



Sixth Form Bulletin w/c 1st Feb 2021

Dear all,

Thank you to everyone who returned the questionnaire about online learning. It has been really useful to see how things are going from your perspective and what type of lessons you prefer. We plan to repeat the questionnaire soon but, in the meantime, have a look at the *you said/ we did* table in this bulletin to see how we have responded to your feedback.

Also, in this week's edition, please have a look at Mr Whittaker's review of *On Green Dolphin Street* and the excellent TED talk suggestion from Mrs Williams about managing stress and promoting a healthy mind. Mr Friend gives us some excellent ideas about how to remember the climate emergency during lockdown whilst Mrs Havill again includes an extensive list of university and career opportunities to explore. And how are you getting on with Mr Turnbull's fitness suggestions? Not sure about plank board games but do let us know how you get on!

Remember the Sixth Form team is here to support you whilst at home during lockdown. If you are struggling then please get in touch either through your tutor, your HoY or our counsellor Gilly. I hope you have a lovely week and look forward to seeing many of you in lessons,

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 18th 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. gbeer@stjohns.excalibur.org.uk

You said/ We did: Our response to the student questionnaire feedback

You said ...	We did
Around 1/3 of you had too much work to do. It is difficult to keep up with classwork, homework and revision as so much is being set	Asked teachers not to set homework other than revision. Also, to indicate work to be completed in private study time.
You prefer live lessons and pre-recorded lessons or a mixture of these	We passed this on to teachers

Lessons are very fast paced with not enough time given to write notes	Asked teachers to slow down online delivery a bit
Some of you wanted challenge activities to help stretch you	Asked teachers to indicate additional/ challenge activities you can do <i>if you wish</i>

Supra-curricular activities: suggestions for aspiring medics

Students in Y12 looking to apply to Oxford, Cambridge and other Russell group universities are recommended to undertake supra-curricular activities and lockdown is an excellent time to start! These are activities that aim to enhance academic understanding. The University of Cambridge as an extensive subject by subject list here:

https://www.undergraduate.study.cam.ac.uk/sites/www.undergraduate.study.cam.ac.uk/files/publications/super-curricular_suggestions.pdf

At the end of the subject lists you can also find general suggestions for reading, websites, videos, podcasts, competitions and other activities.

Applications for Sutton Trust UK Summer Schools are now open!

The Sutton Trust offers you the chance to spend a week with one of 13 leading universities around the UK, at absolutely no cost to you. You can choose from over 40 courses to study while sampling university-level academics and participating in fun activities with students like you from around the UK.



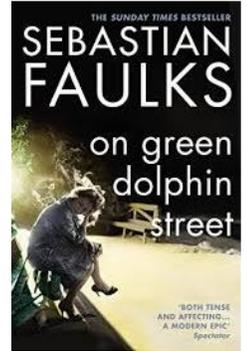
“Before the programme, I felt there were certain stereotypes about the type of people applying to top universities, and that I wouldn't be good enough as I didn't fit this profile. After the programme, I gained confidence overall, knowing I'm good enough to make a competitive application.”

– Denise, Llanelli, Cardiff University UK Summer School 2020

This is a great opportunity for you to explore a course or a university during your summer break. You are 4x more likely to be offered a space at a Russell Group university after attending their programme. To start your application go to [Welcome to the Sutton Trust Applications website](#). Applications are open until Tuesday, March 2nd. Students who meet Widening Participation criteria are most likely to be successful.

Book of the week: *This week chosen by Mr Whittaker*
On Green Dolphin Street by Sebastian Faulks

Sebastian Faulks conveys a wonderful sense of time and place and 'On Green Dolphin Street' set in 1959, evokes perfectly the period of the Cold War, the rise of JFK, his election victory over Richard Nixon in the US and the race riots in Mississippi. In the book he explores the question of whether one should stay true to one's traditional upbringing and live a restrained life or surrender to greater impulses and emotions and live life to the full, no matter what. He captures vividly the emotional plight of two lost souls grasping opportunity and beginning an emotional journey that is life affirming but has inevitable consequences that must be confronted.



