



C3 opportunities Autumn 2026

C3 Enrichment Programme

. Connect . Create . Commit .





C3 Enrichment Programme

Supporting students to :

- **Connect** with others
- Think **creatively**
- **Commit** to their goals

The C3 enrichment programme is designed to extend learning beyond the classroom, supporting the development of the whole child by placing equal value on academic achievement, personal growth, and wellbeing. At its heart, C3 recognises that education is most impactful when it develops confident, resilient, and emotionally aware individuals who are prepared for life beyond school.



The aim of the C3 Enrichment programme is to enable students in Years 7 - 10 to dive deeper into their interests and broaden their horizons by trying new experiences and expanding their skill set. The activities on offer are integrated into the school timetable and curriculum with sessions taking place on a Friday Wk A either starting at 13:30 or 14:00 and finishing at 15:00 in time for the buses. Most activities are free and onsite or within walking distance, however there are some activities that are further afield and/or will incur a cost. If finance is a barrier to participation, please do not hesitate to contact mvercoe@nclt.academy who will be able to discuss support that we have available.

Each activity runs for one term, with students selecting their preferred activities in advance. We encourage students to select a range of activities across the year, the same activity cannot be selected more than once.

The activities are updated termly and some are weather dependant. The Microsoft Form where you can choose your activity will be shared with you via an email from Groupcall during the summer holidays.

Miss Jodie Hocking
Assistant Headteacher





As part of the C3 program, students will have access to Unifrog, an online careers and skills platform, where they can record their activities and the skills they have learnt. This will help to document achievements and build their CV and personal statement, supporting them in future applications to Sixth Form, College, Apprenticeships, University and the world of work.

Netball Academy

Are you passionate about netball and keen to develop your skills? Join Miss Dawes' Netball Academy for Years 7 & 8! (Year 8 invite only)

These sessions are designed for students who want to improve their performance and prepare for school fixtures and county tournaments. Training will focus on developing technical skills, tactical awareness, teamwork and match play, helping players reach their full potential while representing the school with confidence.



C3 value: Committed

Time: 14:00-15:00 **Location:** Netball courts **Lunch:** On site **Cost:** £0 **Places** 20 **Wear:** PE kit

Costume Design

Have you ever watched a film and admired the costumes? This is your chance to get involved with costume design and creation for the upcoming school production 'Bugsy Malone'. We will be reading the script, understanding the characters and the costume needs before creating stand out costumes to get the actors into their roles and immerse them into the 1920's. It will include up-cycling costumes, embellishment and creating some costumes from scratch. Do you have some creative ideas, sewing skills or want to try something new? Come along to costume design.



C3 value: Creative

Time: 14:00-15:00 **Location:** T2 **Lunch:** On site **Cost:** £0 **Places** 20 **Wear:** SJS Uniform

Art Therapy

Art Therapy is a calm and relaxed session of expressing emotions, worries and anxieties through art.. You do not have to be good at Art to join this as its a way of communicating in a different way whilst getting to know and understand yourself in a calm, quiet and fun way. We will experiment with patterns, clay, paints and drawings to understand who we are as individuals.



C3 value: Creative

Time: 14:00-15:00 **Location:** The Hub **Lunch:** On site **Cost:** £0 **Places** 10 **Wear:** SJS Unifrom

Chess Club

Learn the world's most popular strategy game in this six-week beginner course. Develop skills in planning, problem-solving and critical thinking while learning openings, tactics and endgames. Suitable for complete beginners, students will build confidence, play friendly matches and play in the chess ladder!



C3 value: Creative

Time: 14:00-15:00 **Location:** S1 **Lunch:** On site **Cost:** £0 **Places** 20 **Wear:** SJS Unifrom

Intro to Jiu Jitsu

Join me to learn some of the fundamentals of jiu jitsu. You will learn key movements, how to pin and control an opponent and how to escape someone's control. You will need to wear your PE kit and be focussed on learning and applying skills taught and demoed. Jiu jitsu is a contact sport and you will have very close contact with others so clean kit is vital and a gum shield is essential. Open to boys and girls but consider signing up with a friend who you will be comfortable practicing with.



C3 value: Committed

Time: 14:00-15:00 **Location:** The Gym **Lunch:** On site **Cost:** £0 **Places** 20 **Wear:** PE Kit

Song writing workshop

Get creative and start writing your own songs at our fun and friendly song writing workshop! You'll learn easy tips for coming up with lyrics, melodies, and ideas that sound great together. It's perfect for students of any level—no experience needed. Come along, share your ideas, and leave with songs you're proud of!



