



Remote co-curricular and enrichment programme

A guide for pupils and parents

Introduction

The College's co-curricular programme is an important component of the wider curriculum, and the College intends to continue to offer pupils the opportunity to engage with a range of opportunities beyond their lessons. Where possible, we will continue to offer direct engagement or, if that is not possible, then we will signpost useful alternative platforms that provide opportunities for pupils (and, in some cases, for family) to engage.

The following directory outlines the opportunities available for pupils in the academic, creative arts, exercise and sports domains, as well as some more general ones. Staff points of contact, where relevant, are also included.

Some guiding principles

The priority for all pupils is, as ever, the need to ensure that all academic work is up to date. Pupils are not compelled to engage with the opportunities included here but are encouraged to do so (award holders should continue to participate as per the terms of their award).

- Not everyone will have the same degree of access to resources (indoors and outdoors), and no individual should feel disadvantaged or pressured to engage with the opportunities. Pupils should communicate directly with staff points of contact if they want to participate in any modified way too.
- Pupils who set goals tend to achieve more and so we encourage pupils to maintain a simple log / diary to chart their course through their co-curricular experience (wherever that takes them) and we further encourage them to share this with their families and tutor / hsm. A simple table containing date / what / where would suffice. Where a particular opportunity lends itself to goal setting then this may be discussed with the staff point of contact.
- Some of the opportunities are targeted to specific audience groups (eg scholars or those who are already pursuing certain co-curricular programmes at the College). Others are more general opportunities for any pupils to dip in and out of as they wish. All are encouraged to try something different.,
- Where we have signposted externally provided opportunities, we encourage parents /guardians to engage actively in satisfying themselves that such platforms / opportunities are suitable.

And finally, pupils are used to a routine / pattern of life at College where they focus on lessons during the mornings and activities in the afternoons. Why not create a similar model at home?

If you have any questions or concerns about any aspect of these programmes, or indeed if you have any further suggestions that you might like to share, then feel free to contact Anthony Lamb in the first instance.




With best wishes



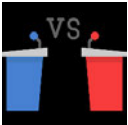


Anthony Lamb
David Ruskin





Deputy Head (Co-curricular)
Head of Enrichment













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ACADEMIC ENRICHMENT









	<p>Podcasts - The quantity of quality podcasts on any subject makes for easy academic enrichment for any pupil</p>	<p>Perhaps deepen your understanding about a subject of particular personal interest, or discover something new – a cultural or artistic movement, a period of history, a key individual, a focused branch of science, or a country and its language?</p> <p>Once you have heard the whole thing, keep a log of who the speakers were, and what the key points were – not a summary, just the most interesting points for you – you will quickly build up an excellence academic research record.</p> <p>Certainly not to miss is the In Our Time archive – experts in every field imaginable discussing their passion for their subject. Perhaps broaden your research via TED Talks.</p>	
	<p>MOOCS</p>	<p>Moocs are online courses in almost anything – practical as well as theoretical. Many are short courses, run by universities and are free. Many allow you even to download a certificate once completed (although you may have to pay for this).</p> <p>Search for a suitable course based in the UK or the USA</p>	
	<p>Hayman Society weekly challenge</p>	<p>All pupils in Y9-10 may like to participate in a weekly challenge that aims to develop their broader academic skills. The challenges will be varied and all entries will be judged, with winners announced. To participate, please contact Mrs Tripp or Mr Ruskin</p>	<div></div> <div></div> <div></div> <div></div>




	Futureneers programme	Continue, or join, the weekly programme that aims to highlight the importance, diversity and fun of the various aspects of the world of engineering. Weekly activities will allow you to engage from home. Please contact either Miss Simmons or Mr Ruskin to ask to join.	<div></div> <div></div> <div></div> <div></div>
	The Duke's Essay Prize (deadline 1 June)	This prize is a nationwide scheme that encourages academic exploration, creativity, and lateral thinking in pupils in Yrs 11-12. Inspired by the famous past entrance exam for fellows at All Souls College, Oxford, students write an essay in response to a one-word title. The Prize rewards creativity, lateral approaches, and engagement with a subject beyond the curriculum. Full information can be found here	
	Debating – Academic scholars and other interested pupils.	Continue, or begin, to develop your debating skills – a wonderful way to sharpen intellectual skills as well as develop confidence in constructing an argument, presenting, questioning and defending a position. Sessions will be conducted weekly via Teams video and will require prior preparation. To participate please contact our Debater-in-residence, Ms Abi-Hanna.	<div></div> <div></div> <div></div>
	Modern United Nations (MUN)	Continue, or begin, your understanding of the way the United Nations and international diplomacy work. You will represent a particular country within a committee discussing a key international issue. Your role is to represent the interests of that country as you all seek to develop an agreed resolution to the problem. Weekly independent research and preparation will be needed, leading up to a live video conference in June. To participate please contact Ms Abi-Hanna.	<div></div> <div></div> <div></div>
	HE+	A wonderful range of resources and information from the University of Cambridge. Filter by subject area and pre-, or post, 16 age range. Full details are to be found here .	









