



'Beyond the classroom - Beyond Expectations'

At The Palmer Catholic Academy, we believe that education goes beyond examination results. Rooted in our Catholic values and commitment to every student flourishing, our enrichment programme is designed to help every student discover new talents, broaden their experiences, and develop the knowledge, skills, and character needed to thrive in modern society.



Our enrichment programme provides a structured framework through which students engage in meaningful experiences both within and beyond the classroom. These opportunities encourage personal growth, leadership, service, creativity, resilience, and a lifelong love of learning.

The 5 Enrichment Benchmarks:

Civic Engagement	Arts and Culture	Nature, Outdoor & Adventure	Sport & Physical Activities	Life Skills
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A core part of our commitment to these benchmarks is our dedicated Enrichment Carousel. 85% of our students wanted one full hour dedicated to enrichment every two weeks. All students rotate through activities, covering all 5 benchmarks, each academic year. The carousel adapts annually to offer age-appropriate challenges for every year group. Every student participates, which ensures equal access to high-quality personal development is maintained. Through this structured carousel, our students discover new passions, build vital life skills, and prepare to contribute positively to the wider world.

Over your child's time at The Palmer Catholic Academy, from Year 7 to 13, they will experience at least 35 different enrichment activities.

In addition to this, we also deliver a range of visits, trips, activities and experiences (including theatre trips, Theme Park trips and University Visits) over the year, enhanced through both lunchtime and after-school enrichment activities (including The Duke of Edinburgh Award, trampolining, Taekwon-Do and Sports Leaders) and we invite a range of visitors to our academy (including The West Ham Foundation, Barclays Life Skills and a variety of guest speakers from our successful Alumni).

The Palmer Enrichment Journey

Every student at The Palmer Catholic Academy engages in all five benchmarks throughout their educational journey. By participating in a diverse range of activities, experiences, and opportunities, students build a rich portfolio of achievement that reflects their personal growth and contribution to the academy's wider community.

The Palmer Catholic Academy aims to ensure that every student:

- Discovers and has opportunities to develop their talents.
- Serves others with compassion and integrity.
- Appreciates the richness of culture and creativity.
- Maintains a healthy and active lifestyle.
- Acts responsibly towards the environment.
- Develops the skills needed for future success.
- Lives out the values of faith, service, respect, and excellence.

EnrichMEnt Benchmarks

Civic Engagement

Making a Difference Through Service and Leadership. As a Catholic community, we are called to serve others and contribute positively to society. The Civic Engagement benchmark encourages students to become active citizens who demonstrate compassion, responsibility, and leadership in their communities. Students are encouraged to understand the importance of social justice, democratic participation, and community service while developing a sense of responsibility.

Students will have opportunities to:

- Participate in charitable fundraising and awareness campaigns.
- Volunteer within the local community.
- Support parish and community initiatives.
- Engage in student leadership roles.
- Learn about democracy, government, and civic responsibility.
- Participate in debates and discussions on social issues.
- Advocate for causes that promote equality, justice, and inclusion.

Impact

Students develop empathy, leadership, and a commitment to serving others, becoming informed and engaged citizens who understand their ability to create positive change.

Art and Culture

Broadening Horizons Through Creativity and Cultural Understanding. The Art and Culture benchmark enables students to develop an appreciation of creativity, heritage, diversity, and the rich cultural traditions that shape our world. Through artistic expression and cultural exploration, students gain confidence, imagination, and a deeper understanding of both their own identity and the experiences of others.

Students will have opportunities to:

- Attend theatre productions, concerts, exhibitions, and cultural events.
- Participate in music, drama, dance, visual arts, photography, and creative writing.
- Explore local, national, and international cultural heritage.
- Celebrate cultural diversity through community events.
- Develop creative problem-solving and communication skills.
- Showcase their talents through performances, exhibitions, and competitions.

Impact

Through participation in artistic and cultural experiences, students become more creative thinkers, confident communicators, and culturally aware citizens who appreciate the diversity and richness of the world around them.

Sports & Physical Activity

Promoting physical health, mental wellbeing, teamwork, and personal discipline. Through participation in a wide range of sporting activities, students develop resilience, determination, leadership, and a commitment to healthy living so that all students have opportunities to participate, compete, and achieve regardless of their starting point or ability level.

Students will have opportunities to:

- Participate in a broad range of team and individual sports, ranging from archery to Jujitsu.
- Represent the academy in local, regional, and national competitions.
- Develop leadership through Sports Leaders coaching opportunities.
- Engage in recreational physical activities that promote lifelong fitness.
- Experience outdoor and adventurous activities.
- Build teamwork, perseverance, and self-discipline.
- Celebrate sporting achievement and personal progress.

Impact

Students develop confidence, resilience, teamwork, and a positive attitude towards health and wellbeing that will benefit them throughout their lives.

Nature, Outdoor & Adventure

Caring for Our Common Home. The Nature, Outdoor & Adventure benchmark encourages students to become responsible stewards of the natural world. Students explore environmental issues and promote sustainability within the academy and wider community.

Students will have opportunities to:

- Participate in environmental improvement projects.
- Support biodiversity and conservation initiatives.
- Develop sustainable practices within school and at home.
- Learn about climate change and environmental responsibility.
- Participate in gardening, planting, and outdoor learning activities such as the DofE award.
- Contribute to recycling and waste reduction programmes.
- Engage in local environmental campaigns and partnerships.
- Develop an understanding of global environmental challenges.

Impact

Students gain a sense of responsibility for the environment and develop the knowledge and skills needed to make sustainable choices for the future.

Life Skills

Preparing for Success in Work and Life. The Life Skills benchmark equips students with practical knowledge, personal attributes, and transferable skills required for adulthood and future success. Students are encouraged to become independent, confident, and adaptable individuals who are prepared for the challenges and opportunities of modern life.

Students will have opportunities to:

- Develop effective communication and presentation skills.
- Learn financial literacy and money management.
- Build leadership and teamwork skills.
- Meet and be interviewed by our Alumni during our annual Futures Day, NCW and NAW.
- Explore careers and pathways into further education and employment.
- Develop digital literacy and understanding of digital content.
- Learn time management and organisational skills.
- Build confidence through public speaking and personal development activities.
- Participate in social enterprise projects.
- Develop resilience, emotional intelligence, and wellbeing strategies.
- Learn essential life skills such as first aid, interview techniques, and workplace readiness.

Impact

Students leave the academy equipped with the confidence, independence, and practical skills needed to succeed in education, employment, and their wider lives.