C3 value: Creative

Time: 14:00-15:00 **Location:** M5 **Lunch:** On site **Cost:** £0 **Places** 15 **Wear:** SJS Uniform

Alternative History

Alternative History is the History we don't have time for in lessons. It is the History of people that have been forgotten, suppressed, or pushed to the margins. It will touch on things you might have heard of, or it will introduce you to brand new ideas, peoples, civilisations, and events. Nations, Civilisations, Religions, and Figures will rise and fall. We will see examples of equality, cruelty, unity, war, knowledge, myths and legends from across the globe. It will be hard hitting at times, but always fascinating.

C3 value: Connect

Time: 14:00-15:00 **Location:** H1 **Lunch:** On site **Cost:** £0 **Places** 25 **Wear:** SJS Uniform



Atlantic Coast rangers (ACR Crew)

Are you interested in exploring the environment, carrying out real fieldwork and working with professionals from the National Trust? Would you like to visit some of the North Cornish coast's most amazing beaches and coastal paths?

This exciting enrichment opportunity is open to students in Years 7-10. Each time we head out, you'll either work alongside National Trust rangers developing important skills in protecting our coastline. Or you'll learn about local wildlife, investigate real environmental issues, and discover how sea level rise and climate change could impact beautiful locations such as Port Isaac and Port Gaverne. We will use a range of equipment to conduct Fieldwork investigations out on the coast.

C3 value: Connect

Time: 14:00-15:00 **Location:** H3 **Lunch:** On site **Cost:** £0 **Places** 15 **Wear:** SJS Uniform

Hockey

Whether you are new to hockey or already play the game, this is a great chance to improve your skills, be active and have fun. You will improve your game through training, teamwork, and matches. Come along and be part of the team!

C3 value: Creative

Time: 14:00-15:00 **Location:** Astro **Lunch:** On site **Cost:** £0 **Places** 30 **Wear:** PE Kit



Junk Journaling

An opportunity for students to be creative and express themselves through junk journaling. This will involve writing, drawing and sticking with complete creative freedom. Students can bring in their own stickers, magazines or any other material for their journal if they wish, although materials will also be provided.

C3 value: Creative

Time: 14:00-15:00 **Location:** E3 **Lunch:** On site **Cost:** £0 **Places** 25 **Wear:** SJS Uniform



Golf

Looking to improve your golf?

Join KMH at Bowood Park Golf Club for exciting golf lessons with the Club Professional. Sessions may include: Driving range practice, short game coaching, putting drills, golf course management and on-course skills

You can bring your own golf clubs or borrow equipment from the Golf Club. This will be an excellent opportunity to develop your golfing skills with expert coaching in a fantastic Golf Club environment.

C3 value: Creative

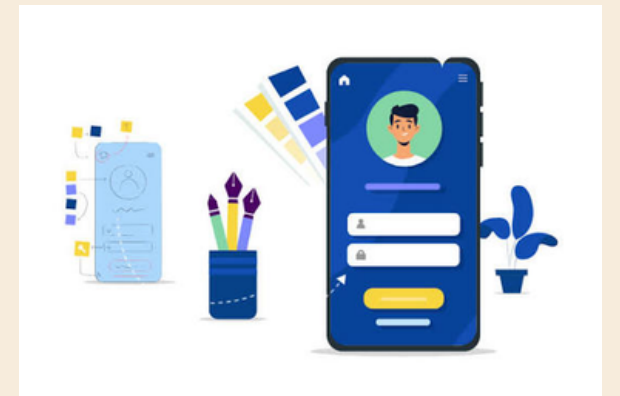
Time: 13:00-15:00 **Location:** Off-Site **Lunch:** On site **Cost:** £5 **Places** 12 **Wear:** PE Kit

Developing apps and games using AI

Students will use AI tools to help plan, design and develop their own simple apps and games. They will learn how to write effective prompts, refine ideas, test code, improve designs and build creative digital projects.

C3 value: Creative

Time: 14:00-15:00 **Location:** IT1 **Lunch:** On site **Cost:** £0 **Places** 20 **Wear:** SJS Uniform



Duke of Edinburgh

Ready for adventure? The Duke of Edinburgh (DofE) Enrichment Programme gives students the opportunity to develop practical outdoor skills, build confidence, and prepare for the challenges of the Bronze DofE Award.

Meeting every fortnight, the programme runs alongside the Bronze DofE Award and is designed to equip students with the knowledge and skills they need to succeed in every aspect of their award. Whether it's pitching a tent, navigating across the countryside, cooking a meal outdoors, or learning lifesaving first aid, the DofE Enrichment Programme provides the perfect foundation for a successful expedition and an unforgettable adventure.

C3 value: Committed

Time: 14:00-15:00 **Location:** S4 **Lunch:** On site **Cost:** £0 **Places** 30 **Wear:** PE Kit

Gardening Club

Get your hands dirty, grow flowers, fruits, and vegetables, and help make our school greener. Learn new gardening skills, make friends, and enjoy the outdoors—no experience needed. Everyone is welcome!