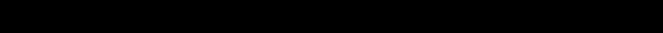






	Curious Minds programme	<p>Keep your brain active with free online resources, as recommended by tutors and staff at the Department for Continuing Education at the University of Oxford.</p> <p>Visit the world's museums, libraries, language centres and more – and give your brain a workout – all from your own home. These freely available educational resources will help entertain you during challenging times. Full details are to be found here.</p>	
	Review 100: Film review writing competition	<p>To help young people flex and develop their literacy and analytical skills while schools are closed, Review 100, a new film review writing competition, has been launched. Every two weeks a winner will be selected to receive a £20 Amazon voucher.</p>	
	Young Money Challenge competition (deadline start of July)	<p>This is an entirely self-led activity for a national competition. Pupils will be investigating responsible consumerism, considering the impact consumer choices can have on our finances and the environment. They'll also be exploring campaign tools, examining the different options we have for raising awareness of an issue.</p> <p>They will be creating Challenge2020 Portfolios either working individually or in teams of up to 4. Full information is to be found here.</p>	
	The World Beyond my Window competition	<p>Enter the national Young Geographer of the Year competition. Entries explore the human and physical geography of places that exist beyond a young person's window, be it locally or further afield. Details are to be found here</p>	

	<p>Touch Typing (TT)– both recreational and for those who like to compete for poll position on the Colleges TT Leaderboard.</p>	<p>Pupils are encouraged to improve their touch-typing speeds – especially those who will rely on word processing of academic work. Pupils can enrol free of charge on the following app:....</p> <p>For those who wish to compete there is a year group leader board. Pupils need only to send a screen shot of their performance to Ms Ambler who will collate on her return. Prizes for top performers in each year group to be announced “on the other side”.</p>	
	<p>Online Language Lab for any year groups</p>	<p>You can access the materials that the Modern Languages Department usually use in their Language Lab activities</p>	
	<p>Modern Languages Linguistics Olympiad.</p>	<p>An opportunity for pupils to prepare for the Olympics Olympiad. See the introductory briefing from Ms Webb and then Access online resources through MS Teams.</p>	
<p>日本語を学ぶ</p>	<p>Japanese Lessons</p>	<p>Ms Hallinan continues to offer 1-2-1 lessons for those interested in learning or improving their Japanese. Contact her direct to organise suitable sessions.</p> <p></p>	
	<p>Philosophy & Social Science Club – Y11, 12, 13</p>	<p>This is <u>not</u> just for those studying philosophy. Stimulus will normally be provided through a short film clip and then you can contribute to the discussion through MS Teams. Contact Mr Wood if you are interested.</p>	
	<p>Casson Society</p>	<p>Existing members have already been invited to join a Team. Others in Y12 are welcome to participate if they would enjoy reading about, and discussing, some of the great thinkers in history. Existing members will also be presenting their subjects of particular passion for discussion. To join, please contact Mr Wood, Ms Abi-Hanna, or Mr Ruskin</p>	

CREATIVE & PERFORMING ARTS




	Activity	Planned Opportunities	Point of contact (POC)
	LAMDA lessons – all year groups	This will continue to be delivered via video conferencing. For those pupils currently engaged or who wish to start a programme then contact Ms Sinnett	
	TRINITY MUSICAL THEATRE– any pupil, all year groups – weekly sessions	This will continue to be delivered Via video conferencing. For those pupils currently engaged or who wish to start a programme then contact POC	
	MUSICAL – End of Michaelmas Term musical production– (Show to be confirmed) – any pupil, all year groups	<p>This will go ahead as planned in November/December 2020 but we won't be announcing the title of the show until auditions are nearing completion. Virtual auditions will take place throughout the summer term. Keep an eye out for invitations via email.</p> <p>Open to all pupils but Drama scholars will be expected to be involved. Contact Ms Sinnett if you have any queries.</p> <p>Musicians will be contacted individually by Mr Jordan in due course.</p>	
	Drama scholars - all year groups – Drama Scholars	<p>Scholars- Year 10- Virtual Performance of BLACKOUT- June to be rehearsed every week on Tuesday afternoon and extra times TBC</p> <p>Scholars- Year 9- Virtual play reading/Shakespeare's sonnets- Rehearsing every Tuesday afternoon and extra times TBC</p> <p>Auditions- School Musical- Held remotely to be discussed with DKJ</p> <p>Possible Dell play year 12 virtual delivery- To be discussed.</p> <p>All junior scholars can be expected to be contacted through MS teams.</p>	


