



## Sixth Form Bulletin w/c 8<sup>th</sup> Feb 2021

Dear All,

This week, the bulletin is going to be of a slightly different nature as it is being organised and written by the St John's senior student team. The usual topics that are present every week will still be here along with some additional features that have been put forward by both myself and the rest of our team. Please go and watch the Ted talk put forward by Bethan Crawshaw, exploring how boredom can lead to amazing possibilities and a video suggested by Nathan Scott on the different types of vaccine which of course is highly topical at the moment. In this issue, we also have 5 things that Fran Mulholland our Deputy Head Girl is grateful for, some intriguing logic puzzles from James Munro and some supra-curriculars that universities regard highly from Holly Westbury along with many other interesting aspects.

As Head Boy, I find myself in an incredibly responsible position and with this, comes speaking the voice of all the students at St John's. This being said, I would just like to say a massive thank you to all staff, parents and students for your commitment through these difficult times. Teachers and all staff members have had to adapt to a completely new way of communicating with students, in ways that two years ago they would have never done before. Teachers and all other staff members sometimes go overlooked in this regard, and so the entire senior student team would just like to say a massive thank you for all the commitment from the staff, be it the teachers, heads of years, counsellors, administration and support staff and school nurse for all their guidance and support. The response from students has been superb, with everyone trying to remain as positive as possible and move forward given the uncertainty. As students we are able to share the student perspective and we very well know that it is tough, but your dedication to your A-levels and BTEC awards has shone through and highlighted the key values that make up the St John's student body. And then we come to the parents, who have now taken on the part time role of teachers in order to ensure that your children achieve their highest potentials. Your compassion and strength have been tremendous, especially given that you are still working, some on the frontline in the battle against the virus and others making sure that other services continue to flow as far as they are allowed. As students, we owe a great debt of gratitude to you for all your commitment.

The 6<sup>th</sup> form staff are as committed as ever to helping the students, so please if you as students or parents have any queries then please do not hesitate to get in touch via the 6<sup>th</sup> form tutors, heads of years or our wonderful new 6<sup>th</sup> form dedicated counsellor Gilly who most of the 6<sup>th</sup> form have had the chance to meet during tutor sessions in recent weeks. Again, I would just like to reiterate that as students, parents and staff, we must remain positive and keep striving to achieve as we have been and push forward into the future together, as the strong team that we are.

Kind regards,

Alfie Smith (Head Boy) and the rest of the Senior Student team

## Study Tips: From Lily Miller

### Revision Tips!

Try writing questions on sticky-notes and sticking them on things you use a lot.

E.g- stick a question on your mirror and try answering it whenever you look in the mirror- switch the question out for a new one when you are confident.

Plan your time! Don't try and over-work yourself, make sure you schedule regular breaks and try and eliminate distractions in your scheduled work time!

Try and attempt practice exam questions – these can be found online and most teachers are more than happy to mark these!

Make sure you're sleeping enough- It's easy in lockdown to lose a sense of time and fall into bad sleeping habits- getting enough sleep at night will help with:

- Your energy levels
- Your ability to concentrate
- And your mental health.

### 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](mailto:gbeer@stjohns.excalibur.org.uk)

### Supra-curriculars: suggestions that may add to your university applications From Holly Westbury

#### Biology/Biological/Biomedical Sciences

- Read/subscribe to: <https://bbsrc.ukri.org/research/> or <https://www.ibms.org/home/>
- Complete FutureLearn courses on Antibiotic Resistance and Pharmacotherapy - <https://www.futurelearn.com/courses/antimicrobial-stewardship>  
<https://www.futurelearn.com/courses/overview-and-formulation-of-biotechnology-products>

#### Chemistry

- Take part in the Cambridge Chemistry Challenge – <http://www.c3l6.org/>
- Read any of the following: Obsessive Genius: The Inner World of Marie Curie – Barbara Goldsmith; H<sub>2</sub>O: A Biography of Water – Philip Ball

