



Brentwood School

# Sixth Form

*Timetabled Co-curricular*

# Introduction

**Welcome to the Sixth Form Co-Curricular programme which will run on a Tuesday p4&5 and Michaelmas and Trinity Field Days.**

At the start of year all L6 and U6 students will be asked to rank preferences for activity options for the year and give reasons for these preferences. Students cannot switch options during the course of the year, however they may choose a different option in U6 from that which they did in L6.

We have given a varied range of options, however due to facilities and resources some options have a limited group size. As such students will be asked to rank three preferences. Students may not choose the same option for all three preferences. Additionally please note:

- Students that are currently in the CCF or VSA are encouraged to continue with that activity, but all students will be able to select a preference for any option
- Please note that entry into the CCF in the Sixth Form (both L6 & U6) is limited and not an automatic progression from your previous year. Places will be allocated based on your performance in Year 11 or L6
- Students that have been in the CCF previously, but have left in year 10, 11 or L6 may not rejoin, unless there are exceptional circumstances
- New students have all options open, if they choose CCF, they will join a fast track programme.

In the event of oversubscription of an activity the Director of Co-Curricular, in conjunction with the Sixth Form Team, will allocate places.

Activity options are outlined below. Information on the options process is provided by the Sixth Form Team at the start of the Michaelmas Term. The first session for the Tuesday Co-Curricular activity will take place on Tuesday 10th September.











# Voluntary Service Activity

The VSA, Voluntary Service Activity, is Brentwood School's largest group of organised volunteering. Truly embodying the attributes of 'Virtue' and 'Manners', our VSA students have copious opportunities to help not only the school community but also the wider Brentwood and Billericay areas.

The VSA provides a range of activities that change every term so that students have the opportunity to try different activities. These activities are driven by the students and the areas of the community that they would like to get involved in. Students have the opportunity to even gain qualifications, such as an accredited British Sign Language Level 1 certificate or the St John's Ambulance NHS Cadet award, which is a fully comprehensive 31-week first aid training course. Following certification from this course, students can volunteer with their local NHS trust and participate in further certification opportunities that the charity offers.

In addition to these onsite activities, we get out into the local community every week, such as working with the community garden at Brentwood Theatre and weekly visits to Leonard Lodge and Hutton View care homes. Students with interests in music can even share their talents in biweekly concerts at these care homes, which are a real highlight for staff and residents. For those who are more creative, we also offer the opportunity to collaborate with Hamelin Trust in Billericay, who care for young adults with disabilities on art projects. In collaboration with Hamelin students created a Wall Mural that is now placed on the front of the building.

Furthermore, we have developed a range of new connections within the VSA that provide students with more active options. Recently we have developed a partnership with Remus Horse Sanctuary to allow those who want to interact with animals and learn about animal welfare that opportunity. We have also volunteered at the local Daily Bread food bank and cafe in Hutton, as well as volunteering in two local primary schools. We are constantly developing our programme of activities to ensure that the students have every opportunity to take part in activities that interest them.

The VSA field days are another opportunity for us to provide outreach as a group. Recent activities that the VSA have done are visits to RHS Hyde Hall, Barrow Farm Riding for the Disabled, Billericay Community Garden, The Lambourne End Outdoor Centre, The Welcome Institute in London and beach cleans on the Suffolk coast and volunteering with Essex Wildlife Trust, Barleylands and Hopefield Animal Sanctuary.

In essence, the VSA is a prime opportunity for students to establish themselves as empathetic, open-minded individuals. Volunteering is an excellent asset for any university or job application, but more than that, it allows our young people to truly become 'well-rounded' and credit to those they interact with.



# CCF Royal Navy/Army/Royal Air Force (Current Students)

Only open to students currently in Brentwood School CCF. After completing the syllabus in Year 9/10 and learning how to teach in Year 11, L6th cadets are now ready to start to practice their leadership and presentation skills through teaching the Year 9/10 cadets. The leadership shown in the L6th will determine which Senior NCO positions are awarded for the U6th. L6th cadets will also have the opportunity to lead stands or play enemy on field days, and go away on camps and courses such as Adventurous Training and Summer Camp to continue to develop their leadership skills. In addition they will hold leading roles in competitions such as Combat Cadet or Air Squadron Trophy as well as those taking on prominent roles in ceremonial events such as Remembrance Day or Inspection Days. Spaces in the CCF are limited by the MOD based on safe ratios of qualified staff, no. of weapons/ammunition/equipment available and flying/sailing spaces etc. If we are over subscribed, there will be an entrance test based on basic knowledge learnt in Year 10 to determine which students are allocated to the CCF.