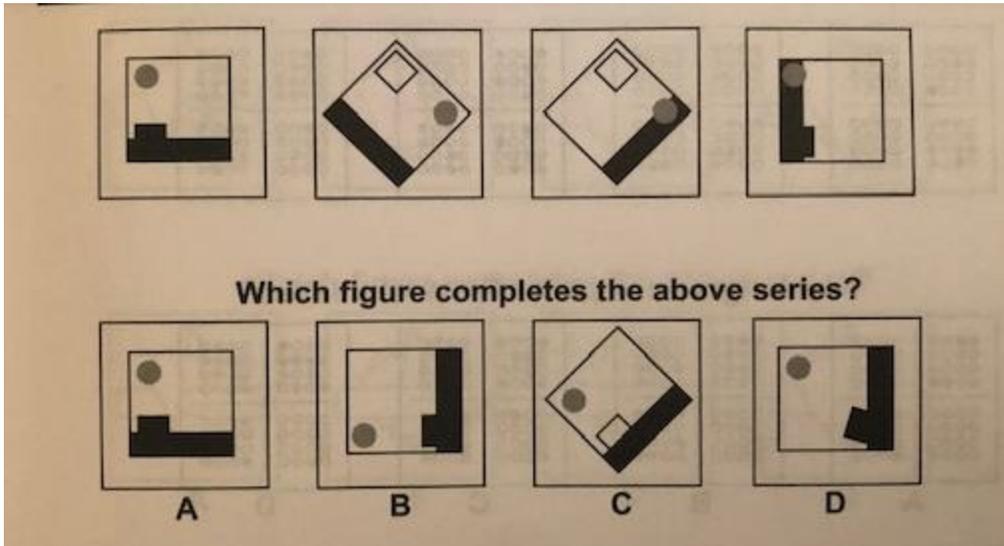
His characterisation is superb as all the central characters, all flawed in their different ways, confront their future lives with the possibility of letting their last chance of happiness slip through their fingertips.

It is an extremely accurate and heart rending depiction of forbidden love between two moral individuals who find their emotions spinning out of control. Never sure as to which way it will go and how it might end, I was lost in the 50s America from the first page to the last, as if I was there!

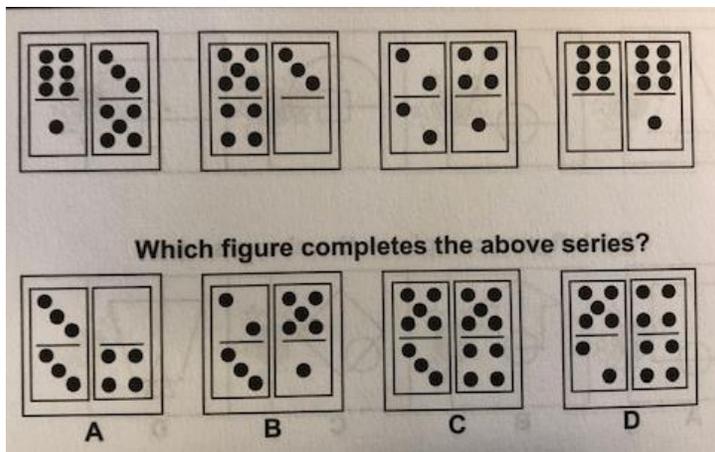
Looking after the environment in lockdown and beyond: Some tips from Mr Friend

- Find out: the more you learn about the Climate Emergency and what can be done about it, the more informed decisions you can make
- Energy: switch to renewable energies, use efficient appliances and consider different activities, e.g. reading a book or doing exercise
- Food: move to a greater proportion of your food consumption as plant-based. Look at this as an opportunity to try new things and even cook foods you haven't previously tried
- Materials: when you wish to purchase new products, e.g. clothing, look at second-hand alternatives and also make items that you no longer want available for others
- Opportunity: the Climate Emergency can seem scary but it is also an opportunity for positive change. Consider how you can support and bring hope to each other and, indeed, yourself.

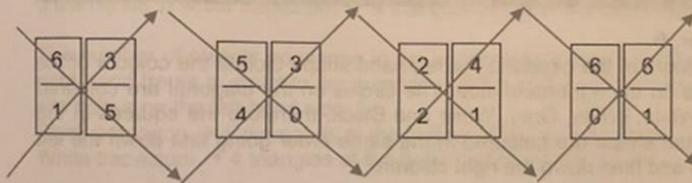
Quiz time: Abstract reasoning puzzle



Last week's puzzle and answer:



To solve this exercise, you need to read the frames one after the other following the diagonals as follows:



You will then identify two separate patterns:

Pattern 1 – starting from the bottom: 1 – 3 – 5 – 0 – 2 – 4 – 6 – 1 i.e. moving up by 2 each time and starting back at 0 to continue the series (hence 5 is followed by 0 (skipping 6), and 6 is followed by 1 (skipping 0)).

Pattern 2 – starting from the top: 6 – 5 – 4 – 3 – 2 – 1 – 0 – 6 i.e. moving down by 1 and starting back at 6 when 0 has been reached.

So the next diagonal going down should be 5 – 4.
And the next diagonal going up should be 3 – 5.

