

# Enrichment Overview

# Year 10



**RUSHEY MEAD  
ACADEMY**

## ASSEMBLIES

- Welcome back - Rushey Way - 123 and expectations
- Habits and routines - Democracy and Rule of Law in our school community - Rushey 2 Work Hard
- Reading/Library Assembly
- Black History Month - Achievements - Rushey 2 Work Hard
- World Mental Health Day - Rushey 1 - Be Kind
- House assemblies
- Remembrance - Rushey 1 Be Kind
- National Recycling Week - Rushey 1 Be Kind
- Holocaust Memorial - Rushey 1 Be Kind
- National Apprenticeship Week - Rushey 3 Develop Your Whole Self
- World Book Day - Rushey 1 Be Kind
- Learning to Learn & End of Year Exams - Rushey 2 Work Hard
- Healthy Eating Week - Rushey 3 Develop Your Whole Self
- KS4 - Careers Assembly: making students aware of the routes into work and options available for vocational and academic pathways.
- Leadership at Work: giving students exposure to different pathways that they can take to get a suitable job role for themselves and that not one size fits all.

## PSHE

- Self-care
- Eating disorders
- Sexual health
- Emotional well-being and building resilience
- Bi-polar and mental health stigma
- Binge drinking
- Relationship break-ups
- Sexual harassment
- Sexism
- Misogyny and privilege
- Money and well-being – financial education
- Digital footprint and data
- Rights and responsibilities
- Anti-social behaviour
- County Line



## CAREERS EDUCATION

- Self-Awareness – What are my employability skills?
- Pathways & options
- Preparing for work experience
- Work Experience Placement
- Unbox your Future work experience
- Work experience – Confidentiality in the workplace
- Post 16 choices & Exploring employer profiles
- Preparing for Year 11



## STOP THE CLOCK SESSIONS

- Violence against women
- Looking after our Mental Health
- Hate Crimes
- Work Experience
- Drugs



## TUTOR TIME

- Read Aloud
- Topical Issues
- Rushey 3 Passport
- Learning to Learn
- Careers
- PSHE



## BRITISH VALUES

- British Values Overview - Rushey 1 Be Kind
- Protected Characteristics & the Equality Act 2010 Overview - Rushey 1 Be Kind
- British Values: The Rule of Law - Democracy - Rushey 1 Be Kind
- Protected Characteristics & the Equality Act 2010: Homophobia - Rushey 1 Be Kind
- British Values: Tolerance of Different Faiths and Beliefs - Radicalisation & Extremism - Rushey 1 Be Kind
- Protected Characteristics & the Equality Act 2010: Disability Discrimination - Rushey 1 Be Kind
- Protected Characteristics & the Equality Act 2010: Sexism & Celebration of International Women's Day - Rushey 1 Be Kind
- British Values: Mutual Respect - Rushey 1 Be Kind



## TRIPS/ VISITS

- Caterpillar Factory trip
- Theatre trip Curve
- Duke of Edinburgh overnight stay
- Geography trip to Plas Gwynant
- De Montfort University Trip PP
- Leicester grammar school visit
- PE visit to Uppingham school
- Watermead Park - Field Work
- Alton Towers Reward Trip
- National Space Centre
- DMU Campus Life
- Girls Can Stem Workshop
- Leicester City centre - Photography
- Bradgate Park - Art & Photography
- De Montfort Hall - Business Event
- Cadbury's World-Business
- Care Home Visit - H&SC
- DMU visit medical students & Biology workshop - H&SC



## WHOLE SCHOOL OPPORTUNITIES

- Organise charity events
- House Captain
- Library Leader
- Student Council Rep
- Student voice action group
- Wildlife Warrior
- Kindness ambassador
- House Captain
- Duke Of Edinburgh Award
- Starter buddy to year 7
- Rushey 3 Graduate
- Student executive team (Trust)
- Young Interpreter
- Take part in the school production
- Represent the school externally
- Drum Lessons
- Singing Lessons
- Piano lessons
- Guitar lessons
- Woodwind lessons

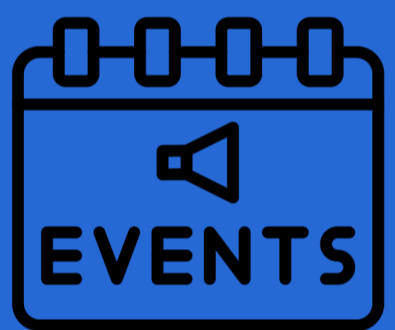
## COMPETITIONS

- Apprentice competition - Business
- Science Reading Challenge
- National Scientific Thinking Competition
- British Physics Olympiad
- Historical Egg Competition
- Historical Fiction Writing
- Malcolm Doolin Local History Research Competition
- Rushey 3 in RE
- Baller League
- Inter School Football
- Kew Gardens competition - Geography
- So You Think You Can Dance Competition



## EVENTS

- STEMM Workshop (Uppingham School)
- Culture Day
- House Celebration
- Student Comedy Event
- Charity penalty shoot out
- Iftah Meal
- Diwali Celebration Event
- School Production
- Music Concert
- Dance Showcase
- Navratri Party
- Sports Awards Evening
- Rushey 3 Graduation



## CLUBS

- Basketball
- Volleyball
- Badminton
- Table Tennis
- Girls fitness training
- Boys fitness training
- PP Homework Club
- Breakfast Club
- Wildlife Warriors
- Choir
- Warhammer Club
- Creative Writing club
- History Club
- Robotics club
- SVAT club
- Bollywood Dance Club
- Drama Club
- Art Club
- Drum Club
- Guitar Club
- Jazz club
- Photography Club
- Young Carers Cooking Club



## PERSONAL DEVELOPMENT AND WELLBEING

**Skills and qualities students will develop through our enrichment activities:**

- Confidence and self-belief
- Resilience and perseverance
- Character development
- Emotional literacy
- Healthy relationships skills
- Social skills & teamwork
- Independent thinking & decision-making
- Respect and tolerance
- Cultural capital
- Informed choices about health
- Digital awareness & online safety
- Preparedness for future learning & employment
- Understanding British Values
- Active citizenship
- Spiritual, moral, social and cultural development

## Personal Development Matters

We provide a broad, coherent programme of personal development that supports pupils to become confident, resilient and well-rounded young people prepared for life beyond school.