	Y10 GCSE Art Activity Art Department – for all Y10 GCSE Art pupils	Pupils can collaborate with their teachers online via MS Teams to discuss their ongoing work. A class group will be created on Show My Homework (SMH) and pupils will be invited to follow the programme. Drop in times will be scheduled for [REDACTED] but if these times don't suit then do contact Ms Harriott	[REDACTED] [REDACTED]
	Y9 & 10 Art Scholars	Pupils will have an opportunity to plan how their ongoing ceramic work can be coloured etc. More details will be made available via MS Teams in due course.	[REDACTED] [REDACTED]
	Y12 Art Scholars	Y12 Art Scholars will continue to prep for their Upcycled Art project exhibition due in the Warren Atrium for September 2020. They will be invited to join a team on MS Teams in the near future. Contact is Ms Harriott if you have any questions.	[REDACTED] [REDACTED]
	Arts Award – all year groups currently engaged	Y13 pupils: Trinity (the exam providers) are currently looking at ways to manage pupils through to conclusion of their programmes. Once we get confirmation of how this will work and then individual learning plans will be developed through MS Teams. All relevant pupils have been invited onto the MS Teams group. Y12 pupils will work through their project via MS Teams and have been invited to join. Contact Ms Martin if you have any queries.	Contact mentors direct. For general enquiries: [REDACTED] [REDACTED]
	Music lessons – all year groups	Music teachers will continue to offer 1-2-1 lessons remotely using MS Teams from [REDACTED]. Contact Mr Jordan if you have any queries.	For general enquiries: [REDACTED] [REDACTED] For specific enquiries contact music teachers via email.


	Singer Songwriter Group	Singer Songwriter will continue via MS Teams – pupils can save their material online and Mr Williams will feed back. The intention is to aim to broadcast work out to the wider community in due course. Existing group members are already engaged but anyone can join. Contact Mr Williams	
	Flute Group	Flute Group will continue to continue via MS Teams. For any queries contact Mr Jordan	
	Dance tuition – ISTD lessons and Activity Dance – all years	Ms Reid will continue to offer guidance remotely via MS Teams. Pupils should contact her direct via email to arrange a practicable programme. Contact Ms Reid.	
	Weekly textiles challenges for Y9 & 10	The textiles activity will consist of 18 different textile challenges. Pupils can choose which challenge they would like to do each week and can send evidence of completing challenges each week via Teams. Most of the tasks only require minimal equipment such as paper, fabric, needle and thread and are suitable for all abilities. Email Ms Harwood if you wish to join the Team You can find the challenges here:    	
	Community Stitch Challenge	A series of five challenges by different textiles gurus who will 'deliver a burst of inspiration for you in the form of a short video workshop and a hand stitch challenge that you can do at home' Anyone can do these. Please email Ms Cosgrove for details and she will add you to the Textiles Scholars TEAM. The challenges have been delivered through  - a place for textile artists and art enthusiasts to be inspired, learn from the best, promote their work and communicate with like-minded creatives.	



SPORTS AND EXERCISE

It is easy to become absorbed in front of a screen and lose hours in the day. Your mental and physical health are extremely important. The resilience that you are able to develop during challenging times will allow you to reflect in a positive manner when we return to our normal routine. Given that all pupils are used to a programme of 2-3 sessions of games per week, typically in the afternoon, we suggest that you continue this routine. There are lots of challenges out there - some that pop up via social media sites or others on respected web sites. Many of you will have devised your own weekly routine but in case you are lost for ideas then the following might help you:

