



Sixth Form Briefing w/c 27th April

Dear all,

We hope you had a good week and made a positive start to the term.

Last week we suggested plenty of things to do for each year group, and for all students it is important to stay on top of your work, stay in touch with your teachers and talk to us if you have any difficulties. For students in Y12 and 13 we have asked your tutors to get in touch over the next few weeks so please let them know if you need any help with work or next step plans.

Year 11 – Summer prep work Apologies for the technical issues. Everything is now up and running and can be accessed via the school website under the Sixth Form tab. For St John's students the work is also available on Sharepoint. We have also kept the link to the EtonX course available to Y11 students – this course is a really good opportunity to study (virtually!) at Eton and will help you focus on keeping your brain busy.

Year 12 – UCAS/ Apprenticeship preparation. This week we would like Y12 students to consider alternatives to university. In Sharepoint in the Social Studies KS5 folder you will find a narrated power point about apprenticeships. Please work through this PowerPoint over the week. In addition, Mrs Havill has added a post 18 resources sheet – essential reading for any student not intending to go to university next year.

For **all** students, whether or not you are thinking about applying to university, please complete the “All about me” sheet and return to your tutor by the end of May. These will be used to help to write your reference. In addition, students who are considering university may like to look at Uni taster days at

<https://www.unitasterdays.com/common/mailview.aspx?mid=bssMC5xSYxL3LIZdqC8iZQ%3d%3d&ema=wrz4kFB7%2b3VzdQdX44TMhVgint4Zu2mG3SJdGR6ZI64%3d>

Online support for the UCAS process including Oxbridge is also available at

<https://www.timadelani.com/online-workshops-and-seminars>

Year 12 – Work Experience. As work experience was unfortunately cancelled this year some of you may be concerned about gaining work experience ahead of your UCAS applications. For some subjects, such as medicine, work experience is necessary. BSMS (Brighton and Sussex Medical School) is offering virtual work experience at <https://bsmsoutreach.thinkific.com/courses/VWE>. PWC have shared an Employability Skills toolkit at <https://www.pwc.co.uk/who-we-are/our-purpose/empowered-people-communities/social-mobility/employability-skills-toolkit.html>. These sessions are geared towards students in your age bracket and would make a useful addition to your CV.

Year 12 – Applying to Oxbridge? Those students who are applying to Oxford and Cambridge will need to do more in order to prepare for your application. A really useful guide is available here <https://www.mpw.ac.uk/university-guides/getting-into-oxford-cambridge/an-essential-guide-to-successful-oxbridge-applications/>. If you have questions about this process, please speak to Mrs Haig or Miss Peskett.

Year 13 – What’s next? Over the next few weeks Y13 students should continue to prepare for their next steps. This could be by completing preparation for university MOOCs such as <https://www.futurelearn.com/courses/preparing-for-uni> or browsing all the courses available at <https://www.mooc.org/>. If you are planning on working but have not yet gained a place remember to go back over the Apprenticeship ppt on Sharepoint (in Social Studies/ KS5) where there are lots of links to follow. Our careers advisor, Mrs Havill, can also be contacted at fhavill@stjohns.excalibur.org.uk.

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

Study tip of the week:

Many students are saying they are feeling a bit demotivated this week. To help you get back in the swing of things we suggest these three simple things:

1. Exercise before you study – even if it is some simple stretches or some dancing! – this will help to improve your mood and create good endorphins.
2. Make sure you have a comfortable place to study where (if possible) you won’t be disturbed.
3. Work in one-hour sections and take a short break after each to move around– remember the school day is in one-hour lessons so this is what your brain and body are used to.



Fancy stretching yourself?

We wrote to you before Easter about Eton self-study courses. The school has now signed up to two of these courses specifically with Y11 and Y13 in mind. There are around 200 free places available for our students on each of these courses and you sign up using the details below:

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

P&R essay writing competitions:

An excellent way of preparing for university, learning research skills and having more to write on your UCAS form is to enter an essay writing competition. Below is a selection of Philosophy competitions but a search of university websites will show other subject competition. Most of these have a prize – one is £250 – and all of them are an excellent way of showing admissions tutors how much you love their subject!

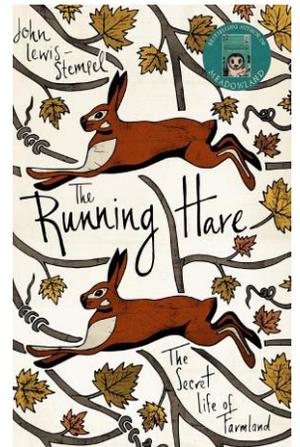
1. The Lloyd Davies Philosophy Prize – Oriel College. University of Oxford
<https://www.oriel.ox.ac.uk/study-us/schools-liaison/lloyd-davies-philosophy-prize>
2. John Locke Essay Competition <https://www.johnlockeinstitute.com/2020-essay-competition>
3. Newnham College Philosophy essay Prize (Girls only)
<https://www.newn.cam.ac.uk/wp-content/uploads/2020/02/Philosophy-Information-Questions-2020.pdf>
4. Trinity College Cambridge Philosophy Essay Prize
<https://www.trin.cam.ac.uk/undergraduate/essay-prizes/philosophy/>

