



Enrichment at HNC

The information in this booklet is correct at the time of publication. However, we recommend that you visit the booking system for the most up to date information regarding days and locations. New enrichment opportunities will also be added here!

Make an impression

Throughout your journey with HNC, you will take part in enrichment. This is an important part of College life and the College experience. Taking part will not only ensure you enjoy every minute of your HNC experience, it will also prepare you for life beyond your education.

See our top ten reasons why you should embrace a new challenge!

1. Build your confidence and skills
2. Gain the knowledge you'll need to shine at interviews
3. Try something new
4. Give back to others and your local community
5. Enjoy a new perspective on college life
6. Enhance your studies
7. Discover a new hobby
8. Achieve a personal goal
9. Make new friends
10. Enhance your CV

How it works

All students in Year 12 and Year 13 are required to participate in a least one enrichment block per academic year. You can of course participate in more than one enrichment if you choose to, and gain a wider range of skills and experiences.

All enrichments (excluding some of the all year round ones) run over the lunch period. When you sign up to an enrichment this will then appear in your timetable and you must attend in the same way you would your lesson. Your attendance will be recorded.

All year round enrichments run throughout the academic year. If you are part of an all year round enrichment then this will count as your enrichment, although you are welcome to attend additional enrichments if you wish

The blocks

There are three enrichment blocks each of which last eight weeks. You'll attend eight sessions as per your timetable. You must complete at least one enrichment block during each academic year, but you are free to attend more if you wish. If you do so, then please check that these don't clash - remember the blocks do overlap, so it's not possible to go to a block 1 and block 2 enrichment that takes place on the same day.

Block one
13 November – 11 December
8 January – 5 February

Block two
8 January – 5 February
19 February – 18 March

Block three
19 February – 18 March
8 April – 6 May

Enrichment categories

You can opt for an incredible range of enrichment opportunities here at HNC. There is something for everyone, whether you are looking to take part in something linked to your future career plans or enjoy a unique experience outside of the classroom, you can choose from a fantastic variety of opportunities that will help you to stand out from the crowd.

To help you browse our extensive enrichment offer we have a useful 'categories' tab. These provide an at a glance summary of the key experiences offered. These are as follows.



New skills

This enrichment will develop your skills in a key area such as leadership, team work or will support you to develop a technical skill



Giving back

By taking part you'll be able to make a difference to others



Industry experiences

Indicates enrichments that support your future career plans



Life beyond HNC

These types of enrichments develop your wider cultural capital, and give you access to unique experiences and insights



Something different

Your opportunity to try something new and unique



Green agenda

An enrichment where you can play your part in contributing to the climate change agenda



Get creative

Your opportunity to unleash your creative side



Just for fun

An opportunity for you to relax and simply enjoy something fun













Health and wellbeing

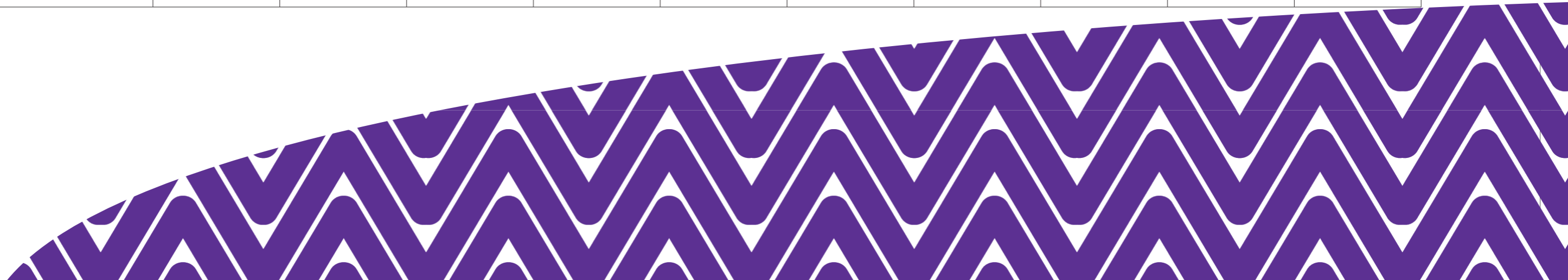
An activity that will support your physical and/or mental health and wellbeing



Competition

Your chance to unleash your competitive side

All year round enrichment	New skills 	Giving back 	Industry experiences 	Life beyond HNC 	Something different 	Green Agenda 	Get Creative 	Just for fun 	Health and Wellbeing 	Competition 
DofE	•	•	•							
Green group	•	•				•				
HNC book club				•	•					
Student Council	•	•		•						
XL programme				•		•				
Young Enterprise			•	•						•
Indoor cricket									•	
Female only health and fitness									•	
Football									•	



All year round enrichments

A number of our enrichments run as all year round activities. If you undertake any of these opportunities, these all count as enrichments. These are available as follows:

Academies

As a student you can trial for and take part in our Sports Academies. If you are enrolled in an academy this will be included in your timetable following your successful trial prior to enrolment. We offer Men and Women's Football, Cricket and Netball.

