



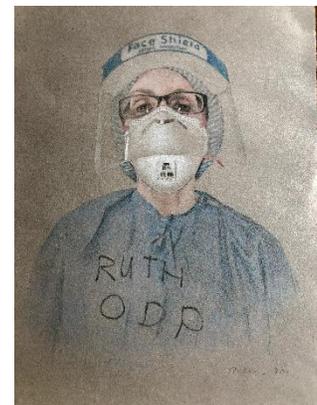
Sixth Form Briefing w/c 11th May

Dear all,

Over the long weekend I have taken time to reflect on VE day and what it means; remembering the people who gave their lives for the freedom of us all. The day was planned to be special with a bank holiday and many parties and events. Covid 19 meant that these things did not happen, but the nation was still able to remember the sacrifice of the people who fought in the war. Some people have drawn parallels between the war and today – the nation being asked to make a sacrifice for the good of the many. The Queen said in her speech that “the streets are not empty; they are filled with the love and the care that we have for each other.” This made me think of our school. The school building may be empty of students, but the school remains a part of us all. In the contact we have with our teachers, our tutors, each other, in the work we do and the plans we make. St John’s is more than a building and whilst I look forward to the time when we will all be back together; it is good to know that the community of St John’s is alive and well in us all.

Over the past few weeks our very talented Head of Year 12 Mr Harrison has been taking part in a national scheme to complete portraits of our NHS heroes #portraitfornhsheroes. This is his finished work – quite fantastic I am sure you’ll agree!

During this week we are planning to hold assemblies for all year groups in TEAMS. This is an excellent opportunity to touch base with school and do something “normal”. The times for the



assemblies are:

Year 13 – Thursday 12 noon

Year 12 – Thursday 11.30 am

Year 11 - TBC

Over this week we would also like you to concentrate on keeping a routine in place. We are aware that many of you are getting up much later and finding it hard to focus on study – a routine for the 5 weekdays really does help with this. Try getting up at a regular time each day, working and taking exercise at regular times and relaxing at a regular time. We are also aware that many of you are finding it increasingly difficult to spend so much time at home. Please see the section on mental health if you need someone to talk to. In addition, please talk to your tutors during their regular contact with you if you have any concerns.

To help you with your home studies I have attached, with the bulletin, two useful help sheets (created by colleagues in other schools). One lists resources which the publisher has made free for the next month and the other a list of MOOCs by subject. These courses may not relate directly to the content of our courses but are a great starting point when exploring further the subjects you are interested in!

For our Y12 students – **well done on completing your online exams**. New content begins to be covered again this week and you can expect to be set between 5-7 hours work per subject per week. In addition, you should also be working through the UCAS and Apprenticeship information on SharePoint (Social Studies/ KS5). There are plenty of ideas for researching your next steps and writing personal statement here.

Finally, a quick mention again of the Portsmouth University webinars this week which may be of use to you:

- How to research a university and course – 13th May 11am -12pm
- Understanding student finance – 14th May 11am -12pm

https://www.port.ac.uk/collaborate/schools-and-colleges/getting-started?utm_campaign=rao_post16&utm_medium=email&utm_source=rao_nurture&utm



[m_content=getting_started_series&j=39096&sfmc_sub=13759046&l=51_HTML&u=623638&mid=100017181&jb=10](https://www.stjohns6thform.com/m_content=getting_started_series&j=39096&sfmc_sub=13759046&l=51_HTML&u=623638&mid=100017181&jb=10)

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



Spotlight on mental health and well-being: A message from Jackie the Academy Nurse

Being a teenager at any time can be challenging but with this current pandemic life is even harder. We recognise this is an extremely difficult time for you. We know that 'normal' life has been turned upside down and your lives are restricted like never before. Not only did school close abruptly, cancelling lessons and exams, you are unable to see your friends and loved ones and it looks like many of our plans over the coming months will also be cancelled.

It is understandable to feel worried, isolated and disappointed at this time. These feelings are very normal and you are definitely not alone. We will get through this and we will have a chance again to be with our friends, to socialise, have fun and be free. Things will gradually return to 'normal' but until that time stay safe and stay strong.

Here are a few tips and ways to help us manage the challenges we are facing at the moment. Sometimes we overlook the simple ways we can calm ourselves when feeling overwhelmed.

