

Starts Tuesday  
12th January

COLEG CYMUNEDOL  
**TONYPANDY**  
COMMUNITY COLLEGE



# e3+

extend enrich excite



# Spring Programme 2010

Services to Young People  
Gwasanaethau i Bobl Ifainc

# Welcome to the e3+ Programme at Tonypandy Community College

Tonypandy Community College is delighted to have the opportunity to offer the E3+ programme from Spring 2010. This initiative, funded by Rhondda Cynon Taff Borough Council, will provide young people with a first class out of school activity programme.

Our E3+ programme has been developed based on research carried out with young people from the College and the wider community and will complement the established activities already in place in the Mid Rhondda area. The programme will run from Monday to Friday from 3:00pm to 7.30pm and will be **FREE**.

This is a fantastic opportunity for the College to further develop its community dimension and provide young people with opportunities to develop skills, interests and hobbies that will support life long learning.

The activities initially on offer will include sport, arts, crafts, dance, drama and computers. The programme will develop and respond to feed back from all participants.

We look forward to working in partnership with students, parents and providers to ensure the success of E3+ at Tonypandy Community College.

**Laith Jawad**  
e3+ Co-ordinator, Tonypandy Community College



## General information and guidelines for young people & parents/guardians:

- Tuck Shop open on school reception from 4pm - 5.30pm - **FREE FRUIT and SQUASH** for e3+ / 5x60 attendees
- I agree to follow the rules of e3+ whilst my child/ward is involved in the programme
- I have ensured that my son/daughter understands the information for his/her safety and enjoyment of other participants and that rules and instructions given by staff are obeyed immediately
- The dining hall will be the meeting point for all activities unless told otherwise by a member of the e3+ team
- I understand that any misbehaviour may result in my son/daughter being removed from the activity and returned home with the possibility that he/she may not be able to continue in the e3+ programme
- I undertake to inform the e3+ Co-ordinator of any changes with regards to contact details or matters concerning fitness and health
- I am in agreement that those people responsible for my child/ward may give permission for him/her to receive medical treatment in an emergency including anaesthetic
- I agree for my child/ward to be photographed for evaluation and promotional purposes for use by the College
- I am aware that certain circumstances (e.g. bad weather, low attendance etc) could mean activities being cancelled or subject to chance
- I am aware that if my child/ward is taking part in an activity on the Mid Rhondda field it may be necessary for them to walk to that area
- If a young person no longer wishes to attend an e3+ activity, they must inform the e3+ team
- Young people must remain in an activity for the whole duration of the session unless the tutor/supervisor agrees otherwise
- The buses at 5pm and 7.30pm are to be used only by those who have attended an e3+ or 5x60 activity. Misbehaviour on the buses will result in an immediate ban from anything e3+ related.

# MONDAY

## Session 1 : 3.00 - 5.00pm

Activity	Location
Flower Arranging	Lab 3
Gaming Club & Internet Access	George Thomas Suite
Photography (11 - 16 years)	Digilab
Ten Pin Bowling	Rhondda Bowl
Library Club	Library
Golf	Penrhys Golf Club
Table Tennis (Year 7)	Sports Hall
Boxing (Key Stage 4)	Neuadd
Badminton (Key Stage 3)	Sports Hall
Technical Theatre	Drama

## Session 2 : 5.30 - 7.30pm

Photography* (16+ years)	Digilab
Pilates* (7.30pm -8.30pm)	Neuadd
RSD Dance	Sports Hall
Relaxing with Flowers*	Lab 3

Activities marked with \* are open to adults



## TUESDAY

### Session 1 : 3.00 - 5.00pm

Activity	Location
Rock Climbing	Boulders Climbing Centre (Cardiff)
Gaming Club & Internet Access	George Thomas Suite
Drums Club	Music Department
Music Production	Digilab
Magic Tricks	Lab 3
Cooking (Beginners)	Cookery Dept
Drama & Musical Theatre	Drama Studio
Library Club	Library
Street Dance	Neuadd
Table Tennis	Dinner Hall
Netball	Sports Hall
Mountain Biking (Girls Only)	Bike Sheds
Set design	D&T Dept.

