

Enrichment Programme

Get involved and make the most of your MPW experience!

2023/2024





CONTENTS

- 3 WELCOME
- 4 SPORT
- 6 ARTS/DRAMA
- 9 CLUBS/ACTIVITIES
- 12 UNI/CAREERS
- 14 YEAR OVERVIEW

DEAR STUDENT

Being involved in co-curricular activities and college-related events is a great way to make friends, have fun, develop and demonstrate your skills and interests but also help you stand out from the crowd when you apply to university.

This brochure describes the wide range of enrichment opportunities offered at MPW beyond the limits of the classroom. If you like playing sport, you might join our successful rugby or football teams or try badminton, golf, or tennis. If you prefer something more cerebral, you could learn a new language or instrument, join our Debating Club, contribute to the college magazine or help organise charity events.

Apart from the organised activities, MPW's enviable location offers easy access to South Kensington's world-class museums, including the Science Museum, Natural History Museum and Victoria & Albert Museum. Hyde Park is a short walk away, and there is a professional gym nearby that MPW students can use free of charge. Students can also apply for a Travel Scholarship. Awards of up to £1,000 are available to students who are planning worthwhile overseas trips for their summer vacations or gap years. Furthermore, all students are offered a full programme of careers-related seminars given by speakers eminent in their field. These inspiring talks are particularly pertinent when a student is formulating university choices. Other college events and fixtures aim to assist our students throughout the process of their UCAS application, provide Spiritual, Moral, Social and Cultural (SMSC) Education and promote a sense of community across the college.

Please do not hesitate to come and find any of the team should you have any questions or need advice.

Best wishes for the year ahead!

Sally Powell
Principal



SPORT

At MPW we recognise the benefits of regular sport. We want to encourage as many of our students as possible to lead an active lifestyle and therefore follow a 'healthy body - healthy mind' principle. The following co-curricular activities are on offer this year, but where students express a wish to do an activity not listed below, we will always endeavour to set it up. (Please note that some activities will only be able to be run if enough students sign up to them.)



FOOTBALL

Football is MPW's longest-standing team sport, with a fixture list dating back to 1998 that has featured matches against opposition such as Trinity School, Reigate Grammar, Colfe's and St Dunstan's. The activity offers weekly two-hour training sessions.

RUGBY

All standards of play are welcome and we do interval and circuit training to improve fitness as well as simulated match training.

TENNIS

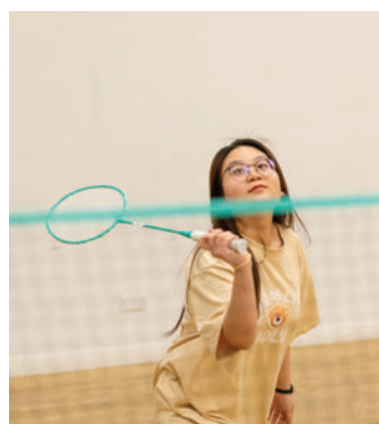
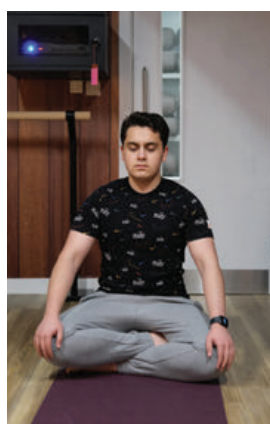
Weekly one-hour sessions on hard courts, run at a sports club in Chiswick. Sessions are conducted by two top-tier professional coaches to help really improve your technique and tactical play. All abilities welcome.

FITNESS

Fitness sessions are available on a Wednesday afternoon. During these sessions students are encouraged to participate in a variety of exercises that can be mild to high intensity. The purpose of these sessions is to assist you in developing and maintaining a healthy attitude which will help with your studies.

NETBALL

Netball is a great way to keep fit and have fun. Whether you are a beginner or an expert, you will enjoy burning off excess energy in our weekly sessions.



