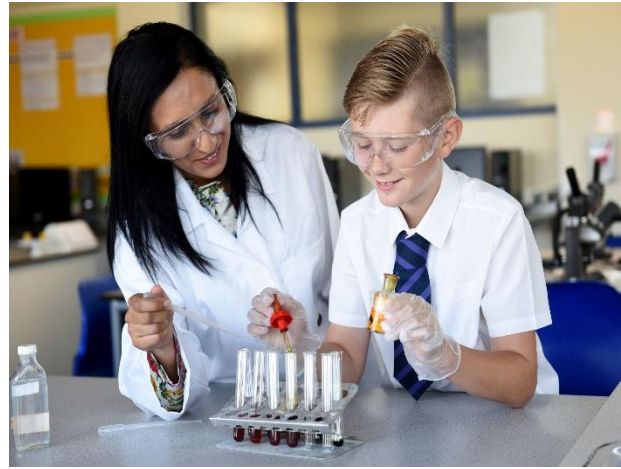




HORNCHURCH
HIGH SCHOOL
EXCELLENCE FOR ALL

Leadership/Extra Curricular Enrichment



Achieving Together





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Enrichment Within The School

At Hornchurch High School 'Excellence for All' does not just stop with traditional examination learning. It is vitally important that each student gains the knowledge and experience to make them a well-rounded individual ready for the next stage of their development. To help us achieve this aim, the school runs a comprehensive programme which is available to all students. This booklet will take you through all these opportunities so you can help support your child in their personal development.

Listed below are the main areas (outside of normal lessons) where students will gain knowledge and experience. Further information is provided throughout this document.

- Form time
- Workshops
- Wellbeing lesson (year 9 only)
- Drop down days
- Extra-curricular activities
- Leadership programme



Form Time

Form time is a dedicated 25-minute period at the start of each day that helps to guide the students through their personal development at the school. Every year group follows a timetable of activities with set tasks and resources which are delivered through their form tutor. Below is the timetable for each year group followed by a short description of each activity.

Form time curriculum content 2019/20

Key themes	Living in a wider world	Relationships	Health and Wellbeing
Wk beginning	Topic of the week	Student development	Department assembly
	Relationships	Communication	
2 nd September	Introduction		
9 th September	Tolerance and Respect		
16 th September	Bullying		
23 rd September	LGBT		
30 th September	Sex and Relationships		
7 th October	Family and friendship		Science
14 th October	Safety online		
Half term	Relationships	Resilience	
28 th October	Managing Loss		
4 th November	Sex and Relationships		
11 th November	Mental Health		
18 th November	Resilience		History
25 th November	Disability and Equality		
2 nd December	Religion & Faith		
9 th December	D D D (13th Dec)		
16 th December			
Christmas	Living in the wider world	Initiative	
6 th January	Who governs Britain?		
13 th January	Waste and Recycling		Geography
20 th January	British Values		
27 th January	Money matters		Maths
3 rd February	Court and Law		
10 th February	Refugees & immigration		MFL
Half term	Living in the wider world	E-safety	
24 th February	Careers		DT & Art
2 nd March	Human rights		
9 th March	Charity		
16 th March	Racism		English
23 rd March	Street smart/Gangs		
30 th March	D D D (2 nd April)		
Easter	Health and Wellbeing	Healthy Body	
20 th April	Diet		Food
27 th April	Exercise		PE
4 th May	Drugs and Addiction		
11 th May	First Aid		
18 th May	Sex and Relationships		
Half term	Health and Well being	Healthy Mind	
1 st June	Health and the media		ICT
8 th June	Dealing with stress		
15 th June	Looking after your health		
22 nd June	Mental Health		
29 th June	Making a change		
6 th July	Drop down day 10 th July		
13 th July			