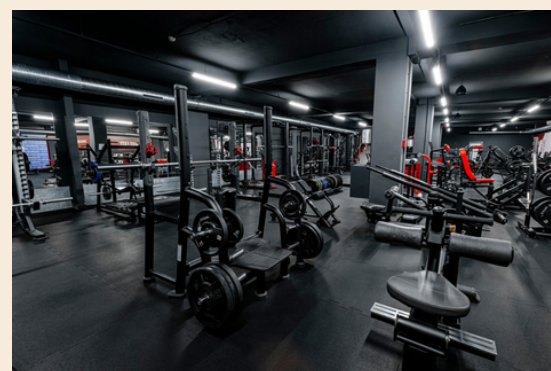


C3 value: Connect

Time: 14:00-15:00 **Location:** E4 **Lunch:** On site **Cost:** £0 **Places** 20 **Wear:** PE Kit

Fitness

The Fitness Suite enrichment program promotes healthy lifestyles, self-discipline, and resilience. Offering students the opportunity to improve their health, fitness, and wellbeing in a safe and supervised gym environment. Students will learn how to use fitness equipment correctly, develop personal fitness goals, and build confidence through a variety of strength, cardio, and conditioning activities.



C3 value: Committed

Time: 14:00-15:00 **Location:** FS **Lunch:** On site **Cost:** £0 **Places** 16 **Wear:** PE Kit

Sketchbook studio

Students will design and bind their own handmade sketchbook before filling it with observational studies and experimental artwork. Using a variety of media including graphite, charcoal, pen, paint and mixed media, they will respond to creative themes while developing drawing skills, confidence and a personal sketchbook practice inspired by the way artists work. Ideal for students considering GCSE Art or anyone who enjoys being creative beyond the classroom.



C3 value: Creative

Time: 14:00-15:00 **Location:** T3 **Lunch:** On site **Cost:** £0 **Places** 25 **Wear:** SJS Uniform

Walk and Talk

A relaxed space to connect, chat, and explore the outdoors. Whether you want to make new friends, share ideas, or just enjoy a walk after a busy day, everyone is welcome. No pressure, no competition – just good conversations, fresh air, and a chance to be yourself.



C3 value: Connected

Time: 14:00-15:00 **Location:** Off-Site **Lunch:** On-Site **Cost:** £0 **Places** 15 **Wear:** PE Kit

Games Club

Have you ever wanted to play Monopoly, the Game of Life or have another game at home you want to play?

Would you love to be able to play Whist, Rummy, or 21 (blackjack) or any card games?

Do you want to train your brain with numbers or words (Sudoku or Crosswords)? Then maybe the Games club is for you, up to 12 people max every fortnight, with a variety of games (either speak to me before and bring one in or I will have a few to do) and develop your physical gaming skill



C3 value: Creative

Time: 14:00-15:00 **Location:** M2 **Lunch:** On-Site **Cost:** £0 **Places** 20 **Wear:** SJS Uniform

Culture Club

Come and join us in the MFL department if you are interested in learning more about the food, drink, sports and pastimes, as well as fun facts about France, Germany and Spain!

Each term, we will investigate various aspects of life in either France, Germany or Spain. The activities that you will get to do include: art- e.g. create your own Mona-Lisa inspired drawing. film- watch and critique a film in that term’s language (with subtitles in English!) free-time- learn about the French/German/Spanish football team/ have a game of boules food-make your own French-style crepe



C3 value: Connect

Time: 14:00-15:00 **Location:** L1 **Lunch:**On site **Cost:** £0 **Places** 50 **Wear:** PE Kit

Set Production

This term Art, Craft and Design 3D will be supporting the school production of Buggy Malone by creating some of the marvellous props and scenery sets. If you have a desire to go into the creative industries or have an interest in theatrical productions, then this could be the opportunity for you to get involved. You will need to be able to follow instructions, have a steady hand to paint and be able to work efficiently.

When the school production is finished: Art, Craft and Design 3D will be holding traditional craft workshops. You will learn how traditional techniques and tools transform fibres into fabrics and pulps into papers. These workshops will include textile techniques, including felt making, needle felting, spinning and weaving. There will also be paper based crafts including quilling, decoupage and paper making from natural materials.

C3 value: Connect

Time: 14:00-15:00 **Location:** T7 **Lunch:**On site **Cost:** £0 **Places** 20 **Wear:** SJS Uniform

Music Production

C3 value: Creative

Time: 14:00-15:00 **Location:** WE **Lunch:**On site **Cost:** £0 **Places** Invite Only **Wear:** SJS Uniform



C3 +

Supporting students to :

- **Connect** with others
- Think **creatively**
- **Commit** to their goals



C3+ runs alongside our programme of activities which run at lunchtimes (13:30 - 14:00) and after school (15:00 - 16:00)

The programme of activities for **C3+** will be advertised to students at the beginning of every term via Class Charts and Tutor Notices on a Monday morning.

