



Monday 8 February

Dear all,

I started the week reading you 'Oh, the places you'll go.' I really love this book in general, but certainly for reading to my daughter. It is supremely positive about all our lives but couched in a realism of 'hardness'. It's also very silly in places.

I'd like to think that Dr Seuss shared my enjoyment and solace in the stoic philosophers. Marcus Aurelius, Seneca, Epictetus, and others passed on their thoughts on how to live, how to be 'Good' and how to be content to use the powers that we have, not the power we wished we had. (I would say at this point that I think I know why I like the stoics, and that it's because they are straightforward to understand almost to the point of being obvious and demeaned to cliché.)

However, just like a children's book, it is easy to then dismiss their simplicity to single quotes pasted onto a beautiful picture and call it a meme and forget about it. I think the philosophical complexity in their words comes from the fact that they are empowering. Phrases to make you feel that there are actions you could choose and therefore their complexity, difficulty and development are not to be found in endless discussion of meaning, but in action. So, what do I mean?

"If it is not right, do not do it; if it is not true, do not say it." – Marcus Aurelius

Would anyone at first glance disagree with this?

But then do we find ourselves actually achieving it? The wild west of the internet, or messaging chat would be cleansed of hate, misinformation, gossip and name calling. So why is it so hard? Well, what is 'right' and what is 'true'?

"Wealth consists not of having great possessions, but in having few wants." Epictetus

Would living this statement make you able to realise that to be here, now, and alive, we have almost all that we need? Could it remove, envy, greed and the persistent need to find someone or something that is bigger, better or luckier than ourselves? You see, hidden in here is a lifelong philosophy. A constant nurturing of yourself. A cycle of desire, support, rebuke, reframe and move on.

"I want to see the best in me. Well done me, I am doing really well. I should not have done that, why did I? Next time I will do it differently because I am awesome."

If we could enter such a positive mental cycle when we make mistakes, imagine not only how well we could be, but also how powerful our actions could become.

My Year 13 Biologists have just been on a journey from DNA to physical (biochemical) outcomes. On that path we saw that we must not reduce ourselves to passive passengers (or even prisoners) of the DNA we are born with but understand the power of our life and our actions. How they influence the interpretations of those instructions. From Oestrogen empowering certain genes to be more active, to the diet of a mother on the lifetime of her child, via how a prior infection from a virus may disrupt our own expression of genes.



How we live our lives impacts on how we function at the most microscopic level. More than that, it can influence generations to come through methylation and acetylation of our own genomes. This is called epigenetics.

There is a sad biological complexity to mental health and wellbeing, in that our genetics and epigenetics can influence the power we have over our own happiness. There should never be blame attached to feeling low, anxious and depressed. They are manifestations beyond the control of many, with science and medicine trying to resolve how to medicate the most complex machine in the universe.

Whilst that is going on, support is often centred around being 'resilient', having 'grit' or in the worst cases 'getting on with it' or 'manning-up'! I do wonder, if in moving to buzzwords, we belittle how challenging keeping well is for us all, and by making it seem easy we disenfranchise many. They are left feeling inadequate and unhappy, like they have missed something obvious and cannot ask. Your lives are your own, and your go round. This means that your decisions, and outlook are at the centre of your health and wellbeing. But that does not make happiness easy, contentedness straightforward, or being good obvious. I offer you up the Stoics and Dr Seuss to put that complexity to you in an accessible way what is possible. I give you the strength, kindness and compassion of this school to advise, guide and support you along the way. All I would ask is that this week and every week of your lives that you offer yourselves to the task as well.

At this time and at your age, you can feel powerless or power-poor. Your minds still fizz and whizz with possibility, dreams and goals. You still have so many places to go. Why do these desires and dreams get deemed childish, naiveties of youth? Why when adulthood becomes you and you are allegedly more in control, do the roads off our path dwindle in number and disappear? Some would cynically call it 'reality'... I call it giving up.