If you would like more information along with suggestions of where to do your research during lockdown, please email Mrs Haig or Miss Peskett

Book of the week: The Running Hare by John Lewis Stempel

Chosen this week by Mr Luker:

Have you ever been walking across a field and startled a hare? If you have, you will know what a magical experience that is. If you haven't, it's an experience everyone should have. 'The Running Hare' is by the wonderful nature writer John Lewis Stempel and is about a man who decides to farm differently, prompted by the realisation that we live in a world where the fields have few flowers and where an encounter with one of our most majestic and mysterious mammals is an increasing rarity. I am only halfway through it but would recommend it to anyone who has an interest in the countryside, science, animals, nature or the environment. As well as Literature. It's beautifully written and full of poetry and folklore as well as biography and science. I'm not sure yet where he's going with it or how things will turn out, but it has certainly given me lots to think about.



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!

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 (page here). After all of this is over, the winning entries will be made into an anthology.

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:

Write about a feeling you can't find the right word for. Read the example and use the same opening line: "Where is the word for the feeling you get when...". Your response doesn't have to be in the form of a poem however but should be no more than 500 words in length.

Something to note:

Writing can be a powerful thing. As you sit and reflect on the world, you might find that this process triggers feelings that you didn't expect. If you become concerned about your mental health then please remember that there are people who can support you with this including your tutor and Miss McNeill, Mr Luker and the other members of the safeguarding team. Do feel free to email us if you need to. A list of helplines (many with advice on how to maintain your wellbeing during the COVID-19 crisis) can also be found at <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Missing going out to the theatre?

The National Theatre is still streaming a free play every Thursday evening.

30th April (from 7pm) – Frankenstein – available until 8th May
7th May (from 7pm) – Antony and Cleopatra – available until 14th May



The National Theatre Collection – please email Mrs Haig if you would like the password for this.

Quiz time:

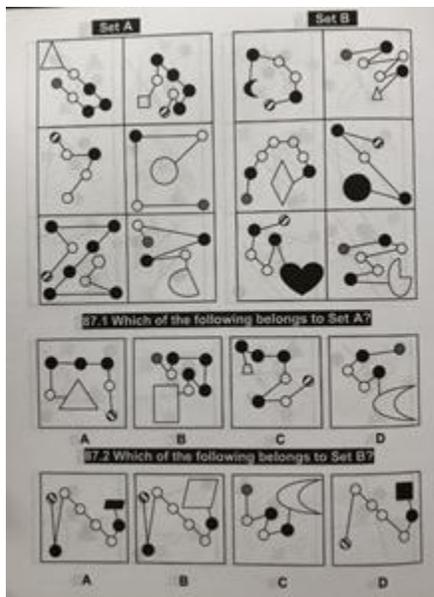
Answer to last week's puzzle (Puzzle - week 3)

Question: Whose hands are these? Name the painting, the artist and the Model.

Answer: The hands are from Leonardo do Vinci's painting 'Mona Lisa' or 'La Gioconda'. The painting is likely of the Italian noblewoman Lisa Gherardini, the wife of Francesco del Giocondo. It had been believed to have been painted between 1503 and 1506.



Answer to last week's Abstract reasoning puzzle



Set A: Each frame contains a string made up of:

- Successive black circles with one white circle on either side.
- At one end, a circle which is either grey or hashed.
- At the other end, a shape with a number of sides equal to the number of black circles in the string. If the circle at the other end is grey, then the shape has a large size; if the circle at the other end is hashed then the shape has a small size. The shape is always white.

Set B: Each frame contains a string made up of:

- Successive white circles with one black circle on either side.
- At one end, a circle which is either grey or hashed.
- At the other end, a shape with a number of sides equal to the number of white circles in the string. If the circle at the other end is grey, then the shape is white; if the circle at the other end is hashed then the shape is black. The size of the shape is irrelevant.

Answers:
87.1: Frame B
87.2: Frame A

No correct answers were submitted!
Too difficult?

This week's puzzles (Puzzle - week 4)

Can you name the Painting? Title, date, artist and name of model please.



Abstract Reasoning puzzle

Set A		Set B	
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> T 1 </div> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 3 A </div> </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 5 Q </div> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 6 Y </div> </div> </div>		
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 2 U </div> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 8 R </div> </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 3 U </div> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 4 E </div> </div> </div>		
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 7 Z </div> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 6 P </div> </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 7 D </div> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <div style="display: flex; justify-content: space-between;"> 2 X </div> </div> </div>		

83.1 Which of the following belongs to Set A?

<div style="border: 1px solid black; padding: 5px; width: 90%;"> <div style="display: flex; justify-content: space-between;"> B 1 </div> </div>	<div style="border: 1px solid black; padding: 5px; width: 90%;"> <div style="display: flex; justify-content: space-between;"> E 2 </div> </div>	<div style="border: 1px solid black; padding: 5px; width: 90%;"> <div style="display: flex; justify-content: space-between;"> 3 F </div> </div>	<div style="border: 1px solid black; padding: 5px; width: 90%;"> <div style="display: flex; justify-content: space-between;"> 5 G </div> </div>
A	B	C	D

83.2 Which of the following belongs to Set B?

<div style="border: 1px solid black; padding: 5px; width: 90%;"> <div style="display: flex; justify-content: space-between;"> 7 F </div> </div>	<div style="border: 1px solid black; padding: 5px; width: 90%;"> <div style="display: flex; justify-content: space-between;"> 6 E </div> </div>	<div style="border: 1px solid black; padding: 5px; width: 90%;"> <div style="display: flex; justify-content: space-between;"> S 6 </div> </div>	<div style="border: 1px solid black; padding: 5px; width: 90%;"> <div style="display: flex; justify-content: space-between;"> 7 M </div> </div>
A	B	C	D

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.

