



Monday 9 November

**Year 12 and 13 in Tutor time 8:30 Wednesday for Remembrance
Year 13 in Tutor groups 8:30 Mon-Fri**

Dear all,

Despite my wishes to have a more definitive President-elect before I write this, it looks like “count the vote” is going to win out, and we’ll just have to wait a little longer. Isn’t it amazing how when we are waiting for something time seems to drag on and on. But as soon as that event or time has passed it can feel like it went by in a flash. A week is the same! Monday seems a world away to have been trying to work out how to inform teachers about mock feedback, or what we are going to do in light of Mr Johnson speaking on Saturday. But on Wednesday the weekend too seems to be relentlessly out of reach.

We can go mad or find it maddening if we just simply become passengers to “the wait”.

So how about this? Let us not wait, let us keep living and being and doing and trying and learning.

This is not because it will find a president faster, nor mean that we are out of this “COVID world” before it has been overcome. But it will mean that we can busy ourselves living. What can we control and what can we do, rather than what must I wait to achieve?

It is far easier said than done but over the weekend find some time and if you need to, make a list of what you can control. What actions are yours to make? Then start ticking them off. I can eat well. I can try to make space to sleep well. I can call my friends or be with my family. Perhaps just that we can spend some time in our own company relaxing doing something we enjoy.

Then after the weekend we can throw ourselves into our work, and our learning. Time will pass in action and it will flow in a mindful manageable way. Then we will reach the conclusion of all these events in the world and we will be ready to say. “What’s next.”

In the words of George Harrison. “All things must pass.”

So do not watch and wait like some passenger of fortune. Get on, and shout directions when you can.

Look after yourselves, your friends and families.

Mr Phillips



General Notices

All

Guess the Teacher!! So we had a few guesses emailed to me but no one got it. It was – Mr Boreham

From the following can you guess the Rosebery Teacher?? Prize and shout out for the first correct answer. Who do you think this is? Hint: Musical philosopher

Rosebery Island Discs :

1. The Corrs - Runaway
2. Bach - Sleeper's Wake
3. Buggles - Video killed the radio star
4. Billy Joel -Piano Man
5. Ben Folds- Gracie

Book: The Beekeeper of Aleppo by Christy Lefteri

Luxury: Mascara(Benefit)

LRC unavailable

Periods 2 – 4 Tuesday and Thursday next week.

Mind Matters

Rosebery Sixth Form are pleased to announce that they are undertaking a three-month trial with Mind Matters, an NHS Talking Therapies Service, who provide help and support for people with anxiety, stress, depression and other mental health concerns. This service will work alongside existing support that is available for students from our own Wellbeing Mentors and School Counsellor.

This pilot will give students (over the age of 17) who are experiencing mild to moderate mental ill-health access to a therapist (remotely at first). The clinic will be run one day a week in school. Referrals for support can be made via the Head or Deputy Head of Sixth Form or the Student Hub, the only requirement is that you need to be registered with a GP and are able to provide your NHS number.

Support from Mind Matters is based on talking therapies such as cognitive behaviour therapy and counselling. This helps to change thinking and behaviour to cope with life events.

Weekly Quiz

Due to technical difficulties with the last quiz many of you could not enter so we have not included the scores.

The winners of last half term are **12C** with an amazing 837 points! Congratulations.

The new half terms competition will start next week!

Year 12 Exciting Opportunities

Following our study skills sessions on Monday, the application form for the three opportunities below is open:

Girls on Board
Peer Education Project
Coaching – see further information below

If you wish to apply for more than one opportunity you will need to submit more than one response! Deadline for this is next Friday 13 November.

<https://forms.gle/gHnTJ2ct4EN7GaN46>

Coaching training and certification

Coaching is a skill that can help you help yourself, your friends, your family and others. At Rosebery we have a programme of matching trained coaches in the sixth form with students in the lower school who need help. In order to be part of this scheme you need to have completed the 3-part training programme to be a Rosebery qualified coach.