I leave you with this from my favourite – Lucius Annaeus Seneca.

“Hang on to your youthful enthusiasms – you’ll be able to use them better when you’re older.”

Stay with your eyes opened in wonder. Remain hopeful of your future. Keep dreaming big dreams.

“Tomorrow will be a good day.” Sir Captain Tom Moore

Mr Phillips

General Notices

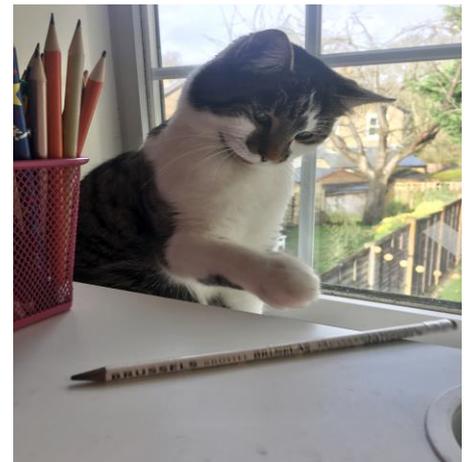
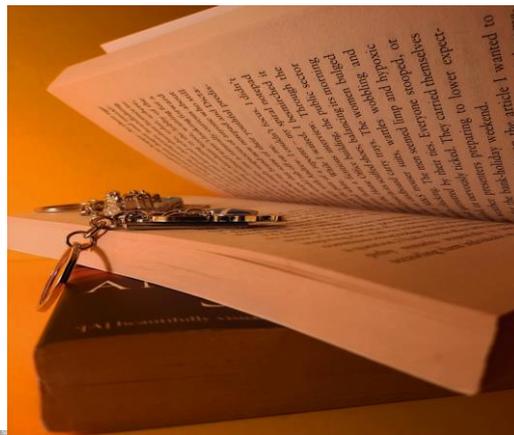
Any day you are not well enough to attend online classes your parents should call the sixth form absence line or email Mrs Cooley. Your timetable is running at full capacity and **includes tutor time**, so please make sure you are present to be registered.

Whilst we are fully aware of the strains and difficulties of learning in lockdown, please can we encourage all students to be as engaged as possible during lessons. From having your cameras on, unmuting to speak, using the raise hand feature, the chat and indeed ensuring that work is completed to the best of your ability and handed in. None of these is compulsory but a combination of them will help you to continue learning to your fullest potential. It also aides' teachers in knowing how to pace lessons and how to develop you as learners.

Lockdown competitions!

Put your thinking caps on for this week's two challenges and send us in your photos if you get the chance. This week's categories are attached to the email.

Thank you for the entries Basmah, Miranda, Rosie and Scarlett.



The Great Cook-Off Challenge – week 4 – Jerk Chicken & Jam Tarts
Don't fancy cooking?
Photography competition – week 4 - Friendship

Careers and HE Resources from Mrs Keaveney

UCAT Masterclass

Each year UCAT Masterclass hosts the largest free online mock exam on UCAT Mock Exam Day (MED) which is coming up on 28 February 2021. In 2020, over 2000 students participated in the computer-based exam. Rosebery students may also be interested to:

- experience the unique exam in our replica UCAT exam simulator,
- receive their mock UCAT score,
- learn their percentile rank against other candidates, and
- view a detailed breakdown of how they performed in each section.

You can access the exam by creating a free account [here](#).

Capgemini Work Experience

The world of work and education has looked very different for us all this past year. With that in mind Capgemini has revamped its Work Experience Programme. Despite the continuing pandemic situation, they still want to provide you with a virtual experience that encompasses practical skills and engagement from their talented professionals across the business. So, if you are interested in Technology, Business or Consulting then this is for you. They will also help you develop your employability and entrepreneur skills such as building networks, interpersonal relationships, problem solving, organisational skills, communication, creative thinking, and collaboration.

They are offering students one week of insight into their business. You will be working alongside experienced professionals from a variety of business backgrounds, skills and disciplines.