BADMINTON

Badminton is the fastest racket sport in the world – the highest shuttle speed recorded was almost 500km/hr! At MPW we take things a bit more gently. Whatever your skill level, even if you are a complete beginner, our two coaches will teach you the basics and help you to improve your level and to enjoy the game more.

CRICKET

Weekly net sessions at Lord's Cricket Ground where an MCC coach will help improve your game. Whether you're a batter or bowler, beginner or play for a club, we welcome all levels.

DANCE

Whether you've been dancing all your life or have never danced before, our dance classes have something for you! Besides being great fun, dance delivers benefits that will amaze you.

GOLF

The sessions take place on a golf driving range, where one of their fully PGA qualified golf professionals will show students how to play golf in a fun environment. Further sessions will take place on their putting and chipping areas as well as on the 9-hole golf course.

GYM MEMBERSHIP

MPW is pleased to offer all students over the age of 16 shared membership to Gymbox on Cromwell Road. After an induction, students can collect a gym pass from MPW's main reception to use between their lessons.

RUNNING

Are you planning on getting fitter? Have you signed up for a race that you need training for? We will be running in Hyde and Battersea Park throughout the year to meet your fitness goals. We cater for all levels of ability.

YOGA

We are very proud to introduce yoga to our extra-curricular activities. The practice entails low-impact physical activity focusing on posture, breathing techniques, flexibility, relaxation and meditation.

BOXERCISE

Boxercise is an opportunity to enjoy a challenging and safe workout without hitting another person! The training methods adopted by boxers are harnessed into a fun and stress-busting workout which can be enjoyed and accessed by all students of all fitness levels at MPW.





ARTS / DRAMA

DRAWING

This is a techniques-based course where students have the opportunity to learn watercolour, acrylic, pastel, oil painting etc. within individually designed projects.

CERAMICS

This course is for all standards and opens to all Year 12 students whether or not they take Art. Students work in various projects with mixed media, experimenting with clay and plaster.

PHOTOGRAPHY

Students do basic experiments with light, making photograms and pinhole cameras, printing and taking photographs using experimental techniques and utilising our own studio lights.

DRAMA CLUB/LAMDA

(London Academy of Music and Dramatic Art)

Examinations, solo, pair or group opportunities exist for those who want to pursue their acting abilities to a higher level. Gold and silver medals accredited by the Academy are regularly awarded to our students and with these come valuable extra UCAS points.



“Students develop high self-awareness, self-esteem and self-confidence, which underpin their success in exams.”

ISI INSPECTION REPORT 2022



CLUBS / ACTIVITIES

STUDENT COUNCIL

Students are encouraged to become part of the College Council to represent their year group. The Council meets regularly and aims to improve students' everyday life. Members of the Council are also ambassadors in the college and contact points for other students. College Council representatives should aim to help students feel welcome socially and be role models for general good conduct. They should voice concerns and ideas for improvements to staff during meetings or at any other times. The Council also organises charity events, aiming to raise awareness amongst the student body of important charitable causes.

DEBATING CLUB

Debating can improve not only students' communication skills but also their powers of analysis, critical thinking, persuasion and research.

The group debates a wide range of issues, recent examples of which have been the following:

- When should the Prime Minister retire?
- The challenges posed by terrorism;
- Is global warming all in the mind?
- Should 16-year-olds have the vote?

We will prepare students in the art of debate and give them an opportunity to engage in topical arguments in a constructive and polished manner.

DUKE OF EDINBURGH AWARD

Joining this programme enables students to work towards their bronze and/or silver award and involves completing tasks over six months to a year in four areas: a new skill, a sport, a service to the community and an expedition. It helps builds strengths in commitment, initiative, interpersonal relationships and courage. For this reason it is well received in UCAS applications.

EXTENDED PROJECT QUALIFICATION (EPQ)

Provided by AQA, the EPQ has already proved to be very popular with students and teachers alike. This qualification provides an opportunity for students to exercise their abilities beyond the A Level syllabus and prepare for university or their future career. They can also use it to earn extra UCAS points.

Who should do an Extended Project?