DofE

We offer the DofE programme, and you can undertake your award at Bronze, Silver and Gold. Undertaking your award will see you enjoy a life-changing experience, enhance your CV and develop your skills whilst having fun, pushing yourself and meeting new friends. Due to the nature of the award, the day this runs on will vary. *(We'd recommend you take a look at our DofE taster - see page 44 for more details).*

Categories

- New skills
- Industry experiences
- Giving back



XL Programme

Students with a high number of grade 7s at GCSE are invited to take part in the XL programme. The programme offers a unique package of support, experiences and opportunities that will help to enhance your applications to the most competitive universities, and build your cultural capital. This is crucial in ensuring that you have the skills and experiences that universities look for alongside your formal qualifications.

This includes the opportunity to attend a fascinating lecture series. Eligible students will receive information directly, but if you'd like to be considered for the programme, email c.cushnie@huddnewcoll.ac.uk. *Students can also choose to study the EPQ, and gain an additional qualification.*

Categories:

- Life beyond HNC
- Something different



Young Enterprise

Young Enterprise will see you learning how to set up and run a real business, and eventually taking part in the national Young Enterprise competition. During the course of your journey you'll come up with a business concept, plan and deliver your business idea. You'll learn an incredible amount along the way including marketing, project planning and financial skills.

Categories

- Life beyond HNC
- Industry experiences



Green Group

HNC has a student Green Group which leads the College's Green Strategy. As a member of the green group you'll work with us to come up with initiatives that encourage students and staff to understand how they can play their part in tackling the climate change crisis and lead a more environmentally friendly lifestyle.

For further information email c.coupland@huddnewcoll.ac.uk

Categories

- Green agenda
- Giving back
- New skills



Student Council

Taking part in this is not only an opportunity for you to make a difference, but also a chance for you to develop some unique and valuable skills across a range of areas including public speaking and leadership. Our current team have shaped areas as diverse as the catering provision available to the opening hours of independent learning spaces. Applications for the following academic year open in Spring. Find out more by emailing l.goddard@huddnewcoll.ac.uk

Categories

- New skills
- Giving back
- Life beyond HNC



HNC book club

Do you love a good read and would be interested in discussing your views on a range of books? The HNC book club meets every three weeks to discuss and explore key themes. It is a brilliant way to develop your literacy and reflection skills.

Day: Tuesday

Categories

- Something different
- Life beyond HNC



Indoor cricket

Fancy a quick game of cricket without having to change or go outdoors? Then our indoor cricket club is for you! Join us for game that can be played in all weathers and is suitable for all abilities

Day: please see booking system

Categories

- Health and wellbeing



Female only health and fitness

Join us for our female only health and fitness sessions, led by a female member of staff.

Day: Wednesday

Categories

- Health and wellbeing



Football for all

Join our football team to enjoy a game - all abilities and skills welcome. As a large scale enrichment, this is suitable for students who are keen to enjoy the competitive element of the sport, and also those who want to take part in this as a health and well-being activity

Day: please see booking system


Categories











- Health and wellbeing
- Just for fun













Please note that if you sign up for an all year-round enrichment this does not mean that you will need to sign up for a full year of this activity. You can join for a single block if you wish to (unless the enrichment does not operate in a block such as DofE)



Block 1 13 November – 11 December 8 January – 5 February	New skills 	Giving back 	Industry experiences 	Life beyond HNC 	Something different 	Green Agenda 	Get Creative 	Just for fun 	Health and Wellbeing 	Competition 
TBC - Please see booking system										
Making memories: create your own scrapbook or journal					●		●			
Natural form photography	●						●			
Monday										
Design and build challenge	●		●				●			●
Healthy body, happy mind									●	
Introduction to personal finance	●			●						
Millionaire or a million losses?	●		●		●					
Subverting the male gaze				●	●					
Self-defence with Jimmy	●								●	
Board game club					●			●		
Tuesday										
Accessible Astronomy				●	●					
Basketball club									●	
Boxing for all									●	

Block 1 13 November – 11 December 8 January – 5 February	New skills 	Giving back 	Industry experiences 	Life beyond HNC 	Something different 	Green Agenda 	Get Creative 	Just for fun 	Health and Wellbeing 	Competition 
Driving theory test practice	●			●						
Fitness suite									●	
Gambling: a bit of fun or a problem?				●	●					
Make your own music			●		●		●			
Short tennis									●	
Wednesday										
Match of the Day	●				●					
Badminton club									●	
Chemistry Olympiad	●									●
Dance in the HNC musical			●				●		●	
Life in the sky			●		●					
Massage and complementary therapies					●				●	
Medieval calligraphy					●		●			
Staying safe: self-defence for all				●					●	
Get university prepared				●						

Block 1 13 November – 11 December 8 January – 5 February	New skills 	Giving back 	Industry experiences 	Life beyond HNC 	Something different 	Green Agenda 	Get Creative 	Just for fun 	Health and Wellbeing 	Competition 
Thursday										
Fitness Suite									●	
Jobs skills shop			●	●						
Knitting – the basics					●		●			
Lyricist lounge				●	●		●			
Tabletop gaming					●			●		
Mindfulness									●	
Friday										
European history through film				●	●					
History film club				●	●					
Shakespeare co-operative		●	●		●					
Solving the cold case	●				●					
Chess club								●		●

Block 1 Enrichment

Week beginning
13 November -
11 December 2023

Week beginning
8 January -
5 February 2024

Making memories: create your own scrapbook or journal

During this hands on, creative course you will craft a unique book personalised to you. Join us to make a beautiful keepsake using memories and photographs to make a special book that you (or a lucky recipient) can enjoy over and over again.