#### Computer Science

- Use some of these free websites: Code Academy – <https://www.codecademy.com/> ; Git Hub – <https://github.com/>
- Read Code: The Hidden Language of Computer Hardware and Software – Charles Petzold

#### Engineering

- Read any of the following: How Do Wings Work? – Holger Babinsky; What Engineers Know and How They Know it: Analytical Studies from Aeronautical History – W.G. Vincenti

#### Geography

- Read An Introduction to Human Geography: Issues for the 21<sup>st</sup> Century – Daniels, P., Bradshaw, M., Shaw, D. and Sidaway, J.
- Complete FutureLearn course on Sustainable Development - <https://www.futurelearn.com/courses/sustainability>

#### History

- Read any of the following: History of England – Macaulay; The Causes of the English Civil War – C T. Russel; The Fourth Estate: Women in the Middle Ages – S. Shahar; A History of the Global Economy 1500 to the present – J. Baten

#### Law

- Read any of the following: Learning the Law – Glanville Williams; What about Law? – Barnard, O’Sullivan and Virgo
- Complete FutureLearn course on Human Rights and International Criminal Law - <https://www.futurelearn.com/courses/human-rights-and-international-criminal-law>

#### Maths

- Read How to Solve it – George Polya
- Complete Future Learn course on Essential Maths for Data Science - <https://www.futurelearn.com/courses/essentialmath-for-machine-learning-r>

#### Medicine

- Complete online work experience via <https://www.rcgp.org.uk/training-exams/discover-general-practice/observe-gp.aspx> or <https://bsmsoutreach.thinkific.com/courses/VWE>
- Complete FutureLearn course on Cancer Medicines - <https://www.futurelearn.com/courses/exploring-cancer-medicines>

#### Physics

- Complete FutureLearn course on Higgs Boson - <https://www.futurelearn.com/courses/higgs>
- Read The Theory of Everything – Stephen Hawking; The Feynman Lectures on Physics – Richard Feynman

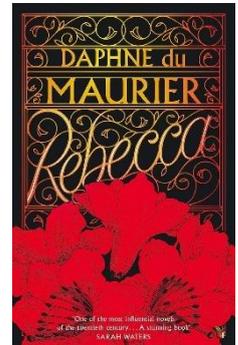
#### Veterinary Medicine

- Read any of the following: Merck Veterinary Manual – Merck & Co; All Things Great and Small – James Herriot
- Complete Virtual Work Experience via <https://www.futurelearn.com/courses/vet-school-application-support>

**Book of the week: Lily Miller**

**Rebecca by Daphne Du Maurier**

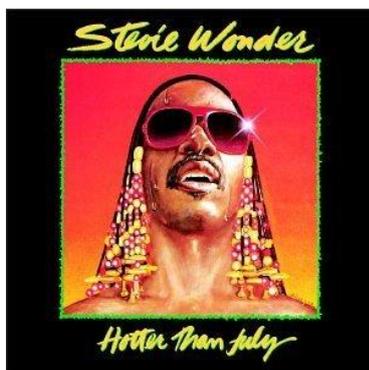
Daphne Du Maurier's Rebecca is a thought gripping psychological thriller, packed with mystery and romance. Set in Cornwall in the 1930's we learn the secrets of Manderley and its inhabitants. Maxim De Winter has an air of mystery shrouding him, his life story is one that could be described as anything but boring. He displays your typical Gothic hero structure, seeming very brooding and sinister.



Du Maurier's Gothic style of writing brings all the characters to life; filled with twists and turns the dramatic novel had me on the edge of my seat throughout. This novel starts with one of the most famous lines in literary history "Last night I dreamt I went to Manderley again", not only is this story hauntingly romantic it is also a story of a young girl's self-discovery. This book will forever be on my bookshelf as one of my favourite novels, bringing comfort each and every time I read it.

**Music Review: from Nathan Scott**

Listening to your favourite music is a great way of relieving stress and cheering yourself up, so why not spend some time discovering a new artist or genre that you'll love and will cheer you up when you listen to it. Here are some recommendations for albums that I think you'll like.