This programme will run across 2 lunchtimes before Christmas and one after Christmas. You will be trained by a professional and qualified coach (Mrs Bonfanti) and from it gain skills that will help you for many years to come. If you are interested in knowing more, contact Mrs Bonfanti in OK1 or sign up on the Google form.

Safe Drive Session – Wednesday 11 November Period 5

Next Wednesday during period 5 all Year 12 students will attend a session with their tutors to watch an online version of the *'Safe Drive, Stay Alive'* performance.

'Safe Drive, Stay Alive' is an initiative aimed at raising awareness of the risks and dangers of road use. The session will include the experience of a number of people whose lives have been impacted by road traffic accidents, including families, drivers and the emergency services. Safe Drive is run every year to keep you safe as you learn the exciting new skill of driving!

Attendance is compulsory, if you have any concerns or questions please see Miss Allison or Mr Phillips.

Additional timetabled lessons – Study support, Oracy and Enrichment

Please make sure you check your email from me about which lessons you are completing Study Skills lessons and Don't forget your Oracy lessons next week!

Study Skills

This week we learned about:

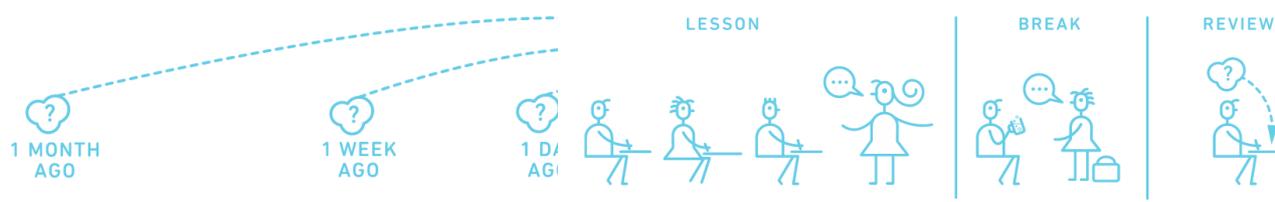
Spaced Learning

What is it? A learning strategy, where **practice** is broken up into a number of short sessions – over a longer period of time.

Why? Cramming doesn't work! Revisiting work over and over again and different intervals improves your ability to retrieve it. Preparation is key! Spending five hours over a period of two weeks on a topic is more beneficial than spending five hours all at once.

Examples to try in the classroom: Give short activities about a topic covered in the previous term for homework, enable homework for a lesson to be completed for a few days' time, enabling students to have a break between the lesson and homework completion. There are some great examples here:

<http://www.learningscientists.org/blog/2016/4/12-1>



More information: Spacing your study - <http://www.learningscientists.org/blog/2016/7/21-1>

Interleaving

What is it? Interleaving is a learning strategy that involves switching between topics and ideas.

Why? Interleaving has been shown to improve long-term learning and recall.

Examples to try in the classroom: Recap quizzes testing concepts from this weeks learning, last weeks, last months and even last years! Come great practical examples can be found here:

<http://www.learningscientists.org/blog/2016/3/28/weekly-digest-3>

More information: <http://www.learningscientists.org/blog/2016/8/11-1>

Remember that the four study skills already covered (dual coding, concrete examples, elaboration and retrieval practice) are the key study techniques to use when using spaced learning and interleaving!

Keep collecting your stickers!

Tutor time seminars

Please could you read below the seven sessions available – then follow the link and choose 3 for this round of seminars. This must be completed by Wednesday 11 November to allow us to timetable for the following week.

Kerboodle

Are you doing A levels in biology, chemistry or physics?

Have you explored what Kerboodle has to offer?

Have you thought about getting a tutor?

As part of your A level sciences at Rosebery you have a highly valuable Kerboodle subscription.

A Level Kerboodle is more detailed than the GCSE version.

If you'd like a guided tour of all the resources and how they can help you to work more independently and get extra help, come along to this seminar.

Eating for Learning

Are you concentrating fully in lessons?