Strategies for Calm when feeling overwhelmed

Be grounded or present

When feeling anxious or overwhelmed we may be concentrating on the 'what if' try to think about the here and now.

- Tune into the moment
- Be aware of your feet planted on the floor
- Think about your senses
- What can you see, hear, touch, smell or feel.
- You could develop a strategy to list in descending order See 5 things, hear 4 things etc.

Breathing

When feeling out of control – breathing can be a powerful tool to regain control of mind and body.

- Breathe concentrating on your diaphragm
- Slow, long breaths (this may be challenging but keep trying)
- Gently through the nose and out through the mouth.
- Try to make a long out breath.

Relaxation

Relaxation or meditative techniques can really help, why not try...

- Yoga
- Mindfulness
- Meditation
- Tai Chi

Managing stressors

When calm, take time to consider what you are worrying about.

Spend the time thinking and problem solving.

Use this as 'worry time' then when you feel you are overthinking (ruminating) you can look back and reassure yourself that you have dealt with these issues already.

Catastrophizing

When overwhelmed or anxious we tend to become concerned with what *might* happen or only consider the worst-case scenario. This is understandable but try to be attentive to what is happening and try to consider the positives of a challenging situation.

Be grateful

If we can reframe our negative thoughts this can be very powerful for reducing fear and anxiety.

We can consider what we are grateful for. Think about the positives in our lives.

I hope you have found these tips helpful. There are lots of advice and support available via the school website and my contact email address.

<https://www.stjohns.excalibur.org.uk/life-at-st-johns/mental-health/>

UNICEF have produced a useful guide to support young people during the pandemic, please see the link below.

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Summer Internships:

In addition to the free courses offered by many universities, InvestIn is running a full program of summer internships online. There is a cost to these programs (some are very expensive) but they may be of interest to some students. Find out more at <https://investin.org/>

Language skills

For those of you who are studying a language for A Level or plan on studying a language at university I have compiled a list of useful ideas and websites. Many of these are also useful if you want to learn a new language or just keep your language skills going which will be useful for those holidays abroad which seem like a distant memory at the moment!

1. Bristol University have launched a website with a range of virtual resources. Please follow the link to sign up for access
<https://www.bristol.ac.uk/study/outreach/virtual-resources-for-students>
2. Watching films – Netflix has launched an initiative with Chrome where you can watch any film or series in your language of choice. It also gives you the option to slow down the speed so that it is easier to follow. Follow this link for more details, <https://languagelearningwithnetflix.com/>
3. Of course, watching any foreign film with the subtitles will be beneficial. Here are a few suggestions to start you off:
 - Goodbye Lenin (German)
 - Les intouchables (French)
 - Pan's Labyrinth (Spanish)

4. There are many free apps to download for language learning: Duolingo, Memrise, Quizlet
5. Now is also a great time to learn some British Sign Language. See the link for more details <https://www.british-sign.co.uk/>

Interested in Economics?

The University of Warwick is offering the following free webinars aimed at students between 16 – 28 with an interest in economics. You do not have to study Economics to take part.

Thursday 14 May – Cooperation in the time of Corona

In this session, we use Game Theory, which is a key topic in Economics, to discuss people's incentives (or lack of) to cooperate in a context of a Pandemic. We will show how Game Theory can help provide insights into how such cooperation can be secured.

Thursday 21 May - Intertemporal Cooperation and Coordination

In this session we build on the previous session and in particular explore the extent to which *future* punishments might induce cooperation *today*. We will also take a look at problems of coordination. All this using Game Theory.

Thursday 28 May – Insights from Behavioural Economics for Covid-19

In this session we discuss how insights from Behavioural Economics and Nudge Theory can help design policies to deal with controlling Pandemics such as Covid-19. We will talk about a few of the main cognitive biases that us humans possess, and which in turn can inform policy.

Thursday 4 June – Behavioural Economics for Pandemics

In this session we build on the previous one and we look at other key cognitive biases, and tease out their implications for behaviour and, in turn, for policymaking of the nudge variety.

Who is it for?

Sessions are aimed at students aged 16-18 and with a passion for learning new subjects. You do not need to be studying Economics in order to participate, you just need to be curious.

How do you sign up?