### Session 2 : 5.30 - 7.30pm

Advanced Cooking	Cookery Dept
Plumbing* (18+ years)	Skills Centre
Crafts & Design* (16+ years)	Digilab

Activities marked with \* are open to adults



## WEDNESDAY

### Session 1 : 3.00 - 5.00pm

Activity	Location
Skiing	Cardiff Ski Centre
Internet Access	George Thomas Suite
Pyrography (Wood Burning)	Lab 3
Gaming Club (Xbox Rock Band)	Digilab
Drama & Musical Theatre	Drama Studio
Library Club	Library
Sporting Marvels	Astro / Sports Hall
Skatepark	Ferndale Skatepark
Table Tennis (Girls Only)	Neuadd
Mountain Biking (Boys)	Bike Sheds
Adult Internet Access	Room 15
Envirotechs	Community Room
Technical Theatre	Drama

### Session 2 : 5.30 - 7.30pm

Strengthening Families (4.30pm - 7.30pm)	Library
Duke Of Edinburgh	Science Dept
Salsa* (6pm - 7pm)	St Thomas Church Hall

Activities marked with \* are open to adults



## THURSDAY

### Session 1 : 3.00 - 5.00pm

Activity	Location
Archery	Taff Valley Activity Centre
Dj'ing	Digilab
Drama & Musical Theatre	Drama Studio
Prop Shop	D&T Dept.
Film Club	Library
Cooking (Intermediate)	Cookery Dept
Gaming Club & Internet Access	George Thomas Suite
Table Tennis	Dinner Hall
Hockey	Astro
Basketball	Sports Hall
Cheerleading	Sports Hall

### Session 2 : 5.30 - 7.30pm

Strengthening Families (4.30pm - 7.30pm)	Library
Duke Of Edinburgh	Science Dept
Salsa* (6pm - 7pm)	St Thomas Church Hall

Activities marked with \* are open to adults



## FRIDAY

### Session 1 : 3.00 - 5.00pm

Activity	Location
Horse Riding	Rockwood Riding Centre, Caerphilly
Stage Lighting	Digilab
Trampolining (Year 7)	Sports Hall
Boys Dodgeball / 5-a-side	Sports Hall

### Session 2

Youth Club (7pm -10pm)	Combine House
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## EXTRAS

### Saturday Morning

Activity	Time	Location
Community Multi-gym	8am - 12pm	
Badminton - Families Welcome	10am - 12pm	Sports Hall
Kettlebell Conditioning	11.45am - 12.45pm	Sports Hall

### Monday - Outreach Programme

Dance Under 14's	5pm - 6pm	Coleg Morganwng
Dance 14+ Years	6pm - 7pm	Coleg Morganwng

### Thursday - Outreach Programme

Dodgeball	5pm - 6pm	Ystrad Sports Centre
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# Parental Consent Form

This form **MUST** be completed and handed into the e3+ office to secure your child/children's place on their chosen activity/course.

## Young Persons Details

Name:

Form:  Date of Birth:

Address:

Contact Number:

## Emergency Contact Details:

Emergency Contact Name:

Emergency Contact Number:

## Medical Details

Does your child have any medical conditions that we need to know about?

Do you give permission for you child to be involved with photographs taken during e3+ activities?

Yes  No

Parent/ Guardian Name (print):

Parent/ Guardian Signature:

Date:

# Booking Form

This form **MUST** be completed and handed into the e3+ office to secure your child/children's place on their chosen activity/course.

