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WELCOME TO LORETO EXTRA!

LORETOEXTRA

We know how important it is to give the right support, guidance and encouragement to you in your studies at College, that you can achieve your very best and enjoy your time with us. Loreto Extra is a series of additional ways that you can receive this help. The different options, where available, will form part of your compulsory College timetable and contribute towards the Guided Learning Hours that you are entitled to.

Loreto Extra is individually tailored to each student and will vary according to the subjects you are studying, the availability on your timetable, and the ways that we think you would benefit from any additional help. Loreto Extra can include some of the following elements:

- **Advanced Literacy and Numeracy Support**
- **Directed Study Period (DSP)**
- **Remote Study Period (RSP)**
- **Study Support Period (SSP)**
- **Enrichment**

We hope that you will embrace all the opportunities that Loreto offers to you. Remember that exceptional attendance, punctuality and full engagement in every aspect of your College timetable will help you to achieve your very best.

We wish you well for your studies this year!
Mrs Scholes and Mr Leach
Heads of Student Services

Advanced Literacy and Numeracy Support

These are small group lessons with a dedicated specialist teacher, designed to support students in developing helpful transferrable skills which will help you to make strong progress in your chosen subjects.

Directed Study Period (DSP)

You are allocated a place in one Ward Hub to complete homework, revision or assessed work.

This helps you to get into good study habits and to develop your independent work. Our dedicated Study Centre Team are on hand to offer advice on study techniques too!



SUBJECT LIST

LORETO EXTRA EXPLAINED

Remote Study Period (RSP)

A Remote Study Period is a live online lesson available in certain subjects. These lessons are delivered by subject teachers and include a range of activities and information designed to help boost students' skills, knowledge and confidence and support them to achieve the very best outcomes. Students are encouraged to attend an RSP via their devices from home, but where this isn't possible, students can use the College Study Centres and earphones will be provided. Attendance to an RSP lesson is compulsory and all students are expected to participate and engage to get the most from this support.

Study Support Period

The classes provide an additional period of teaching to help students develop skills and confidence in their chosen subjects. Spaces are limited in these sessions which are offered in the final half of



Lower Sixth and across Upper Sixth in some subjects.



"Loreto has truly changed me as a student... The atmosphere is great and motivates me to want to do well and grasp every opportunity that is thrown at me."
Akira Edgson

SUBJECT LIST

ENRICHMENT@LORETO

The vision for Enrichment at Loreto, as guided by our founder and inspiration Mary Ward, is to provide a community where students feel able to enjoy an enriching and liberating education, which extends beyond the classroom.

Whether you are looking to share your talents and interests, develop your skills and meet new friends; there is an opportunity for you.

The College offers a broad range of enrichment options, including various Sports and Performing Arts choices, Debating, the Duke of Edinburgh Award, Coding Club, Environment Group, Justice and Peace Group, Media Production, and many, many more.

Some of these sessions form part of your weekly timetable and others run across lunchtimes or after College.



HOW IT WORKS



ENRICHMENT SESSIONS form part of a student's timetable, and are added during enrolment. Wherever possible, we will try to ensure that your choice of Enrichment is included in your courses. Where this might not be possible, there are still a large range of enrichment groups, sessions and activities to enjoy which run in lunchtimes and after college. Look out for details about our **FRESHERS' FAIR** in September to sign up!



No matter what your interests, there is an Enrichment for you...

- **GENERAL ENRICHMENT**
- **PERFORMING ARTS ENRICHMENT**
- **SPORTS ENRICHMENT**
- **DUKE OF EDINBURGH**

Click the above for more information

Use this guide to read about our wide range of enrichment activities available for you this year, and speak to your **COURSE ADVISOR AT ENROLMENT** to add them to your timetable.