# CCF Fast Track (New Students)

The CCF Fast track programme is only open to new joiners to Brentwood School Sixth Form. It is an opportunity for students to have a "fast track" to becoming a Sixth Form NCO (leader). In the first Michaelmas half term they will receive an overview of the syllabus subjects taught to the other cadets in Year 9 and 10. They will then spend the second half term with the Year 11 cadets learning methods of instruction (MOI) which involves learning how to teach the cadet syllabus subjects to the junior cadets. Fast Track cadets will join their L6th peers around February Half term where they will step into the role as a leader. It is a steep learning curve but for committed cadets, it will be a really enjoyable and developmental experience!









# Artists in Residence

Students must be enthusiastic, design minded, skilled and should have taken Art for GCSE. We will continue to extend and enhance our presence around the school site and ideas for projects include new murals, some sculptural work for the grounds, inspirational quotes/words of encouragement and the creation of new work for staff/department offices. All artwork produced needs to be of good quality or we cannot use it, resulting in the planning becoming wasted.

## University Skills: Baking Bad & Budget Bites

Please note - These sessions will work on a rotation over the course of the year, so you will complete both of the below activity sessions. You will need to bring your own ingredients for these activities and a container to take your products home in.

### Rotation 1 - Budget Bites

Get ready for an amazing culinary adventure! Join our activities session to learn a range of delicious, budget-friendly recipes that will prepare you for university life. From quick breakfasts to satisfying dinners, we'll teach you easy cooking techniques, budgeting tips, and nutritional balance to make life at uni a breeze!

### Rotation 2 - Baking Bad!

Whether you want to make a birthday cake for your mum, impress your friends with sweet treats or find out neat tricks to take your baking to the next level, this is the place for you! In this rotation, get ready to unleash your creativity in the kitchen and elevate your baking skills to new heights.

## Textiles

Unleash your inner designer and sew your style at the Textiles activity. This fun and friendly club is perfect for both beginners and budding fashionistas. Learn essential skills like threading a needle, conquering buttons, and mastering the perfect hem. But that's not all! We'll also dive into creative projects, letting you design and craft unique textile pieces to take home and show off. Some projects may require you to purchase specific fabrics, but we'll guide you through the process to find the perfect materials for your vision. This session is aimed at students who have an interest in using fabric to create art or other products.













## Media Team: Filming

Students will get the opportunity to learn skills in digital media production including video and audio editing, as well as advanced sound engineering skills. This includes music production, and by the end of the year, who knows – you might be the next Drake or Taylor Swift?! This is such a great opportunity to work with specialist equipment and gain a fantastic skill set which opens doors to working in content creation and digital media. If this sounds like you, give it a go!

## Media Team: Radio & Podcasts

Explore the world of podcasts and radio; this is an opportunity for you to develop your creative and analytical skills as we look to explore your areas of interest and how you can create and produce your own podcast. We will consider how we can use this form of media to showcase aspects of the school as well as investigate areas of your own interest. We will also look at the links between radio and podcasts and explore how other schools have developed their own radio stations. This would be suitable for students who already have an interest in the popular world of podcasts, journalism, reporting or the media as well as those who just want to find out more about it.

## The Brentwood Pottery Throw Down

This is a chance for a select group of students to learn how to throw clay on a pottery wheel, to build with clay coils and to use slip casting to produce a series of artworks. Students can be complete beginners or have done ceramics before but a willingness to try and not mind when things go wrong is essential! The students will have the opportunity to work with specialist ceramicists throughout the course and will learn how to build, glaze and fire their own collection of work by the end of the year.

## ESports & Strategy Games

Students will have the opportunity to learn more about esports (competitive gaming), improve their gaming skills with focused training sessions and gain valuable experience in strategy and board games. For esports, studied topics will include Producing an Esports Brand, Business Applications of Esports in Social Media and Psychology for Esports Performance, amongst others. Alongside this, students will have the opportunity to compete against other schools in the British Esports Student Championships in either Rocket League, Overwatch 2, Valorant or League of Legends with fixtures taking place on Wednesdays after school. Experience is desired in any of these games, as well as a willingness to improve their skills. For the board and strategy games, students should have an interest in board games already, or have a willingness to learn and participate in a variety of different games.

## Chess Outreach

Students will visit Brentwood Prep or local schools to teach pupils there how to play and improve their chess and to play against them. Students will develop their own skills as well as those of the younger pupils. It is helpful if students already know the rules of chess, but if they don't they will be taught them in the first half term induction period in which they will also be coached in how to coach.

## **The Sixth Form Wellbeing Team**

Students must have a desire to extend their learning and leadership skills in Wellbeing. They will have the opportunity to sample and lead a range of workshops including yoga, mindfulness and meditation, pilates, and music and dance sessions! There is a chance to work with the Wellbeing dogs and support key whole-school Wellbeing events for pupils throughout the calendar year. This is a great group to join if you have aspirations of supporting people pastorally either in careers such as HR, or the Wellbeing sphere of the corporate world.

