



## Sixth Form Bulletin w/c 11<sup>th</sup> Jan 2021

Dear all,

It is with very mixed feelings that we begin to send the Sixth Form Bulletin out again to students and parents. It is so important that everyone is safe and well and at the moment, for most students that means staying at home. That is not to say that we don't really miss you in school and look forward to when it is safe enough to open the school to all of you.

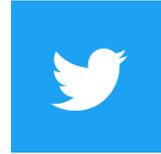
Despite school being closed however, the learning never stops! We have been so impressed with how you have adapted to online learning this week and the engagement in live lessons. The use of Teams has been particularly impressive for Y12 as online learning is new to most of you. We have also welcomed the feedback students have given to tutors and we will use this in our future planning. Keep engaging in all your lessons and keep working hard. If you find you have more time on your hands than normal please look at the careers notes from Mrs Havill detailing university and preparation for work opportunities. You could also look at the MOOCs available to learn something new or support your studies. Please can I remind all students that they should not be doing paid work during timetabled lessons – students must prioritise school study at this time.

***Good luck to all students who have BTEC exam this week!***

Kind regards,

Mrs Haig and the Sixth Form team

Remember you can also follow what we are getting up to on our Twitter feed @Stjohns6thform.



### **Timetable over lockdown:**

Students should be following their normal timetable during lockdown with the following exceptions:

- Private study. Students should be completing a minimum of one hour per subject per week at a convenient time.
- PE for Y12: We will be suggesting things for you to do!
- Tutor time: Twice a week only (for most a Monday and Thursday) but see your individual teams invite.
- Assembly: Every other week via Teams invite
- Y13 Social Studies and Y12 Wellbeing continue as normal
- Y12 EPQ – moving to individual mentors w/c 18<sup>th</sup> Jan so times of sessions may change.

### **Support available throughout lockdown and beyond:**

- School – tutors / teachers / school nurse
- Online support such as [YoungMinds - children and young people's mental health charity](#)
- Gilly Beer – school counsellor – 6th Form - Thursday and Friday.

### **Student wellbeing during lockdown: Mr Harrison**

We need to focus especially at the moment on things we can control. Whilst Covid is spiraling around us and it's tough times at the moment with regards to keeping our overall wellbeing intact, this is how we can do it.

4 things:

1. Movement- for physical and mental health. Just walking/stretching/following youtube dance/yoga videos along can really help. 20-30mins a day will suffice.
2. Sleep- ensuring they maintain a routine with that. Try to reduce screen time before bed etc

3. Nutrition- balanced, nutritious diet
4. Rest- Treats for each “small win” they achieve.

Links and books I would personally recommend:

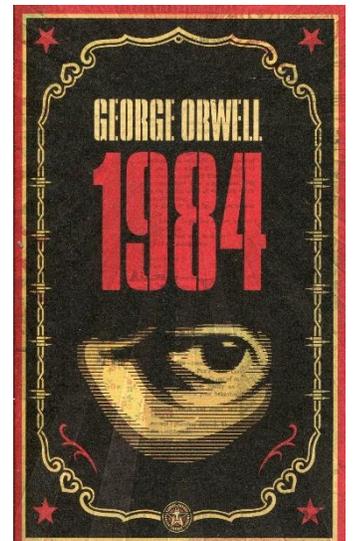
- “30 day Yoga Challenge” on YouTube - <https://youtu.be/oBu-pQG6sTY>
- Books- “Why we Sleep”- Matthew Walker and “Atomic Habits”- James Clear. Both fantastic books! Can get these as audiobooks or hard copies.

Cooking/baking in between studying is also a great idea! This will bring your focus into an activity rather than worrying about anything going on in the world. An idea is that you could pick out favourite recipes on this site, create a shopping list and get cooking - <https://www.bbc.co.uk/food/recipes>

**Book of the week:** *This week chosen by Mrs Holman*

'1984' by George Orwell.

A dystopian novel that tells the story of Winston. Winston works for the Ministry of Truth, editing past newspapers and texts to make sure that they tell right version of history. Big Brother stares out from every poster, the Thought Police uncover every act of betrayal. When he falls in love with Julia, it awakens within him a new sense of life and they are drawn towards conspiracy. But Big Brother will not tolerate rebellion - even in the mind. For those who dare to have original thoughts, that's why they invented Room 101...This book is as good as everyone says it is.