Ted Talks: *This week's recommendation from Mrs Williams*

This particular TED talk gives an interesting insight into how we view everyday stressors, and ways to manage them. Andy is the man behind the App 'Headspace' which enables an individual to take time to think, breathe and make sense of life when it gets a little tough. He also promotes healthy minds as part of your everyday.

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes



The image shows a screenshot of a TED talk video player. At the top, the TED logo is followed by the tagline "Ideas worth spreading". Navigation options "WATCH", "DISCOVER", and "ATTEND" are visible. The video frame shows a man in a blue shirt performing a fire breathing act on a stage. A large play button is overlaid on the video. Below the video, the view count "12,300,572 Views" is displayed. Interaction icons for "Add", "Recommend", "Like", and "Share" are present. The video title "All it takes is 10 mindful minutes" and the speaker information "Andy Puddicombe · TEDSalon London Fall 2012" are shown at the bottom.

Keeping fit and healthy: *from Mr Turnbull*

Plank board games. This is one I recently made up. It works with any board game, I've been doing it with chess and connect 4. As soon as your opponent has had their go you must hold a plank position and remain there until you've had your go (plank while you think!). If you're both doing it a game of chess can become just as much a physical challenge as a mental one! If you're not a fan of the plank there are loads of other stationary positions that could be used instead. The hardest part is generally finding someone else to play against!

Careers Update from Mrs Havill

University of Sheffield, along with 5 other universities including Reading and Bath are running a collaborative virtual event specifically for sixth form students in the South West. **'Why my uni is right for me'** on Thursday 11th February, 18:00-19:00 is free of charge to attend and will allow students to learn more about the universities present and pose their questions to university representatives.

[Click here](#) to book.



UK University Search – I hope students managed to access some of the UK University * Apprenticeship Search Virtual Fair on Wednesday and If you're unable to visit us on Wednesday 27 January; don't worry! The fair will be available on-demand until Wednesday 10 February. You will only be able to live chat with university and college representatives from 12:00 - 18:00 on 27 January, but you will still be able to visit stands, download documents and view webinars afterwards. The next event is on **Wednesday 17 March**. Students can book on [here](#).



<https://www.apply4uni.co.uk/> Offer information and guidance to students to help them plan, develop and create their university application. There is a small cost involved.

UCAS Discovery - These are early virtual UCAS Exhibitions and are organised by region: **South East on 9-10 March, Midlands on 15-16 March, South West on 23-24 March** (other events planned for April pending confirmation). Booking for students not yet open.

Nursing Taster Day – On Thursday 18th February GWH are holding a virtual work experience day on nursing with a company called Pathway. This will be held via Zoom and is available for students in year 11, 12 and 13 to sign up and attend. A flyer for the event was also emailed directly to students. Sign up here: <https://www.eventbrite.co.uk/e/nhs-sw-nursing-virtual-taster-day-tickets-137927481811>



New Virtual Work Experience Opportunities Recruiting Now from <https://www.s4snextgen.org/> :

- [East West Railway Company - Building a New Railway](#)
- Dates: 6th – 9th April 2021

- Eligibility: 16 – 19 year olds interested in Technology, Engineering, and Customer Services.
- Application Deadline: 28th February 2021

- [International Women`s Day #ChooseToChallenge](#)
- Dates: 8th March 2021.
- Eligibility: 14 – 19 year olds interested in the construction industry.
- Application Deadline: 26th February 2021

- [Haworth Tompkins Architecture Insight Evening](#)
- Dates: 2nd March 2021.
- Eligibility: 14 – 19 year olds keen to find out more about a career in architecture.
- Application Deadline: 15th February 2021

- [Green Skills in the Construction and Engineering Industry](#)
- Dates: 6th April 2021.
- Eligibility: 14 – 19 year olds keen to find out more about a career in architecture.
- Application Deadline: 7th March 2021

Apprenticeships

National Apprentice Week is 8th - 12th February and we are running an application workshop on Wednesday 10th February period 2 for any interested year 13 students – please let me know on fhavill@stjohns.excalibur.org.uk if you would like to be included. I will be sending out a bulletin specifically for apprenticeships next week.

Vacancy hunting – please ensure that you are registered for these sites below in addition to others mentioned in previous bulletins to help with your apprenticeship search:-

<https://successatschool.org/jobscourses> vacancies advertised for PwC, BT, Willis Towers Watson and IBM (gap year option)

<https://careermap.co.uk/> job search and employers directory for apprenticeship opportunities

<https://www.getmyfirstjob.co.uk/Registration.aspx> Apprenticeship vacancies for large national companies

IBM Business Apprenticeships - Valuable, paid on-the-job experience with the opportunity to build the knowledge and skills they'll need to get ahead. They'll work with UK and global clients from

start-ups to big businesses whilst studying towards a Level 7 qualification. They'll be supported by a variety of team members throughout their apprenticeship, offering them a wealth of guidance, and providing a great start to their career.