Working with the Director of Pupil Wellbeing there will be a chance for students to 'take the reins' over the content and delivery style, and develop their leadership skills in this sector. A new leader will be appointed to plan and facilitate several sessions, and cascade the newly learnt skills to pupils across the school.

## **The Brentwood Dance Company**

Students must have a desire to extend their leadership skills in Dance. The Brentwood Dance Company will go out to local pre-schools and primary schools in the area as part of the Schools Outreach programme. They will have the opportunity to lead a range of workshops in Street Dance, Contemporary, Ballet, Ballroom, Jazz and Musical Theatre.

Working with Mrs M K Carabache, our Head of Dance, there will be a chance for students to 'take the reins' over the content and delivery style, and develop their leadership skills. A new leader will be appointed weekly to plan and facilitate each session.

## **The Brentwood Theatre Company**

Students must have a desire to extend their skills and opportunities in Drama and Theatre. The Company will go out to Primary Schools in the area as part of the schools Outreach programme to do performances and drama workshops. They will also have the opportunity to form a theatre company and will be required to perform possibly in assemblies or at various school events throughout the year. There may well be opportunities to perform outside of school as well, depending on what is available to us.





# Survival Skills: Self Defence & Outdoor Survival

This activity comprises a rotation of two activities. You will spend approximately 10 weeks on each activity before rotating onto the next activity. After Easter L6 will get the option to spend a further period of time on their preferred activity within the rotation to further develop their skills in this area.

## Activity 1 – Self Defence

Students will have the unique opportunity to learn the traditional Martial Art of Wing Chun Kung Fu from an experienced, local, full-time Sifu (Instructor). These sessions will not only include instruction in this highly effective Martial Art, but will also include basic self-defence tuition for various real world scenarios; these will include dealing with multiple attackers, an attack from a weapon (such a knife or bat) & ground fighting. No previous Martial Arts experience is necessary, and though the sessions will be quite physical, any level of fitness is welcome. In addition to the physical skills which will be learned, students who enrol in this course can expect to see an improvement in their confidence, discipline and self-esteem.

## Activity 2 – Outdoor Survival (and Archery)

In the outdoor survival programme, pupils will learn about using their surroundings as resources to survive in nature. Topics include the basics which are fire, water, food, shelter. Pupils will have the opportunity to explore different techniques to master the basics of survival and use various techniques to make different tools needed to thrive outdoors. In addition, survival skills often include communication and working together to achieve a goal so teamwork will be fostered during the activities. In this section pupils will learn how to communicate effectively and learn basic first aid skills. Pupils will also learn an array of archery skills, including but not limited to setting up an archery range, range safety, assembling a bow, checking and maintaining archery equipment, proper shooting technique and etiquette.







## Canoeing

You will experience a range of different crafts including fun boats, race kayaks and canoes. We will develop paddle skills learning a range of different paddle strokes, how to portage safely and how to self rescue and rescue others. We will have fun whilst learning safety on the water which could possibly lead to entering some fun races to represent the school if you were interested. This activity does come with an additional cost due to the transport and hiring of equipment.

## Brentwood Bees

Throughout the Michaelmas term, students in the Brentwood Bees group will dive into the fascinating world of bees and beekeeping. We will explore their biology, behaviour, and the complex social structures within a hive. Additionally, we will study the broader habitats that are essential for their survival, understanding the interconnectedness of bees with plants, other pollinators, and the environment.

Students will also gain insight into the challenges facing bee populations today, including habitat loss, climate change, and pesticides. Through this course, we hope to inspire a sense of environmental stewardship and an appreciation for the vital contributions of bees to our world.

As we progress into the Lent and Trinity terms, our focus will shift towards practical applications. We aim to set up a beehive on the school grounds and establish our own colony. This hands-on experience will provide students with the opportunity to apply their theoretical knowledge, learning the essentials of hive management, bee care, and sustainable beekeeping practices. Students will have lots of opportunities to be directly involved with beekeeping, as well as leadership and educational opportunities with younger year groups.

## Gold DofE Leaders

Great opportunities for students to support the Bronze and Silver DofE candidates with campcraft, what's good to cook and how best to put your tent up, navigation and route planning. As well as improving and honing your own DofE skills in preparation for your practice and assessed expeditions.

A white outline of a shield-shaped logo on a dark blue background. The shield is centered on the right side of the page. A vertical white line extends from the top of the shield to the top edge of the page, and another vertical white line extends from the bottom of the shield to the bottom edge of the page. The shield contains the text 'VLM' in a bold, sans-serif font, with the tagline 'Virtue Learning Manners' in a smaller, italicized font below it.

**VLM**

*Virtue Learning Manners*