

M|P|W

Enrichment Programme

Get involved and make the most of your MPW experience!

2025/2026



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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 football team or try badminton, golf, or tennis. If you prefer something more cerebral, you could learn a new language, 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.

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 / CIRCUIT TRAINING

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.

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.



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.

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 a local gym on Cromwell Road. After an induction, students can collect a gym pass from MPW's main reception to use between their lessons.

BOXING

Changing to boxing 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.





CREATIVE ARTS

ART AND DESIGN

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 open 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.



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

ISI INSPECTION REPORT



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 build strengths in commitment, initiative, interpersonal relationships and courage. For this reason it is well received in UCAS applications.

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.



“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

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.

CHESS CLUB

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

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 FAIR

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

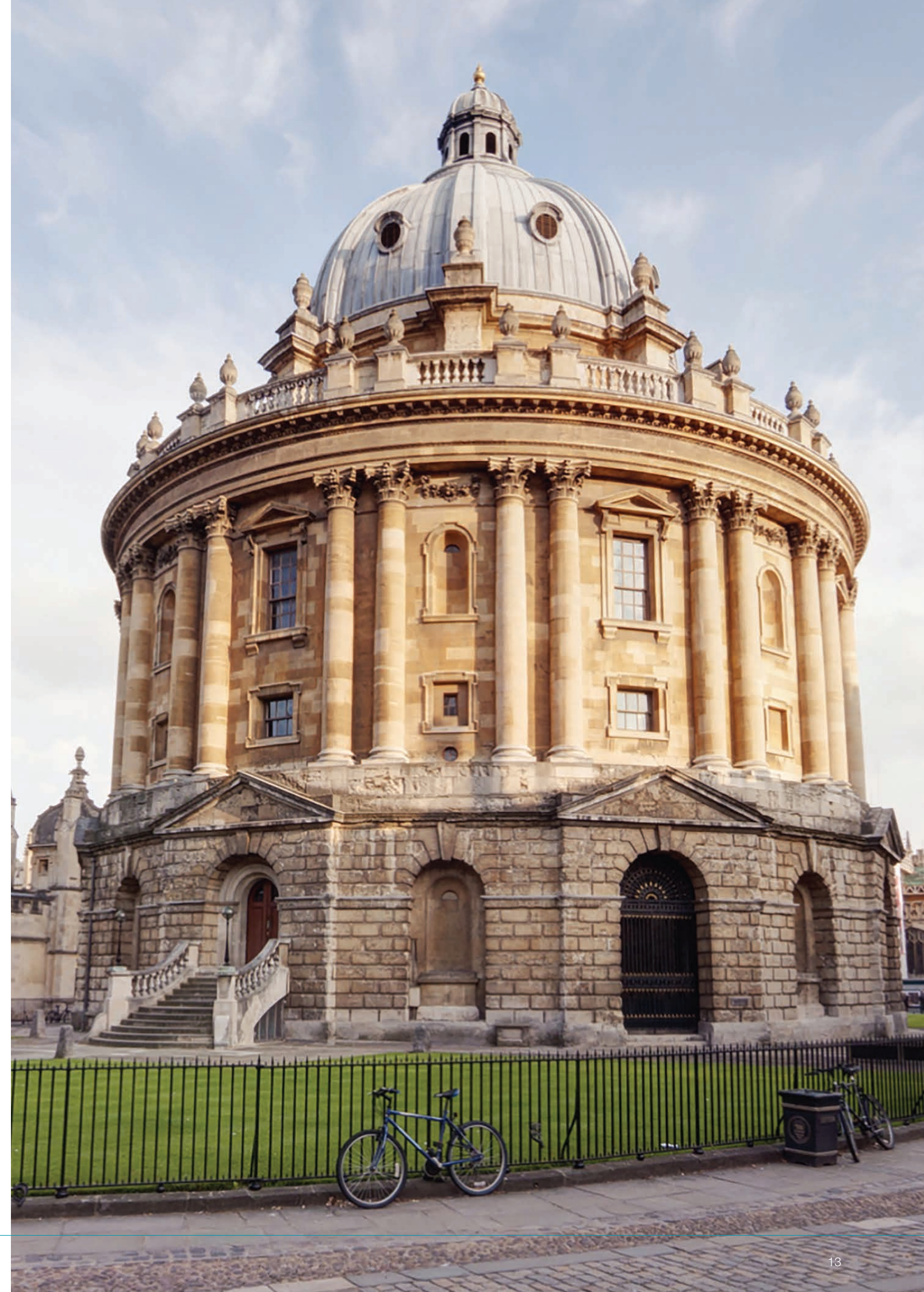
Next Steps is MPW's university, gap year, work and apprenticeship programme which combines taught, compulsory lessons with a range of opportunities to extend students' knowledge and awareness of life after school. In Year 12 all students follow the Next Steps course which introduces UCAS, choosing a 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 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 UCAT test and interview technique. This can also benefit those considering dental school.