SUBJECT LIST

GENERAL ENRICHMENT



ARTS & CULTURE

- Mint Art Collective
- Photography Club
- Pottery Club
- Book Club
- Creative Writing
- We Call The Shots
- Philosophy Society

FUTURE CAREERS

- Aspire to Teaching
- Maths Outreach
- Webster Project

SCIENCE & TECHNOLOGY

- Coding Club
- MEDSOC (Medics, Dentists & Vets)
- Natural Science Society

COURSES

- Duke of Edinburgh
- CISI: Fundamentals of Financial Services

STUDENT GROUPS

PERFORMING ARTS ENRICHMENT



- College Productions
- Creative Dance
- LAMDA
- Pop Choir
- Rock and Pop Music Production
- Rock and Pop Band Sessions
- Technical Theatre
- Theatre & Play Reading Group

SPORT ENRICHMENT



COMPETITIVE SPORT

Basketball 1st and 2nd Team (Boys)
Basketball 1st and 2nd Team (Girls)
Cricket Team
Football 1st and 2nd and 3rd Team (Boys)
Football Team (Girls)
5-A-Side Team (Boys and Girls)

SOCIAL SPORT

Badminton
Basketball Social
Boxercise
Fitness Sessions
Indoor Cricket
Netball Social

COMPETITIVE SPORT

Netball Team
Volleyball Team
Rugby Team



SPORT ENRICHMENT

COMPETITIVE SPORT

BASKETBALL at Loreto is played at a high standard. The Men's and Women's Academy teams play in the Elite Academy Basketball Leagues, against some of the best players in the country. But we also have a 2nd team, who play in the AoC North West league against local colleges.

FOOTBALL TEAM (M) College has a number of football teams who play in the North West College's League on a Wednesday afternoon. The team trains once a week and plays games weekly.

FOOTBALL TEAM (F) Have you been inspired by the European Championship, held in the UK, and what to get involved? The Women's Football Team play in the NW College's League against other sixth forms. Games held weekly on Wednesday afternoons.

CRICKET TEAM Students train weekly throughout the year with team nets or skills practices, competing in indoor competitions in the first two terms and then in outdoor full sided games during summer.

SOCIAL SPORT

BADMINTON SOCIAL sessions are fun based and suitable for all abilities. If you want a chance to develop your badminton skills or just to play for fun against your friends, this session is for you.

BASKETBALL SOCIAL Do you like playing basketball, but don't want to play for a team... then these sessions are for you. A chance to play for fun, whilst receiving coaching and guidance from talented sports coaches to develop your skills!

BOXERCISE (M/F) is an exercise concept based on the training methods used by boxers. It is a fun, challenging and safe workout which is great for stress busting and accessible for all fitness levels. No classes involve hitting an opponent.

CIRCUIT TRAINING (M/F) You won't be bored when you do circuit training. This session will get your heart rate up and strengthen muscles at the same time. You'll move quickly through exercise stations to work different muscle groups with a short rest between stations.

5-A-SIDE (M/F) If you like playing football, but don't want to play competitively we have lots of opportunities to play 5-A-Side throughout the week. You can develop your skills or just have a knock about with your friends.

RESISTANCE BANDS/KETTLE BELLS If there are two breakout stars of working out at home, they are kettlebells and resistance bands. Both are versatile pieces of strength-training equipment that can be incorporated into just about any exercise for a full-body workout, whatever your levels of fitness.

RUGBY sessions focused on developing your rugby skills, using small sided games, drills and tag rugby sessions, all abilities are welcome.

SOCIAL CRICKET A fun session which gives you an opportunity to bat, bowl and field across all the different forms of cricket.

TABLE TENNIS sessions are a fun and friendly gateway to meet new people and participate in a light-hearted sport. Table tennis sessions are open for anyone to attend and are inclusive of all abilities.

VOLLEYBALL (F/MIXED) welcomes players of all abilities, with many players trying the sport for the first time, quickly learning the basics to become competent players. For those who have played before or who are interested in playing for a team, the College compete in regular games against other colleges.

WOMEN'S FITNESS This female only course is designed for those of you wishing to participate in some physical fitness based activity in an all-female environment. There will be whole class sessions as well as times to work on your individual fitness goals. To take part in this course you must be enthusiastic and committed as well as willing to try new things.

YOGA gives you the opportunity to take time out and focus on just being the self. Practicing yoga builds both physical and mental strength and flexibility.

GENERAL ENRICHMENT ARTS & CULTURE



The **MINT ART COLLECTIVE** is mainly aimed at art students who are considering further art-related study at H.E. You will come together as a group of artists to sell and promote your own work, and that of the collective.

This enrichment will introduce you to the concept of working collectively but also provide the opportunity to produce your own work that can be advertised or sold. It will include creating publications, products to sell and work to exhibit. You (as a group) will be responsible for the logistics involved. You will be assigned roles for specific tasks.

Involvement in the collective will provide insight into the working practices of an artist and will provide you with experiences that will be extremely valuable as you progress to H.E. or employment.