Form Timetable

	Year 7	Year 8	Year 9	Year 10	Year 11
Monday	Topic of the week	Topic of the week	Topic of the week	Assembly	Topic of the week
Tuesday	General knowledge Quiz	General knowledge Quiz	Assembly	Topic of the week	General knowledge Quiz
Wednesday	Assembly	Knowledge Organiser/Literacy	General knowledge Quiz	General knowledge Quiz	Knowledge Organiser/Literacy
Thursday	Knowledge Organiser/Literacy	Assembly	Knowledge Organiser/Literacy	Knowledge Organiser/Literacy	Student development lesson
Friday	Student development lesson	Student development lesson	Student development lesson	Student development lesson	Assembly

Topic of the week

Each week there is a topic that the students are introduced to which is linked to the topic of the term (please see form time mapping). Students are given different resources (picture of the week, word of the week and debate question) to stimulate conversation and discussion. This is recorded in their knowledge organiser.

General Knowledge quiz

Students compete with others in their form to test their knowledge on current affairs and general knowledge in a multiple choice quiz.

Knowledge organiser/ Literacy (ko)

Tutors and pupils look through their knowledge organiser to check and maintain standards and to prepare for KO quiz. A literacy task is also completed.

Assembly

Once a week the whole year group have an assembly related to the topic of the week and individual year matters.

Student development lesson

Tutors deliver a session on the terms development topic (see form mapping). Each term there is a different topic related to student development. The 6 topics are listed below;

- Communication
- Resilience
- Initiative
- E safety
- Healthy body
- Health mind



Wellbeing Lessons

Every student in year 9 has a Wellbeing lesson which helps develop pupils' knowledge and understanding of important personal, social, health and economic issues. The course is predominantly project based with students working in groups to complete an objective.

Term	Topic	Project/outcome
Term 1/2	First Give	Presentation/charity work
Term 2	First Aid	Role play/ teach primary school pupils
Term 3	E – safety	Create information video
Term 4	My mind	Present an assembly
Term 5	My Nutrition	Design a menu for the canteen
Term 6	My health	Take a year 7 group through a fitness class



Drop Down Day

The drop down days are once a term and are dedicated days for students to develop their knowledge and understanding of areas outside their normal academic lessons. Every term has a theme which pupils work on during form time. At the end of the term students have the opportunity to take part in workshops, guest speaker assemblies and trips to further their understanding of the topic area.

Below is a list of activities that students did last year during drop down days

"Curious Incident" National Theatre

High 5 Netball Competition

U15 Essex Cup Rugby Finals

Careers Transition Event

RPA Transition Event - Moving On

Essex Schools Rugby

College Transfer Evening

Museum of London/Drop Down Day

Imperial War Museum/Drop Down Day

Drag Queen Story Time Workshop

Kinky Boots

Biodiversity in Local Nature Reserve

Essex Rugby Finals

Help Me I'm Normal

LIBF

Havering Schools Cross Country Championships

Taster Day for Primary Schools

Hornchurch Horror Story

Debate Mate Launch

F. Bardsley Guest Speaker Krishna Loyal

Safe Drive Event

Knife Crime Workshop

STEM Workshop

Streetwise

Geocaching

Happy Puzzle Company

TFL Travel Conference

Health and Safety Training

Gideon Assembly

Grant Museum Specimen Sketching Trip

Aiming High Taster Days

Christmas Market

Body Worlds

Museum of Mind

Yoga Sessions

Muppet Puppet Workshop

DofE Awards Presentation Evening

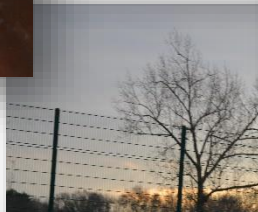
West Ham (London Stadium) Trip

AND MANY MANY MORE!



