



SIXTH FORM

FRAMWELLGATE SCHOOL DURHAM

Excellence, compassion and respect for all



Enrichment Opportunities



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Activities are regularly advertised by e-mail, through the Sixth Form bulletin, on the website and on the Sixth Form's social media—so if you haven't seen anything that has caught your eye yet, keep looking! It might be coming soon...



By choosing to join the Sixth Form you've decided to extend your studies and to expand your mind. Framwellgate School's enrichment programme is designed to enhance your Sixth Form experience.

Organisational skills, independent learning, research skills, critical thinking, presentation skills and leadership are just a few of the areas in which enrichment can help your personal development.

Coupled with good grades, the right enrichment course distinguishes individuals from the crowd and shows future universities and employers what type of person you really are.

Extra-curricular vs. Super-curricular

You might hear the terms 'extra-curricular' and 'super-curricular' activities used by universities and employers, and these both fall under the category of enrichment.

Extra-curricular activities are things that you do that are completely different to your course of study, such as the Duke of Edinburgh's Award, rock climbing or drama group. Extra-curricular activities can broaden your range of skills, make you a more well-rounded person and give you a break from your studies.

Super-curricular activities are things that extend your knowledge of a subject beyond the curriculum, such as listening to a TED talk, reading an academic journal article, or attending a public lecture. Super-curricular activities are particularly important in helping you decide whether you would like to study a subject further at university and will then help you demonstrate your passion for that course in your application.

Assessed Qualifications

Extended Project Qualification

The EPQ allows you to research a subject of your choice in depth, taking your studies in a direction that interests you! You're responsible for setting your own targets and deadlines and sticking to them and you choose how to present your findings at the end. Writing up your research can take the form of a 5,000 word essay or a practical project. Throughout the project you should be developing the ability to draw conclusions from critically analysing your research and learning how to manage your time successfully.

Taught sessions: Expected to attend relevant Sixth Form Study Skills sessions, mentoring sessions and university library visits.

Assessed: Final project, personal log and presentation.



Level 2 Award in Community Sports Leadership*

This nationally recognised qualification enables successful candidates to independently lead small groups of people in sports and recreational activities. The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport.

Level 3 Award in Higher Sports Leadership* (Year 13 only)

This is a nationally recognised qualification that builds on the skills learned through the Level 2 award in Community Sports Leadership. It provides skills and experience for those wishing to run sport and physical activity sessions at a senior level. The award is welcomed by the sport and leisure industry as an excellent stepping stone to employment. It is a practical course with the emphasis on learning through doing.

* Priority given to those studying P.E. and Sports Science.



Awards

Duke of Edinburgh's Award

The Duke of Edinburgh's Award consists of four sections at bronze and silver level: Physical, Skill, Volunteering and Expedition. At gold level, you also need to complete a residential challenge. You need to make a commitment to work on each section for 3-9 months (12 at gold) as well as attending training and a 2-3 day hike for your expedition. You will learn first aid, camp craft and navigation as part of your training and be expected to update your own online record. The Award requires the personal skills of dedication, self-motivation and organisation as well as good team skills such as communication and leadership.

For more information visit www.dofe.org

The bronze award is offered in school—contact Mr Boreland:
Boreland.I@framdurham.com



Silver and gold are offered by the local youth service—see Carolyn for details.

Registration and additional fees apply.

Volunteering Awards

Volunteering is a fantastic way to make your mark on a cause that you care about and learn new things along the way. There really is a volunteering opportunity for everyone; whether sport or music is your thing, if you want to travel far and wide or help out closer to home, there will be an opportunity that's just right for you.

Volunteering teaches you useful new skills things like communication, team work and decision making; which will help make you stand out from the crowd when it comes to getting a job.

Vinspired Awards recognise the hours you put into volunteering - get your v10, v30, v50 and v100 awards, and add some extra wow to your CV!

<https://vinspired.com/>

Short Courses

The Sixth Form runs a number of short courses throughout the year in response to student interest. In the past these have included the courses below, but if you have any other ideas, please see a member of the Sixth Form team.

First Aid

A one day course covering essential life saving skills, including causes and treatments of unconsciousness, external bleeding and shock, resuscitation and how to treat choking. Can lead on to further programmes, such as becoming a CPR champion in school. Contribution towards cost of course or bursary application required.

Deaf Awareness & British Sign Language

An introduction to British Sign Language (BSL) and communicating with people who have hearing loss, taught by experienced tutors whose first language is BSL. 6-8 weeks, contribution towards cost of course or bursary application required.

MOOCs

Massive Open Online Courses (MOOCs) are free online courses that give let you explore new topics beyond the curriculum. These could be linked to your future career or university course, to deepen your understanding of something covered at A' level, or just for fun! Good quality providers include:

⇒ www.futurelearn.com

⇒ www.open.edu/openlearn



Literacy & Numeracy Buddies

Mentor younger students in the key skills of literacy and numeracy.