Day: please see booking system

Categories

- Get creative
- Something different



Match of the Day: qualitative and quantitative analysis

What can the statistics of match performance and review of player performance tell you about their future chances of success? This insightful and inspiring series of sessions will see you gaining a behind the scenes look at how match day reports are developed and delivered.

Day: Tuesday

Categories

- Something different
- New skills



Boxing for all

Boxing is a great way to keep fit, relieve any stress and improve your physical and mental health. Led by our qualified boxing instructor, this is open to all levels and abilities – no prior experience is required!

Day: Tuesday

Categories

- Health and wellbeing



Solving the cold case: can you find the killer?

Working as part of a team with a cold case file you'll employ a range of investigative and leadership skills to solve the clues and work out who the killer is. Will you solve the crime?

Day: Friday

Categories

- Something different
- New skills



Driving theory test practice

Thinking about learning to drive or already taking lessons? Your theory test is a key component of this, and you cannot sit your driving test until you have passed the theory element. In this enrichment you'll undertake practice tests, identifying areas for further revision and ensuring you are fully prepared for the real thing!

Day: Tuesday

Categories

- New skills
- Life beyond HNC



Basketball club

Come along to join our basketball club and training group. All levels of ability are welcome, and no prior experience is required!

Day: Tuesday

Categories

- Health and wellbeing



Chemistry Olympiad

Challenge yourself and compete against the best Chemistry students in the country in this national competition which will see you complete a range of challenges and potentially go forward to the finals.

Day: Wednesday

Categories

- New skills
- Competition



Subverting 'The Male Gaze': creative writing as an act of rebellion

In this course you will look at writing and paintings by men in which women are depicted as victims of violence. You will be encouraged to try different ways of writing a creative response to challenge the idea of women as victims.

Day: Monday

Categories

- Life beyond HNC
- Something different



Chess club

Playing chess offers a wide range of benefits from developing creativity and focus to perspective and problem solving skills. Join our chess club for a friendly game.

Day: Friday

Categories

- Competitive
- Just for fun



TAG rugby

Tag Rugby is a minimal contact version of rugby, generally played in a 7-a-side format, making it an accessible and inclusive sporting activity.

Day: Tuesday

Categories

- Health and wellbeing
- Something different



European history through film

In this course you'll watch two films, both of which will help you explore and learn more about European history. The first will be a Spanish film based on Juana La Loca (Medieval Spain) and the second a German film called Goodbye Lenin based in 1980/90s Berlin.

Day: Friday

Categories

- Something different
- Life beyond HNC



Tabletop gaming

Join us for an introduction to a variety of small-scale competitive tabletop skirmish games including War Hammer and other offerings from Games Workshop, as well as small indie titles.

Day: Thursday

Categories

- Just for fun
- Something different



Medieval calligraphy and illumination

Black letter gothic is the style of writing used by medieval monks and scribes. This enrichment will see you learning the skills needed to write medieval calligraphy and creating a medieval illumination painted card, and then further developing this by creating capital letters with beautiful interwoven pictures which you will paint. Please note that you do not have to have perfect handwriting or a talent for art to take part in this!

Day: Wednesday

Categories

- Get creative
- Something different



Healthy body, happy mind

Join us to explore strategies that will help your body and mind to stay happy and healthy. This will cover a wide range of areas from diet and exercise, to how activities such as pilates and mindfulness can support your overall wellbeing.

Day: Monday

Categories

- Health and wellbeing



Fitness Suite

Use our onsite Fitness Suite which offers a range of equipment including treadmills, rowing machines and weights to workout and look after your own health and wellbeing.

Day: Thursday

Categories

- Health and wellbeing



Shakespeare Co-Operative

Come and explore the beauty of Shakespeare in this special club where you will be part of our student-led theatre company, and take part in a 30-minute production of a well-known Shakespearean play for charity.

Day: Friday

Categories

- Something different
- Giving back
- Industry experience



Badminton club

Join us for a friendly game of badminton, helping you to stay active and healthy – all abilities welcome!

Day: Wednesday

Categories

- Health and wellbeing



Accessible Astronomy

A chance to learn some astronomy for fun! This is open to anyone with an interest in space. You do not have to study science or have a particular current level of scientific knowledge. You will explore some cool stuff like black holes, and probably watch some Brian Cox videos... and if possible you'll get out and do some real observations.

Day: Tuesday

Categories

- Something different
- Life beyond HNC



History film club

This is your opportunity to unleash your inner Historian by watching and discussing classic history films which capture a range of important periods in history. As a member of the club you'll also be able to vote for the films you wish to see.

Day: Friday

Categories

- Life beyond HNC
- Something different



Job skills shop

Ever wondered how to get started on your CV? Or the best way to source a job, including part time work? This supportive course will help you create your CV, research jobs, and build a CV and/or job application in response to a job description.