Photography Club.

Students in this club have opportunities to improve their photography skills by understanding and learning about what makes a good photograph, from composition to artistic expression. In addition, members of this club will learn how to use software to edit and enhance their photographic images.

All levels of experience are welcome!



Pottery Enrichment

This is an ideal enrichment for anyone wishing to explore the world of pottery with a view to a career or as a hobby. You'll explore the basic construction skills and techniques required to successfully create in clay.

You'll then have the confidence and skills to develop your own ideas in clay.

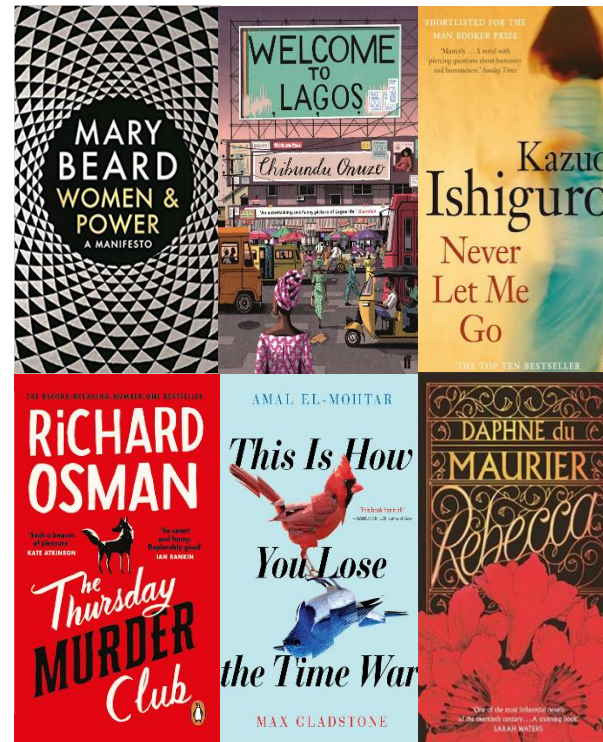
You'll also have the opportunity to work collaboratively, to produce items to brighten the college environment.

Enjoy reading?

Want to share that interest with other like-minded people?

Want to read something new or different – perhaps books that have been translated, or non-fiction, or classics or perhaps sci-fi? Not sure where to start...?

Book Club might be the place for you!



CREATIVE WRITING

The Creative Writing group offers a space to all writers of poetry, short stories, novels or plays to come and meet others and gain confidence in their craft. If you enjoyed being able to write your own creative pieces in high school but aren't sure what kind of writer you are yet, we can help you find your voice!

Sessions might include tips and strategies for better writing, imaginative prompts and examples to inspire you, or workshops where students share work and give feedback to one another.

Throughout the course of the year, we hope to bring you face to face with published and award-winning authors and put you in touch with local, independent publishers.

We will also provide opportunities for you to submit your work to online journals and competitions. Most importantly, we hope to set you up to support one another and find a community of creative people here at Loreto.



SUBJECT LIST

GENERAL ENRICHMENT ARTS & CULTURE

We Call the Shots is a scheme for young women who want to work in the creative industries in the future. The gender imbalance in the creative sector, including the television and film industry, is stubbornly high and women are under-represented in all aspects of the media and creative digital industries. We want to do something to try to redress the balance.



The scheme will consist of a weekly meeting and three creative industry related projects culminating in a professional portfolio and understanding of the workplace.

If you are studying any subjects linked to the creative industries such as, Film Studies, Media Studies, English Literature/Language, Drama, Art etc. and want help building your confidence, applying for university or apprenticeship places, or even just want to meet other creative women with the same goals as you, come and join us at **We Call the Shots!**

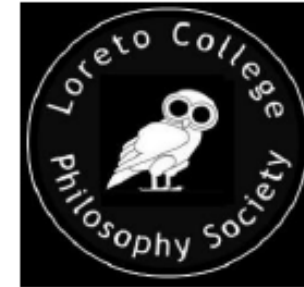
GET INVOLVED...

- 3 Media related projects
- Mentoring from industry speakers
- Awareness of women's issues in the creatives arts

We have a number of female guest speakers planned who are all working within the creative and digital sectors and are eager to share their knowledge and expertise with you.

MFL Film Club

In this club we watch a foreign language film with English subtitles every week. We usually screen French, Spanish, German, Japanese, Italian, Korean, etc. films. Join us!