**Album: Hotter Than July – Stevie Wonder**

**Genre: Soul / Funk**

**My Top 3 Songs: - Cash in your face**

**- Did I hear you say you love me**

**- I Ain't gonna stand for it**



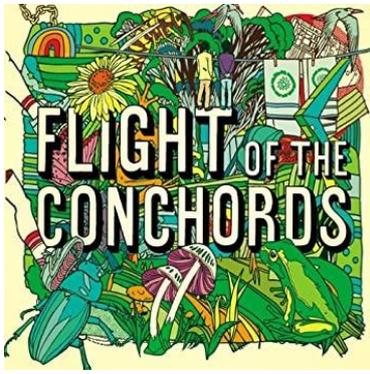
**Album: Royal Blood – Royal Blood**

**Genre: Rock**

**My Top 3 Songs: - Loose Change**

**- Come on over**

**- Little Monster**



**Album: Flight of the Conchords – Flight of the Conchords**

**Genre: Musical Comedy / Varied**

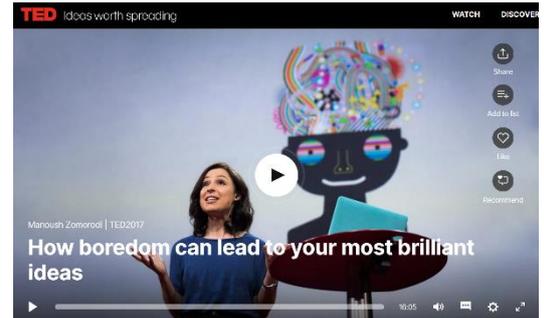
**My Top 3 Songs:- Hiphopotamus vs. Rhymenoceros**

**- Business Time**

**- The most Beautiful Girl (In the room)**

### Ted Talk: From Bethan Crawshaw

I chose this week's Ted Talk as I felt it was appropriate to think about motivation during these difficult times. The Ted Talk discusses what happens in your brain when you are bored and how this is the best time for your brain to be creative and think of good ideas. It turns a negative state of mind into something creative and inspirational- something we could all do with during this hard time. Remember to stay positive because there is a light at the end of the tunnel and even when as Manoush Zomorodi says when she was at her most exhausted she found a way to carry on and that was by doing something she loved and was passionate about. So when you're next feeling bored try and turn that boredom into something creative and see where it takes you.



[https://www.ted.com/talks/manoush\\_zomorodi\\_how\\_boredom\\_can\\_lead\\_to\\_your\\_most\\_brilliant\\_ideas/up-next](https://www.ted.com/talks/manoush_zomorodi_how_boredom_can_lead_to_your_most_brilliant_ideas/up-next)

### Keeping fit and healthy: from Sophie Hook

During such a time it's essential for everyone to get out and exercise as much as possible, but for some the thought of just going on a run or even a walk can seem overwhelming. My challenge for those of you feeling sluggish and unmotivated is not to jump straight into a run but to just be more active, that might be tidying your room or going downstairs and standing outside for a minute to get some fresh air, the more activity you do and the more fresh air you get, the more it will improve your mental health- not just physical.