Is your tummy rumbling?

Are you waiting to head for the coffee bar at break instead of concentrating on the lesson?

Come and listen to some ideas about how you could develop some eating habits to keep you full and focussed all day.



Writing for success!

How to use less time to accomplish more when writing

Do you have exams which involve writing a lot of content in a short amount of time?

Do you need to speed up your planning and writing?

Would you like to write more to get more marks in assessments and exams?

This short workshop will give you some of the skills you need to succeed at your timed assessments and exams.

Sleep “Your future depends on your dreams, so go to sleep.” Mesut Barazany

In this seminar we will be exploring the importance of sleep, ways to promote good quality sleep and identifying some of the most useful sleep apps available.

If you struggle to go to sleep, or stay asleep, or if you would just like to find out how to get a good night's sleep, then please come along.

Maths Skills

Support and practice covering the maths skills that are required as part of the programmes of study in key subject areas; geography, history, economics, politics, psychology, chemistry and biology.

Habits of highly effective Teens.

Your goals, your dreams, your plans...they are all within your reach.

You just need the tools to get you there. Habits to help you improve your self-image, build friendships, resist peer pressure, and achieve your goals. Don't just survive but thrive as a teen and beyond. This first session will focus on 'get in the habit': they make you or break you as well as Paradigms and Principles: what you see is what you get. If you want to make small steps in making smarter decisions, improving your self-confidence and overcoming 'bad' habits, please come and join us for this interactive session.

The Marvels of Meditation

The mental health benefits of meditation include better focus and concentration, improved self-awareness and self-esteem, lower levels of stress and anxiety and fostering kindness. Meditation also has benefits for your physical health. It even changes the structure of your brain!

Come along to this beginner session to learn some basic techniques you can use on your own every day.

Running Tuesday, Wednesday and Thursday.

[Follow this link to sign up by Wednesday 11 November](#)

Year 13

Tutor time

Year 13 are going to be back in tutor time after half term. We think that this is best because we have not seen you as a group for too long! Your tutors miss you. We'd like to have a short period of time each morning just to know you're all in and that we can chat to you and see how we may be able to help. So this means that you do need to be in at 8:30.

NEA deadlines

Also because you don't have enough to think about.. no I know many of you do more than one subject with coursework below are our big hitters so I've put all the deadlines from staff in one place for you and your parents (eventually).

English (Both)

First draft hand in date: 11.12.20

Deadline for giving back marked first drafts: 21.01.21

Final coursework pieces hand in date: 29.03.21

Deadline for final pieces to be marked: 03.05.21

Final NEA deadline: 15.05.21

Geography is as follows: *provisional* NEA schedule looks like this for Yr13 in 2020/21;

NEA Preparation (choosing a hypothesis, planning the methodology, writing the Background Theory/ Literature Review) **mid-September - early October 2020**

Completion of Aim, Hypothesis, Location, Background and Method sections (first half of NEA) **Early October - November Half Term 2020**

Opportunity for Primary Data Collection **November Half Term** holiday 2020

Completion of Data Presentation section **December 2020**

Opportunity for second Primary Data Collection (if required) **Christmas** holiday 2020

Completion of Data Analysis, Conclusion and Evaluation sections **January 2021**

Final Hand-In **February Half Term 2021**

History has a deadline of 12 February

UCAS – Reminder

Please can you all try and keep your UCAS applications moving forwards. I know that many of you are now in a position where personal statements are complete, and you are waiting to decide on choices. If you are completely ready and want to send your UCAS please do and at the same time pass an email to your tutor just letting them know. They will then begin the checking process and reference writing.