Day: Thursday

Categories

- Industry experience
- Life beyond HNC



Healthy mind, healthy you: mindfulness for beginners

Mindfulness is a technique that helps you to relax the body and mind. During these sessions you will explore and learn about a range of mindfulness techniques which will help you to reduce anxiety, depression, sleeplessness and stress.

Day: Monday

Categories

- Health and wellbeing
- Something different



Natural form photography: dried flower photography

Photographing dried botanical props is one of the oldest and most celebrated genres of photography. In this short course you will learn how to arrange props, including dried flowers, to take stunning photographs, then be taught basic Photoshop skills which will help you to enhance your still life photographs.

Day: please see booking system

Categories

- Get creative
- New skills



Life in the sky: Cabin Crew taster

Ever wondered what being a Cabin Crew member entails, and what sorts of skills and knowledge you will need to succeed in this type of role? Then join this enrichment to gain an introduction and insight into the sector, learning through a variety of practical and theory based sessions.

Day: Wednesday

Categories

- Something different
- Industry experience



Board game club

Join us to play a great range of board games from the well known to the more specialist! A great way to relax and take part in something different outside of your studies.

Day: Tuesday

Categories

- Just for fun
- Something different



Knitting – the basics

Ever fancied learning how to knit? This beginners guide to knitting will show you how to cast on, knitting in garter, purl and casting off.

Day: Thursday

Categories

- Get creative
- Something different



Introduction to personal finance

This interactive introduction to personal finance aims to help improve your financial wellbeing. Knowledge and understanding of money management is essential to enabling healthy financial habits.

Day: Monday

Categories

- Life beyond HNC
- New skills



Millionaire or a million losses? Student investor challenge

Ever wondered how investment in stocks and shares work? In this interactive enrichment you'll research the performance of real businesses, predict share price fluctuations and in small groups create a portfolio of investments to track.

Day: Monday

Categories

- Industry experiences
- New skills
- Something different



Gambling: a bit of fun or a problem for society?

At this enrichment you'll explore the often controversial topic of gambling, researching the gambling and betting industry, the difference between the two, the role of advertising and the impact of gambling on young people.

Day: Tuesday

Categories

- Life beyond HNC
- Something different



Make your own music: studio workshop

Learn how to complete a multi-track recording in a studio, and how to record a track using a drum kit, electric guitar, electric bass, acoustic guitar, vocals and direct injection. You'll also be able to explore microphone types and their uses, and how to use a mixing desk in recording. No prior musical experience or qualifications required!

Day: Tuesday

Categories

- Industry experiences
- Get creative
- Something different



Massage and complementary therapies

Massage offers a whole host of benefits from reduced stress to better sleep. This 10 week short course will help you to explore the uses of massage techniques and practices, including the use of aromatherapy. You'll explore these techniques on the arms, legs, face and scalp.

Day: Wednesday

Categories

- Health and wellbeing
- Something different



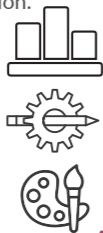
Design and build challenge

Join us for an exciting 10 week journey where you will design and plan a product, then work as a team to deliver the product as part of the Rotary Club challenge. During your journey you will learn the essential skills needed to design and plan your product, then work as a team to deliver your vision.

Day: Monday

Categories

- Competition
- Get creative
- New skills



Get university prepared

The move from College to university can seem daunting, but these informative sessions will help you to plan your journey to higher education with confidence. From busting myths about university to applying for student finance, this useful course will provide you with practical hints and tips for your next steps. Year 13 students only.

Day: Wednesday

Categories

- Life beyond HNC



Lyricist lounge: deconstruct music to make your own

Have you every wondered why popular music often sounds very similar, even though there can be many genres? In this enrichment you'll explore the principles behind songwriting, deconstructing lyrical content to write your own song. This will support your wider language skills, supporting your overall academic achievement.

Day: Thursday

Categories

- Something different
- Get creative
- Life beyond HNC



Self-defence with Jimmy

Join our external martial arts expert Jimmy for this short course in self-defence which will see you learn a range of skills which will allow you to defend yourself in a safe and responsible way.

Day: Monday

Categories

- New skills
- Health and wellbeing



Dance in the HNC musical











Every year HNC hosts an annual musical production which involves students from across a wide range of study programmes. If you've ever fancied being part of our dancing troupe, then this is the enrichment for you! Join us to learn and perform the dancing routines for our annual HNC musical, and audition to take part in our final showcase!