Philosophy Society



What is the true nature of reality? What is right and wrong? Who and what am I? Does God exist? What does this all mean?!

The fundamental questions of life, existence, and nature have occupied the minds of almost all of us at some point throughout our fleeting lives.

Philosophy is the academic discipline which deals in attempting to find answers to these questions - and with Philosophy Society, you have the opportunity to explore what philosophy is all about and engage with some of the biggest philosophical concepts, thinkers, and questions.

You do not have to have done philosophy before. We will provide you with the opportunity to analyse challenging texts, improve your critical thinking and analysis skills, and develop your perspective on the universe.

There will also be some guest speakers, and insights into what Philosophy and related university degrees can give to you.

There is only one entry requirement: to be someone who seeks truth.

SUBJECT LIST

CODING CLUB

Want to see what you can do with Code?

Whether you're new to coding or are familiar with a programming language, there are many ways you can use code that you might not have tried yet.

At Coding Club we look at some of the more fun applications of technology.



Activities will include:

- building and programming robots,
- using microcontrollers to interact with the real world,
- make playable games.

Come try out the BBC Micro:bit, Raspberry Pi, Python, Javascript, Electronics, and more.

MEDSOC

MEDSOC is an enrichment that we recommend for any students that are looking to apply for Medicine, Dentistry or Veterinary Sciences at University.

As these applications have a high demand on students during the first year of college in term, the aim of the programme is to provide as much support for these applications as we can. This support will take different formats and will include:

- skill development
- research and presentation work
- reflective writing to support personal statements
- looking at current affairs and ethics
- talks from admissions teams at local medical, dental and veterinary schools
- insight from Loreto alumni that have gone on to study these courses
- preparation for both the potential admissions tests UCAT and BMAT



Natural Science is the branch of science concerned with the description, understanding and prediction of natural phenomena.



NATURAL SCIENCE SOCIETY 23-24

In LNSS you'll carry out a range of fun and engaging research projects (both inside and outside of College) to learn more about the natural world. Many of these projects will focus on carrying out brand new science, the results of which will then be published.

This enrichment is ideal for anyone who aspires to study science at a top university or who has a genuine interest in the natural world.

Please note this enrichment is not suitable for students who want to study MDV degrees, please consider MEDSOC or join the MDVH mailing list.

MATHS OUTREACH PROJECT



If you are interested in the idea of working with primary school students and helping them in Maths then the **MATHS OUTREACH PROJECT** is for you. You get to have a rewarding teaching experience with primary school students. You can write about this project in your personal statement and can use the volunteer hours towards Duke of Edin



JOIN THE THE WEBSTER MENTOR PROJECT

This one hour every Wednesday is a great way to boost your University application or CV if you want to build a career as a teacher or working with children. Our project is an active partnership between Loreto College, Webster Primary School and MMU's Teacher Training Faculty.

Loreto students mentor year three pupils at Webster to develop their creative writing, love of reading, Spanish and other skills as requested by the children.



Aspire to Teaching

Would you enjoy working with young people?

Does a career in education interest you?

Are you looking for a challenge?

You will have an opportunity to develop the skills and experience involved in the education of young people. You will become equipped to effectively build a positive and productive relationship with young people and learn key skills in communication such as presentation skills, active listening and responding to body language along with organisation, planning, patience and empathy.

Contact on

careersintoteaching@loreto.ac.uk

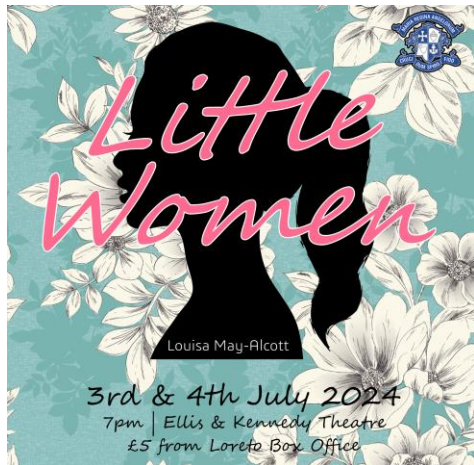
PERFORMING ARTS ENRICHMENT

COLLEGE SHOWS

Each year Loreto stages a fabulous musical, play and hosts the MANCEP Shakespeare festival in our Ellis and Kennedy Theatre.

