

SOMETHING FOR EVERYONE





INTRODUCTION

Enrichment activities are an important part of school life at Fernwood and a great opportunity for our students to build new skills or develop skills they already have. There is 'something for everyone' and we encourage students to be brave and try new things. Extra-curricular activities help to foster personal growth, enabling students to explore new interests, discover passions while providing valuable social connections and having fun. Our Enrichment Programme contributes to the overall well-being offer at The Fernwood School and is there to help students' mental health as they navigate their teenage years.

HEAD, HAND & HEART



How to use this booklet.

You will find all of the options for enrichment in this booklet. Next to each one will be at least one symbol.

Key



The head means that this is an activity that will develop your thinking skills, including problem solving, making decisions and critical thinking



The hand means that this is a practical activity, engaging your body in a physical way.



The heart means that this activity is particularly good for your emotional well-being.

Many of the activities will fit all of these categories therefore, the first symbol will be the most relevant.



PE AND SPORTS

At The Fernwood School, a large amount of sports are available as part of the extra-curricular offer. Some of these run year round and some are seasonal. We want all students, of all abilities to feel they have the opportunity to be active.

Physical activity has lots of benefits for our mental and physical wellbeing. It can help with things like:

- Managing stress
- Improving sleep
- Improving your mood
- Improving confidence
- Connecting with nature
- Socialising and meeting new people
- Managing symptoms of depression and anxiety
- Memory and brain functioning
- Heart, muscle and bone health
- Reducing the risk of developing some long-term health conditions, such as heart disease





GCSE PE & Sports Studies Practical Support

This after-school club is open to all GCSE PE and Sport Studies students. The sessions are designed to help students develop their practical skills in a wide range of activities, improve performance in their chosen sports, and prepare for assessment.

Students will have the opportunity to practice core skills, receive targeted support, and gain extra time to refine techniques in school-delivered and approved activities. Attendance will support progress in practical assessments and contribute towards overall GCSE success.

Other Skills

Organisation

Resilience



DRAMA



There are many opportunities for students who enjoy the world of performance and drama. Taking part in drama activities can be beneficial to mental health and well-being in numerous ways:

- Self-expression – allows young people to express themselves and explore different emotions and perspectives through role-playing and improvisation.
- Communication and social skills – helps in developing better communication and social skills by encouraging young people to interact with, and collaborate with, others in the making or performing of theatre.
- Confidence-building – the drama group can provide a safe space to take risks and try new things. Getting up and speaking in front of others in a fun and supportive environment and performing in a productions can all contribute to developing confidence in young people.
- Stress-relief – the channelling of pent-up emotions through the acting out of roles and scenarios.
- Sense of community – joining a drama activity can provide a sense of belonging and connection. Indeed, anyone who has been in a part of a production (backstage or onstage) knows the sense of 'family' this can create.
- Developing creativity – encourages young people to express themselves creatively through imaginative activities, helping to foster skills in problem solving.
- Empathy – through role-playing, young people can explore different perspectives and emotions, which can help them develop empathy and a greater understanding for others and themselves.



KS3 DRAMA CLUB

A non-auditioned and fully inclusive drama club. Take part in drama games, build short devised performances for our Variety Show and Drama Showcase as well as having the opportunity to achieve an Arts Award Bronze or Silver.

Skills:

Confidence building

Creativity

Organisational skills

Teamwork.





WHOLE SCHOOL MUSICAL

Every two years the Drama and Music departments stage a whole school musical. In the past we have seen The Addams Family, Six and Chicago. There are a variety of roles both on and off stage and a large proportion of students get involved.

Builds confidence, creativity, organisational skills, teamwork.

Skills:

Confidence Building
Creativity
Organisational skills
Team work





KS4 SHAKESPEARE

A non-auditioned opportunity to perform an abridged version of a Shakespeare play. Explore Shakespearian text and ensemble performance skills.