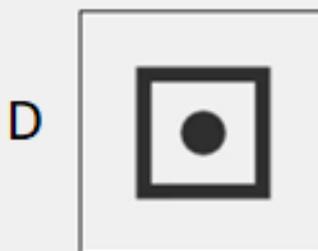
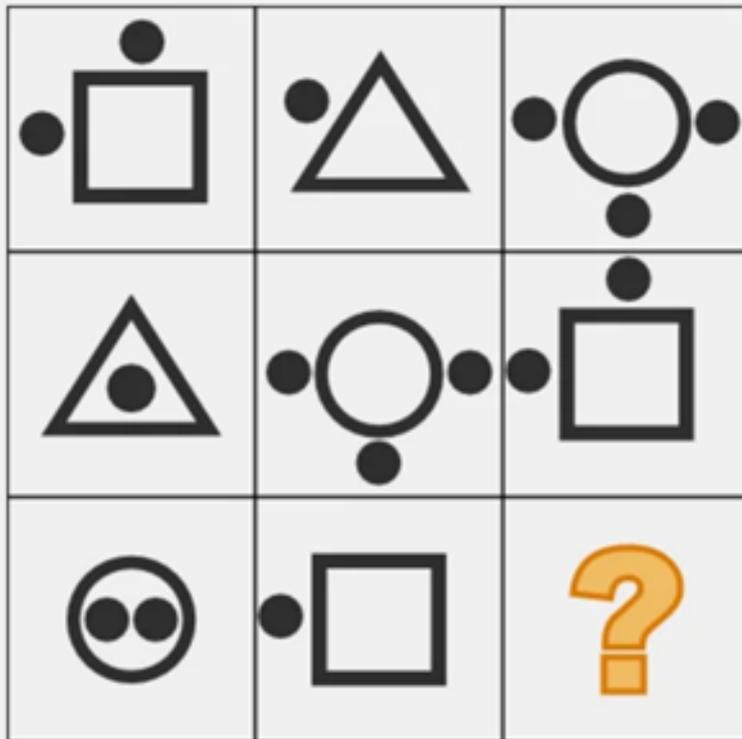
Although it's tempting after completing your lessons to sit down in front of your laptop or tv and watch your favourite Netflix show, it can feel- a lot of the time- very unproductive. My challenge to those guilty (including myself) of slouching in front of the tv after a day of lessons, is to combine your favourite show with exercise. Do a plank whilst you watch, do some sit ups, star jumps... anything active. That way you get the benefits of being active and the satisfaction of watching your favourite show!

### Interesting vaccine information: from Nathan Scott

<https://www.bbc.co.uk/news/av/health-55625276>

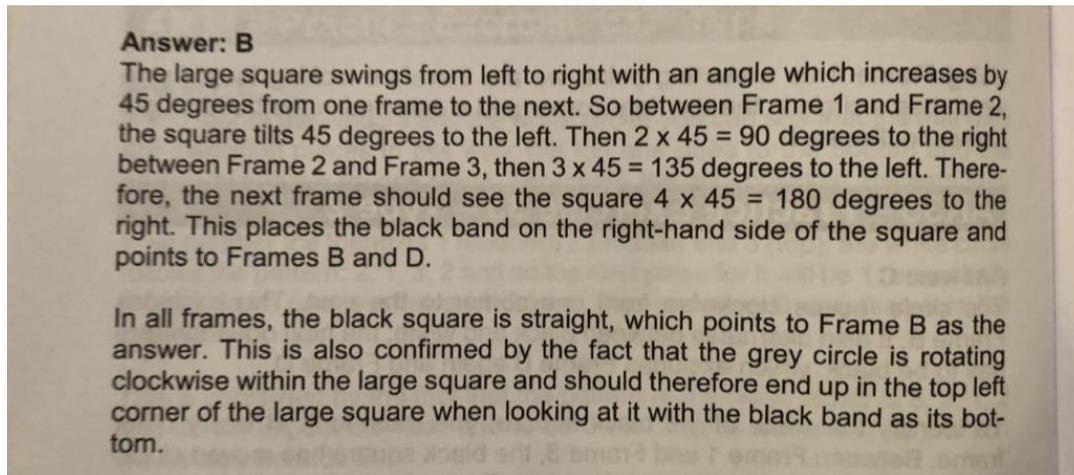
<https://www.pfizer.co.uk/behind-science-what-mrna-vaccine>

Logic Quizzes: from James Munro



Which symbol: A,B,C,D replaces the '?' to complete the pattern?