Please sign up on this [webpage](#) in order to attend, a link to the session will be emailed to you in advance. Please do make every effort to attend the full course as sessions are interrelated.

EtonX courses

Please use the details below to sign up for these free courses:

Y11 – Writing Skills

Access code: Z6N9NC5E

Y13 – Creative problem solving

Access code: 4PJO39YV

The instructions for joining these courses are:

1. Visit the EtonX website and click sign in
2. Choose sign up with Access code
3. Enter the access code
4. Follow the on screen instructions. Please sign up with your school email address

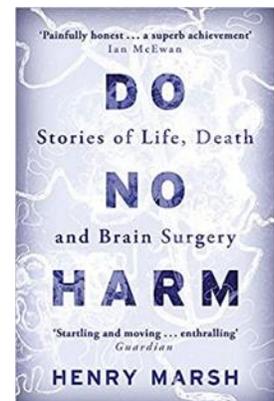
Book of the week: *This week chosen by Mr Nicholls*

“DO NO HARM” by Henry Marsh

Interested in Psychology? Biology? The human body? Almost anything? This book offers a gripping insight into the professional life of a neurosurgeon...or as we probably refer to them...a brain surgeon.

The brain is such an intricately complicated organ that we know so much and so little about.

This book recounts many cases of surgery conducted by Henry Marsh who highlights the reality of this area of medicine with blunt honesty and direct humour (at times). Read this and you will be staggered about the workings of the brain and how precise the surgery can be. Equally, any reader will be left with a stark reality; brain surgeons are faced with decisions and procedures that are quite simply life changing. One error can be devastatingly catastrophic and the pressure of this weighs heavily on the shoulders, or rather hands, of the surgeons. When you close the back cover of this book, you will have been inspired, saddened, frightened and perhaps warmed by the work of this surgeon.



More reading:

Audible by Amazon are providing free access to audiobooks and stories for children and students of all ages whilst schools remain closed. These are free to stream on your desktop, laptop, phone or tablet at <https://stories.audible.com/start-listen>
Explore the collection, select a title and start listening!

News from the library

Mrs Joyce will be emailing to you a list of the books you have on loan. We are hoping to get them returned ready to loan to other students.

Could you please put all the books in a bag labelled with your name and then email Mrs Stokes astokes@stjohns.excalibur.org.uk who will then give you a date for collection. It may be we ask you to drop the bag with a member of staff who lives near to you or we may collect from your door.

If you have lost any of the books you will need to pay the replacement cost via Parent Pay.

Any problems or queries do not hesitate to contact Mrs Stokes.'

Creative Writing Prompt – ‘New Word for a New World’

Whilst you are away from school and COVID-19 continues to change our lives, the English department are running a writing competition. Each week there will be a new task inspiring you to reflect on your world and each week, from all the work sent in, a winner and a runner up will be published on the St. John's website. After all of this is over, the winning entries will be made into an anthology.

Huge congratulations to Emily in Y12 who won last week's competition with her piece entitled "Every so often". This piece will be published with other winning entries in the anthology but can also be viewed at <http://stjohns.wilts.sch.uk/writing>

A new writing task will be included in the bulletin each week and you will have until 11am on Thursday the following week to submit your work to Mr Luker. Please email any responses to cluker@stjohns.excalibur.org.uk

This week's writing prompt:

Think about what you miss about school now that you aren't there. Perhaps some of these things have surprised you. Try to use lots of sensory description in your writing – the sights, smells, sounds, tastes, feelings that school brings with it. Which of these do you miss now you aren't there? Or if you don't want to write about school, think about what else you have been surprised to find yourself missing.

Attached is an example poem which was the inspiration for this week's prompt. Please read this first. Your piece doesn't have to be a poem – but it can be! There is no word limit for this week's entry. But you do have to start with the same opening line: "I didn't know I'd miss..."

Things I miss about school

I didn't know I'd miss the morning bell, or getting away
with having bare shoulders on Sports Day or
the ice cream van at the end of school, or the sound

of a year 8 and 9 fight, or afternoon registration
snaffling grapes in classics class. The Emos, the Nerds,
the Goths, *A Streetcar Named Desire*. Cake and a film |

2 days after my birthday. I didn't know I'd miss
the coolness from the air conditioner, or the shortcuts
across the field, dancing in the common room, Secret Santa

or laughing in sex-ed assemblies, *playing ratchet screwdriver*
on the field. The fire alarm from the P.E block, ringing
out of sync between buildings. I didn't know I'd miss

walking past a Year 7 flute lesson. Or the hum
of the Conference Centre Or being told we weren't allowed
to play in the snow and doing it anyway. Kahoot!