Drop Down Day

Term	Topic	Date
Autumn	Relationships	Friday 13 th December
Spring	Living in the wider world	Thursday 2 nd April
Summer	Health and well-being	Friday 10 th July

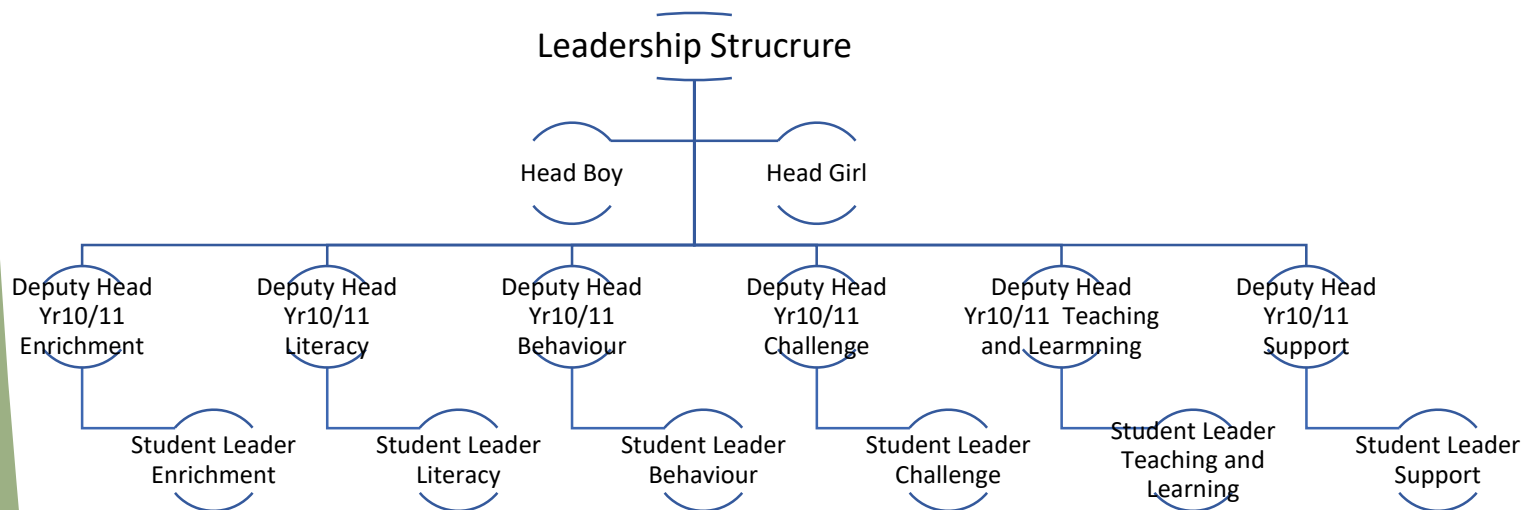




Student Leadership

Pupils have the opportunity to be a leader in all years at Hornchurch High. It is important young people learn leadership skills from an early age and develop these skills throughout their time at the school. Student leaders meet on a weekly bases and have training sessions once a term. Every leader is assigned to a particular area (see diagram below) to help develop within the school and it is their responsibility to listen to the concerns of fellow students.

Student leaders take on a number of different roles with the school and some of these are listed below. If you have a question about leaders within the school, please do not hesitate to ask one of them about their roles and responsibilities. They all wear a red tie to make them visible to both staff and pupils. They also have a badge that identifies which area they are representing.





Extra-curricular Clubs

Clubs are run before school, at break or after school. Every department has an affiliated club to help students develop skills and knowledge outside the normal lessons. All clubs are advertised to pupils.

It is vitally important for every student to gain experience outside the classroom environment to further their interest in that particular subject.

Example of clubs run at the school:

Department	Enrichment activity/club
Maths	Problem Solving club
English	Debate mate
Science	Exploring science
PE	Sports clubs (see PE timetable)
Geography	DofE
History	Look into History
ICT	Coding club
MFL	Film club
Food technology	Cook club
Art	Pin hole Camera. R.A drawing workshop
DT	D.I.Y skateboard club/ T-shirt making
Music	Ukulele club/ harmony club/ rock band
Drama	Production club/ Performance + dance club