You won't need a CV as they are more interested in finding young people with the potential to shine. Applications are submitted via a Digital Interview where you will find a combination of written and recorded responses to some set questions.

Places are limited so you will need to be able to demonstrate your interest and enthusiasm for gaining a place. For more information and to apply visit:

<https://www.capgemini.com/gb-en/careers/capgemini-schools-programme/capgemini-work-experience-programme/work-experience-2021/>

National Apprenticeship Week

National Apprenticeship Week takes place next week from 8 - 14 February 2021.

There is a free webinar taking place on Monday 8 February from 3pm – 5pm for students who would like to learn more about the different types of apprenticeships available and win a few prizes as well.

The registration link is <https://www.research.net/r/NAW2021>

On Friday 12 February 2021 from 11.30 – 12.30 another webinar is taking place giving an insight into getting an apprenticeship with the British army. For more information and to register visit the link below.

[REGISTER HERE](#)

IBM

IBM Apprenticeship applications open on Monday 8 February 2021. Visit their website to find out more.

ibm.com/jobs/uk

BDO Virtual Insight Evening

Career choices post A-Levels can be overwhelming, so join BDO for a Virtual Insight Evening from 6pm - 7.45pm on Thursday 11 February 2021, where they will dispel the myths surrounding apprenticeships and highlight how they can lead to a successful career in accountancy without going to university.

Learn more about alternative pathways with BDO as they celebrate National Apprenticeship Week. You will:

- Hear from Paul describing his remarkable journey from leaving school after A-Levels to running a 6,000-employee strong 'top six' accountancy firm.
- Meet representatives from the ICAEW [Institute of Chartered Accountants in England & Wales] who will explain the pathway to becoming a qualified accountant as well as the benefits of apprenticeships.
- Explore the opportunities available at BDO with our resourcing team and the business areas you could join, including Audit, Tax, Advisory, Business Services and Outsourcing.
- Take part in a panel discussion where questions will be answered by our speakers, including apprentices at different stages of their training journey

The evening will conclude with an informal networking session with the speakers where you can ask any further questions and make some professional connections.

[Register here!](#)

GTR Engineering Apprenticeship

GTR are the biggest train operating company in the UK. Their four-year engineering apprenticeship is a great chance to learn on the job, earning a real salary and gain a nationally recognised qualification with great career prospects. In the depot, you'll learn a wide range of mechanical, electrical and electronic skills. You'll learn fault-finding, testing, maintenance and repair, all backed-up by college study to make sure that everything makes sense.

They are not looking for previous knowledge or experience of engineering or the railway – just commitment, enthusiasm and a willingness to learn. To apply for an Advanced Apprenticeship, you will however need to:

- hold or expect to get grade 4 or above in GCSE Maths, English and Science (or equivalent)
- demonstrate strong communication skills and practical maths ability
- have an interest in how things work
- be able to travel to East Surrey College for study and to various locations on our network for work
- pass the required medical standards

For more information and to apply visit [GTR Engineering Apprenticeship](#)

The Application deadline is 25 February 2021.

Education Projects

Education Projects are running a free webinar for aspiring medical students on Wednesday 10 February.

In this webinar, they will be talking about different medical schools and how to choose the right one. They will be covering different teaching styles, costs and a lot more.

Topic: Which medical school should I go to?

Date: Wednesday 10 February 2021

Time: 07:00pm (London time)

Registration Link educationprojects.co.uk/medical-projects/which-medical-school-should-i-go-to/

If you cannot make this time, the webinar will be available to watch on-demand on their YouTube channel the following day at <https://www.youtube.com/medicalprojectsofficial>

Student Futures

Beyond careers and advice and academic studies are a huge range of skills and ideas about being 'grown-up'.

As and when we have information to pass on you'll find it here!

This week we are encouraging you to register to vote!!

Please see attachments but there is a competition if once you have registered you tweet or put on Instagram with these pictures or the correct # handles.

Enjoy!!