This year we are staging *SIX: The Teen Musical*, *Little Women* and performing *The Merchant of Venice*. Students can get involved on stage or behind the scenes, if performing isn't your thing, in what promises:

Rehearsals are held after College, so won't affect your timetable!



MANCEP SHAKESPEARE FESTIVAL 2023

WEDNESDAY 1ST NOVEMBER
- ST MATTHEW'S RC HIGH SCHOOL
- OUR LADY'S RC HIGH SCHOOL
- LORETO HIGH SCHOOL
- XAVERIAN COLLEGE

THURSDAY 2ND NOVEMBER
- ST PETER'S RC HIGH SCHOOL
- THE BARLOW RC HIGH SCHOOL
- ST PAUL'S RC HIGH SCHOOL
- LORETO COLLEGE

STARTS AT 6PM | ELLIS & KENNEDY THEATRE | LORETO COLLEGE



PIANO ENSEMBLE



STRING ENSEMBLE

CHAMBER CHOIR



WIND ENSEMBLE



✓ State of the Art Recording Studio

✓ Music and Video Editing Suite

- ✓ Music Theory
- ✓ 1-1 Music Lessons
- ✓ Opportunity to perform at venues across Manchester
- ✓ Perform at College events
- ✓ Open to all students – even if you are not studying Music!



ROCK BAND

SUBJECT LIST



Creative Dance is an exciting opportunity for students to use their dance training to achieve a qualification in performance and choreography.

Using a purpose built dance studio, students will work towards the Annual Dance Show, Musical and Salford Dance Explosion

Students have full creative control of their performances under professional guidance.

A poster for 'Dance Fusion' with a purple and blue gradient background. It features a silhouette of a dancer in a dynamic pose. The text 'Dance Fusion' is in a large, pink, cursive font. Below it, 'With Light Shows & Musical Performances' is written in a smaller, white, sans-serif font. At the bottom, the date and time 'Monday 18th December | 6pm' are listed, along with the venue 'Ellis & Kennedy Theatre, Loreto College' and 'Free Admission'. A small circular logo for 'Dance Fusion' is in the top right corner.

Dance Fusion
With Light Shows & Musical Performances
Monday 18th December | 6pm
Ellis & Kennedy Theatre, Loreto College
Free Admission

PERFORMING ARTS
ENRICHMENT

LAMDA

London Academy of Music and Dramatic Arts (LAMDA) exams are a 1 hour, weekly session where you will receive one to one performance tuition from an acting coach to prepare for acting exams at Grades 6, 7 or 8 (bronze, silver or gold).

The exams accrue UCAS Points too, a great bonus!

Speak to Ms Norbury or Mr Price in Performing Arts for more information.

SUBJECT LIST

Technical Theatre

Ever wanted to operate, program and design lighting, sound effects and projections in a theatre?

At Loreto you can learn how in our state of the art facilities and expert guidance you will learn how and play a crucial part in all of the productions.

As well as the opportunity to achieve a professional qualification,

SUBJECT LIST



Theatre & Play Reading

We will be reading different plays together, discuss how the playwrights' choices about themes, characters and plot make us feel.



THE DUKE OF EDINBURGH'S AWARD

One of the College's most popular enrichment activities is the **Duke of Edinburgh Award**. Loreto is the biggest sixth form provider for DofE in Greater Manchester. We are proud to provide our students with the opportunity to complete such a nationally recognised award.

What is the Duke of Edinburgh Award?

The Duke of Edinburgh (DofE) Award is a renowned and recognised award that aims to provide an enjoyable, challenging and rewarding programme of personal development for young people, which is the highest quality and the widest reach. It's more than just going on an expedition. You need to volunteer, do physical exercise and learn or improve a skill.

Students participating in the DofE programme have to demonstrate commitment, determination, reliability and above all, initiative.

Why do DofE?

- ✓ It's fun!
- ✓ Meet new people
- ✓ Experience the outdoors
- ✓ Well respected by employers
- ✓ Chance to learn a new skill
- ✓ Looks great on a personal statement

SILVER

Volunteering 6 months

Physical one section for 6 months, the

Skills other for 3 months

Expedition 3 days 2 nights



Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

GOLD

Volunteering 12 months

Physical one section for 12 months, the

Skills other for 6 months

Expedition 4 days 3 nights



Residential 5 days 4 nights

Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.

Next steps: The deadline for enrolment is close to the start of the year, start thinking over the Summer about your DofE journey...

Before September 9th, you need to...