Day: Wednesday

Categories

- Health and wellbeing
- Get creative
- Industry experiences



Block 2 8 January – 5 February 19 February – 18 March	New skills 	Giving back 	Industry experiences 	Life beyond HNC 	Something different 	Green Agenda 	Get Creative 	Just for fun 	Health and Wellbeing 	Competition 
Monday										
Feminist society				●	●					
Mindset meditation									●	
Preparation for primary teaching			●	●						
Tuesday										
Magical stories with primary children	●	●	●							
Ceramics for beginners	●				●		●			
Perfect your puzzling					●			●		
Fitness Suite									●	
Get qualified	●			●						
Wednesday										
Farsi for beginners	●				●					
Healthy mind – mindfulness for beginners					●				●	
Introduction to live sound and stage lighting	●		●		●					

Block 2 8 January – 5 February 19 February – 18 March	New skills 	Giving back 	Industry experiences 	Life beyond HNC 	Something different 	Green Agenda 	Get Creative 	Just for fun 	Health and Wellbeing 	Competition 
Illustrious illustration	●		●				●			
Learn how to juggle					●			●		
Perform in the HNC musical			●				●			
Thursday										
Crochet for beginners	●				●		●			
Exploring the paranormal				●	●					
HNC Echo: Be a Journalist	●		●				●			
Fitness Suite									●	
A sustainable future				●		●				
Friday										
Story stones	●	●		●						
Word play: expand your vocabulary	●				●			●		
Self-care and nail art							●	●		

Block 2 Enrichment

Week beginning
8 January -
5 February 2024

Week beginning
9 February -
18 March 2024

Mindset meditation

Meditation is a method of mindfulness which encourages you to use strategies to stop for a moment and take a breath, to pause and be calm. It is a fantastic way to take a few moments out of the busy College day, and is particularly useful during busy or more stressful periods such as exams.

Day: Monday

Categories

- Health and wellbeing



HNC Echo: be a Journalist

Join our 10 week programme to learn how you can write for the media. You will look at 'news worthiness', how to construct a feature, opinion pieces and news articles, and enjoy a number of visiting speakers. The 10 weeks will culminate in you writing a piece of your choosing for the HNC Echo, which will be published and shared.

Day: Thursday

Categories

- Get creative
- Industry experience
- New skills



Introduction to live sound and stage lighting

Curious about how live productions are made magical using sound and lighting to create atmosphere and special effects? This hands on course will introduce you to basic sound and lighting skills using the state of the art equipment at HNC.

Day: Wednesday

Categories

- New skills
- Something different
- Industry experiences



Feminist society

Join this society to raise awareness of continuing gender inequality, celebrate and share the achievements of women around the world and help to organise a College-wide celebration of International Women's Day!

Day: Monday

Categories

- Life beyond HNC
- Something different



Healthy mind, healthy you: mindfulness for beginners

Mindfulness is a technique that helps you to relax the body and mind. During these sessions you will explore and learn about a range of mindfulness techniques which will help you to reduce anxiety, depression, sleeplessness and stress.

Day: Wednesday

Categories

- Health and wellbeing
- Something different



Farsi for beginners

Farsi is the modern Persian language, a member of the Iranian branch of the Indo-European language family written in Arabic script. Join our native speaker for an introduction to Farsi, which if you speak Urdu, you will find particularly accessible.

Day: Wednesday

Categories

- Something different
- New skills



Crochet for beginners

Learn some basic crochet stitches, including magic circles and chains, which are the basis for many useful accessories, such as blankets, clothes and gifts.

Day: Thursday

Categories

- New skills
- Something different
- Get creative



Learn how to juggle

Anyone can learn how to juggle! This short course will introduce you to the principles of juggling, and teach you how to juggle a range of objects!

Day: Wednesday

Categories

- Just for fun
- Something different



Story Stones: supporting children's speaking skills

For the first few sessions you will explore some key theories regarding childhood language development and common language disorders. You'll then explore how 'story stones' can support children's language development. Following this you will decide on your own story stone theme, creating a large set of story stones to gift to a local nursery.

Day: Friday

Categories

- Industry experiences
- Life beyond HNC
- Giving back



Exploring the paranormal: experiments in parapsychology

Parapsychology is the study of alleged psychic phenomena. This fascinating session will see you taking part in research into ESP, psychokinesis, Ganzfeld and other areas. You'll expand your knowledge while debunking paranormal myths!

Day: Thursday

Categories

- Something different
- Life beyond HNC



Perfect your puzzling

Puzzles such as the Rubik's cube challenge your mind, develop problem solving skills and boosting your cognitive power. Join this group to learn and solve a range of challenging puzzles.

Day: Tuesday

Categories

- Just for fun
- Something different



Preparation for primary teaching

Are you planning on progressing to primary teaching? This hands-on enrichment will help you to understand the questions you will be asked at interview, and the skills and experiences you will need to shine during these.

Day: Monday

Categories

- Industry experiences
- Life beyond HNC



Word play: expand your vocabulary

Join this fun enrichment where you'll play word games such as Wordle, Scrabble, Boggle and Banana to develop your confidence with words and expand your vocabulary. You'll also investigate the meaning and origin of words.

Day: Friday

Categories

- Something different
- Just for fun
- New skills



Perform in the HNC College musical

Do you have a passion for performing arts? Each year HNC hosts an annual College musical, and this is open to all, irrespective of study programme. Come along to this acting enrichment where you'll be able to perform in a variety of roles linked to the College's current annual musical, and, audition to take part.

Day: Wednesday

Categories

- Get creative
- Industry experiences



Ceramics for beginners

In these sessions you will create a range of ceramics, learning how to use clay to form a range of decorative items. You'll design, create, fire and glaze your very own piece to take away as a keepsake!

