



Monday 24 May

Dear all,

"The capability of a strained body to recover its size and shape after deformation caused especially by compressive stress."

In this objective and dehumanised definition, we get closer than perhaps we would think possible to understand exactly what stress can do, and what it may mean to be able to survive it. This is a definition for resilience.

"Be kind, everyone fights a hard battle."

This is a quote on the mural as you ascend to the working area (currently Year 13) of the Sixth Form centre and it is a second piece of the puzzle. It acknowledges that no one has an 'easy' life. But it is to prepare the organisation that is the Sixth Form that this is true and therefore we should up our kindness to everyone, including ourselves to help us all be more resilient. It also hints that stress and difficulty is not only our individual weight or failure.

People may be predisposed to resilience, but it is also something you can learn, something you can grow into and be supported to understand better. Often the stress is in one part of our life, but we can make it feel like it is everything and all. Missing one night out with friends does not mean that everyone hates us, that nothing fun or exciting can possibly happen anymore, plus we are going to fail and get the sack from our job. It is just one missed opportunity that others will talk about for a bit, probably until the next time that group are all together. Our success, or not, in an individual game does not dictate that all is won or lost. It is confined to that game. An ability to return to training as before ready to try to improve means the result of the next match is still up for grabs. The last paragraph touches on the pitfalls we are susceptible to when we do not have much resilience. Seligman's 3 P's (1990) Personalisation, pervasiveness and permanence.

"Personalization – a cognitive distortion that's best described as the internalization of problems or failure. When we hold ourselves accountable for bad things that happen, we put a lot of unnecessary blame on ourselves and make it harder to bounce back.

Pervasiveness – assuming negative situations spread across different areas of our life. As an example, losing a contest and assuming that all is doom and gloom in general. By acknowledging that bad feelings don't impact every life domain, we can move forward toward a better life.

Permanence – believing that bad experiences or events last forever, rather than being transient or one-off events. Permanence prevents us from putting effort into improving our situation, often making us feel overwhelmed and as though we can't recover."

(Moore C 2021 <https://positivepsychology.com/resilience-theory/>)

Where we do not try to always personalise stresses we are under, and recognise there are those around us in the same situation, we may be able to cope better or ask for help and understand that there will be compassion and empathy from those in the same situation. Where we learn to recognise that the stress is in one particular aspect of our lives then we can draw strength from other less stressful parts of our day.



Where we are able to see that a stress can last a short time or a long time but that it is not usually permanent, we can plan our way out of the stressful time. Or set a goal that we believe should mark the end of the stress and a return to who we were or as a step on the journey to who we would like to be.

“Everyone faces up more bravely to a thing for which they have long prepared themselves, sufferings, even being withstood if they have been trained for in advance.” Seneca

None of this is easy and it is something that Resilience Theory would say is not just personal but something community and organisations should look at and recognise. But it does hint that we can learn to live with stress and to contort temporarily only to recover.

As student in this Sixth Form you are under stresses and pressures that are many and varied. In many ways and on many days, you show your resilience. You do compress and contort only to help yourselves and one another to “recover your size”. Sixth Form study is hard, but you should notice more often that you succeed in your efforts to do that hard work. When you don’t you can pick yourselves up, recover, and try again. Every time you do this you should take it as a Glowup, feel the warmth of success before you return once again to the grind.

You have all ridden the wave of the last year and a quarter of a global pandemic not endured for many generations.

You are all still here and you can all still learn, succeed and recover.

Year 12 there are stresses and strains to come but they are not just yours, they are not everything, and they will not last forever.

Year 13 you have endured weird, whacky and remote teaching and learning alongside an entirely unexpected and novel way of having grades awarded. Whatever the outcomes and however you have felt you have completed what has been asked of you. Even if the outcomes do not match your dreams, you have been compressed and contorted and you have survived. Kids, if you can recover from all that, you’ll move mountains. – to paraphrase the good Dr Seuss

“I can be changed by what happens to me. But I refuse to be reduced by it.” - **Maya Angelou**

Year 13, we’ve a week left of lessons, a month then we’ll see you again, another month before results. It is too soon, and I cannot bring myself to say goodbye this week.

Have a lovely weekend.

Mr Phillips

General Notices



Good news ...

Mrs Cooley has managed to get a slight extension to the deadline, so if you haven't ordered, please do so by **midnight** on Sunday!

The link below takes you to the login page, username and password below:

<https://www.schoolleaverscompany.co.uk/leavers-hoodies-login>

USERNAME: SL53572

PASSWORD: 53572rose

Print will be white on all apart from on white hoodies, where print will be navy.