Keeping fit and healthy

This week we are returning to two old favourites. Firstly, Joe Wicks on YouTube which we mentioned in our first bulletin. Many people enjoy this work out each day so if you haven't tried it, why not give it a go?
<https://www.youtube.com/watch?v=nMpSKmcdXBI> Secondly, a really old favourite, Mr Motivator! Worth a watch for his humour and amazing taste in work out clothes! <https://www.youtube.com/watch?v=0UEarCoGLkg>



Protecting your mental and emotional health during Coronavirus.

Thank you to Miss Peskett for providing this information

You are currently living through a very challenging time on many levels. Many of you are clearly doing an absolutely excellent job of managing these unusual circumstances, but others of you may be finding it much more difficult. If you find yourself struggling mentally and/or emotionally during this pandemic, please do know that this is a normal reaction to very abnormal circumstances.

At the moment, an estimated 2.6 billion people, that is 1/3 of the world's population is living in some kind of lockdown or quarantine. It could be argued that this is the largest psychological experiment ever conducted. People are living in a very wide range of circumstances, some in many ways not that different to regular life, other than some restrictions, whilst others are being very significantly challenged by a wide range of personal circumstances including illness and severe economic hardship. As this article highlights: 'Being stuck indoors, worried about an uncertain future, concerned about family and friends; the pandemic is a stressful situation for anyone to contend with'.

Please do take some time to read this guidance from Public Health England about how to protect your mental health in this pandemic. Even if you are managing the circumstances well this information may still be worth reading. In the UK this is part of a campaign to encourage people to take care of their minds during this outbreak. There are some very useful suggestions of actions you can take to protect your mental health. Some of them may seem small and simple but if practised can actually make a big difference to how you feel.

You can also follow the link to YoungMinds which contains further detailed information and advice to help with what you might be dealing with e.g. anxiety and low mood. It also has links to helplines and other services that are there to support you during this time. The YouTube video also gives a useful overview of the types of issue you may be facing and strategies for coping.

<https://www.weforum.org/agenda/2020/03/14-ways-to-protect-your-mental-health-in-the-pandemic-according-to-public-health-england>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.youtube.com/watch?v=CVvGvoMRUhk>

Ted Talks

Shawn Achor 'The Happy Secret To Better Work'

Shawn Achor is the CEO of Good Think Inc., where he researches and teaches about positive psychology.

https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?referrer=playlist-the_funniest_ted_talks

Careers Links from Mrs Havill

Wiltshire Community Foundation offers bursaries of £1,600 (per academic year) to young people in Wiltshire or Swindon aged 17-24 to support the costs of studying an undergraduate degree at university, depending on eligibility. They are open for applications in January 2020 www.wiltshirecf.org.uk/university

<https://www.ukuniversitysearch.com/blog/post/webinar-wednesdays>, are hosting a free, live webinar every Wednesday at 12pm with experts from across the country. Southampton Solent have introduced **52 Things To Do**, full of useful tips and advice on how to get ready for uni.

Apprenticeships - <https://successatschool.org/> includes some useful articles related to subjects you might be studying, for instance [60 Second Interview: Apprentice Solicitor](#) and how they relate to apprenticeship ideas. **Amazing apprenticeships** has a range of helpful resources and have produced an Interactive Student Apprenticeship Guide for students in years 12 and 13 with 10 hours of self-directed learning activities, perfect for distance learning <https://amazingapprenticeships.com/resource/interactive-student-apprenticeship-guide/> as well as broadcasts from employers <https://amazingapprenticeships.com/live-broadcasts/>

National Skills Day – 20th May from <https://nationalcareersweek.com/>



Some interesting speakers are available on <https://learn.springpod.co.uk/speakers/> and <https://www.stem.org.uk/home-learning> has some useful resources aimed at students 14-19 interested in stem subjects and careers.

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 Mr Tucker:

1. My family and friends – I don't see my wider family as much as I would like to but we are all very close and have such a good time when we are together.
2. Living near such wonderful countryside. This whole lockdown experience has shown me how much I have taken it for granted in the past.
3. The place I work – there are such incredible students and colleagues and no two days are ever the same, even during the lockdown!
4. My bikes – I have one for the road and one for the trails. I love the fact that they take me places and keep me fit.
5. Music and my books – I need to listen to more and make time to keep reading. Both give me so much pleasure.

Stay safe!
Best wishes from the Sixth Form team.