MONDAY		TUESDAY		WEDNESDAY	
<b>Session 1</b>	✓	<b>Session 1</b>	✓	<b>Session 1</b>	✓
Flower Arranging		Rock Climbing		Ice Skating (Key Stage 4 Girls)	
Gaming Club & Internet Access		Gaming Club & Internet Access		Internet Access	
Photography (11 - 16 years)		Drums Club		Pyrography (Wood Burning)	
Ten Pin Bowling		Music Production		Gaming Club (Xbox Rock Band)	
Library Club		Magic Tricks		Drama & Musical Theatre	
Golf		Cooking (Beginners)		Library Club	
Table Tennis (Year 7)		Drama & Musical Theatre		Sporting Marvels	
Boxing (Key Stage 4)		Library Club		Skatepark	
Badminton (Key Stage 3)		Street Dance		Table Tennis (Girls Only)	
Technical Theatre		Table Tennis		Mountain Biking (Boys)	
<b>Session 2</b>	✓	Netball		Adult Internet Access	
Photography* (16+ years)		Mountain Biking (Girls Only)		Envirotechs	
Pilates* (7.30pm - 8.30pm)		Set design		Technical Theatre	
RSD Dance		<b>Session 2</b>	✓	<b>Session 2</b>	✓
Relaxing with Flowers*		Advanced Cooking		Strengthening Families	
		Climbing* (18+ years)		Duke Of Edinburgh	
		Crafts & Design* (16+ years)		Salsa* (6pm - 7pm)	

THURSDAY		FRIDAY		EXTRAS	
<b>Session 1</b>	✓	<b>Session 1</b>	✓	<b>Saturday Morning</b>	✓
Archery		Skiing		Community Multi-gym	
Dj'ing		Stage Lighting		Badminton - Families Welcome	
Drama & Musical Theatre		Trampolining (Year 7)		Kettlebell Conditioning	
Prop Shop		Boys Dodgeball / 5-a-side		<b>Monday Outreach Programme</b>	✓
Film Club		<b>Session 2</b>	✓	Dance Under 14's	
Cooking (Intermediate)		Youth Club (7pm -10pm)		Dance 14+ Years	
Gaming Club & Internet Access				<b>Thursday Outreach Programme</b>	✓
Swimming (11-14yrs) / Multi-gym (14+)				Dodgeball	
Table Tennis					
Hockey					
Basketball					
Cheerleading					
<b>Session 2</b>	✓				
Strengthening Families					
Duke Of Edinburgh					
Salsa* (6pm - 7pm)					

Name of Student:

Year:

Student Signature:

## 5x60 Lunchtime Activities

### LUNCHTIME

Monday	Tuesday	Wednesday	Thursday	Friday
KS4 Badminton (Sports Hall)	Netball (Sports Hall)	Basketball (Sports Hall)	Girls Dodgeball (Sports Hall)	Years 8+ Girls Trampolining (Sports Hall)
Table Tennis (Sports Hall)	Champions League (Astro)	Table Tennis (Sports Hall)	Table Tennis (Sports Hall)	KS4+5 Multi Gym - Boys Only
Academy Multi Gym	KS4+5 Multi Gym - Girls Only	KS4+5 Multi Gym - Boys Only	Champions League (Astro)	
		Girls Football (Astro)	KS4+5 Multi Gym - Girls Only	

## Coming Soon:

Tai Chi, Construction, Horticulture, Circus Skills, Horseriding



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Wales Commissioner for Children Mr Keith Towler recently visited the College and was very impressed with the range and quality of the e3+ provision at Tonypany. He recognised the positive impact it had on attitudes to learning and education and said

*"Everything about Tonypany Community College says we respect children and young people. The campus is great, the facilities are wonderful, the focus is on inclusion and the students and staff are inspirational - what a combination. Great to see".*

He spoke at length with students and staff and gained a full insight into the impact the College was having in the community. He recognised the innovative, successful e3+ provision funded by RCT and commented on how other Local Authorities would benefit from a similar provision.

## **The e3+ Team**

Julie Atkins – Community Manager

Laith Jawad – e3+ Co-ordinator

Jacqui Jones – Cluster Worker

Carly Jones – 5x60 Officer

Naylan Thomas – e3+ Support

Dai John – Intervention Manager

Tonypany Community College, Llewellyn Street, Penygraig, Tonypany, CF40 1HQ

For any further information regarding e3+, please contact the community room on

**01443 436171 ext 218**