TRANSITION FROM YEAR 11 TO SIXTH FORM

FRIDAY 12TH JUNE 2020 -ISSUE 6



#STAYSAFE

What a difference a week makes when we look at how the weather has changed. In the same way, in these challenging times, we have adapted to different circumstances and new challenges
As Year 11, keep exploring new knowledge and skills using the many super-curricular opportunities I have shared with you in previous bulletins. Start planning for your choices at and after sixth form and make this a part of the many goals you have set out to achieve. Remember that small steps are also large triumphs. Do not feel alone, feel overwhelmed or worry as we are all in it together. Staff, parents/carers and you. Higham Lane Sixth Form wants to be part of your success story.

FASCINATING FACTS ABOUT LANGUAGE



WE NEED YOUR HELP!

Higham Lane Sixth Form needs an 'anthem' to represent the times we are in. How about,

> We are family – Sister Sledge or Lean on me – Bill Withers

Send me your suggestions and we can have a sixth form vote.



SIXTH FORM INDUCTION AND ENROLMENT

We are making plans to share our Induction remotely from our website. I will share further information soon.

For those of you who are anxious about your GCSE results and entry to sixth form, I want to reassure you that we want students to have positive pathways and we are open to discussions and conversations at enrolment. It is important that we share impartial information, advice and guidance with you to help you make your choices.

SUBJECT TRANSITION TASKS

Our subject transition tasks are now on the website. We have already shared information about each subject and the wider reading you could be doing. Staff have enjoyed creating these and I hope you enjoy the tasks they have set.

WANT TO EXPLORE UNIVERSITIES?

Click on the link to register beforehand: <u>https://ukuniversitysearch.vfairs.com/</u> It is aimed at Yr 12 and 13 but thought it may interest you too.

> UK University Search Virtual Fair Wednesday 17 June

> > 12:00 - 18:00

Missing out on **Open Days**, or looking to explore all your **Clearing** and Adjustment options?



Our Virtual Fair is designed to help you explore all your options from the safety of home. You'll be able to chat directly with **over 80 different universities and colleges**, ask questions, download prospectuses, and find out lots of information. We'll be joined by universities including Cambridge, Liverpool, Manchester Met, and Newcastle (to name just a few!). You can also view **10 live webinars** throughout the day on topics such as Choosing a University, Securing a Place through Clearing, and Writing your Personal Statement.

CONNECTING WITH CURRENT STUDENTS AT THE UNIVERSITIES OF CAMBRIDGE, DURHAM AND OXFORD

They are a group of current students at The Universities of Cambridge, Durham and Oxford. They are very excited to be chatting with prospective Higham Lane Sixth Form students later this term about the application and preparation process to gaining a place in top universities. If any student or parent would like further and tailored advice they can be reached via their website www.thecambridgeandoxfordtutors.com. As a group, they cover a huge array of the degrees on offer at these Universities - so do not hesitate to reach out!

WHAT CAN YOU DO NOW?

NetSixthForm

It would be really beneficial for you to invest some time on these weekly tasks to fully prepare you for sixth form.

Year 11 Vimeo channel link is https://vimeo.com/showcase/7013773 Year 11 student password is netsixth11

THIS WEEK is about organisation. Sometimes organisation is overlooked yet it is an important ingredient to success. PowerPoint attached.

USEFUL LINKS TO SUPPORT YOUR HEALTH & WELLBEING

Reflection

Self-reflection is a process by which you come to an understanding of who you are, what your values are, and why you think and act the way you do. It is the process of rebuilding yourself to be the best version of you.

Your task for this week would be to take a few minutes from your day to reflect back on your life. Think about all the acts that you have done that makes you feel proud of yourself. For example, achieving well in your subjects or learning a new musical skill. Also think about what you could do better and change to improve and develop your skills.

Self-reflecting will lead to self-awareness which could be considered the base of our internal existence, by being self-aware we are more likely to make wise choices in the present and the future, which would make us pro-active as well as becoming a better version of

ourselves. Reflecting back on our past is not just a memory, rather it is a lesson that we can use to learn from, which we can apply to our lives in the future to

avoid repeating the same mistakes again. This could be considered a very good time to think about your future goals.

Ask yourself: "'where am I now- where do I want to be- how can I get there- what do I need to do and who can help me"

Being able to formulate a plan when times are tough is a well-being issue. Planning to solve those things that we feel are currently getting on our way, to improve what we do or to reach a goal empowers us to feel in control over ourselves and our futures. This helps us see problems as a factor that we can solve rather than a barrier which is preventing us from moving on or feeling happy.

By no means do we expect you to decide what you will plan in detail but we ask of you and ourselves to have general plans in life, a goal that you are aiming for. This will help carve a path in life for you.

"A man who dares to waste one hour of time has not discovered the value of life". Charles Darwin

Let's not be one of those people but the individuals that have a plan that looks to improve our future and lives.

NHS mindfulness - https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/

NHS exercise - https://www.nhs.uk/live-well/exercise/

Sing with Aga-new videos released each Friday



LOOK OUT FOR ISSUE 7 ON FRIDAY 19TH JUNE.

Please contact me on sixthform@highamlaneschool.co.uk if you have any questions.

Till next week - stay safe.

Mr Hanif Ladha Assistant Headteacher – Head of Sixth Form

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