## Last week's puzzle and answer:



## Careers update from Mrs Havill

### **Weekly Careers Bulletin - 5<sup>th</sup> February 2021**

**Apprenticeships Information** – see the separate bulletin sent on 5<sup>th</sup> February

Register here [https://zoom.us/webinar/register/WN\\_9mWI4mHwRFOT3TLi7CUIw](https://zoom.us/webinar/register/WN_9mWI4mHwRFOT3TLi7CUIw)

Meet the  **RUSSELL GROUP**

**Student Life at  
Russell Group Universities**

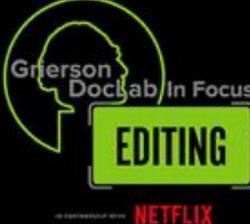
[Meet The Russell Group](#)

Student Life at Russell Group Universities, Monday 8 February – 16:30

Join Olivia Reed our Student Union President along with a panel of current students as they discuss what life is really like at a Russell Group university. They'll be sharing their journey from making an application back in school or college to looking for employment opportunities, and everything else in between.

Whether you students are still considering if university is the right option for them, or if they have already applied, this session is not to be missed. Get your questions ready!





IN PARTNERSHIP WITH  
The Rank Foundation **NETFLIX**

IN PARTNERSHIP WITH **NETFLIX**

IN PARTNERSHIP WITH **NETFLIX**

# Love documentaries? Wondering what opportunities there are for working in TV?

Our Netflix-supported Grierson DocLab schemes could be for you... The factual TV and documentary industry needs new diverse talent. We therefore particularly welcome applications from those currently under-represented throughout the industry.

**Grierson DocLab** - our core scheme is for UK-based 18-25 year olds who want to work in docs and factual TV. There are up to 15 places on the scheme, which provides week-long training, bursary-supported work placements at UK production companies, matches with industry mentors and more!

**Grierson DocLab In Focus: Editing** - a training scheme for UK editors aged 18+ who are proficient in Avid or Premiere Pro software and want to step up their storytelling skills. PAID contracts on Netflix documentary productions are included for each trainee. The training will be run on Avid software.

**Grierson DocLab In Focus: Production Management** - this scheme seeks highly organised UK-based people aged 18+ who want to work in documentary production management. You need one years' office admin experience in any sector to be eligible. PAID contracts on Netflix documentary productions included.

Visit [www.griersontrust.org/outreach](http://www.griersontrust.org/outreach) to find out more | Applications close Friday, 12 February at 5pm

@griersontrust | #GriersonDocLab



**HE Events – use this link for the UCAS update on events and exhibitions**  
<https://www.ucas.com/ucas/events/find/type/exhibition/type/open-day?layout=list>



Southampton Science and Engineering Festival (SOTSEF) is the University of Southampton's annual award-winning science festival that allows everyone to explore and discover what the world of STEAM (Science, Technology, Engineering, Arts, Maths and Medicine) has to offer. [www.sotsef.co.uk](http://www.sotsef.co.uk)

Top tips from writing a STEM Personal Statement from University of Southampton To help you write a personal statement that will secure your place at your university of choice, our STEM admissions tutors have put together some top tips [here!](#)

### **Subject taster sessions**

[https://www.youtube.com/playlist?list=PLT3AipgP4I\\_z3FIEYgbrq9obCbMMIdT3o](https://www.youtube.com/playlist?list=PLT3AipgP4I_z3FIEYgbrq9obCbMMIdT3o)

### **Interested in Healthcare / Medicine?**

#### **Two Weeks Virtual Work Experience with Great Western Hospital**

This year, Great Western Hospitals NHS Foundation Trust are giving students in Years 10-13 the unique opportunity to discover what a career in healthcare is like during a 2 week Virtual Work Experience programme. The programme will give students an overview of what a career in healthcare can offer, looking specifically at Medicine, Nursing, Midwifery, Clinical Psychology, Allied Health Professionals and non-clinical roles.

The programme will take place between 8th March and the 19th March 2021. You do not need to be available full time during those dates but you do need to be able to complete 10 hours of work over the 2 weeks.

Eligibility:

To apply for this programme students must:

- Have an interest in a career in healthcare
- Be in Years 10-13 and attend a school or college within 19 miles of the SN3 6BB

- Be predicted or have attained Level 4 in GCSE Maths and English

**The deadline for applications is February 15th 2021** and all applicants will hear if they have a place on the programme on the 22nd of February 2021.