Day: Tuesday

Categories

- Get creative
- New skills
- Something different



Illustrious Illustration: learn how to visually communicate

In this hands-on enrichment you'll explore character design, composition and visual recording in an industry context. You'll gain an insight into the life of an illustrator, developing your visual communication skills and have a go at a commercial brief.

Day: Wednesday

Categories

- Get creative
- New skills
- Industry experiences



Magical stories: reading with primary school children

This enrichment will help you to plan reading sessions with primary age children, and take the skills and knowledge you have learned into the community to encourage early literacy skills.

Day: Tuesday

Categories

- New skills
- Industry experiences
- Giving back



Fitness Suite

Use our onsite Fitness Suite which offers a range of equipment including treadmills, rowing machines and weights to workout and look after your own health and wellbeing.

Day: Thursday

Categories

- Health and wellbeing



A sustainable future

There are lots of sustainability issues in the world and in this enrichment you will try to tackle an environmental issue of your choice head on. You will take on a project from start to finish and try and help the world become a little greener. During the project you will develop your teamwork, communication, presentation, and interpersonal skills to develop essential transferable skills across a wide range of career choices.

Day: Thursday

Categories

- Green agenda
- Life beyond HNC



Self-care and nail art

Join us to express your creative side and enjoy some self-care. In this enrichment you'll learn a range of nail painting techniques, and put these into practice on yourself and fellow group members!

Day: Friday

Categories

- Just for fun
- Get creative



Get qualified










Participate in a study programme designed to provide you with knowledge and skills to support your future. Open University Online Courses are varied and cover a wide range of subjects, interests and career paths. This is a great addition to your UCAS and job applications as it demonstrates you have prioritised self-development and have taken the initiative to learn about something new outside of your study programme. This provides a weekly space to make progress on your course with teacher support throughout.











Day: Tuesday











Categories

- New skills
- Life beyond HNC



Block 3 19 February – 18 March 2024 8 April – 6 May 2024	New skills 	Giving back 	Industry experiences 	Life beyond HNC 	Something different 	Green Agenda 	Get Creative 	Just for fun 	Health and Wellbeing 	Competition 
Monday										
An introduction to BSL	●			●						
Green fast fashion	●					●	●			
Perfect your public presentation skills	●		●	●						
Walking for wellness									●	
Wheely warriors					●			●	●	
Tuesday										
Advanced Astronomy				●	●					
Becoming a social worker		●	●							
Healthy mind, healthy you (repeat)					●				●	
Self-portraits for beginners	●				●					
Tag rugby					●				●	
Wednesday										
Acoustic open mic (minus the mic)	●			●	●					
What's next? Hints and tips for Year 12 students	●			●						

Block 3 19 February – 18 March 2024 8 April – 6 May 2024	New skills 	Giving back 	Industry experiences 	Life beyond HNC 	Something different 	Green Agenda 	Get Creative 	Just for fun 	Health and Wellbeing 	Competition 
Walking for wellness									●	
Happy valley				●	●					
Help for your hand writing	●				●					
HNC Lawyers	●		●		●					
Live dissection club	●		●		●					
Story Stones										
Top ten things to know as an adult				●	●					
Thursday										
Britain's biggest killers				●	●					
Cambridge Chemistry challenge	●			●						●
Create your own playing cards					●		●			
Creative 3D typography			●				●			
Getting ready for DofE	●			●						
Glow up your PowerPoints	●		●		●					
Leadership in sport	●		●						●	
Learn Portuguese	●			●						

Block 3 19 February – 18 March 2024 8 April – 6 May 2024	New skills 	Giving back 	Industry experiences 	Life beyond HNC 	Something different 	Green Agenda 	Get Creative 	Just for fun 	Health and Wellbeing 	Competition 
Psychology in film				●	●					
Springing into art	●						●			
Strength and conditioning									●	
Zen culture and practice				●	●				●	
Working with others to succeed: team building and team work strategies	●			●						
Friday										
Learn to sew	●					●				
Psychology in Sport			●	●						
Real life theatre			●				●			
Japanese: get closer to a different culture	●			●	●					

Block 3 Enrichment

Week beginning

19 February –
18 March

8 April –
6 May

Glow up your PowerPoints

Join us to learn some hints and tips which will help you to take your PowerPoints to the next level. You'll learn some key skills and strategies that will help you to produce high quality and engaging PowerPoint slides which you will create as part of your studies and professional life.

Day: Thursday

Categories

- Industry experiences
- New skills
- Something different



Green fast fashion

Fast fashion has a significant impact on the environment. In this hands on, practical course you'll help to love the planet and save your money by upcycling old outfits to give the a new, fashionable lease of life!

Day: Monday

Categories

- New skills
- Green agenda
- Get creative



Springing into art: make your own greeting cards and gift wrap

In these hands on workshops you'll explore alternative methods in recording, drawing, relief print and transfer techniques to develop your skills in spring floral print and illustration techniques. At the end of the eight week block you'll have created your own products that will include greeting cards and gift wrap.

Day: Thursday

Categories

- New skills
- Get creative



Psychology in film

In this unique enrichment you will watch two films – Eternal Sunshine of the Spotless Mind and A Beautiful Mind and apply psychological concepts and theories to scenes from both films.

