



LeicesterHigh
SCHOOL
FOR GIRLS



Sixth Form Enrichment



Welcome to Leicester High School for Girls' Sixth Form Enrichment Programme

Where we combine academic excellence with personal growth and limitless opportunities. We provide a continuous and enriching educational journey with opportunities both during and outside of the school day.

The Three Themes

Our Sixth Form enrichment programme is structured around three core themes: Futures, Experiences and Leadership as well as Development, providing a comprehensive and balanced approach to your growth and preparation for the future.

Theme 1:

Futures

- Career guidance and support.
- Workshops to explore higher education options and career pathways.
- Access to guest speakers from various professions, providing real-world insights.
- Assistance in college and university application processes.
- Assistance with internships and work placements.
- Personalised advice to help you make informed choices about your future.

Theme 2:

Experience and Leadership

- Opportunities for community service and volunteering.
- Organising and participating in school events and clubs.
- Encouragement to take on leadership roles within the School.
- Leadership development workshops and training.
- Building teamwork and communication skills through group activities.
- Developing resilience and adaptability through challenging experiences.

Theme 3:

Development

- Workshops and seminars focused on personal growth and self-improvement.
- One-on-one mentoring and support from experienced staff.
- Tailored guidance to enhance time management and organisational skills.
- Communication workshops to improve interpersonal and public speaking abilities.
- Problem-solving and critical thinking exercises.

The programme spans five terms, covering autumn, spring and summer, of the first year (Year 12), as well as autumn and spring of the following year (Year 13). An example of a typical pupil's enrichment experience is below:-





Futures

Unifrog

● The Unifrog platform is a valuable resource where we assist students in navigating and understanding its features, guiding them through the login process, and providing essential support in mastering study skills, and making the most of the platform's vast resources.

Work Experience

● Our School is committed to helping students secure meaningful work experience and facilitating participation in the National Citizen Service (NCS) programme.

University Fair

● Our University Fair provides students with a unique opportunity to explore a wide range of higher education options.

University Life

● We invite individuals who have firsthand experience with university life to share their insights and experiences providing valuable perspectives. We also organise a trip to Leicester University or Nottingham University, allowing students to explore these institutions.

Step2Med programme

● We offer support in securing work experience and building a strong application background, ensuring that students interested in pursuing a career in medicine are well prepared.

Apprenticeships

● We help students gain valuable insights into various vocational pathways, assisting them in exploring exciting opportunities for hands-on learning and skill development while earning a wage.

Oxbridge Application Talk

● We provide guidance and advice for students aspiring to apply to the University of Oxford or the University of Cambridge, helping them navigate the rigorous application process. Our services include specialised support, and we organise an annual trip to the University of Oxford.

Revision Workshop

● We offer targeted and effective strategies to enhance our students' study skills, time management and exam preparation.

UCAS

● We provide resources, guidance and support for students and parents, including assistance with the login process, writing personal statements, interviews and early entry support. Starting in

Education is the foundation upon which we build our future

CHRISTINE GREGOIRE



the summer of Year 12, our detailed programme includes an information evening for students and parents, one-to-one support sessions, practice interviews and direct guidance from university admissions teams.

Experiences and Leadership

Teambuilding/Bonding

- Promotes friendship and unity through a wide range of activities from adventures at Go Ape to honing study skills.

Christmas Meal

- The Sixth Formers enjoy an evening out, coming together for a festive Christmas meal.

Charity Day Planning Meeting

- Our students come together to organise an event that takes place on the last day of term, showcasing their leadership and organisational skills that supports a noble cause.

Summer Residential

- Students have the opportunity to go on a two day adventure, encouraging personal growth, camaraderie and unforgettable experiences.

Gap Year Opportunities/Camps International Day

- Our students explore exciting options for gap year adventures and volunteer opportunities.

Development

Guest Speakers

- We host a diverse range of guest speakers, offering insights from various fields, such as BA pilots, consultant plastic surgeons, and product developers for Deliveroo, to inspire and broaden horizons.

Sport

- We offer a diverse range of activities including netball, rounders, rugby, and football, allowing students to engage in physical fitness, develop teamwork and enjoy a sports community.



Leadership and Teamwork Task

- The task challenges students to collaborate, problem-solve, and take on leadership roles in various scenarios, developing essential skills for success in both academic and real-world settings.

Wellbeing and Mindfulness

- We offer a holistic approach to mental and emotional wellness, featuring workshops, talks, yoga, and meditation sessions, providing students with valuable tools to manage stress and maintain a healthy work-life balance.

Healthy eating and living

- We organise workshops/talks which promote a balanced lifestyle, educating students about the importance of nutritious food choices and regular exercise to support their overall well-being and vitality.

Coping with stress

- Our Coping with Stress programme includes informative talks, guest speakers, and interactive workshops to equip students with effective strategies for managing stress, building resilience, and maintaining mental well-being in their academic and personal lives.

Personal Finance with HSBC

- Our partnership with HSBC brings students valuable insights and practical knowledge in personal finance, empowering them to make informed financial decisions and develop responsible money management skills for their future.

Self Defence

- In collaboration with the GNR8 Academy, we offer classes that equip students with essential skills and techniques to ensure their personal safety and build confidence in facing challenging situations. Additionally, Dan, who runs the GNR8 Academy, brings an impressive athletic background, having represented Great Britain in Judo at both the London 2012 and Tokyo 2020 Olympic Games and earned European and World Silver Medals.

Cooking on a budget

- Our workshops teach students how to create delicious and nutritious meals without breaking the bank, providing them with valuable culinary skills for independent living.

DIY and car maintenance

- We equip students with practical knowledge and hands-on skills to tackle household repairs and basic automotive tasks, encouraging self-sufficiency and confidence in handling common maintenance challenges.

“You have within you the strength, the patience, and the passion to reach for the stars to change the world”

HARRIET TUBMAN





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