamwork and communication.

All students are welcome and a range of abilities catered for.

DRAMA

Drama club is for you if you are looking to develop your social skills, confidence, creativity and above all have fun!

Drama club will include lots of different activities each week including drama games and exercises, improvisation, developing script performance skills, watching professional theatre online, practitioner knowledge, technical theatre workshops and external professional workshops.

Our aim is for you to look forward to the session each week, walk into the drama space and have a brilliant time together.

MUSIC TECHNOLOGY

If you ever wondered how the songs on Spotify or the radio get made, this is the club for you!

Covering everything from producing beats, recording instruments and manipulating found sounds into something new, this is an opportunity to develop a wide range of transferable skills such as teamwork, problem-solving, lateral thinking, creativity and IT work in a fun and unusual way rarely available in the classroom.

All students are welcome, whatever their experience or ability.

SONGWRITERS' CLUB

Do you write your own songs? Do you own an acoustic guitar or other instrument? Are you interested in composition and getting better as a player? If you are talented with rhymes and have something you want to tell the world then definitely come to Song Writing and put your skills to the test!

In this enrichment activity you will rock up (so to speak) with your guitar and we will perform our best tunes, give feedback on any song writing efforts and aim to learn new skills along the way.

All you need is a willingness to play in front of others!



ART

Are you a keen artist? Do you enjoy the escapism of art and being creative?

We are offering an exciting opportunity to develop your skills in ceramics, photography and painting.

This will allow you to take your skills further and enjoy the practical aspect of art in more depth.

All students are welcome, whatever their experience or ability.

ENGINEERING

If you would like to find out more about how things are designed, made and work, this is the enrichment for you. It is run alongside Graphic Design and is based in T10.

During your time in this area you will be able to –

- Build a robot and learn how to control it

- Design and simulate circuits using circuit wizard

- Have a go at building some simple electronic circuits and then package them

- Improve your design skills using software like 2D Design

- Learn how to design and make using a Laser cutting machine

All students are welcome and a range of abilities are catered for

This activity can be suitable introduction to further Engineering programmes like the Arkwright Engineering Scholarship

GRAPHIC DESIGN

If you have a flair for creativity and all things design this is the club for you, meeting on a weekly basis this is your opportunity to make your design ideas come to life. We will be using and developing your skills in a range of specialist design software including Photoshop, Indesign, Illustrator and web design software. These are excellent entrepreneurial skills that could be useful in the future to support the launch of a new business or idea.

Web design

Logo design

Leaflet, booklet, poster design

Point of sale design

Packaging design

Re touching images

All students are welcome and a range of abilities catered for



DIGITAL PHOTOGRAPHY

The digital photography enrichment activity is intended to be overwhelmingly a practical activity. You will need your own digital camera or at least access to one digital camera within each pair of students. The specification of the camera is not critical – it could be a DSLR or a mirrorless camera. The camera must save your images to a memory card and must be able to connect to the USB port on a computer to download and process the images.

The activity will ‘teach’ the basics of camera controls and operation (such as focus, iso, aperture and shutter speed) but with an emphasis on how to change the appearance of your images rather than the physics of image formation.

The group will explore many genres of photography including wildlife, landscape, ‘street’, documentary, drama, sport, portraiture and still life. The choice may depend on the weather – photographing outside when the weather is good but looking to document other enrichment activities (e.g. sport) inside or outside according to opportunity.

By the end of a term’s programme, I hope you will each put together a portfolio of ‘best’ work. I am sure we will be allowed to display your work on the plasma screens in the street!

It may not be acceptable to bring in your mobile phone as your image-capturing device.

Further guidance will follow.

TEXTILES

Fashion/Textiles is an exciting enrichment option for creative and practical learners. Students will explore the work of famous designers to inform and develop their own design practice and practical skills. Our textiles enrichment opportunity will provide students with a practical experience of materials, techniques and processes used in industry. If you love fashion, enjoy creating, designing and making, this is your perfect option.

All students are welcome and a range of abilities catered for.

DEBATING

The Harlington Debating Society is a student – run enrichment activity which enables you to argue your opinion on issues ranging from politics to morality and philosophy.

Students propose the motions to be discussed, which may be open-ended or specific, concerning news from the week or even the same day. By speaking regularly in Debating Society, you are able to develop your public speaking and arguments or, if you prefer, you can simply learn by watching others.

No prior experience needed.