	'Blue Health' Health & Fitness Guide	<p>Created by Ms Simmonds, Head of PE, this is a simple structured programme that pupils can follow through the week. The fitness programme provides a variation of HIIT (high intensity interval training), continuous training (walk, run or cycle 5km) and yoga or Pilates. There are various Instagram suggestions that provide daily classes on their feed. Please create a variation in your weekly programme, ensuring that you warm up and cool down before and after intense exercise. You should be following the suggested government guidelines of exercise between 30mins - 1hr per day, depending on your level of fitness. Please engage in these suggestions, you may discover something new that you can maintain after lockdown. We hope that you enjoy this challenge. Download from this link:</p> <p>[Redacted Link]</p>	
	<p>"Go for it" with Mr "Rotivator?"</p> <p>Fun personal fitness tips and challenges</p>	<p>Every Wednesday (early afternoon) and Saturday our very own Mr Rotivator (real identity withheld to avoid him being mobbed on the street by adoring fans) will share his magic through video on Instagram and Facebook. Mr Rotivator's Challenge will provide various ideas and challenges to stay fit during lockdown. Activities can be done in your own home and may include strengthening, conditioning, aerobics, core exercises, pilates and some mystery challenges... you name it.... With</p>	<p>Messages and clips to:</p> <p></p> <p>Instagram: @eastbournecollege_official</p> <p>Facebook:</p>



		<p>guest appearances from others (I.e. YOU!!). Why not join us on Instagram and Facebook.</p> <p>Mr Rotivator is also happy to accept challenges (only appropriate ones of course) and to share your own video attempts to meet his challenges too. Emails to [REDACTED]. If you wish to send in video clips to be shared with the community then save them to your OneDrive and email in the link.</p>	@EastbourneCollege
	Athletics	<p>Our Head of Athletics recommends the following site which is full of ideas and sessions that you can do: https://www.englandathletics.org/about-us/athletics-at-home/</p> <p>This includes:</p> <ul style="list-style-type: none"> • video athletic challenges with Jenny Meadows • Athletics 356 handbook - which is downloadable for free. This can be downloaded as an app on the iPad or phone and has good guidance on stretching, posture, fitness exercises and practising drills for various events – this is ideal for anyone who wishes to continue with some form of athletics training • The 3rd section is all about social media and getting involved in challenges at home etc. <p>So why not go onto the website and download the app for the handbook. There are two handbooks that you download and shuffle through. It's perfect for year 9 and 10 and something that you can get your parents involved in as well.</p>	

	<p>Eastbourne College Cricket App</p>	<p>The college has developed an App (P3 Cricketing App). Everyone in the college is welcome (no previous cricket experience required) but if you chose cricket as your Summer option you are encouraged to take part. Your performances are linked to the fantasy league (see below). Just follow the following steps:</p> <ol style="list-style-type: none"> 1. Watch [REDACTED] to find out more. 2. Watch [REDACTED] to learn how to install the app. 3. Watch [REDACTED] to be shown all the features of the app and how to play 4. [REDACTED] [REDACTED] [REDACTED] [REDACTED] 5. Any problems please contact Mr Lamb. 	<p>[REDACTED]</p>
	<p>Fantasy League 2020</p>	<p>The college will continue with its popular and successful fantasy league this year. We will be using your performances on the cricket app to do so. Mr Wingfield Digby will send further instructions and give you guidance (by email) to let you know what tasks or levels you need to perform to contribute to your individual and team scores. Watch out for 'special guests' from the past and different school's opposition appearing on the app as we go through the term.</p>	<p>[REDACTED]</p>
	<p>Tennis tips from one of our coaches</p>	<p>The aim is to give pupils some short skills videos produced by one of our tennis coaches to provide some focussed training at home – e.g. a tennis stroke series with a short clip on each main stroke with some ideas on practice in the garden and against a wall. These will be found in [REDACTED] and links will be made available in future updates of this directory.</p> <p>The first of a series of clips (Tennis – Home Skills 1) can be found on [REDACTED] - just search for the title</p>	<p>[REDACTED]</p>


			
	Tennis – LTA challenges	For those of you interested in some other tennis-specific challenges set by your tennis heroes, Mr Gent has opened up the following link into the LTA website here: [Redacted Link]	[Redacted Contact Info]
	Y9, 10, 12 Sports Scholars Programme	Scholars will be invited on MS Teams and are expected to complete a self - reflection activity and to chart their progression towards achieving milestones. Mr Hill is available to consult with pupils who would value further guidance.	[Redacted Contact Info]


As a College we extend the following exercise challenge to you all:

