



# Huntcliff School

An Academy for Success

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4<sup>th</sup> November 2020

Dear Parent/Carer,

We are thrilled to be able to launch today our 'Extended Opportunities' programme on Wednesday Period 5. We have been rightly proud of our enrichment programme and were disappointed to suspend it during this pandemic. However, given the situation on covid is not diminishing as quickly as we had hoped, we have looked at ways to bring the enrichment back in some form.

From next Wednesday the students will follow a programme over three half terms in the first instance. Your child will come home today with their 'Huntcliff Wellbeing Booklet' which contains helpful advice on five key areas to keep their health and wellbeing high in these unprecedented times. This is part of the wellbeing award we are working towards. Students in Y7-9 are expected to keep a record each week of their activities and strive to complete the three awards within the programme. Each week they will consider each of these five areas whilst adhering to covid guidelines:

- **CONNECT** with others: making a new friend; being pleasant to someone outside their friendship group; give time to a family member
- **EXERCISE** regularly: this might be walking the dog, walking to school or back or any form of physical exercise
- **FUN**: find an activity that you enjoy and give time to it so you can say you have had fun. This could be baking, watching a film or playing a game.
- **HOBBIES**: take a new hobby up at this time or set out to learn a new skill. With limited options outside the home, this is the perfect time to build this part of your CV
- **RELAX**: make time to read a book or listen to music or watch a movie.

To help students with this we have broken the programme into three sections.

## PROGRESSION

This is a 6-lesson career programme to help students look towards their future. We will look at the qualifications available at school as well as post 16. We will look at apprenticeships, the local colleges, the local universities, and consider the key employability skills that students will need to move forward. We will introduce a series of careers to students through short "A day in the life of..." To help students get an insight into the real job someone does.

There will be a booklet for students to record their learning which they will bring home.

## HEALTH & WELLBEING

In this programme we will look at ways to develop our wellbeing through Yoga and Guided meditation; considering the needs of others learning about autism, Students will look at local food produce and how



we get food from the field to the fork. They will also be supported in exercise to find something they can easily do during the restricted winter period.

There will be a booklet for students to record their learning which they will bring home.

### **INTERESTS & ENJOYMENT**

In this programme students will have 6 sessions of activities similar to the enrichment programme. To be covid compliant, students will only mix within the same classes within their own year band. There are 9 activities on offer and students will have two weeks doing three of these. The activities on offer are: Badminton, Photography, Board Games, Puzzles & Reading, Paper Cutting, Retro Gaming, Photo editing, Drama, play a musical instrument. Lists will be published so students know where to go each week and what kit to wear as necessary.

Please encourage your child to show you the booklets as they are completing them and remind them to bring them each Wednesday to school.

Should you have any questions about the programme, please do not hesitate to contact me.

Yours sincerely



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