Perfect for school leavers who are looking for an alternative to university. We have opportunities available in Assurance, Strategy and Transactions, and Tax.

[Find out more](#)

Chartered accountancy apprenticeship at the National Audit Office – now live, click below. Five year fully funded programme, accept a range of subjects – deadline 8th March.



GSK are a science-led global healthcare company that researches and develops a broad range of innovative products in three primary areas of pharmaceuticals, vaccines and consumer healthcare. They have a variety of apprenticeships available including their 4-year **Data Science Degree Apprenticeship**, working towards a Level 6 Apprenticeship in Data Science.

[View all roles](#)

Thames Water – range of apprenticeships available from level 3 to level 7, closing date 28th February

[View all roles](#)

Jaguar Land Rover -Manufacturing Higher Apprenticeship Programme, 4 Years, Level 4 Higher National Certificate (HNC) in Engineering and a separate practical foundation skill and in plant

development programme, Salary – Circa £16,000 <https://careermap.us7.list-manage.com/track/click?u=ad6ea66c62b50396e776ca853&id=6bf3e93f09&e=f5212fdab3>

Pfizer – range of apprenticeships based in Kent. Includes Laboratory Scientist, Project Manager, Accountancy and Marketing
<https://www.apprenticesandgraduates.co.uk/vacancies/#pfizer-uk>

Events - Apprenticeships

Apprenticeships explained with Bloomberg - February 02, 2021 5:30pm - 6:30pm

Apprenticeships can be a little confusing - Is Higher Education superior to an Apprenticeship? What subjects can you study as an apprentice? How long does an apprenticeship last? Can my child gain full-time employment after their apprenticeship? We are hoping to answer these questions through an information session and panel event. You will hear from current and former apprentices as well as members of the management team at Bloomberg. You can also find out more about the apprenticeships on offer at Bloomberg, how we plan to navigate a tricky year with examinations being cancelled and how we hire apprentices. Everyone is welcome at this event as it is an information session, but it is designed for parents or caregivers for school children.



Use  code to register

From young-professionals.uk 10am - 12pm we will be hearing from 8 different apprentices from; **IBM, EY, PwC, M&S, bp, CIMA, CGI & Vodafone**. Each apprentice will give a short 10-minute snapshot on what they do and their career journey

- Monday 8th February, 10am - 12pm
- 8 Different Apprentice highlight journeys
- Open to all year groups in Y10, Y11, Y12 & Y13
- Opportunity to ask questions and find out about other young people's career journeys
- Learn about different types of apprenticeships, some myth busting and a few prizes along the way!

Registration Link: <https://www.research.net/r/NAW2021>

RateMyApprenticeship's Virtual Event – 3rd and 4th February. There are few places - the event registration page [here](#)



WEEK STARTING MONDAY 1st FEBRUARY - <https://www.speakersforschools.org/>

DATE	SPEAKER	INFO
Mon 1st February 10-11am LINK TO JOIN	Dorothy Byrne, Editor-at-large, Channel 4, Chair, Ethical Journalism Network & Former Head of News and Current Affairs, Channel 4 For KS4-5/ S4-6	Join us to hear Dorothy Byrne, Editor-at-large at Channel Four, previously Head of News and Current Affairs, share her insights into her career as a journalist. During her tenure, the channel's news and current affairs programmes have won numerous BAFTA, RTA and Emmy awards. Dorothy will reflect on how to be successful in the world of work and will question whether we can trust the media.
Tues 2nd February 10-11am LINK TO JOIN	Branko Bjelobaba, Finance and Engaging in Democracy Speaker For KS4 – 5 / S4 – 6	Join us here to hear Branko Bjelobaba, Finance and Engaging in Democracy Speaker, provide and honest approach as to what makes a difference in terms of presenting yourself and how success can follow failure. Branko has spoken at many schools and delivered one of our first live virtual event and speaks passionately about the UK financial services sector and also how young people can engage with democracy.
Tues 2nd February 2-3pm LINK TO JOIN	Speakers for Schools Experience Nursing Broadcast: Dr Crystal Oldman, CEO, The Queen's Nursing Institute For KS4 – 5 / S4 – 6	Join Speakers for Schools for our first Experience Nursing Broadcast with Dr Crystal Oldman CBE. Dr Crystal Oldman CBE joined the Queen's Nursing Institute in November 2012 as Chief Executive. Crystal worked in the NHS for 18 years, the majority of which was in the field of community nursing, working with some of the most deprived communities in west London. An opportunity not to miss for students who would like to hear more