With rude usernames! Dances in sociology. Or using
spinney chairs in the IT room, knowing Ms Dalley
can see us. Or the dirty sinks in art, and Ms Harry's laugh

Waking up early enough to see the sunrise
and cycle rides home as the light begins to fade
and the streetlamps turn on.

Amber (17)

Quiz time:

Answer to last week's puzzles

Well done to **Tom Renwick in year 11** who gave the first correct answer for identifying Millais' Ophelia from the week before last.

Last week's painting to identify is below.

Required: Artist, title, date and where the picture painted.

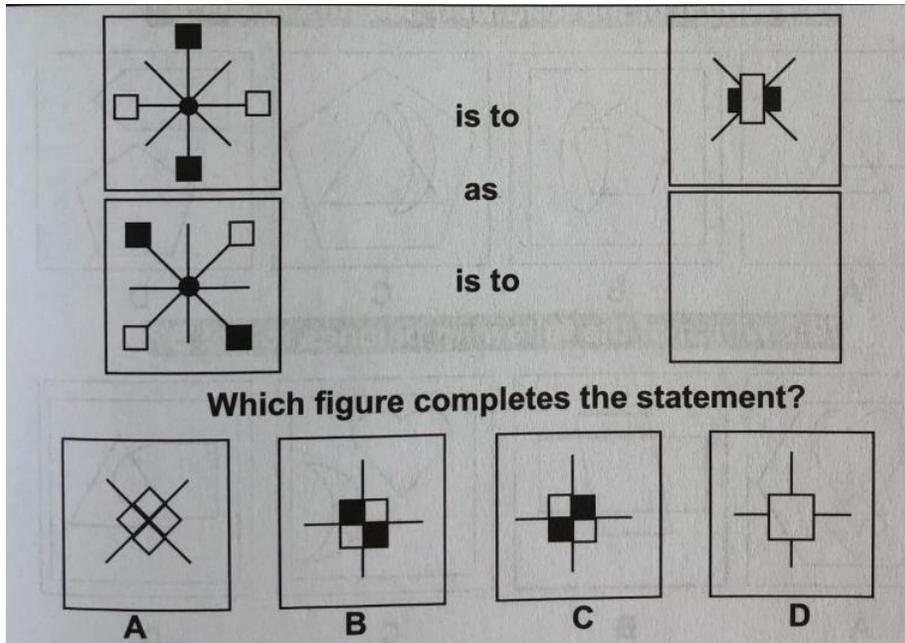


The image shows a detail from The painting 'Carnation, Lily, Lily, Rose' painted by the American artist John Singer Sargent in 1885-6. It was painted at Broadway in Worcs, England and is hanging in Tate Britain in London.

Check out the link below to find out more about the work.

<https://www.tate.org.uk/art/artworks/sargent-carnation-lily-lily-rose-n01615>

Last week's Abstract Reasoning puzzle



Answer is C

All shapes gather in the middle. If there is an overlap, the white shape sits on top. The whole thing rotates by 90 degrees.

