

M|P|W

# Enrichment Programme

Get involved and make the most of your MPW experience!

2021/2022



[www.mpw.ac.uk](http://www.mpw.ac.uk)



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## DEAR STUDENT

*Being involved in co-curricular activities and college-related events and fixtures, 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 may learn a new language or instrument, join our Debating Club, produce and edit the college newsletter and 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 which 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 across the college a sense of community.

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!

**John Southworth**  
*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:*

## RUGBY

All standards are welcome and we are lucky enough to have a member of the England RFU School Boys coaching staff available to train with the boys once a week.

## 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, including coaching from our professional coaches.

## 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.

## P.E

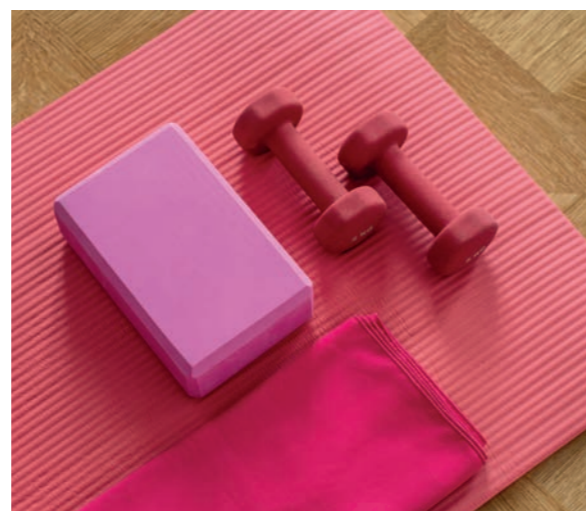
P.E for Lower Sixth students is available on a Wednesday afternoon. During these sessions students are encouraged to participate in a variety of exercises that can be mild to high intensity. Sessions end with a yoga/mindfulness approach to help them relax and manage their stress levels. The purpose of these sessions is to assist you in developing and maintaining a healthy attitude which will help with your studies.

## 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.

## 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.



## BADMINTON

Badminton is the fastest racket sport in the world – the highest shuttle speed recorded is almost 500km/hr! At MPW we take things a bit more gently. Whatever your skill level, even 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 the 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 are pleased to offer all students over the age of 16 shared membership to the Imperial College campus based gym, Ethos. After an induction, students can collect a gym pass from MPW's main reception to use between their lessons.

## 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.

## MODERN JAZZ DANCE

Whether you've been dancing all your life or have never danced before, our Modern Jazz dance classes have something for you! Besides being great fun, dance delivers benefits that will amaze you. Students in modern jazz classes tend to develop better self-awareness, both physical and emotional, along with the flexibility and coordination that all dance classes offer.





# 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 Lower Sixth students whether or not they take Art. Students work in various projects with mixed media, experimenting with clay and plaster.

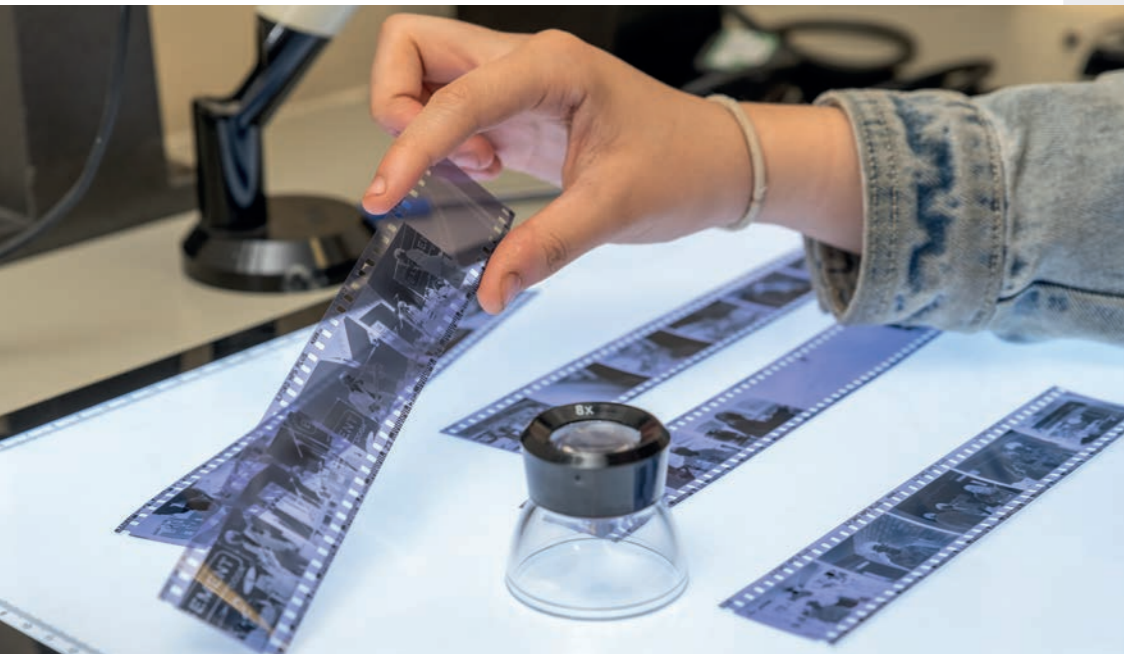
## PHOTOGRAPHY

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.