A classic, but a good one!

## Narrative Poetry Competition

Please contact Mrs Akerod for more information or look at this link

 [Narrative poetry comp.pptx](#)



CALLING ALL HIGH SCHOOL WRITERS!

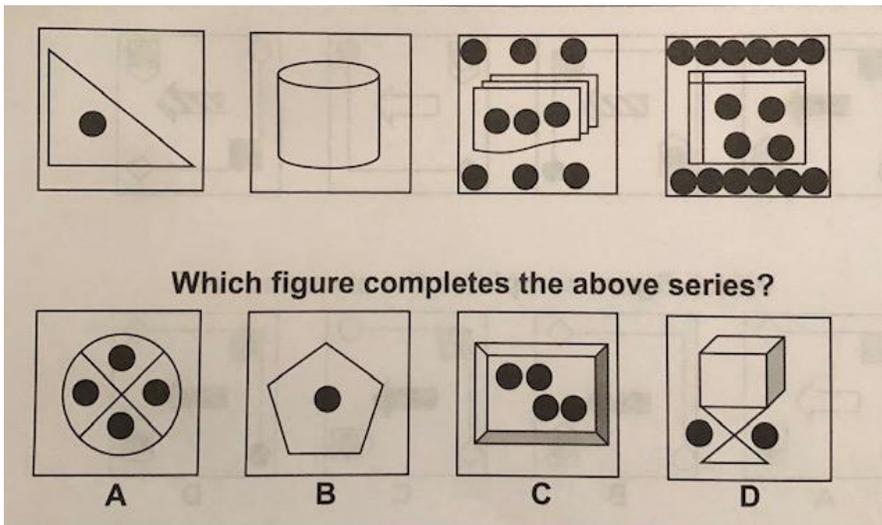
Do you dream of **ESCAPE**?

Write a poem that conjures your version of escape

Win \$1,000 in prizes and the chance to be mentored & published in *Narrative*!  
To enter is FREE

**NARRATIVE**  
"Tell Me a Story" High School Contest  
Invites POETS ages 15-18! Deadline: Feb. 4  
For more info: [www.NarrativeMagazine.com](http://www.NarrativeMagazine.com)

## Quiz time: Abstract reasoning puzzle



Which figure completes the above series?

A B C D

## Ted Talks

### **The Brain Benefits Of Deep Sleep - And How To Get More Of It.**

There's nothing quite like a good night's sleep. What if technology could help us get more out of it? Dan Gartenberg is working on tech that stimulates deep sleep, the most regenerative stage which (among other wonderful things) might help us consolidate our memories and form our personalities. Find out more about how playing sounds that mirror brain waves during this stage might lead to deeper sleep -- and its potential benefits on our health, memory and ability to learn.

[https://www.ted.com/talks/dan\\_gartenberg\\_the\\_brain\\_benefits\\_of\\_deep\\_sleep\\_and\\_how\\_to\\_get\\_more\\_of\\_it?referrer=playlist-motivation\\_for\\_the\\_new\\_year\\_and\\_every\\_day\\_really](https://www.ted.com/talks/dan_gartenberg_the_brain_benefits_of_deep_sleep_and_how_to_get_more_of_it?referrer=playlist-motivation_for_the_new_year_and_every_day_really)



### [The brain benefits of deep sleep -- and how to get more of it](#)

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[www.ted.com](http://www.ted.com)

### Keeping fit and healthy:



In assemblies this week we discussed the importance of daily exercise during lockdown. You are able to leave your house for up to one hour of exercise or you could look for online classes. I have rejoined my online Pilates class over

zoom – the huge advantage here is that if I don't want to do a plank I can turn my camera off! On a serious note though, Alfie spoke to Y12 in assembly about a change of scene and not working alone in your bedroom every day. Use your exercise time to get moving, change your scenery and perhaps to keep any New Year's resolutions about keeping fit.

### Careers Update from Mrs Havill

Mrs Smith has sent out lots of half term work experience opportunities this week.- check speakersforschools\_ [sign in here to search and apply.](#) and springpod sites [www.springpd.co.uk](http://www.springpd.co.uk) (included on sharepoint careers page)

### **HSBC Work Experience:**

Opportunities across the whole of the UK, in financial services, investment banking, marketing, digital, compliance and HR. The Work Experience opportunities will be available through June to August 2021 and will be 1-week long. Open to all secondary school or college students in Y10 / S3 to Y13 / S6 & Y14), applications close on 21st February!