Year 13

Final week arrangements

Because of the nature of assessments also involving Year 11 around the school throughout next week there will be no grand group send off.

I would strongly encourage you all to attend all lessons up to and including Thursday P3. This is so that there is a pleasant and defined end to your taught time with us. I think this is in the best interests of everyone's mental health and wellbeing, given everything you and your teachers have been through.

Some staff Thursday P4 have expressed a desire to see their class so that they get to have a 'last lesson' with you. This is absolutely fine, so please do go along.

After the final assessment P3 do feel welcome to come upstairs and spend some time relaxing and saying 'see you soon' and then gently drift away by the end of lunch. This is because there is a big English assessment for the Year 11 and we must not impact on them in any way.

Celebrations

Don't forget you are all invited on the morning of Thursday 24 June – fancy dress, breakfast roll and juice provided, followed by celebrations.

Finally, please do purchase your ticket to the evening event. We will obviously keep you up to date with any changes, but we'll stay hopeful that it will all go ahead as planned!!

Key Calendar Date Year 12

Year 12 Matriculation exams, 10 to 18 June.

Year 12 Higher Education Day – Monday 21 June - all Year 12 off timetable to prepare for setting up UCAS or apprenticeship application alongside HE opportunities and personal statement writing.

Year 12 Student Futures Festival, Tuesday 22 June to Wednesday 23 June - all Year 12 off timetable.

Year 12 HE, WEX, personal exploration and application day – Thursday 24 June – Year 12 offsite.

Year 12 WEX, 12 to 16 July 12 – Year 12 offsite.

Careers and HE Resources from Mrs Keaveney

Journey to Work

Youth Employment UK have created 'Journey to Work' which is a free online learning programme to help young people build skills and careers confidence. The eight courses will boost your skills and career confidence. Get a certificate for your CV when you complete each course.

For more information and to enrol visit:

<https://www.youthemployment.org.uk/employment-help-young-people/choices/online-skills-and-careers-courses/journey-to-work-free-online-course/>

STEM Careers Showcase - Apprenticeship Recruitment Drive - Tuesday 25 May, 12.30pm – 1.00pm

The Institute of Telecoms Professionals are hosting a special career showcase to help you find out more about engineering apprenticeships and how they can help you start an exciting new career.

They are on the hunt for apprentices who want:

- Great career progression
- A job where no two days are ever the same
- Perks such as free cinema tickets and private healthcare
- A taster day to try out the job before committing
- A future career in a growing, sustainable industry
- A starting salary of £21K

They are recruiting for hundreds of roles as Customer Connections Specialist Apprentices based in London. This is an 18-month fast track apprenticeship with an amazing starting salary working for a young, fun company.

For more information and to register visit:

<https://www.theitp.org/events/vorboss-itp-careers-showcase>

Virgin Media Apprenticeship Schemes

Virgin Media is a large national employer who are once again launching their apprenticeship schemes. They are currently looking to recruit 100 Field Technician Apprentices across England.

Apprenticeship: Level 2

Scheme Duration: 15 months (but all Apprenticeships are offered on a permanent basis)

Start Date: September 2021

Salary: £19,000 (rising rapidly to £21,000 then £25,500) + additional £2,500 London Weighting Allowance for eligible locations

Requirements: Must be 18+ and hold a full UK driving licence

Deadline for applications: 21 June 2021

For more information visit:

<https://careers.virginmedia.com/future-careers/apprenticeships/apprenticeship-schemes/field-technician/>

UK University & Apprenticeship Search Virtual Fair

There's just one week to go until the UK University & Apprenticeship Search Virtual Fair on Wednesday 26 May (12:00 - 18:00).

This free virtual fair is a fun and easy way to a wide range of universities, colleges and apprenticeship providers from anywhere with an internet connection. Speak directly with a range of exhibitors to ask any questions you have about your next steps, view virtual campus tours, take part in 10 live and interactive webinars, and be in with the chance of winning 1 of 5 £100 Amazon Vouchers.

Visit here to register <https://ukunisearchsouth.vfairs.com/>

NHS Virtual Work Experience

The next NHS Virtual Work Experience date is 6 June 2021. This programme is now available to support all aspiring healthcare students as an alternative to in-person NHS work experience during the pandemic for students who are interested in the NHS Allied Healthcare Professions. Students will get to spend a day with real healthcare professionals. Each work experience day is completely different, and students will be able to build on their knowledge of NHS careers as they see different patient cases and their healthcare professionals work in a variety of settings, such as hospital and community. You can learn more and register for the programme here:

<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

Students will receive certificates as evidence of having participated in the work experience programme and can register individually through the website link above. Places are just £10 a day to cover administrative costs and to run the tech on the day.