*“The students’ social development is excellent. Relationships are very strong; staff and students work well together to create a warm community atmosphere.”*

ISI INSPECTION REPORT 2013, SECTION 4.4



# 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 on some important charitable causes.

## DEBATING CLUB

This group will provide an opportunity to address a wide range of issues and improve key skills in a practical way. Debating can improve not only students' communication skills but also their powers of analysis, critical thinking, persuasion and research.

Issues range from:

- 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 6 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.

## 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.

“The college provides a high number of enrichment opportunities for students. A travel fund allows students to visit many places of interest and the curriculum is enhanced by a wide range of educational visits.”

ISI INSPECTION REPORT 2013, SECTION 3.11

### 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 Lower Sixth students will be taking part in the Young Film Academy to promote team work and understanding in the Lower Sixth year. 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).



### BEGINNERS 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 kids at a local school
- help in a local hospital
- work in an Oxfam shop
- do some fund raising

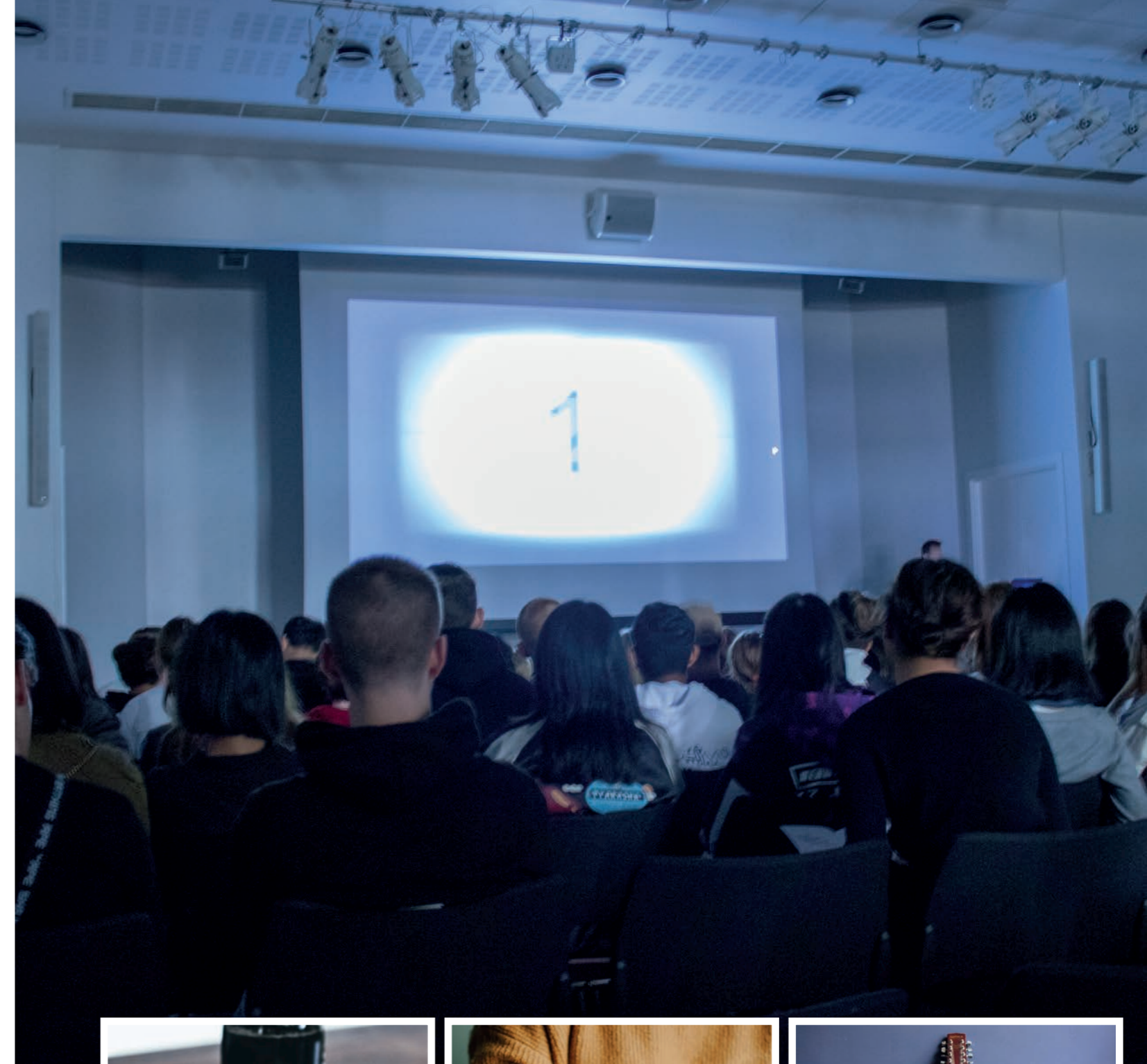
Students tell us what they want, and we make appropriate arrangements for them.