- ✓ Decide on what you will do for your **physical section**, and find an **assessor**
- ✓ Decide on what you will do for your **volunteering section**, and find an **assessor**
- ✓ Decide on what you will do for your **skills section**, and find an **assessor**

Speak to your Course Advisor at Enrolment to Sign Up!

SUBJECT LIST

CISI Level 2 Fundamentals of Financial Services

Prepare for a career in finance, this recognised qualification provides an overview of the industry and is an important first step in developing the essential basic knowledge required for working in financial services. You will learn about the types of banking and commonly used financial products, such as shares, bonds and equities. It will provide you with an understanding of financial terminology and enable you to perform important calculations. You will successfully complete the course by sitting the CISI exam.

The course covers:

- Ethics and Integrity in Financial Services.
- An introduction to saving and borrowing.
- The difference between retail and commercial banking and explains the functions of each banking type and their customers.
- Equities and the reasons for issuing shares to finance a company, the capital gain and the risks involved in owning them.
- The two main issuers of bonds, the features and the associated advantages and disadvantages of bonds.
- How a stock exchange operates, the purpose of a stock exchange index and an understanding of global stock markets.
- Other areas of Financial Services including: Fund Management, Foreign Exchange, Insurance and Retirement Planning.

Entry requirements:

At least a grade 6 in GCSE Maths and English.

Speak to your Course Advisor to add to your timetable.

SUBJECT LIST

STUDENT GROUPS

Find out more at Fresher's Fair



Are you interested in social justice? Inspired to raise awareness and develop your own understanding of inequalities and work to reduce them? Angry with poverty and hunger? Passionate about gender and educational inequalities? Fired up about climate change and access to clean water and sanitation?

Inspired by Mary Ward and the work of the Loreto and CJ Sisters and the United Nations, we will use the UN's Sustainable Development Goals to explore how we can *see, judge and act* together for a fairer world.

CALLING L6 STUDENTS

RECRUITING ENVIRONMENT AMBASSADORS

Are you passionate about saving the planet?

Could you meet every half term to drive forward sustainability at Loreto College?

SEND AN EMAIL WITH NO MORE THAN 300 WORDS EXPLAINING WHY YOU SHOULD BE AN ENVIRONMENT AMBASSADOR TO:
environment@loreto.ac.uk

DEADLINE
16th September

A hand holding a megaphone, with sound waves emanating from it. The megaphone is yellow and orange, and the hand is blue.

Monday

Tuesday

Wednesday

Thursday

Friday

Period 1

Philosophy Society
Yoga

Period 1

Aspire to Teach
Creative Dance
Strength and Conditioning

Women's Fitness

Men's 5-A-Side
Yoga

Maths Outreach
CISI
Men's Football
Women's Football

Period 2

Aspire to Teach
Creative Dance
Strength and Conditioning

Period 2

LAMDA
Photography Club
Men's Basketball Social

Ceramics Club
Boxercise

Natural Science Society
Women's 5-A-Side

Maths Outreach
Aspire to Teach
Men's Football Team
Netball Team

Tutor 1

BREAK

BREAK

BREAK

BREAK

Period 3

College Choir
CPR Champions
Creative Writing
LAMDA
Mixed Basketball Social

MEDSOC
Mint Art Collective
Justice and Peace Group

Pop Choir
Book Club
Webster Project

College Choir
Badminton

Short Tennis
Strength and Conditioning

Tutor 2

Lunch

Netball Social

Men's 5-A-Side
Badminton

Badminton

Badminton
Table Tennis

Period 4

Creative Dance
Technical Theatre
Theatre and Play Reading
We Call The Shots

Period 4

Men's Volleyball Social
Table Tennis

Men's 5-A-Side
Sports Team Fixtures

Table Tennis
Indoor Cricket

Table Tennis

Period 5

Creative Dance

Period 5

Women's Volleyball Social

Men's 5-A-Side

Coding Club
Women's Fitness

After College

College Productions
Girls' 2nd Team Basketball

After College

College Productions
Men's 2nd Team Basketball
LAMDA

College Productions
Cricket Nets

Volleyball Team Training



Next Steps:

- Take some time to consider your Enrichment choices.
- Research your interests/email Enrichment.
- Have a back up choice – just in case.
- Ask you Course Advisor at Enrolment to add your Enrichments.

Enjoy your Summer, and we'll see you for Enrolment in August!