Skills:

Confidence building

Creativity

Organisational Skills

Teamwork



SOCIAL JUSTICE ALLIANCE



The Social Justice Alliance is an opportunity for students to work together to promote equity, challenge injustice, and advocate for positive social change within the school system and the wider community. These alliances address issues such as poverty, inequality, climate change and lack of resources. They will at times work in collaboration with other schools and universities.



Skills:

Knowledge of citizenship and local democracy
Teamwork
Leadership
Community activism



FREE TO BE ME

Free to be Me provides a safe space for support and community, which can help to increase well-being by fostering belonging and empowerment. Clubs like this also improve school climates, lower bullying rates, increase feelings of safety, and promote leadership and personal growth for all involved.

Skills:

Empathy and
understanding
Confidence
Supporting others





Table Top Club

Table Top Club (**incorporating Warhammer club**) offers a safe, social, and structured environment for students to develop valuable life skills, including fine motor skills, creativity, strategic thinking, mathematics, and literacy through collecting, building, painting, and playing tabletop games. It fosters positive relationships between students and staff, can reduce at-risk behaviours by providing after-school engagement, and enhances self-esteem and confidence through a shared interest in a well-supported hobby.

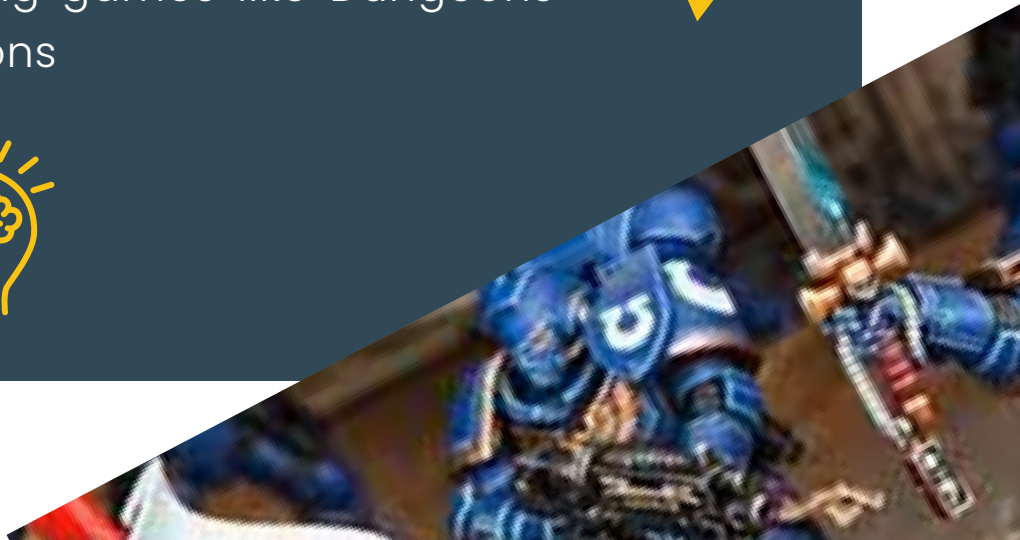
Other skills

Miniature painting and modelling techniques

Tabletop gaming skills including tactics and strategy.

Working as a team in large social games like Werewolf

Student leadership of tabletop role-playing games like Dungeons and Dragons





Chess Club

The school chess club enhances cognitive skills, emotional resilience, and social development by fostering critical thinking, patience, sportsmanship, and problem-solving. It offers a highly impactful way to improve concentration, memory, analytical ability, and pattern recognition, leading to better academic performance in subjects like math and science. Chess also encourages healthy competition, self-assessment, and the ability to handle both winning and losing with grace, providing invaluable skills for life beyond the classroom.

Other skills:

Critical Thinking

Time Management (chess clocks)

Problem Solving

Teamwork (helping others and talking about the "best move")





This Girl Can

The "This Girl Can" campaign, run by [Sport England](#), focuses on getting more women and girls active by challenging the stigma around exercising and tackling the gender activity gap. It celebrates women and girls who are active in ways that suit them, highlighting the physical, mental, and social benefits of movement and promoting inclusivity so all women, regardless of ability, background, or confidence levels, can feel empowered to participate. This is for Year 7 & 8 girls.