Day: Thursday

Categories

- Something different
- Life beyond HNC



Acoustic open mic (minus the mic!)

Keen to perform acoustically but don't fancy using a mic? Our acoustic 'open mic' sessions provide a space to practice and perform acoustically, both through music and the spoken word.

Day: Wednesday

Categories

- Something different
- Life beyond HNC
- New skills



Becoming a social worker

Are you thinking of becoming a social worker? This hands on workshop will help you to understand the skills and experiences you will need to successfully become a social worker, along with further insight into what a role in social work might involve.

Day: Tuesday

Categories

- Industry experiences



An introduction to BSL (British Sign Language)

British Sign Language (BSL) is a visual means of communicating using gestures, facial expression, and body language. Sign Language is used mainly by people who are deaf or have hearing impairments. Join us to learn some of the fundamentals of BSL.

Day: Monday

Categories

- Life beyond HNC
- New skills



Strength and conditioning – improve your movement

Strength and conditioning techniques look at how sports science can enhance your quality of movement through a variety of techniques. It covers so much more than lifting weights, and can make a difference irrespective of your current fitness level or experience!

Day: Thursday

Categories

- Health and wellbeing



Exploring Britain's biggest killers

Why and how did some of Britain's most prolific killers get caught? This fascinating enrichment will see you researching and discussing a number of high profile cases, to explore the facts around these cases that influenced their downfall.

Day: Thursday

Categories

- Life beyond HNC
- Something different



Create your own playing cards

Join us to use Adobe Illustrator to create your own deck of unique playing cards! In this hands-on and fun enrichment you will develop your own theme, and create your own cards under the direction of a former bespoke playing cards small business owner!

Day: Thursday

Categories

- Get creative
- Something different



Real life theatre: County Lines

County Lines, which sees young people drawn into the illegal transportation of drugs, is a growing issue. As part of a group you will create and perform in a piece of educational theatre about this societal issue. The script will be based on factual study and research about County Lines and the illegal rave scene, and will include input from West Yorkshire Police.

Day: Friday

Categories

- Get creative
- Industry experiences



Happy Valley: representations of working class life

Does the BAFTA award winning show represent real life? Join this insightful session where you analyse the representation of working class life offered in the BAFTA award winning show Happy Valley.

Day: Wednesday

Categories

- Something different
- Life beyond HNC



Top ten things to know as you become a legal adult

Transitioning to life as a legal adult is not always easy. This insightful and practical ten week course will cover some of the questions you might have always wanted to ask, including how to apply for a credit card whilst making sure you don't end up in unmanageable debt and learning how to deal with changing friendship groups.

Day: Wednesday

Categories

- Something different
- Life beyond HNC



Help for your hand writing

Would you like to learn how to write more neatly and make sure your writing is more legible? Neat handwriting is a key skill inside and outside of the workplace. This short course will help you to learn more about why your writing is untidy and difficult to read, and show you some of the strategies needed to improve it.

Day: Wednesday

Categories

- Something different
- New skills



Self-portraits for beginners

Are you keen to develop your artistic talents? This course is aimed at the beginner artist, and during these sessions you will learn how to produce a tonal A3 self-portrait using a mirror. You'll be shown the techniques and skills needed to create your very own observational self-portrait!

Day: Tuesday

Categories

- Get creative
- New skills



HNC Lawyers: mock trial competition

As part of this enrichment you'll explore and learn more about the role of a range of legal professionals as part of a team taking part in a mock trial activity. You'll be given a fictitious case, and will spend several weeks prepping for examination and cross examination before being part of a team appearing in front of a neutral judge. This is a course that will see you developing a range of advocacy and public speaking skills.

Day: Wednesday

Categories

- Industry experiences
- New skills
- Something different



Live dissection club

Join us to explore the anatomy and physiology of living organisms through live dissections.

Day: Wednesday

Categories

- Industry experiences
- New skills
- Something different



Healthy mind, healthy you: mindfulness for beginners (repeat)

Mindfulness is a technique that helps you to relax the body and mind. During these sessions you will explore and learn about a range of mindfulness techniques including journaling and contemplation which will help you to reduce anxiety, depression, sleeplessness and stress.

Day: Tuesday

Categories

- Something different
- Health and wellbeing



Leadership in sport

In these sessions you will learn more about what it takes to be an effective coach. From focussing on safe and effective warm ups to running a team sport session, you will develop a range of leadership skills that will support you far beyond life at HNC.

Day: Thursday

Categories

- Health and wellbeing



Walking for wellness

HNC is surrounded by a wide range of green open spaces, with plenty of places to enjoy the outdoors. Our walking for wellness club will help you to enjoy exploring the local area whilst experiencing the physical and mental benefits of exercise.

Day: Monday and Wednesday

Categories

- Health and wellbeing



Getting ready for DofE

If you're considering signing up to DofE, or are currently undertaking the qualification, then this enrichment will help you undertake practice expeditions or gain a flavour of what you can expect if you undertake the DofE qualification.

Day: Thursday

Categories

- New skills
- Life beyond HNC



Creative 3D typography

Explore how you can create industry standard 3D animated typography using Autodesk Maya, and potentially create a final VR media product or high-end animation. Please note that due to the nature of this enrichment this is best suited to students studying a creative relevant subject.