Students can apply for the programme by creating a Springpod account and completing the application form here: <https://www.springpod.co.uk/great-western-virtual-work-experience/>

### Inspire Medics

FREE monthly webinars for students who wish to study Medicine at University. The next online talk is on the 14th March 2021 and 2 UK doctors will talk about the journey of a doctor through the NHS. It will be an opportunity for students to hear from doctors and understand the requirements to get into Medical School and beyond. There are 2 links below, one is an eventbrite link and the other is a direct Zoom registration link.

[https://www.eventbrite.co.uk/e/137253985365?aff=odeimcmailchimp&mc\\_cid=d5fe54cfec&mc\\_eid=UNIQID](https://www.eventbrite.co.uk/e/137253985365?aff=odeimcmailchimp&mc_cid=d5fe54cfec&mc_eid=UNIQID)

[https://us02web.zoom.us/webinar/register/WN\\_0Yvdi35JRiu\\_wPBnqipbUw?mc\\_cid=d5fe54cfec&mc\\_eid=UNIQID](https://us02web.zoom.us/webinar/register/WN_0Yvdi35JRiu_wPBnqipbUw?mc_cid=d5fe54cfec&mc_eid=UNIQID)

### University of Law - Law Booster Sessions this February Half Term

Bookings are now open for students to attend our special February Half Term Booster Law sessions run in conjunction with FlippedLaw, who are experts in supporting Year 12 and 13 students who want to excel in Law.

Mon 15th Feb, 13:00 - 15:00 - Tort Law (Nuisance and the rule in Rylands vs Fletcher)

Tues 16th Feb 13:00 - 15:00- Criminal Law (Mens Rea and Non-Fatal offences)

Weds 17th Feb, 13:00 - 15:00 - Contract Law (Consideration and intention to create legal relations)

These booster sessions are ideal to enhance the knowledge and exam technique of your students who are currently studying either A-Level or BTEC Law, or for those who are considering studying Law at degree level.

**Book a place on a law booster session**

**Free online events for students interested in a career as a barrister** - Interested in becoming a barrister, or that would like to learn more about the profession? Please read the message from [Inner Temple](#) below about a selection of upcoming opportunities to find out more about this fascinating career. With a dearth of valuable opportunities for students to further their careers during this pandemic, we highly recommend these brilliant online events.



## Virtual Degree Tasters

We are very excited to be launching 'Virtual Degree Taster' programmes, which allows students to see for themselves what it's like to study a degree at university.

**But...** We need your students' help!

If you think they'd be interested, click the button below, and share the page url with your students so they can let us know which degree taster programmes they want to join, and register their interest in the programmes early by submitting the finished survey (it should only take a few minutes!)

TAKE SURVEY

**Speakers4schools** next week's full [Live Broadcasts Schedule](#) - **WEEK STARTING MON 8<sup>TH</sup> FEBRUARY**

DATE	SPEAKER	INFO
Mon 8 <sup>th</sup> February 10-11am  <a href="#">LINK TO JOIN</a>	<b>Tom Toumazis MBE, Former Media, Entertainment and Tech Executive, now investor in start ups</b>  For KS4-5/ S4 – 6	We are delighted to be hosting a Broadcast with Tom Toumazis, Former Media, Entertainment and Tech Executive, now investor in start-ups. Tom is a public speaker, sharing his work/life experiences and encouraging young people to explore a career in the world of media and entertainment. He was awarded an MBE in 2015 for services to children. Tom will be sharing insights into the 'art of nudging' and how to get noticed in a world of noise!
Mon 8 <sup>th</sup> February 2-3pm  <a href="#">LINK TO JOIN</a>	<b>Milo Beckman, Author, Maths without Numbers</b>  For KS4 –5/ S4 – 6	Join us here to hear Milo Beckman, a maths prodigy from New York. Milo's projects and independent research have been featured in The New York Times, the Huffington Post, the Economist and others. He has worked for a US Senator, three tech companies, two banks and taught mathematics in New York, China and Brazil. His debut book, Math Without Numbers, is an illustrated guide to shapes, dimensions, infinity, symmetries, proofs, and more. Milo will be talking about a famous question in abstract maths: Is there anything bigger than