- Students wishing to apply to Oxbridge (it gives them a chance to show evidence of personal interest in a particular area). The presentation itself would be an excellent preparation for the interview.
- Students who wish to enhance their application to top universities.
- Students who wish to gain essential skills for higher education. They will develop their learning skills and explore a topic of interest in depth.

“Students show excellent empathy and understanding of the viewpoints of others. Students display good levels of initiative through the college council in raising funds for charity.”

ISI INSPECTION REPORT 2022

EDUCATIONAL TRIPS/VISITS

Educational trips and visits offer our students the opportunity to enhance their learning experience away from their regular school environment. They provide a setting for them to learn in a more hands-on and interactive manner and to help them develop the skills for critical observation and thinking. Every year numerous educational trips and visits are organised to increase students understanding of and exposure to curriculum related topics.

TRAVEL SCHOLARSHIPS

Travel scholarships are awarded to students who are attempting adventurous or worthwhile overseas travel. The scholarship can be used to fund a visit or travel that demonstrates a high level of independent organisation by the student.

YOUNG FILM ACADEMY

Early in the first term, all Year 12 students will be taking part in the Young Film Academy to promote team work and understanding. Students will be taught what makes a good film, how to film, special effects, on camera fighting and many more tricks of the trade.

CREATIVE WRITING

This course is aimed at students who would like to express and develop their creative writing skills in the medium of their choice. Be it a series of poems, short stories or songs, students will have the opportunity to explore their creative writing.

CHINESE/MANDARIN

This is for complete beginners, covering the basics of the language with a communicative approach. The sessions consist of plenty of games and role-plays such as asking for some food or drinks in a bar, asking for directions if you are lost, as well as learning about culture (Chinese Cinema for example, traditions, lifestyle, food habits).



BEGINNER'S GUITAR

This course is designed for students who want to learn to play the guitar but have no experience. The lessons do not require the student to read music but some introduction and coaching will be given with regards to reading guitar tabs. The aim is that students should, by the end of a term, be able to play the guitar with some level of competence and confidence.

CHESS CLUB

Stimulating and engaging, this option allows our students to sharpen their minds, outthink their opponent and have fun in a social environment.

COMMUNITY SERVICE

Students who wish to give something back to the community could:

- keep an elderly person company for a few hours a week
- help out with children at a local school
- help in a local hospital
- work in a local charity shop
- do some fund raising

If you have any other ideas, please talk to us and we will try to help you make appropriate arrangements.

SPANISH

Did you know that Spanish is one of the world's most spoken languages? Take advantage of this beginner's class to acquire a useful new skill as well as be able to use and understand the local language in hundreds of popular holiday destinations!

MODEL UNITED NATIONS

Model United Nations Conferences are held all over the UK every year, where students attempt to simulate the workings of the United Nations. Each student is assigned to a member state of the UN and has to try to represent the interests and opinions of their state during the debates. Students are also assigned to one of six committees. So, for example, if a student were representing South Korea on the Disarmament & International Security Committee, they would need to research the viewpoint of South Korea on any perceived threats to its security and what the South Korean government thinks should be done to promote world peace. Model United Nations is a great opportunity to improve speaking skills, gain confidence and acquire knowledge alongside like-minded people.





UNI/CAREERS

UCAS DAY

Held annually in September, this is an opportunity for students to meet a range of leading universities during the University and Gap Year Fair and to receive advice on writing their personal statement, applying to Oxbridge, applying for medical, veterinary and dental degrees, making international applications and non-university pathways.

NEXT STEPS

Next Steps is MPW's university, gap year, work and apprenticeship programme which combines taught, compulsory lessons with a range of opportunities to extend students' knowledge and awareness of life after school. In Year 12 all students follow the Next Steps course which introduces UCAS, choosing a university, degree apprenticeships, the world of work and gap year opportunities. As part of this students have access to the Unifrog platform. In Year 13 and 14 all students have a designated lesson per week to assist them in making their university application (or alternative pathway).