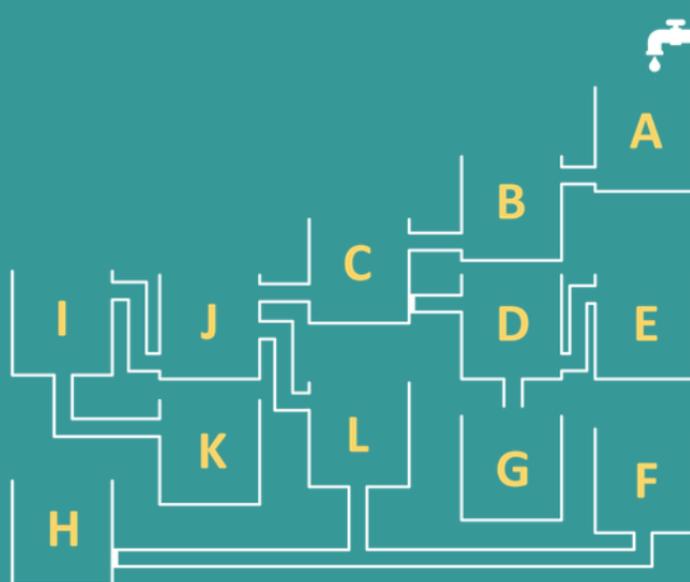
Careers and HE Resources from Mrs Keaveney

RateMyApprenticeship

RateMyApprenticeship is running a competition for students interested in a career in accountancy. The competition is designed to inspire students to consider this profession, to develop their problem-solving skills, and win work experience with an accountancy firm.

Can you solve this puzzle?

Which tank will fill first?



If so, you could make waves in accountancy (and win £200 worth of vouchers).

Enter **A Career for Everyone** and you could win...

- A £200 Curry's voucher or a £50 ASOS/M&S/Moss/Trainline voucher
- AND work experience with an accountancy firm

ENTER NOW -> <http://ocply.co/ACareerForEveryone>



EY and 'Follow in their Footsteps' Competition

In the UK EY employees work across four key business areas – Assurance, Consulting, Strategy and Transactions, and Tax to drive long-term value for their clients and for wider society. Within these areas, they also work across Actuarial and Technology, two extremely important parts of their business.

The future of work is changing but with change comes opportunity. If you keep building on and adapting your skills, keep learning and evolving you will succeed in tomorrow's workplace. EY understand the complicated choices young people face about future careers choices.

EY apprentices do important and impactful jobs. That could be you! Take part in the 'Follow in their Footsteps' competition and you could be in with a chance of winning:

- An exclusive insight day in the business area you are most interested in
- EY prizes included branded bags and yoga mats

This is a great opportunity to learn more about EY, what they do and the different business areas. To enter click on this link <http://ocply.co/Launchschools>

The competition closes on Monday 14 December 2020.

Airbus' 'Aerospace Virtual Work Experience'

Airbus' 'Aerospace Virtual Work Experience' involves around 10 hours of activities that students can complete at a time that suits them. The free virtual work experience lasts for one week and would involve you (virtually) meeting a variety of team members working in areas anywhere from space to civil aviation. You will also learn about sustainability and manufacturing and complete work and assignments to get an understanding of what life at Airbus is like.

You will receive a certificate directly from Airbus themselves, which is something that you can use in both CVs and personal statements. For more information and to apply visit:

<https://www.springpod.co.uk/airbus-aerospace-work-experience/>

Also at Springpod:

- Nestle are having virtual open evenings running from the 9th to the 13th November, aimed at students thinking of completing an apprenticeship there. For the full schedule (designed to fit around school hours) and all other info, click [here](#).
- The NHS is to run an Immersive interactive Virtual conference aimed at aspiring and current healthcare professionals on Saturday 7 November. To find out more click [here](#).
- Finally, EY have had many apprenticeships and programmes go live recently, many of which can be found [here](#) (just scroll down!).

Students will need to create a free account to take part. One of our Year 13 students undertook some work experience with them during October half term and highly recommends them.

ACCESS VXF

ACCESS VXF is a global, industry-led, non-profit comprised of 40 leading companies, industry bodies and educational establishments in the VFX, animation and games industries. They are running a series of free zoom webinars this month for students interested in VFX careers.

For more information and to get tickets visit <https://www.accessvfx.org/events>