

## Sentinus

Sentinus, the Northern Ireland SETPOINT, is a not for profit educational charity and one of the largest providers of business/education activity in the United Kingdom. The organisation works with young people, from 5 to 19 years old, to promote innovation and creativity in STEM (Science, Technology, Engineering & Mathematics) and support the development of employability and life skills through challenging and exciting experiences linked with the world of work.

By providing high quality, rewarding activities for young people, supported by more than 800 registered Science & Engineering Ambassadors (SEAs), Sentinus aims to help address the current skills shortages faced by the Northern Ireland economy. Through partnership with business, industry, academia and the public sector the organisation provides opportunities for almost 80,000 pupils per annum to develop skills for the work place and discover the exciting range of careers available to them in science and engineering.

### Extended Schools Activities

These Extended Schools activities have been developed by Sentinus to support schools in reaching out to their local communities and are available to primary and post primary schools throughout Northern Ireland.

They provide an ideal vehicle for the development of skills and capabilities of people of all ages and can stimulate interest in learning by engaging adults in meaningful activity within a relaxed setting. Some of the workshops can be used as after school club activity.

Anyone interested in running one of these activities should contact Sentinus for further details.

Sentinus    Tel: 028 9262 7756  
18a Ballinderry Road    Fax: 028 9262 7744  
Lisburn    Email: [info@sentinus.co.uk](mailto:info@sentinus.co.uk)  
BT28 2SA    Website: [www.sentinus.co.uk](http://www.sentinus.co.uk)

# Sentinus Fun After School Activities

### Working With Robotics for 10-16 Year Olds, Parents, Adults (2 - 3 Hours Duration)

This is a practical and enjoyable programme giving participants the opportunity to learn basic programming skills and write and test their own programmes to control autonomous robots within the context of space exploration. Working in pairs, up to 50 participants are guided through a series of programming activities and have the opportunity to see their own robots carry out the tasks.



### Brain Blitz for 14-18 Year Olds, Parents, Adults, Staff (1 - 3 Hours Duration)

This innovative workshop introduces the concept of whole brain learning. Participants identify their dominant emotional intelligences and are shown how to determine their own preferred learning styles. This then allows the adoption of practical strategies to support more effective learning. The workshop is presented in a lively and entertaining way which engages the audience and can accommodate up to 60 people.

### Fun Maths for 9-16 Year Olds, Parents, Adults (Approximately 1 1/2 Hours Duration)

This Fun Maths workshop has been developed to demonstrate that maths is relevant and can be a lot of fun. Working in pairs the participants tackle a series of fifty or more maths puzzles to see who can complete the most within a fixed time. They will thoroughly enjoy the brain teasers they encounter and the competitive element of this event. The activity can be used with groups of up to 70 and is an ideal Extended Schools activity.



### The Business Game for 14-18 Year Olds, Parents, Adults, Staff (1 - 3 Hours Duration)

In this practical workshop participants are asked to establish their own small company to develop, manufacture and market their own product. In a fun and enjoyable format it provides the opportunity to develop and practise a range of skills including problem solving, leadership, teamwork, presentation and communication skills, goal setting and time management. Each workshop requires a minimum of 30 participants.



### The K'Nex Experience for 7-11 Year Olds, Parents, Adults (Approximately 2 Hours Duration)

These workshops are an ideal way to support your after school activities. Lasting approximately two hours they engage participants, working in pairs, in 'design and build' problem solving challenges, using the popular K'Nex construction kits. The activities promote creative thinking, problem solving and the development of communication skills. Parents and grandparents will have great fun working alongside the children.



### Fun STEM for 9-13 Year Olds, Parents, Adults (1 - 3 Hours Duration)

Launch your own paper rocket, build a hovercraft or an air powered car. These and a range of other STEM activities are designed to enthuse and inspire people, young and old, in the areas of science and technology. These 'design and build' activities can be used to promote understanding of the subjects and support the development of team working, communication and practical skills. Up to 65 people can take part in each workshop.



## Sentinus Fun After School Experiences For All Ages

These workshops are an ideal way to engage parents, grandparents and members of the local community in your extended schools programme. They offer the opportunities for people of all ages to develop their skills and capabilities in a relaxed and enjoyable context.



### Leadership Challenge for 16-18 Year Olds, Parents, Adults, Staff (1 - 3 Hours Duration)

Sentinus has developed these activities to promote team work and leadership. Participants are asked to work in teams to solve a range of science and engineering based problems. Communication, team working and leadership skills are essential to complete the challenges. This is an ideal opportunity to engage parents, staff and senior pupils in fun and meaningful activities. Workshops can accommodate up to 65 people.



### Interview Skills Workshops Parents, Adults (1 - 3 Hours Duration)

This workshop provides an introduction to preparing for the process of applying for a job. Participants are shown how to complete an application form, prepare a CV and how to market themselves effectively in an interview situation, whether for employment or training programmes. It also covers the areas of verbal and non-verbal communication and personal presentation. Up to 40 people can be accommodated in each workshop.



### The Innovation Experience for 14-18 Year Olds, Parents, Adults (1 - 2 Hours Duration)

In this workshop participants play a board game which demonstrates the process of developing a product and getting it to the market place. They are then introduced to new or developing technologies and given the opportunity to design products for the future. There are no limitations on their designs as the products do not have to be manufactured. This process helps develop oral and written communication skills, creative thinking and presentation skills. The workshop can accommodate up to 60 people.

### Be More Effective for 14-18 Year Olds, Parents, Adults (1 - 3 Hours Duration)

These workshops are designed to help develop the personal and life skills required for employment and personal life through practical activities, covering areas including communication skills, assertiveness, presentation skills, problem solving, team building, organisation and time management. Up to 60 people can participate in each programme.