### **Application Link:**

<https://bit.ly/3rjRjT2>

### Competitions

**A Career For Everyone** competition is designed to inspire students to consider a career in accountancy, to develop their problem solving skills, and win work experience with an accountancy firm.

Can you solve puzzles like this?



If so, you could make waves in accountancy (and win £200 worth of vouchers).

Enter **A Career For Everyone** and you could win...

- A £200 Curry's voucher or a £50 ASOS/M&S/Moss/Trainline voucher
- AND work experience with an accountancy firm

**ENTER NOW -> <http://ocply.co/ACareerForEveryone>**



Live Q&A session for young people with Tim Peake will be taking part in an exclusive **free** virtual Q&A session for young people on **Thursday 21 January 2021** from 5-6pm GMT.

[Find out more and register](#)

### **Apprenticeships / School Leaver Programmes**

**RateMyApprenticeship's virtual event** on 3<sup>rd</sup> and 4<sup>th</sup> February - a chance to meet employers and find out more about apprenticeships. There'll be live presentations from employers throughout the event, as well as the opportunity to chat to them in a virtual meeting booth. Employers confirmed so far include:

- Aldi
- BDO
- CMS
- Dyson
- FCA
- Goldman Sachs
- Marsh & McLennan
- Pearson
- PwC
- Standard Life Aberdeen
- University of Law
- Vodafone Group

- **Lloyds Banking Group**

REGISTER NOW

**Register at RateMyApprentice for company programmes becoming available <https://www.ratemyapprenticeship.co.uk/>**

**BT and PwC** <https://successatschool.org/jobscourses>

**BT** are hosting a virtual open evening on 8th February 2021 and 23rd February 2021 for young people and their parents to find out more about the apprenticeship opportunities at BT. Find out more and apply to attend here: <https://www.allaboutschoollavers.co.uk/jobs/job/7865567/bt-apprenticeship-open-evenings-february-2021>

**Marks & Spencer's Webinar:** M&S are recruiting Retail Management and Fashion apprentices across the UK, giving you the ultimate fast track to managing your own department and looking after multi million pound budgets, all while being coached and mentored by their retail management experts. If you'd like to consider applying for a M&S apprenticeship program and are interested in Business, Retail, Management or Fashion then you can find your unique sign up application link below to this webinar!

**Key Details:**

- Thursday 28th January, 5pm - 6pm
- Insight to M&S (one of the UK's most iconic brands)
- Open to all Y12 / S5, Y13 / S6 and Y14 students
- Great opportunity for students looking to get into business, management, retail or fashion!

**Webinar Application Link:** <https://www.research.net/r/Marks-Spencer-Webinar>

PwC [Technology Flying Start degree programmes](#) deadline is 15 January 2021 – fully funded BSc degree in Computer Science or Software Engineering

[Find out more and apply](#)

Pearson Business School open for applications for Management Degree Apprenticeship Scheme - Live [Q&A session](#) on 12th January 4.00pm and [On-demand Open Day](#)

### **Your Army - a compelling live-hosted video presentation about the Army**

What is the Army? What does it do, and how does it work? What skills and activities does it offer. What is life as a soldier like? And how does the Army contribute to society? Join our Your Army session, and you'll find out.

- 2 available Dates:
  - [16<sup>th</sup> February](#)
  - [17<sup>th</sup> February](#)
- Time: 10:30 – 12:30
- Eligibility: 14+
- Application Deadline: 29<sup>th</sup> Jan & 1<sup>st</sup> Feb

### **Royal Air Force Careers Insight Day - Access All Areas**

Ranging from Aviation, Engineering and Medicine to Logistics and Hospitality - Find out about over 50 careers available through the RAF and the 23 Apprenticeships available.

5 available Dates:

- [1<sup>st</sup> March](#)
- [2<sup>nd</sup> March](#)
- [3<sup>rd</sup> March](#)
- [4<sup>th</sup> March](#)
- [5<sup>th</sup> March](#)
- Time: 10:00 – 15:00
- Eligibility: 15+

- Application Deadline: 29<sup>th</sup> Jan – 5<sup>th</sup> February.