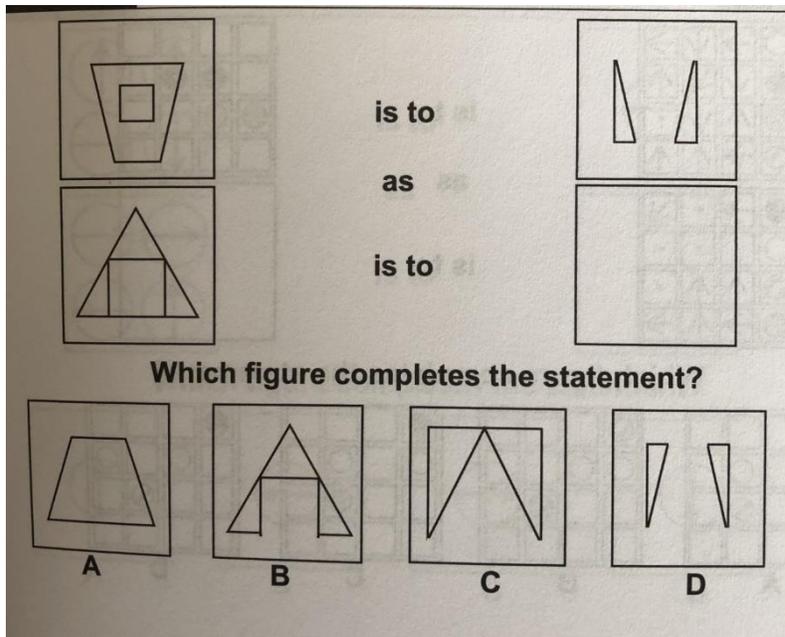
This week's puzzles

Have a look at the detail from a famous painting below.

Name the artist who painted the painting below. I also need the date and title.



Abstract Reasoning puzzle



If you have the answers, then email me.

mharrison@stjohns.excalibur.org.uk

The sender of the first correct answer will get a mention in next week's bulletin.

Answer will be revealed in next week's bulletin.

Ted Talks

The first 21 days of a bee's life

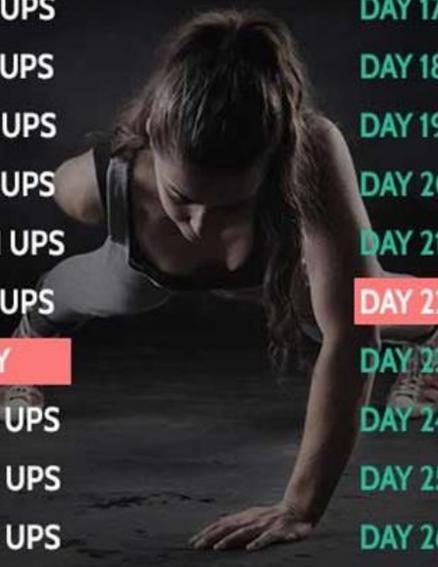
We've heard that bees are disappearing. But what is making bee colonies so vulnerable? Photographer Anand Varma raised bees in his backyard — in front of a camera — to get an up close view. This project, for National Geographic, gives a lyrical glimpse into a beehive, and reveals one of the biggest threats to its health, a mite that preys on baby bees in their first 21 days of life.

https://www.ted.com/talks/anand_varma_the_first_21_days_of_a_bee_s_life?referrer=playlist-talks_to_watch_when_you_need_f&language=en#t-9286

Keeping fit and healthy: another challenge from Miss Dillon!

30 DAY PUSH UP CHALLENGE

www.30dayfitnesschallenges.com



DAY 1	15 PUSH UPS	DAY 16	27 PUSH UPS
DAY 2	16 PUSH UPS	DAY 17	28 PUSH UPS
DAY 3	17 PUSH UPS	DAY 18	29 PUSH UPS
DAY 4	18 PUSH UPS	DAY 19	30 PUSH UPS
DAY 5	19 PUSH UPS	DAY 20	31 PUSH UPS
DAY 6	20 PUSH UPS	DAY 21	32 PUSH UPS
DAY 7	21 PUSH UPS	DAY 22	REST DAY
DAY 8	REST DAY	DAY 23	33 PUSH UPS
DAY 9	23 PUSH UPS	DAY 24	34 PUSH UPS
DAY 10	24 PUSH UPS	DAY 25	35 PUSH UPS
DAY 11	25 PUSH UPS	DAY 26	36 PUSH UPS
DAY 12	26 PUSH UPS	DAY 27	37 PUSH UPS
DAY 13	27 PUSH UPS	DAY 28	38 PUSH UPS
DAY 14	28 PUSH UPS	DAY 29	39 PUSH UPS
DAY 15	REST DAY	DAY 30	40 PUSH UPS

 #30dayfitness

www.30dayfitnesschallenges.com

 #30dayfitness

Careers Links from Mrs Havill

For many of those starting to think about starting their **Personal Statement** remember the careers resources available to support you such as <https://www.eclips-online.co.uk/> (new password **stjohns**) as well as all the university resources e.g. **University of Leicester** has a range of resources and information including **Writing a Personal Statement** (career talks) to students and can be viewed in your browser by [following this link](#).