Sixth Form Buddies

Provide peer support to younger students dealing with issues such as bullying, changing friendships, anxiety, exam pressure etc.

In class support

Support lower school students in small groups or on a one to one basis with their work or specific tasks in class.

Humanutopia Heroes

The Heroes Journey, a nationally acclaimed volunteer programme, is designed to help young people develop essential life skills and to break negative cycles, in school with other students and teachers and at home with family. The Heroes Journey involves a young person joining Team Heroes, a group of students in their school who are committed to becoming good role models, or 'heroes' to the younger students and within their community.

<https://www.humanutopia.com/heroesjourney/>

Sixth Form Leadership

We very much encourage our students to actively engage in the school community and help to make the Sixth Form an outstanding place to study. As well as the opportunity to run for Head Girl and Boy in Year 13, Year 12 students can get involved with the Sixth Form Council, which meets to discuss facilities, problems arising in curriculum areas, and student opportunities.



Work Experience

Whether it's required as part of your course, or a way to explore possible future careers, the Sixth Form can support you in arranging a meaningful work experience placement:

- Access to data base of local employers who have undergone the relevant health & safety checks and are willing to offer placements
- Support in writing a covering letter/e-mail and CV to send to potential placement providers
- Monitoring of placements

There will be a dedicated work experience week where the majority of students will be encouraged to find a placement. In addition to this some BTEC courses involve ongoing work placements and some university courses will require students to have completed a certain number of hours of experience before applying.

Social Mobility Foundation

The Social Mobility Foundation runs a programme for “Aspiring Professionals”, which offers mentoring and work experience for students eligible for free school meals interested in a range of competitive sectors.

www.socialmobility.org.uk

PurePotential

PurePotential advertise a number of opportunities for students to gain experience in professional sectors.

<http://purepotential.org>



University Progression Programmes

University progression programmes all offer students a taste of what it would be like to study a particular course at a particular university. In addition, some may offer mentoring, residential experiences, guaranteed and/or lowered offers and scholarships. Certain eligibility criteria may apply:

Durham Supported Progression: www.dur.ac.uk/supported.progression

Newcastle PARTNERS: www.ncl.ac.uk/schools/partners

Northumbria NU Entry: www.northumbria.ac.uk/nuentry

Sunderland First Choice: www.sunderland.ac.uk/first-choice

Leeds Access to Leeds: www.leeds.ac.uk/a2l

Sutton Trust Summer Schools: <https://summerschools.suttontrust.com>

Oxford UNIQ Summer School: www.uniq.ox.ac.uk



Public Lectures

Durham University: www.dur.ac.uk/whatson/lectures_seminars/

Newcastle University: www.ncl.ac.uk/events/public-lectures

The majority of universities also produce podcasts of the lectures, which can be found on individual university websites or on iTunes U (available in the Apple App Store). In addition, the following are good sources of interesting online talks, lectures and questions for debate:

TED Talks: www.ted.com

BBC Radio 4: www.bbc.co.uk/radio4

Explore: <https://explore.org/>



Sport

Sixth Form Football Team

Sports for All

Wednesday afternoons in the sports hall (or outside if appropriate)

Come along and try out a range of different sports just for fun! Open to all Sixth Form students.

For opportunities in sport contact Miss Lutynski: lutynski.l@framdurham.com



Music

There is a range of different music groups and ensembles at Fram, including the opportunity to have regular music lessons (costs may apply).

For opportunities in music contact Mr Lamb: lamb.m@framdurham.com

Debating Club

The Debating Club is a fun way of developing oral and analytical skills. It increases students' knowledge on political and global affairs. The debating club shows students how to have an open mind and how to civilly disagree as well as teaching them the ability to look at situations from both sides of the argument.

Activities outside of school

You might already be involved in something outside of school that counts as enrichment. Please share what you do with your tutor and the sixth form team so we can celebrate your successes, make a note of useful skills acquired in any references and consider requests for authorised absences if necessary.

If you want help finding or researching an activity, see a member of the sixth form team.

National Citizen Service

This is your chance to embark on exhilarating challenges, make your mark and build skills for work and life. NCS looks good on your UCAS personal statement, you learn the skills employers value, learn to budget and live for yourself, meet incredible people and get your voice heard!

www.ncsyas.co.uk

Student led groups

If an opportunity you are interested in doesn't exist already, you might like to start something. In the past students have set up chess club, debates, new sports, an environmental group, school newspapers, yearbook committees and organised events such as Zombie Night. The sixth form team are always happy to discuss your ideas and help you get started!

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