



SHREWSBURY
SIXTH FORM COLLEGE

Unlocking potential...Shaping futures

GETTING INVOLVED



- Amnesty International
- Christian Union
- Student Union
- College Magazine
- Debating Society
- Community Activities /
Work Experience

- Language Taster Courses
- Music
- Overseas Expedition
- Sport and Rec
- UK Youth Parliament
- Young Enterprise



Remember ... keep up to date with
what's on, when by looking at Moodle

SPORT & RECREATION AT SSFC

Whether you are a team player and keen competitor or just want to keep fit, whether you have a spirit of adventure or want to put something pack into your community, the college has something to offer you.



For any queries/requests go to room 17 - the Sport and Recreation office

- Team sports - Weds pm
Boys and girls football, Boys and girls hockey, Rugby, Netball
- Water Sports - Weds pm
Canoeing, Rowing
- Monday Sports - after college
Climbing and bouldering, Girls rugby, Trampolining, Badminton, squash, table tennis, Basketball and Volleyball
- Quarry Fitness Centre- QFC
- Courses with a qualification
Duke of Edinburgh Award - D of E
Community Sports Leader - CSLA
Lifesaving awards - RLSS
NGB coaching/officiating awards

Staff

There are many staff at the college who help in the Sport & Recreation Dept.

- Jules O'Neill (JON) - Head of Sport & Rec
- Bob Mulford (RWM) - Head of PE
- Rosie Turner (RT) - Teacher of PE
- Emma Ward (ELW) - Teacher of PE
- Sarah Ralphs (SJR) - FE Sport Co-ordinator

Where

As we use off site facilities to support our programmes students are transported to and from the venues by coach or minibus.

Communication

- The main sports notice boards are through the hall near rooms 15 and 17.
- The electronic bulletin displays current information
- Moodle - Sport and Recreation page - all of you should have access to this
- Word of mouth

Wednesday Afternoon

Football	(8 teams)	Bob Mulford (PE), Tim Garner (Sociology), and coaches Andy Mulliner, Micky Brown Darren Fields, Alan Brown, Ben Matthews
Girls Football	(1 team)	Matt Comerford (Film and Media)
Rugby	(1 team)	Haydn Jenkinson (General Studies/ Geog)
Netball	(4 or more teams)	Rosie Turner (PE), Emma Ward (PE), Clare Hodgson (English)
Hockey	Boys & Girls	Deb Read (Biology) and Jules O'Neill
Cricket	(Summer only)	Deb Read (Biology)
Tennis	(occasional fixtures)	Jules O'Neill
Canoeing		Drummond Outdoor
Rowing		Pengwern Rowing Club

You should already be time tabled in to Weds afternoon sport. If you are not involved but are keen to participate then go to Room 17 and ask.

Monday Sports - After College - open to all

Shrewsbury Sports Village	Badminton, squash, table tennis, basketball, recreational football, climbing and bouldering
Netball league team	Monday 7.00 at Sundorne Sports Village

Quarry Fitness Centre

There are details of how to access the gym on Moodle. Follow the guidance and you will then be able to access the gym for free on week days during term time between 7 am and 3.30 pm

Duke of Edinburgh Award

Each year 40+ students take the Gold award. Expedition training takes place in September / October and at October / February half terms. Qualifying expeditions are at Easter and during the Summer term. Meetings are held on most Fridays particularly for the Autumn term. These are in the hall / Room 15 from 4.15 - 5.30 pm.

Community Sports Leader Award

This is on a Thurs block F in room 15. Some of you have already enrolled. A few spaces available. Just come along

RLSS - Royal Lifesaving Society Awards

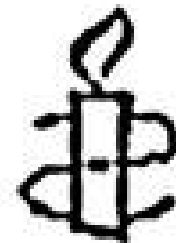
This is taught during the Autumn Term only. There is a session in the pool on Mondays from 8.45 to 9.45 and a first aid session on Thursdays block F in the hall. Most of you are already enrolled. If you are free and want to join, come along.

National Governing body (NGB) coaching and officiating awards

Should you want to get a coaching or officiating award for any sport come and ask what is available locally or through college

Amnesty International

- Do you feel the world in an unfair place?
- Do you feel angry when you see abuse of human rights?
- Do you sometimes feel powerless to do anything about it?



Make a difference - join Amnesty International.

Get involved in campaigns, sending cards to prisoners of conscience, writing letters to MPs and fund raising.

Meetings: Tuesday lunchtime in Room 12

Staff Contact: Clare Hodgson, Room 12

Christian Union



SSFC Christian Union aims to provide a place for Christian study, friendship and fun; encouraging young Christians at SSFC in their individual and spiritual growth and witness. A lively forum for debate, the group meets every Tuesday lunchtime at 1.25 pm in Priory Lodge. Just turn up if you're interested

These sessions include chatting, bible study, guest speakers, worship and prayer. We have regular socials where we visit the churches of CU members to gain an insight into the varying backgrounds of members of the group and a greater understanding of the diversity that exists in the Christian faith.

