

M|P|W

Enrichment Programme

Get involved and make the most of your MPW experience!

2026/2027



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CONTENTS

- 3 WELCOME
- 4 SPORT
- 6 CREATIVE ARTS
- 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 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

Boxing classes are an opportunity to 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.

NETBALL

Netball is a valuable sixth form sport because it improves fitness, teamwork, communication, and confidence while helping students manage stress and maintain good mental wellbeing. It also encourages discipline, leadership, and time-management. In addition, netball provides social opportunities, helping students make friends and feel more involved in college life.





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

CHESS CLUB

Stimulating and engaging, chess club allows students to sharpen their minds, outthink their opponent and have fun in a social environment.

CREATIVE WRITING

This course is aimed at students wishing to express and develop their creative writing skills. Through a series of poems, short stories or songs, students have the opportunity to explore their creative writing.

DRAMA CLUB

This is a creative, welcoming space where students develop confidence, teamwork, and performance skills through acting, directing, and stage production. It gives students the opportunity to express themselves, explore different styles of theatre, and collaborate on performances and events. Suitable for both newcomers and experienced performers, the club encourages creativity, communication, and a strong sense of community.

LAMDA

(London Academy of Music & Dramatic Art) Qualifications help students develop confidence, communication, and performance skills through acting, public speaking, and drama exams. They work towards graded qualifications that are recognised by universities and employers, while also improving creativity, teamwork, and self-expression. LAMDA is ideal for students interested in theatre, performing arts, or building strong presentation and communication skills for the future. There are additional fees for this activity.

MODEL UNITED NATIONS

Model United Nations (MUN) conferences are held all over the UK every year, in which students attempt to simulate the workings of the United Nations. Each student is assigned to a UN member state to represent the interests and opinions of their state during debates on a diverse spectrum of global issues. MUN provides students with a great opportunity to develop valuable academic, professional and social skills for university and beyond.

SCHOOL MAGAZINE

Working on the school magazine gives students the opportunity to develop creativity, teamwork, and communication skills through writing, editing, photography, and design. Students share school news, opinions, achievements, and creative work while gaining valuable experience in journalism and media. It also helps build confidence, leadership, and organisational skills that are useful for university applications and future careers.

YOUNG FILM ACADEMY

Early in the first term, all Year 12 students take part in the Young Film Academy. Over the course of one day, students are taught what makes a good film, how to film, special effects, on camera fighting and many more tricks of the trade. The Academy helps students to develop their creative skills and teamwork.





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 2025/2026.

October

- **Paul Hannaford Talk**
Students took part in a thought provoking seminar led by guest speaker Paul Hannaford, in the first of a series of PSHE talks throughout the year.
- **ISA Art Competition**
- **Affordable Art Fair in Battersea Park**
MPW students scooped three first prizes in this prestigious art competition for independent schools.

December

- **Prize Giving**
Students from the Class of 2025 were honoured for exceptional academic performance across a range of subjects during our annual Prize Giving ceremony.
- **CIFE Christmas Challenge**
- **Wildlife Photographer Exhibition**
A visit to the Natural History Museum.
- **Christmas Formal**
A magical evening filled with delicious food, laughter, and the joy of the season.

March

- **CIFE Football Victory**
Our team triumphed against nine other sixth-form colleges to win this coveted competition.
- **Florence Trip**
- **Saatchi Gallery Trip**
- **DofE Gold Expedition**
- **Boarding Oscars**

May

- **Art Exhibition**
Our annual exhibition showcased outstanding creative work from students across the college, demonstrating artistic talent and dedication.
- **CIFE Award Winners**
- **Boarding Summer Celebration**
- **Year 11 Leaving Party**

September

- **UCAS Fair**
Our annual fair gave students the chance to engage with over 40 leading universities.
- **GCSE Team Building**
- **V&A Museum visit**
UAL Foundation students explored the Renaissance movement to inspire their own creative development.
- **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.

November

- **Autumn in Kensington Gardens**
The Botany Club took an autumnal stroll through the park identifying a variety of tree species and collecting leaves.
- **Geography Field Trip**
King's Cross was the location for an exploration of change and regeneration undertaken by GCSE Geography students.

January

- **UAL Trip**
- **'The Tempest'**
English Literature students went to see a live performance in Stratford by William Shakespeare to coincide with the study of the same play as part of the English Literature A level curriculum.
- **A Midsummer Night's Dream**
English Literature students were treated to a performance of this Shakespeare comedy to complement their studies of the play.
- **A level Options Afternoon**

February

- **Chinese New Year**
We welcomed the Year of the Horse with dance performances, Kung Fu demonstrations, and a feast of Chinese food—celebrated with style and spirit.
- **Marie Antoinette Style V&A Exhibition**
- **CIFE Model UN Conference**
This was an excellent opportunity for students to put into practice the debating, research, and public-speaking skills they have developed through their General Studies and Model UN preparation sessions this academic year.
- **BMW MINI Factory Tour trip**
Year 12 Business Studies enjoyed a fascinating tour of the Mini factory in Oxford.
- **Kew Gardens**
A visit to the Princess of Wales Conservatory, an "Orchids" exhibition inspired by the beauty of China.

June

- **Zurbarán Exhibition**
A visit to the National Gallery to see and learn about the works of 17th century Spanish painter Francisco de Zurbarán.
- **Thorpe Park Trip**

April

- **Progress Awards**
These inaugural awards celebrated those students who have made significant academic progress across years 11, 13 and 14.
- **'Blood Brothers Theatre Trip'**
- **Ecology Field Trip**



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