## **Economist Degree Apprenticeship at Government Economic Service**

Deadline	18th January 2021
Programme Type	Degree Apprenticeship
Locations	Nationwide
Role May Involve	Accounting, Business & Administration

Find out

more

### Gap Year

<https://successatschool.org/jobandcoursedetail/569/IBM-Business-Futures-Placement> - **IBM** one year paid Futures Scheme Internship

### University

Year 13 students not applied yet - UCAS that they will be extending the application deadline to 29<sup>th</sup> January

Year 12 students – Check for virtual events / open days as these are still going on both as live events or pre recorded

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LIVE WEBINAR AND Q&A

## OPTIONS WHEN CHOOSING UNIS

Hear all about our five universities and ask them any questions you might have about what they have to offer!

**THURSDAY 28TH JAN 6PM**

**CLICK TO REGISTER**

**Register here**

<https://register.gotowebinar.com/register/I09263I2955I4637325?source=RAU>

### Taster Sessions / Webinars

- [Animal Engineering Webinar](#) - 13 January 2021, Royal Veterinary College

LIVE webinar from the Royal Veterinary College's Richard Bompfrey who will be talking about Animal Engineering

- [Environmental Conservation Taster Session](#) - 23 February 2022, University of Wales Trinity Saint David

If you want a science degree, which prepares you for skilled graduate opportunities in the expanding green economy, then join us at our environmental taster session.

- [Humanities Week](#) | 11 January 2022, Edge Hill University

This week will give students the opportunity to: - Access taster lectures from the humanities subjects - Find out how the humanities subjects relate to different career paths - Ask any questions they may have during a live session with experienced staff

## **University of Bristol – workshops and seminars covering subjects and university topics**

**Students: Find out about these events and opportunities**

**Army** – a reminder that the army gives students financial support while they are at university with Standard, Technical and Enhanced bursaries:-

- **Nursing degrees** – Students can apply to be a soldier student nurse and have their tuition fees paid by the Army as well as earning a yearly salary of around £21,000
- **Medical, veterinary and dental bursaries** – For people wanting to become Army doctors, vets and dentists, the Army will give sponsorship of up to £75,000
- **Music bursary** – Aspiring professional musicians could be sponsored up to £9,250 per year
- **Apprenticeships** – If university isn't for some students, they can work towards an apprenticeship, and choose to work towards diploma, degree and masters level qualifications as their career progresses

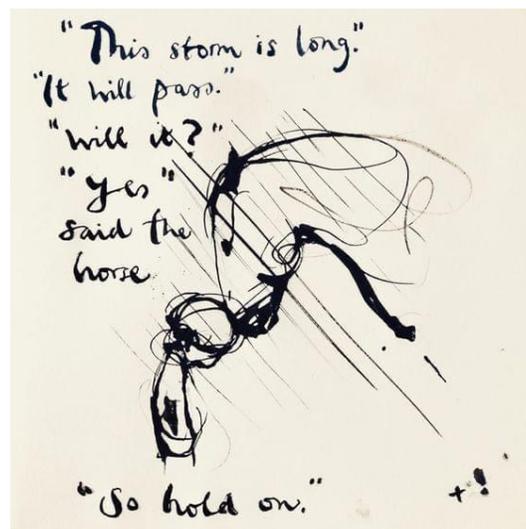
## FIND OUT MORE

Mrs F Havill [fhavill@stjohns.excalibur.org.uk](mailto:fhavill@stjohns.excalibur.org.uk)

### Five things to be grateful for during this difficult time

Inspired by Mrs Parry's work with Yr9 in the first lockdown we will ask one member of staff each week to share 5 things they are grateful for. This week's ideas come from Mrs Haig:

1. Heating in my house. I hate being cold and love the fact when it looks icy outside I can be warm and cosy at home.
2. Left over Christmas chocolates – I think we have enough to last at least another month!
3. My dog Bella – I love crisp winter walks with her in the Wiltshire countryside.
4. Your amazing tutors and Heads of Year -they make my job so much easier.
5. Netflix – where would we all be without it!!



**Stay safe!**  
**Best wishes from the Sixth Form team.**