<p>College Challenge: Collect Pennies for miles</p> <p>How?</p> <p>Why not consider:</p> <p>NHS Couch to 5k challenge</p>	<p>Need something to aim for in order to keep fit? Why not consider:</p> <p>1. NHS Couch to 5km challenge (for those who can get out into open space): https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/</p> <p>This is a running plan for absolute beginners work up towards running 5ks in just 9 weeks (we hope lockdown won't last that long!). Download a running app (e.g Strava) and keep a tally of the miles you cover. Why not ask your family to sponsor you 1p/10p/50p/£1 per mile you complete.</p> <p>2. Virtual racing challenge (for those who can't get out into open space):</p>	<p>For general enquiries about the challenge contact Ms Burford:</p> <p>[Redacted Contact Info]</p> <p>For uploading evidence of your run/walks then send screen shots etc to:</p> <p>[Redacted Contact Info]</p>
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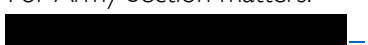
 <p>OR</p> <p>Virtual running challenge</p>  <p>OR</p> <p>Clock up your own miles</p>	<p>If you aren't able to get out then why not set a virtual running challenge: https://www.virtualracinguk.co.uk/</p> <p>3. Clock up your own miles, your own way.....</p> <p>Whichever you choose, why not download a running app (e.g Strava) and keep a tally of the miles you cover from the beginning of Summer term (15 April 2020) till the end of our Lockdown. Send your tallies (with some form of evidence) to Ms Burford and she will add it all up.</p> <p>You may wish to use this to help us to support those who have been helping you. Why not ask your family to sponsor you 1p/10p/50p/£1 per mile you cover. Either donate your funds personally or if you wish pass them onto us and as a College we will donate any raised funds to.... Ms Burford is the person to go to for registering your completed miles. Feel free to make your own donation record sheet.</p> <p>OR.... You just want to help your House in the Interhouse Pennies for Miles (P4M) competition – again all evidence can be passed to Ms Burford who will collate this.</p> <p>OR.....You just want to do something for yourself.</p>	
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...Beyond the College, you might be interested to try some other exercise challenges out there:

	<p>PlayerLayer is our kit provider and has invited the College community to join this challenge to help raise funds for the NHS. You can find this challenge on Instagram #handstanduptocorona</p>	
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 <p>SOLOdarity Working out alone, in it together, just 20 mins a day</p>	<p>Conducted by Strava © a fitness app you can download: “working out alone, in it together, just 20 mins a day.”</p>	
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GENERAL

	Weekly Digital Chapel	During this time, until we are back to normal, there will be a Digital Chapel Service sent via email link to all pupils. Contact Fr Daniel if you have any queries.	
	Headmaster's service to others challenge	The Headmaster would be interested to hear from any of you who have been able to make a contribution towards helping others in need during the COVID 19 lockdown. Feel free to send entries to 	
	Silver and Gold awardees	Pupils are encouraged to continue to work towards their sections. Further guidance on how the DoE can still be pursued during Lockdown can be found at https://www.dofe.org/dofewithadifference Mr Lamb will be the general point of contact during lockdown but pupils should still contact their section supervisors for ongoing direct support. For information, we are awaiting further guidance on the planned expeditions for the Summer holidays and we are discussing a Plan B for moving summer expeditions to October half term	For general enquiries contact: 
	CCF Army Section	CCF Camp for al Y10 in the last week of summer term is still planned but a decision will be taken later in the term once we know the COVID 19 plans. Any relevant refunds will be organised after this time. For those over 16 years old, pupils are encouraged to think about camps and course opportunities for September onwards especially useful for your DoE Residential Project e.g. The Cadet Centre for Adventurous Training (http://www.armycadetadventure.co.uk/) run amazing week-long and cheap courses during all holiday periods. Why not start looking now for courses during the Summer and beyond.	For any courses:  For Army Section matters: 

		Details of a CCF Challenge for all Y10 Army section cadets will be published soon. If you successfully complete this challenge then you can be eligible for an early promotion	
	CCF RAF Section	<p>RAF cadets in Y10 and Y12 are encouraged to continue their progress through the RAF training syllabus online. They should follow emailed instructions to access Utlearn.</p> <p>Y10 cadets should read through the Fieldcraft course (due to be completed this term) and then select one of the Leading Cadet courses. Once they have completed this latter course, they should contact Mr Ruskin to be registered for the online test.</p> <p>Y12 cadets should select one Senior/Master Cadet course and once they have completed it, they should contact Mr Ruskin to be registered for the online test.</p>	