Day: Thursday

Categories

- Get creative
- New skills



The extreme world of psychology in Sport

Sport's Psychology is a relatively new and growing field that is recognised by the BPS. In this fascinating series of sessions you'll be able to learn more about how and why being a successful athlete is not all in the body, but in the mind too!

Day: Friday

Categories

- Industry experiences
- Life beyond HNC



Advanced Astronomy

This is an opportunity to learn some proper astronomy and is suitable for anyone who is happy doing a bit of Maths (although you don't need to be studying A Level Maths). Topics will include: how we map out the location of stars in the sky; how we measure time, including sundials; how we compare the brightness of different stars... and more! The topics will only slightly overlap with those studied in A-level Physics, and you certainly don't need to be studying Physics to come along.

Day: Tuesday

Categories

- Something different
- Life beyond HNC



Perfect your public presentation skills

'Show and tell' is a great way to hone your public speaking skills. This enrichment invites you to talk about something you are passionate about, developing your presentation and active listening skills and ability to respond to a live audience.

Day: Monday

Categories

- New skills
- Life beyond HNC
- Industry experiences



Wheely Warriors: all things cycling

Do you enjoy cycling or you are keen to get out and about more on your bike? This enrichment is for anyone with an interest in cycling, covering all things cycling from bike care to mapping some great routes to enjoy.

Day: Monday

Categories

- Health and wellbeing
- Something different
- Just for fun



Zen culture and practice

For Zen Buddhists, meditation involves observing and letting go of the thoughts and feelings that arise in the mindstream, as well as developing insight into the nature of body and mind. Unlike many popular forms of meditation that focus on relaxation and stress relief, Zen meditation delves much deeper. In this meditation you'll explore some key Zen strategies including haiku writing, ink drawing and forest bathing.

Day: Thursday

Categories

- Health and well-being
- Something different
- Life beyond HNC



Learn the lingo: speak Portuguese

Portuguese is one of the world's most widely spoken languages. In this enrichment you'll be able to learn from a native speaker, and develop your language speaking skills!

Day: Thursday

Categories

- New skills
- Something different



Learn to sew

Sewing is a key skill, that can save you money and help the environment. Come along and enjoy a range of beginners sewing projects which will teach you all the basics you need to fix your own clothes and make your own simple creations!

Day: Friday

Categories

- Green agenda
- New skills
- Something different



Cambridge Lower 6th Chemistry Challenge (C3L6)

The C3L6 paper is a voluntary, challenging 90-minute examination that helps you prepare for the tougher side of Chemistry A Level in Year 13 (and looks fantastic on UCAS if you get a certificate – Copper, Silver, Gold and Roentgenium awards are all available, plus the chance to do a residential Chemistry course at Cambridge). This enrichment will help you prepare for the test, which takes place towards the end of June, and is specifically aimed at enthusiastic Year 12 Chemists.

Day: Thursday

Categories

- New skills
- Competition
- Life beyond HNC



TAG rugby

Tag Rugby is a minimal contact version of rugby, generally played in a 7-a-side format, making it an accessible and inclusive sporting activity.

Day: Tuesday

Categories

- Health and wellbeing
- Something different



Japanese: get closer to a different culture

Are you interested in learning a new language or exploring the Japanese culture? Then this is the enrichment for you! Join us to learn the basics of spoken Japanese and explore the culture across topics such as family, hobbies, food and careers. This is a perfect opportunity to get closer to a different culture and expand your horizons.

Day: Friday

Categories

- Something different
- New skills
- Life beyond HNC



Working with others to succeed: team building and team work strategies

Throughout your personal and professional life you'll work with others from all walks of life and backgrounds. This enrichment will help you to hone and enhance your problem solving and teamwork skills through a variety of tasks, preparing you for life beyond HNC. You may even win some prizes!

Day: Thursday

Categories

- New skills
- Life beyond HNC



Short tennis

Short tennis is a specially adapted version of tennis, where the court is shorter and the net and rackets smaller – making it a more relaxed and slower paced game than the tennis you see at Wimbledon!

Day: Tuesday

Categories

- Health and wellbeing



What's next? Hints and tips for Year 12 students

As you move through Year 12, you'll need to start thinking about your next steps. From writing a UCAS personal statement to planning a gap year, we'll arm you with all the knowledge you need to make a plan that prepares you for Year 13 and beyond!

Day: Wednesday

Categories

- New skills
- Life beyond HNC



Staying safe: self-defence for all

Join us to learn a range of basic self-defence techniques to help you to stay safe in a range of situations. This will help you to understand how you can defend yourself safely through a range of carefully controlled paired techniques.

Day: Wednesday

Categories

- Health and wellbeing
- Life beyond HNC



Story Stones: supporting children's speaking skills

For the first few sessions you will explore some key theories regarding childhood language development and common language disorders. You'll then explore how 'story stones' can support children's language development. Following this you will decide on your own story stone theme, creating a large set of story stones to gift to a local nursery.

Day: Wednesday

Categories

- Industry experiences
- Life beyond HNC
- Giving back



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