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 2024/2025.

October

• Football Match vs. Ashbourne College

Our football team competed against Ashbourne College, continuing our tradition of inter-collegiate sport and camaraderie.

• ISA Art Competition

Students were invited to an enriched cinematic experience with a screening at Ciné Lumière, immersing them in French-speaking cinema and culture.

• French Screening at Ciné Lumière



December

• Prize Giving

Students from the Class of 2024 were honoured for exceptional academic performance across a range of subjects during our annual Prize-Giving ceremony.

• Christmas Party

Our Christmas Extravaganza featured festive games, delicious food, a live band, karaoke, and even giant snowmen, bringing the term to a joyous close.

• Christmas Formal

A magical evening filled with delicious food, laughter, and the joy of the season. We celebrated with awards, a Secret Santa exchange of gifts, and made unforgettable memories!

• Poetry Please

Damian Walford Davies meets Year 13 English students.



March

• Student Council Charity Sale • Psychology Exam Workshop with Tutor2U

Year 13 and 14 Psychology students attended an interactive exam-technique workshop at Vue Cinema, Stratford, delivered by renowned provider Tutor2u.

• Duke of Edinburgh

Under unexpectedly sunny skies, MPW students completed a South Downs training expedition in preparation for their Gold Award qualifying challenge in September 2025.



May

• Art Exhibition

Our annual exhibition showcased outstanding creative work from students across the college, demonstrating artistic talent and dedication.

• Boarding Summer Celebration



September

• One Day Film School

A group of Year 12 filmmakers created the short film Can They Make It? during a one-day intensive workshop. The project was shortlisted in the 'Best Film: Years 10–12' popular vote.

• UCAS Fair

Our annual UCAS (University) Fair brought together around 40 universities from the Russell Group, specialist institutions such as the University of the Arts London and City St George's, plus a selection of international providers. Students explored pathways, received advice on personal statements, and gained insight into admissions processes.



• Our Country's Good – Theatre Trip



November

• A Picnic at the Cinema

GCSE English Literature students enjoyed a private screening of Peter Weir's Picnic at Hanging Rock in the Queen's Gate House Assembly Hall, enriching their understanding of this text.

• Psychology Revision Trip

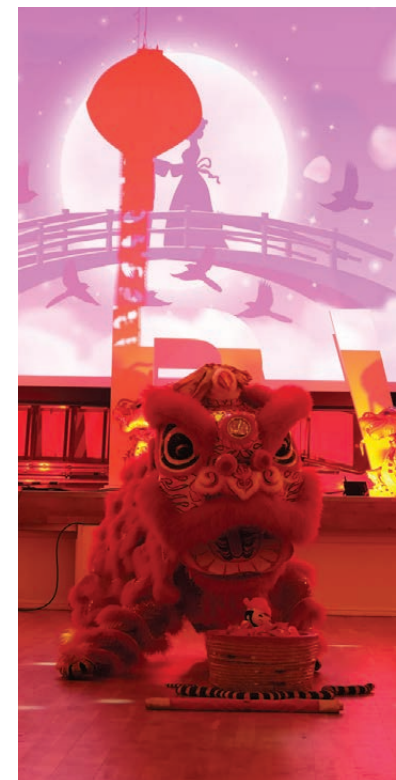
• Thorpe Park Trip



January

• Go Karting

• Winter theatre trip to see A Midsummer's Night Dream



February

• Chinese New Year Celebrations

We welcomed the Year of the Snake with dance performances, Kung Fu demonstrations, and a feast of Chinese food—celebrated with style and spirit.

• Natural History Museum and Kew Gardens Trip

These excursions allowed students to explore scientific and botanical themes outside the classroom, enhancing their curriculum-based learning.

• Epping Forest Field Trip

April

• Boarding Oscars

Boarders, Houseparents, the Principal, and VPs celebrated the year with a glamorous Oscars-themed evening, acknowledging both academic effort and contributions to the boarding community. The event concluded with a lavish dinner.

• Florence Trip – History of Art

Our Art History and English students explored Renaissance art and architecture in Florence, contextualising their classroom studies with real-world encounters.

• CIFE Awards 2025



June

• BMW Mini Plant, Oxford

A practical study visit where Year 12 Business students investigated the manufacturing processes and operational strategies of the Mini plant in Oxford.

• Dragons' Den

• National Army Museum Visit

• Literature Brought to Life

A staged performance of the novel Picnic at Hanging Rock, provided students with a dramatic interpretation of their literary text.

• Bank of England and British Museum Trip





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

london@mpw.ac.uk

www.mpw.ac.uk