		infinity? He is looking forward to answering your questions.
<b>Wed 10<sup>th</sup> February 2-3pm</b>  <a href="#">LINK TO JOIN</a>	<b>Jean-Patrick Cheylan, Head of Entertainment Partnerships, Europe, Twitter</b>  <b>For KS4-5/ S4 – 6</b>	Speakers for Schools is delighted to be hosting a Broadcast with Jean-Patrick Cheylan. Jean-Patrick is in charge of supporting the leading European entertainment content creators to grow and monetize their audience on Twitter. He leads a 5 people team based in London, Madrid and Paris, which covers partnerships across Tv, cinema, music, fashion, lifestyle, food. Jean-Patrick will be sharing insights into his career journey and where to gain relevant work experience. He will be providing advice on how we can develop our resilience.
<b>Thurs 11<sup>th</sup> February 10-11am</b>  <a href="#">LINK TO JOIN</a>	<b>Panel Broadcast with Flipbook Studio</b> <b>David Cordon, Head of TV and film, Jo Wilkinson, Head of Production &amp; Yuval Turgeman, 3D Artist</b>  <b>For KS3-5/ S1 – 6</b>	Join us for a panel discussion with Flipbook Studio, an innovation production studio who provide Visual Effects, Animation, Digital, Immersive and Film for their international client base. David Cordon, Head of TV & Film, Jo Wilkinson, Head of Production and Yuval Turgeman, a 3D artist will be sharing an insight into their careers and will be providing tips for students who are interested in a career in Film and TV. Students will have the opportunity to ask the panel questions.
<b>Thurs 11<sup>th</sup> February 2-3pm</b>  <a href="#">LINK TO JOIN</a>	<b>Penguin Talks in Partnership with Speakers for Schools</b>  <b>Lit in Colour: Why Empire is Relevant Today, with Sathnam Sanghera and Zawe Ashton</b>  <b>For KS4-5/ S4 – 6</b>	Award-winning author and journalist, Sathnam Sanghera, joins actress, playwright and director Zawe Ashton, to discuss the impact of Empire on modern Britain, its absence from the school curriculum and why it's relevant to young people today.

## 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](#)

# JustCharityJobs.co.uk

**Latest Jobs**   **Map Search**   **Detail Search**   **Add Job**   **About Us**

**Interested in working for a charity?** Have a look at <https://www.justcharityjobs.co.uk/> for some ideas with their current vacancy listings.

**Don't forget National Apprenticeship Week – look out for the apprenticeship bulletin with lots of activities going on next week.**



## **Five things to be grateful for during this difficult time: Fran Mullholland our Deputy Head Girl**

### **Technology**

I am so thankful to be living in the 21<sup>st</sup> century where modern technology enables me to access learning resources and online lessons. Your electronics allow you to do so much from keeping in touch with friends and family to streaming music and watching your favourite TV shows. Technology has made me feel connected in a very disconnected year.

### **Family**

Lockdown can get hard sometimes, and it's difficult knowing we can't see our friends like we would normally. However, the time I've been able to spend with my family has been irreplaceable and I've made some very fond memories over the past year as well as having some great laughs.

### **Modern medicine**

Without modern medicine these vaccines wouldn't have been created, how long would this whole thing go on for without the use of the 4 approved vaccines? The thought of the vaccines makes it seem like the light at the end of the tunnel is getting closer.

### **Basic amenities**

A roof over your head running, water and electricity such basic things however without them would have made lockdown impossible. Imagine your life without these conveniences and you'll find every reason to be grateful for them.

### **Pets**

I believe that pets can just make your day, seeing my dog can honestly change my whole mood, not to mention if you have a dog the exercise is so beneficial and if you can get and walk them do, as it's also a good way to clear the mind. Whatever pets you have can provide unconditional love so if you ever feel down or like lockdowns getting to you, you don't need to look far for an easy cheer up.