### SPANISH

Did you know that on a global scale Spanish is a language more spoken than English? 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 WEEK

Aimed at giving year 12 a head start prior to the busy beginnings of year 13, UCAS Week helps students explore the various options that will be available to them after leaving school. Sessions offered include: how to approach the personal statement; Oxbridge; Art School; and applying to university in the US. Visiting speakers from various institutions enlighten students on what to expect from undergraduate study there and students are also able to ask questions and start to consolidate their opinions about which universities to aim for. MPW parents are always fully involved in UCAS Week with this year's evening parental seminar fully subscribed as always. We are also very grateful to the parents who gave up their time and came in to talk to students for Careers Afternoon. Our year 12s were able to learn more about a number of different careers with seminars running on architecture, engineering, law, finance, fashion, medicine, advertising and journalism to name but a few. The talks were interesting and enlightening and we were very privileged to have so many professionals taking part.

## 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 the Lower Sixth year, 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 mock practice in December. Furthermore, admission tutors from Oxford and Cambridge offer presentations during the college's UCAS week in June and at the beginning of the academic year, summarising the application process and offering a comprehensive overview on what Admission Tutors are looking for in the personal statement and interview performance.

## 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 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 in aspects of Philosophy, Economics, Mathematics, History, Politics, English, Science, Religious Studies/Ethics, Geography, kindly given by external speakers and our senior tutors in their specialist areas. Useful for those hoping to apply for Oxbridge next year 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.

## LECTURE VISITS

What students study at a level is usually not much more than the narrow syllabus laid down by the exam board. However, if they want to impress universities, both on their UCAS Personal Statement or at an Oxbridge interview, they will need to demonstrate much wider knowledge and interest. An excellent way to do this is to attend public lectures run by famous institutions like LSE and the Royal Society. Our Economics department has researched these lectures in recent years and are organising lecture visits for our students.

Programme in recent years has included: Europe as Empire: The nature of the enlarged EU; Financial Reform in China: What Next?; The Chancellors Tales – Managing the British Economy - various ex-chancellors judge Gordon Brown.

## 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 OVERVIEW

A typical academic year at MPW London is filled with a rich programme of extra-curricular activities. In 2020/2021 the activities continued, but we embraced digital delivery, with guest speakers and classes delivered virtually. Here are just some of the highlights...



## October

### • Motivation Booster Workshop

To mark World Mental Health Day 2020, an online 'motivation booster' workshop was arranged. The interactive workshop was a great opportunity to gain skills in enhancing self-motivation and understanding reasons for procrastination.

## December

### • Prize Giving

We were delighted to have both Marcus Wareing and Lynda La Plante say a few inspirational words to celebrate the incredible successes of our 2020 students.

### • Lynda La Plante Creative Writing Award

### • Christmas Jumper day

Raising awareness for Save the Children.



## April

### • Empower Alumni Magazine

We were delighted to launch our first issue of Empower magazine, packed with the fantastic achievements of our alumni, memoirs from our staff, recent events and all things MPW.



## June

### • Highgate Cemetery Trip

Our English Literature students thoroughly enjoyed their trip with Richard Martin to Highgate Cemetery. Visiting tombs of Karl Marx, Radclyffe Hall, George Eliot and many more.

### • UCAS Days Programme

### • ISA Composition Competition

## September

### • PSHE Talks

Good Mental Health - Marsha Blake

### • Poet Visit: Damian Walford Davies

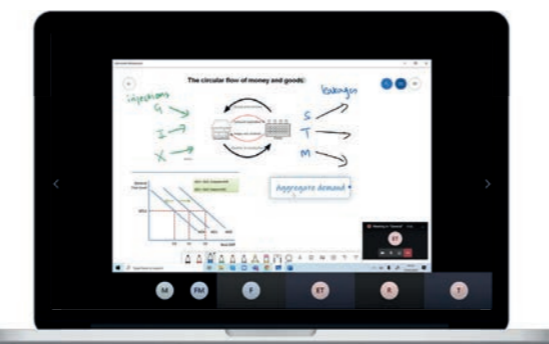
MPW held a virtual English Literature talk with Damian Walford Davies, an English author who wrote Witch, published in 2012.



## November

### • PSHE Talks

Bullying: Fists and words leave bruises  
Robert Higgs



## January

### • Online teaching

MPW transitioned to a full timetable of online classes and student support, via our Firefly Virtual Learning Environment and Microsoft Teams software.

## February

### • Lunar New Year

MPW hosted a special virtual party to welcome in the new Chinese 'Year of the Ox'. The celebration was opened to teachers and students from all three colleges.



## March

### • ISA Award

MPW London was awarded the ISA Award for Excellence and Innovation in Fine Arts 2020.



## May

### • Principal's Lecture: The economy through the pandemic and beyond Professor Thorsten Beck

### • Creative Writing Award: Winners Announced

### • Empower podcast

Each episode features a different Alumni and we discuss their time at MPW, how this influenced them in their endeavours after and some words of wisdom for those looking to follow in their footsteps.





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