OXBRIDGE PREPARATION

MPW is committed to nurturing academic enthusiasm so that our prospective undergraduates for the universities of Oxford and Cambridge have the best possible opportunity in the fierce competition for a place. MPW students benefit from support during all stages of their application. Directors of Studies will advise on their suitability for applying in the light of their academic performance over Year 12, and encourage participation in academic competitions and other enrichment activities. They offer thorough guidance on the drafting process of the personal statement, while subject tutors provide specialist support on more advanced reading material. Practice sessions are available for the various aptitude tests that candidates will sit prior to interview, and those invited for interview will benefit from a mock interview in November.

GETTING INTO MEDICAL SCHOOL

This course provides a valuable preparation for those intending to apply to study medicine. Using both written articles and video recordings as prompts, wide-ranging class discussions will explore current developments in the field. In addition, emphasis will be placed on the application procedure including preparation for the BMAT and UCAT test, interview technique and writing a personal statement. This can also benefit those considering dental school.

THE PRINCIPAL'S LECTURE SERIES

Challenging, informative, one-off, 50-minute lectures given by external speakers and our senior tutors in their specialist areas. Useful for those hoping to apply for Oxbridge or to anyone weighing up these subjects at university, but also fascinating to anyone who would like to learn about current issues in different fields.

GAP YEAR/VACATION ACTIVITIES FAIR

MPW students and their parents are treated to a host of inspiring ideas about how to make the most of their spare time during college vacations, as well as informing them about gap-year activities. This event is part of the broader education offered at the college, bearing in mind the increasing competition for university places and the importance of ensuring that each individual student's personal statement stands out as part of their UCAS application. Last year, companies which were represented on the day included: A Year in Industry, Raleigh International, Frontier, Volunteer Centre Kensington and Chelsea, Bunac, Latitude (sic) and British Explorer.



YEAR IN REVIEW

MPW London offers an extensive and varied programme of extra-curricular activities to enjoy throughout the academic year. From competitions and charity events, to field trips and outdoor adventures there's an activity to suit every interest. Here are some of the highlights from 2022/2023.



October

• Principal's Lecture

Classical Guitarist - Emmanuel Sowicz
Classical guitar recital. Acclaimed guitarist Emmanuel Sowicz discussed and played some of his favourite pieces.

December

- Christmas Jumper Day
- Carol Concert
- Prize Giving

Students from the Class of 2022 received awards for their outstanding academic achievements in a range of subjects and disciplines.



March

- O2 Sky Walk
- Escape Rooms
- CIFE Football Tournament
- A level options evening
- DoE Expedition Training



May

- British Museum Trip
- Coronation Celebrations
- Go-karting
- Dopamine Land London Trip



September

- UCAS Fair
- One Day Film School
- Enrichment Fair

All Year 12 students took part in an exciting and entertaining workshop delivered by the Young Film Academy. They learned how to make an engaging movie and about the roles of Director, Producer, Actor and Camera Operator.



November

• Principal's Lecture

Are ministers still accountable to parliament?
Barrister David Renton gave a fascinating talk on whether parliament still commands the respect from ministers that it once did.



January

- Royal Albert Hall Trip



February

- Geography Trip
- Student Athletics Success

Eliza won the mini-London Marathon, came 8th in the English Schools Cross Country Competition, won the senior Knowle Run and came third in an international competition in Liverpool running for England.

• Principal's Lecture

Fighting Harm on Social Media
Malia Adrus, Security Engineer, Trust and Safety at Meta, talked about what her company is and will be doing to protect people from online abuse.

• Chinese New Year Celebrations

A special party welcomed in the new Chinese 'Year of the Rabbit'. Everyone had a great time enjoying Chinese dancing, watching demonstrations on the art of Kung Fu fighting, and feasting on delicious Chinese food.



April

- Florence Trip
- CIFE Awards 2023

Team MPW was delighted to win the cup at this annual inter-schools general knowledge quiz.



June

• Art Exhibition

Our annual art exhibition showcased some of the amazing and inspirational work produced by our creative arts students.





LONDON **020 7835 1355**
90-92 Queen's Gate
London SW7 5AB

london@mpw.ac.uk

www.mpw.ac.uk