Skills:

Developing confidence

Teamwork

Increased activity

Developing and maintaining
friendships



THIS
GIRL
CAN



Creative Writing Club

Explore your creative side with the opportunity to create and share your own personal writing. Develop skills to help you to be the best writer you can be and maybe even be published.

Skills:

Boost your Confidence

Develop creativity and creativity in writing.





Newspaper Club

Be a part of the team that creates 'The Fernwood Griffin', our very own newspaper. Interview staff and visitors to create articles and review events that take place in school. And much, much more.

Working in a team
Writing skills
Time Management/Planning
(meeting a deadline)
Proofreading/Editing



SPECIAL
EDITION

Fernwood Griffin



Autism Advocates

Members develop strong advocacy and leadership skills by organising awareness events, speaking to peers, and promoting inclusivity within the school community.

Through collaboration and empathy, students learn to work in diverse teams, understand different perspectives, and support their autistic peers.

Other skills:

Problem solving
Communication
Teamwork





Music

Music is something that many of us enjoy every day, whether that is playing it, listening to it or absorbing it as part of the atmosphere of a film or computer game. There are lots of opportunities to get involved in music, with clubs running every day of the week. Some of them, (for example orchestra, string group or brass ensemble), you already need to be able to play an instrument to join: if you are interested in one of these, speak to your music teacher to find out more. Choir and samba are open to everybody – no experience is needed and you get to perform several times a year in either of them.

Skills:

Confidence – as a performer, you grow in your ability to stand up in front of others.

Teamwork – being part of an ensemble makes you feel included and builds on skills like commitment and communication.

Musicianship – whatever your standard or experience as a musician, playing with others makes you better.





Samba

Samba drumming is a loud, percussion based style of music which originated in Brazilian carnivals, which is why the Fernwood Samba group is called Samambaia – a Brazilian word for “fern”.

Samambaia meet on a Friday lunchtime and is led by our visiting drum teacher. It is open to absolutely everybody who wants to come and have some fun whilst making some very loud music.

Skills – In addition to those mentioned for all music groups:

Listening – Because there is no written music, you have to listen really carefully to what everyone else is doing to make sure that you are in time.

Self-Discipline – You and your group of instruments will have a rhythm to play whilst others are playing something different – you need to focus and be confident in yourself.

New Rhythms – whether you already play an instrument or not, whether you listen to or play pop, jazz, classical music or anything else, samba rhythms are different and learning them will help you to grow as a musician.





Choir

Singing in a choir offers significant physical benefits like improved lung function, boosted immunity, and regulated heart rate, alongside mental health advantages such as reduced stress and depression, increased confidence, and a strengthened sense of self. Social benefits include a profound feeling of togetherness, the chance to make new friends, and a strong sense of community and belonging.

Skills:

Connecting both sides of the brain.

Learning words by memory.

Communication with each other while singing.

Excellent for wellbeing.





Poetry by Heart

Poetry by Heart is a national poetry speaking competition for schools and colleges in England. It's also a website for teaching and learning about poetry – by heart and out loud, and with plenty of choice for young people to explore poems and find the ones that speak to them. Taking part in Poetry By Heart is all about developing confidence with poetry in an enjoyable, accessible and engaging way that leads to its life-long enjoyment.

Skills:

Memory strategies

Confidence (public speaking)

Resilience (learning takes time-keep trying)

Teamwork (particularly for pair/group performance)





Home Learning Club

This club is here to support our students. There are lots of reasons to attend:

If you need help, there are staff members ready to support you.

If you don't have a quiet space at home to work, or access to a computer.

If you would prefer to do your home learning straight away and not save it until later in the evening.