Join the facebook group; check what's going on our Moodle page or contact cu@ssfc.ac.uk for further information. Leaders: Liam Thomas and Alex Davies

Staff contact: Laurina Rushworth, Priory House

Student Union

- Do you want to have a say in College life?
- Do you want to know what's going on?
- Would you like to meet lots of other people and help to get things done?

Student Union is the democratically elected student body, with one rep from each tutor group. It is led by a team of elected officers, headed by the two Student Presidents. It is the main forum for Students and the College Leaders & Governors to discuss matters and make key decisions.

Council meets formally twice a term, organises social events such as parties and the Leavers' Ball, and raises thousands of pounds for charity. Ultimately, it aims to make your time in college enjoyable, and to encourage you all to take part in the fun.



College Presidents

Tom Lee & Harriet Davies

Email: studentunion@ssfc.ac.uk



Staff Contacts: Aidan Long, Student Support Leader (T25) & Wendy Challinor, Youth Support Worker (The White House)

Debating Society

The SSFC Debating Society will be meeting once a week in the Philosophy and Religion room (Rm 44) during Thursday lunchtime. Everyone will receive a warm welcome - especially new members to the group. First years will receive an extra warm welcome. More details on Moodle.



It's fun and friendly! What more could you ask for?

Staff Contact: Chris Hose, Philosophy & Religion Dept

Community Activities / Volunteer Work / Work Experience

- ? Are you interested in careers in Medicine, Teaching, Physiotherapy, Social Work, Working with Animals?
- ? Just want to know more about what's involved in a particular career?
- ? Do you want to improve the quality of life for people, in terms of care of the environment?



If so, you may be interested in our community activities/volunteer work / work experience programme.

'At my interview for a place on the teaching primary school children course, I was so glad that I had recently helped for a term at my old primary school'.

'The medical school made it very clear that they valued my experience at the hospice, and the old peoples home. They wanted people who had a realistic attitude towards medicine'.

'Building a broad walk in the nature reserve was very satisfying and it showed my commitment to the environment when applying for an Ecology course'.

For further information contact Sarah Jarrett in the Careers Area of the Learning Centre.

Remember, if you are hoping to use this experience to support an application to university, it is important to arrange place as early as possible in your first year.

College Magazine



Each year there is an opportunity to produce a college magazine. Writers, photographers, illustrators and IT experts - all welcome.

Staff Contact: Lynne Banks, English Dept

Young Enterprise



Do you want to be involved in setting up a company at college, producing a product or service and selling it for REAL MONEY - if we make money we can keep it or decide to donate it to charity.

We will set up a Board of Directors (with grand titles) and have to make real BUSINESS decisions.

This is a great opportunity to try out your ENTREPRENEURIAL 'NOUSE'!



Staff Contact: Julie Hughes, T14

Language Taster Courses

A craving for Czech? Ano?

An interest in Italian? Si? A passion for Portuguese? Sim?

The Modern Foreign Languages Department offers a range of taster courses to whet your appetite or to help you out on holiday. Available to all students

Look out for details of other taster courses on Moodle.

Expedition

Following brilliant trips to Morocco in 2009 and Zambia and Botswana in 2008, we are planning a new trip with the Operation Wallace, a group for summer 2011. More information at

www.opwall.com



Staff Contact: Andrew Wilson, Biology

ifs Student Investor Challenge

Want to win a trip to New York? The Wall Street Journal a favourite read??

Take part in the IFS Student Investor Challenge

Contact Jenny Priestley, Economics for more information

Music @ SSFC



Classical, rock, big band, brass, jazz, singing - the Music Department caters for every taste.

If you would like to join an ensemble, just come along and sign up.

- ♪ Please bring your instrument to the first rehearsal.
- ♪ (No audition necessary) Everyone is welcome!
- ♪ All held in the Performance Area on the main site



Monday 12.30 Orchestra - Strings Only

Monday 1.30 College Choir



Thursday 12.30 Concert Band (woodwind, brass, percussion)

Friday 11.20 SSFC Big Band (saxes, opt clarinet, trumpets, trombones, bass and electric guitar, piano)



We anticipate that there will also be other ensembles (possibly a jazz combo(s) and percussion ensemble). Check the Music@SSFC Moodle page for information.

Usually there are two concerts a year which involve different groups

If you are interested in forming another type of ensemble or have any questions please see David Place (DBP) or Chris Lewis (CL).



United Kingdom Youth Parliament

In College we take part in all the events leading up to the annual elections for the Shropshire Members of Youth Parliament. They ensure that young people in Shropshire are given a voice on local and national issues which affect them. We will participate in Local Democracy Week in October, and some College students will take part in Speak Out Day then, at the Shirehall.

These activities offer a really good chance to get involved politically, both within and outside College. Watch out for further information this term on the bulletin boards and in Moodle.

Staff Contacts: Aidan Long, Student Support Leader (T25) & Wendy Challinor, Youth Support Worker (The White House)