		about Crystal's journey and an insight into working in nursing.
Thurs 4th February 2- 3pm LINK TO JOIN	Penguin Talks in Partnership with Speakers for Schools: How to motivate yourself, with Adrienne Herbert and Alice Liveing For KS4 – 5 / S4 – 6	Leading wellness professional, podcast host and author of The Power Hour, Adrienne Herbert joins personal trainer, blogger and best-selling author, Alice Liveing to discuss how students can motivate themselves and maintaining their wellbeing during lockdown

HOW TO JOIN THE LIVE BROADCASTS

- Join 10 minutes before the broadcast to be ready
- You can join without needing an account – [Watch how here](#)
- For full speaker descriptions visit the [Broadcast Schedule here](#)

LIVE BROADCASTS LIBRARY & MORE

Watch pre-recorded broadcasts from our library [here](#)

Student Experiences

Please be advised there is a cost to all those listed below and St John's are not endorsing these.

- **UCL Spring Student Experiences** – career experiences are now available in 20 of the world's most desirable careers. Students can attend either 'Live Online' before Easter or in-person at UCL later in April.

[View Programmes & Register Now](#)

- **Academic Summer Schools and Short Courses 2021**



The Debate Chamber Summer Schools offer students age 15-18 the opportunity to find out more about subjects as well as prepare for university applications and connect with peers. Summer 2021 programme includes Law, Medicine and Mathematics summer schools - see a full

calendar of events by date [here](#) You can find full details of schedules, dates, costs, student reviews and tutors at <https://debatechamber.com/>

Study Skills

University of Winchester Study Skills

Whilst classes have gone back online for the time being, as we await more information about assessments this year we wanted to share our study skills resource. We have 5 short videos for students designed to support the skills needed for Level 3 study. These include: [Study Skills](#), [Critical Thinking](#), [Reading & Listening](#), [Planning](#), [Assignments](#).

UniTasterDays

On Demand Webinars <https://www.unitasterdays.com/on-demand.aspx> To support students who are considering university to make informed future decisions. They feature guest speakers from a range of different universities, who are always experts in the subject they are speaking about. They are independent, impartial, and under one hour to suit timetabling requirements. They also include the general content students will find useful – like how to write personal statements, student finance, UCAS applications and more.

<https://www.unitasterdays.com/search.aspx?LID=true> For students seeking online opportunities directly, you can browse virtual open days, webinars, online subject tasters and chats through the UniTasterDays online events directory - with new events added daily by universities UK-wide.

Business Plan Competition – 100 Day Entrepreneurship Challenge, University of Lancaster

Do you have what it takes to come up with a business idea and put together a plan in 100 days? Form a team to represent your school or college, and put your creativity, business knowledge and entrepreneurial skills to the test!

The Challenge

To come up with a business plan which would help to achieve one of [the seventeen United Nations Sustainable Development Goals](#), which teams will then introduce in a 4-5 minute presentation. Registration deadline is 5:00pm on Monday 1st February.

To find out more <https://www.lancaster.ac.uk/lums/about-us/working-with-schools/100-day-challenge/>

Mrs F Havill

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 come from Mrs Spokes:

Over the past year I have definitely had time to reflect and when I look back over this past year I am so grateful for many things.

Furry friend

Just before lockdown our first dog joined our family and it has been so nice to have quality time with her. We used the opportunity to train her and set up an assault course in our garden. She is now really confident in agility and can do lots of tricks!



Gardens

Speaking of gardens, we grew our own vegetables for the first time and my kids loved finding treasure (potatoes!). We also grew peas, tomatoes, beans, chilli's, sweetcorn and many more tasty vegetables. I will definitely do this again and was amazed how easy it was and how much better they tasted compared to the supermarkets.



Countryside

I am so thankful that I live in Wiltshire, not having to go in the car to go on a beautiful walk. I have discovered so many lovely walks around where I live and with the beautiful weather in the summer it was perfect!



Teaching

I love teaching and am grateful that I could continue to engage with students. It was challenging learning to teach a practical subject remotely but I really value the normality of getting in the car and going to work when so many have had to adapt to working at home or being furloughed.

Dog Bingo

Finally, I love a family board game and have had so many weekends playing dog bingo, a fun family game! With not being able to go out as much as we normally would this gave us some fun, quality time together.



Stay safe!
Best wishes from the Sixth Form team.