If you are interested in working with children and a career as Norland Nanny, **Norland's** very first Virtual Open Event, which takes place with a series of presentations, live Q&As and a virtual tour of our campus between 16 and 22 May. Throughout the following week, 18-22 May, we're holding a series of live Q&A chats with staff and students on a range of topics including a more detailed look at their courses and facilities.

[Find out more and book your place](#) on each of the sessions you'd like to attend.

Bristol University <http://www.bristol.ac.uk/study/outreach/virtual-resources-for-students/> is now live and aimed at Year 12 students, Year 13s and could also be useful for Year 11 students. Additional subject specific tasters and lectures are being added weekly including the sciences, art and humanities, languages and engineering. Their Virtual open day is on Friday 26th June.

Gresham College <https://www.gresham.ac.uk/> There are lots of online lectures available in the following subjects: art and literature, business, history, law, mathematics, medical science, music, politics and science.

Plymouth University are delivering **Changing Places: Rebranding Urban and Rural Areas** for A Level Geography students. This talk focuses on the 'Changing Places' theme of the A-level curriculum & examines the economic changes that have been affected urban and rural places over the past twenty years. This first talk will run on the 20th of May, 1pm-2pm, will be hosted via Zoom and attendees need to fill out the survey <https://www.surveymonkey.co.uk/r/R89PQB2>

The National Film and Television School (NFTS) is offering an exciting opportunity for people of all ages to 'Explore Filmmaking'. This 6-week course delivered by the NFTS and BFI Film Academy will go through how films go from script to screen, exploring film production specialisms including writing, directing, composing, editing and cinematography. The course will be delivered by a host of award-winning filmmakers, using examples of their own work as well as films that have inspired them to demonstrate their approaches to their work. This course is FREE, does not require any specialist equipment, is for anyone interested in filmmaking and will need an approx. 3-

hour weekly study commitment. For more information and to sign up go to: futurelearn.com/explore-filmmaking

Skills for Care have lots of information and resources to help you promote social care as a positive career choice including LMI and workforce data. Further information can be accessed [here](#).

Architectural and planning practice Halliday Fraser Munro have developed a portal of virtual work experience for students. Further information is available here: workexperience.hfm.co.uk.

I'm an Engineer, Stay at home and Tomorrow's Engineers have produced a range of home study options to keep students **connected with STEM**. To access more information please follow the link [here](#).

Skills are as important as ever, whatever your future ideas may be – take a look at <https://icould.com/stories/easy-ways-learn-new-skills/> for some ideas. The Government has launched an online learning platform 'The Skills Toolkit' will help people to build their skills during the coronavirus outbreak and beyond. Free courses are available through a new online platform hosted on the gov.uk website: **The Skills Toolkit**. The new platform gives people access to free, high-quality digital and numeracy courses to help build up their skills, progress in work and boost their job prospects. <https://www.gov.uk/government/news/new-free-online-learning-platform-to-boost-workplace-skills>

Virgin Media Apprenticeships: Virgin Media are looking for their next intake of apprentices to join in September 2020 as Field Technicians and Network Engineers. They continue to recruit in a way that's safe for everyone, have made their application and assessment processes completely digital. careers.virginmedia.com/early-careers/apprentices

Five things to be grateful for during this difficult time

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

1. **Video calling** – It's been so lovely to see different family, friendship groups and school classes online, either through Zoom, Houseparty, Skype or Teams – I swear we've used all the platforms! Anyone else have a weekly family quiz?
2. **Puzzles and board games** – I've rekindled my past love for jigsaw puzzles and board games which help keep my mind active but allow me to switch off from the outside world.

3. **Music** – Thankful that we can put on lots of upbeat music in the house to lift the mood. Kitchens are made for silly dancing, right?!
4. **Exercise** – We've done P.E. lessons with Joe Wicks most days, though not necessarily live at 9am! We've enjoyed the sunshine, walking to see the local bluebells and lots of bike rides around where we live. There's something calming about being out in Nature.
5. **Gardening** – We've loved getting out in the garden and attempting to grow our own fruit and veg. for the first time. Lots of roses have started appearing, in the last fortnight, to bring extra colour!



Stay safe!
Best wishes from the Sixth Form team.