Skills:

Organisation

Time Management

Prioritising





Crochet & Craft Club

Do you love crafting? Do you knit or crochet? Then this is the club for you. Crafting is proven to be good for your well-being. It boosts serotonin and dopamine, which enhance mood and provide feelings of calm and motivation. Completing projects fosters accomplishment, increased self-esteem, and a sense of purpose

Skills:

Hand/eye coordination.

Fine motor skills.

Patience.

Creativity.

Maths skills.

Memory.

Planning and problem-solving.





Food Technology

There are two opportunities to develop your ability to cook and bake as well as enjoying the delicious things you create. KS3 Christmas Bake Off is a fun, gentle competition with a different theme every year.

KS3 Pizza Partners allows you to develop you own ideas in this tasty treat.

Skills:

Creativity

Teamwork

Cake decorating

Numeracy

measuring

Focus

through





Debate Club

Do you want to develop your ability to communicate your ideas and to listen to alternative view points. This is a safe space where you can learn the skills of debating and enter competitions.

Skills:

Critical Thinking.

Communication Skills.

Research Skills.

Confidence.

Respect for different views.

Managing emotions if you disagree with someone.





Charity Ambassadors

If you enjoy helping people and want to make a difference in with the school, local community or the country then this is the activity for you. We organise a range of activities to support charities chosen by students. Joining a team is through application only.

Skills:

Organisation

Creativity

Emotional intelligence

Social skills

Money management

Leadership

Teamwork





If you want to make new friends and build your social skills then this is the club for you. As the name says, everyone is welcome and you can come and meet new people, play games and do other activities with like-minded people.





GCSE Past Papers Club

Come along to practice your exam skills and do past papers in a friendly environment. Available for all GCSE subjects.

Skills:

Answering exam questions

Confidence in exams

Revision skills





Science Club

Science Club is a fantastic way for you to learn, grow, and thrive—both academically and personally. Through hands-on experiments, problem-solving challenges, and creative projects, students build curiosity and confidence while discovering how science connects to the real world.

Working in small groups encourages teamwork, communication, and leadership, helping young people learn how to share ideas, listen to others, and collaborate toward a common goal. Science Club also supports wellbeing by providing a fun, low-pressure environment where students can explore scientific experiments, build friendships, and feel a sense of achievement. It's a space where learning feels exciting, mistakes are part of the process, and every student can shine.

Skills:

Teamwork

Leadership

Building friendships

Experimental techniques

Working safely during practicals





Coding Club

An exciting opportunity to build your own scratch game, including:

- Creating characters and backgrounds
- Moving characters and objects
- Picking up objects and score system
- Reacting to objects and lives system
- Adding new levels

Skills:

A great opportunity for you to improve your logic and programming.

Develop your creativity skills.

Work in a team.





Jigsaw Club

An opportunity to work independantly or with other students on jigsaw puzzles. A quiet space to build your skills on a range of different sized and shaped jigsaws.

Skills:

Attention to detail

Patience

Memory

Visual and spatial reasoning

Problem solving





Sign and Chat

An opportunity to learn some British Sign Language to help you to broaden who you can communicate with. This is for beginners and those of you that already use sign language.

Skills:

Communication





Duke of Edinburgh

The Duke of Edinburgh's Award is an exciting self-development programme available to all young people equipping them with the skills to make a difference to themselves and their community. The Award encourages personal discovery and growth, life skills, perseverance, responsibility, and service to the community. The Award results in an internationally recognised certificate which gives students an advantage when applying to higher education and employment. We offer The Bronze and Silver Awards at Fernwood School.

The Award is divided into four sections:

Physical Recreation: This Section encourages improved physical performance, perseverance and a healthy lifestyle; it could be a team or individual sport.

Skill: This Section encourages the development of personal interests and practical life skills; Students choose from an almost unlimited list of activities including arts and crafts, drama, computing and music.

Service: This Section encourages a sense of responsibility to the community through voluntary service projects.

An Adventurous Journey: Students undertake two self-sufficient camping expeditions to the Peak district. This section encourages a spirit of adventure, resourcefulness, and the importance of teamwork.