Pearson Business Virtual Work Experience Event

This new virtual work experience programme is here to help you by boosting your employability, building new skills, introducing you to new contacts and expanding your professional network.

You will take part in activities designed to challenge, inspire and expand your knowledge. You will be joined by industry experts from the likes of IBM, Bloomberg, L'Oréal, Pearson and the BBC. They will share their own stories of breaking into the world of work, letting you in on secrets that helped them secure their first job. This free exciting opportunity is taking place on Wednesday 7 to Thursday 8 July, 12pm to 4.00pm.

For more information and to apply visit:

https://www.pearsoncollegelondon.ac.uk/pearson-business-school/visit-us/events/virtual-work-experience.html?utm_source=unitasterdays&utm_medium=email&utm_content=virtualworkexperience2021_launch

Escape Studios Virtual Work Experience

This virtual work experience programme is here to help you by boosting your employability, building new skills in VFX, Animation and Games, introducing you to new contacts and expanding your professional network in the creative industry.

You will take part in activities designed to challenge, inspire and expand your knowledge. There will be industry experts from the likes of Animator Vine FX, Industrial Light & Magic and One of Us. They will share their own stories of breaking into the world of work, letting you in on secrets that helped them secure their first job. This free exciting opportunity is taking place on 13 to 14 July, 12pm to 4.00pm. For more information and to apply visit:

https://www.pearsoncollegelondon.ac.uk/escape-studios/visit-us/events/virtual-work-experience.html?utm_source=esc&utm_medium=email&utm_campaign=esc_virtual_work_experience_2021

Sky Virtual Work Experience - 2 June 2021

Applications for the Sky Virtual Work Experience are now live.

Key Details:

- Come behind the scenes at Sky and see what it's like to work at Europe's biggest entertainment brand
- An opportunity to see the different departments they have from Tech, to TV Production to Customer Service
- Learn from leading industry professionals and take part in some projects / workshops designed by Sky
- Sky offers top quality shows. Innovative tech. Must-have packages. With 24 million customers across six countries! Be part of it all!
- Career opportunities nationwide in; Business, Technology, Digital Marketing, Finance, Technical Engineering & Customer Services
- An opportunity to be fast tracked to an in-person event at the Sky offices when the time is right and safe to do so

If you are interested and would like the opportunity, please do book on ASAP as they have very limited spaces. Application Link:

<https://www.surveymonkey.co.uk/r/Sky-VWEX>

National Grid Work Experience

National Grid, one of the world's largest energy companies, would like to offer Y12/13 students interested in sustainability, the environment, renewable energy, STEM or project management a week of simulated virtual work experience.

The work experience provides amazing insights into the energy sector, an industry that is required to fill 400,000 roles by 2050 to help the UK reach its Net Zero target! National Grid is a company that is truly impacting the lives of millions of people around the country, ensuring the energy we use is clean and renewable.

What is National Grid Virtual Work Experience

- Manage an exciting and challenging 5-day digital project*
- Blended approach combining live sessions with static learning content including quizzes and videos
- Develop key workplace skills (presentation skills, project management and employability skills)
- Network with STEM industry role models and attend panel discussions / Q&A sessions
- Insight into a range of STEM careers and receive developmental feedback
- *Prize winning students will have the chance to visit a National Grid site, have a behind the scenes tour and meet staff working on the London Power Tunnels project. This will take place in September 2021.

The work experience will take place between Monday 5 July to Friday 9 July, 10am to 3pm, will be hosted online and there will be two hours of live content each day, with the remaining time exploring learning content and working on the project with the support of digital mentors.

Students interested in participating in the five-day virtual work experience can apply here. Students will need to fill in a short application form and provide key information. Once applications are received, they will confirm with students' details for July and send over key joining instructions.

Deadline is Friday 11 June 2021. For more information and to apply visit:

<https://nationalgrid.connectr.co.uk/vwex/>

Student Futures

This section of the newsletter highlights optional activities that you may wish to get involved in. Make sure to record any activities you do complete, as they will count towards your Student Futures diploma.

Monday's assembly will introduce you to the festival plans and start the process of signing you up for workshops.

Last week's information:

Applications are open for the London School of Economics' Year 12 Politics Conference and Management Masterclass. These online events will give you a taster of university-level teaching and an insight into what it's like to study at LSE. Visit the following links for more information on the two events and instructions for how to book.

Politics Conference:

<https://www.lse.ac.uk/study-at-lse/Undergraduate/widening-participation/Sixth-form-college/politics-conference-year-12>

Management Masterclass:

<https://www.lse.ac.uk/study-at-lse/Undergraduate/widening-participation/Sixth-form-college/management-masterclass>