CLUBS AND SOCIETIES

PRACTICAL MEDIA

Are you creative? Do you enjoy Film, Music, Video Games, Drama and Photography? Come and join our Media club, we will teach you how to edit footage/podcasts and create special effects. Also, how to manipulate images with the use of 'Green Screen'.

You can record your own footage/or take some original photography and use Davinci Resolve software to create a masterpiece of Media! Your footage can include some of the following ideas: A clip from a TV drama, a music video and a news broadcast etc.

All students are welcome, whatever their experience or ability.

FILM CLUB

If you like films of all genres and want to watch and understand more about how they were made, why they were made and when they were made this is the club for you.

Over the weeks we will watch classics from Charlie Chaplin, through to 1950's science fiction right up to modern day blockbusters.

All you need is an inquiring mind and a love of all things film.

COMPUTER TECHNOLOGY

This enrichment activity will encourage students to explore the hardware and software capabilities of computers in a structured and purposeful environment. We have a number of Raspberry Pi computers with 'EduKits' that enable students to try out many ideas and real-world applications of micro-computers. We will also be undertaking programming projects so that students can explore the programming techniques beyond the curriculum with time that isn't available during regular lessons.

Lastly, students will be given the opportunity to take desktop computers apart and find out what really goes on inside a computer, then rebuilding and installing alternative operating systems beyond the well-known Microsoft suite.

ITALIAN

Maybe you already study a language (or two!) and want to learn another? Maybe you weren't able to take a language as a GCSE option? Maybe you just want to be able to have a conversation in another language?

Whatever your reasons for choosing Italian, you will quickly learn a range of conversational phrases and vocabulary that you can use in everyday situations.

We will be focusing on speaking and listening and the sessions will cater for a range of abilities.

There won't be a text-book in sight!

ASTRONOMY

If you've ever looked up at the night sky and wondered what the stars and planets are like or maybe you've wondered how the universe was created, then this activity is for you.

You will have the fantastic opportunity to look through the telescope and do some star gazing, as well as getting to grips with the features of our solar system that can and cant be seen. There may be the odd occasion where some of these will be after dark and won't take place during school hours, so you will need to be able to get home safely. You don't need any special equipment or skills, but it would be an advantage if you had a descent pair of binoculars or a small telescope.

This is open to all abilities; you only need an interest in space, the final frontier.

BOOK CLUB

Are you interested in reading the latest award-winning books? Are you looking to explore a classic? Do you just want to have fun and talk about books you've read and loved? If so, Book Club is for you!

So... what happens in Book Club?

Yes, Book Club includes reading but it's so much more! It's an exploration of genres, meet-and-greets with authors, exclusive and new content and discussing modern adaptations of old favourites. Book Club is a means of escape; a chance to let your imagination go wild. It offers opportunities to explore a range of authors from different countries and cultural backgrounds. Book Club allows you to challenge your own knowledge and grow as an individual and as a reader.

And the best part? You get a say in what we read! There are so many books out there to discover... let's start reading!



LIFE EXPERIENCES

PRACTICAL COOKERY

If you love to cook at home and want to satisfy your passion for creating fabulous food, then this club is for you.

We will meet on a weekly basis and make a sweet or savoury product each week. You will be provided with an ingredients list and recipe and will be expected to bring your ingredients from home.

You will develop a wide range of skills that will be useful in your adult life or if you wish to make a career out of food, this club will help you to establish excellent creativity.

All serious 'foodies' are very welcome to attend.

GARDENING

I am delighted to offer a new community gardening group as part of the extra-curricular programme.

Students will be able to create an allotment area within the school grounds in which we will plant bulbs seeds and trees, put together hanging baskets, create a herb garden, and grow our own vegetables. These will be available for students and staff, working alongside the local community in order to distribute produce to families.

The positives of gardening are many. In addition to seeing produce grow, there are benefits for health and wellbeing, social interaction, encouraging healthy eating and the joy of being outdoors.

I look forward to welcoming students to this exciting initiative.

ECOLOGY

Ecology is the study of the relationships between living organisms, including humans, and their physical environment; it seeks to understand the vital connections between plants and animals and the world around them.

We will endeavour to educate the students in conservation and promote life-long enthusiasm for the natural world. We will aim to create an ecology study area to include a pond and a sampling area that will promote wildlife coming to the area such as bees and butterflies.

SIGN UP NOW

CLICK HERE

DEADLINE: FRIDAY 25TH JUNE 2021`

