

# 'Arnewood Sixth Newsletter'



## May 2021 edition -

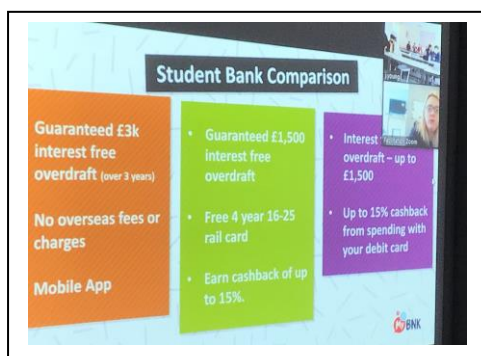
Many of you will be aware of the sad passing of one of our year 10 students this week, Max Thurnell-Read. The school community was shocked and extremely saddened by the news, our love and thoughts are with his family and friends at this time and in the days that lie ahead. Max will be remembered as a brilliant musician who played lead guitar in a band and excelled in drama. During last academic year Max starred in the fantastic production of Sister Act where he played the lead role of Curtis with such energy and talent.

We will be offering support and counselling through the sixth form for any student affected by this tragedy. Our pastoral teams will be on hand to offer comfort during this period of grief.

## Events in Sixth Form



During March a **financial management** company called **My BNK** delivered empowering sessions to our year 13/14 students online. The programme was very much appreciated by the students and gave them an opportunity to find out about their finances both now and in their short and long-term futures.



Whether it will be university, apprenticeships, or employment My BNK had it covered for us. The various virtual workshops were jam-packed with financial tips to support our students. For some it was helping them to visualise their university lifestyle and getting a 'reality check' regarding

the financial situations that students face. For others it was empowering students to take charge of their money, develop positive mindsets and budget for the future. There was something for everyone.

One of the topics covered for students that are going to university in September was Student Finance. This is a good opportunity to remind you that the deadline for application is Friday 21<sup>st</sup> May. Applications can be made following this link <https://www.gov.uk/student-finance-register-login>.




## 'Arnewood Sixth Newsletter'



Also, in March we were delighted to welcome a team of carefully selected real-life volunteers from **March Relationships Explore** to share what it takes to create and sustain happy, healthy, and loving long-term relationships. The ownership of the questioning by year 12, combined with the couple's willingness to be open, made this session memorable and impactful. Students also got to use mentimeter

as an interactive presentation tool to share personal responses alongside the zoom sessions.

We were delighted 24 students in year 12 got the opportunity to take part in a new

initiative run by . This 3-hour employability workshop delivered by the **National Grid** as part of the '**Grid for Good**' programme gave students a raised awareness of opportunities in the Energy Sector. Building an understanding of the skills needed to thrive in this sector and the careers pathways available. It was a certificated course and provided an increased chance of getting through to the selection process for job opportunities within National Grid.



On return from lockdown students in both years 12 and 13 had the opportunity to engage with a leading philosopher and motivational speaker Greg Barker. His theme '**Raising the Grade**' was a perfect balance between inspiration and application leaving students with some practical tips and ideas to get them through their assessments.

### Important dates: -

**Summer Internal AS Exams – 7<sup>th</sup> - 11<sup>th</sup> June**

**Year 13 Thorpe Park – Friday 28<sup>th</sup> May**

**Year 13 Leavers Prom – Thursday 1<sup>st</sup> July**

**Year 12 Summer report to be sent home – Tuesday 6<sup>th</sup> July**

**Year 12 Academic mentoring day – Thursday 8<sup>th</sup> July**

**Re-sit opportunity for Internal Exams – Monday 12<sup>th</sup> July**

**End of the summer term – Friday 23<sup>rd</sup> July**

# 'Arnewood Sixth Newsletter'

## Summer Internal AS Exams – 7<sup>th</sup> - 11<sup>th</sup> June

**Year 12 - Summer Internal Exam Timetable - June 2021**

		Lesson 1 8.45-9.45	Lesson 2 9.45-10.45		Lesson 3 11.05-12.05	Lesson 4 12.05-13.05		Lesson 5 1.35-3.00
Monday	7th Jun	Option E - 9.00 am start	Option E					Option C - pm start 1.45
Tuesday	8th Jun	Option D - 9.00 am start	Option D					Option B - Start 1.45 pm
Wednesday	9th Jun	Option A - 9.00 am start	Option A					Option E - Start 1.45 pm
Thursday	10th Jun	Option C - 9.00 am start	Option C					Option D - Start 1.45 pm
Friday	11th Jun	Option B - 9.00 am start	Option B					Option A - Start 1.45 pm

\*\*The AS Summer Examinations will take place in the hall, unless you have special arrangements\*\*  
 \*\*\*As Philosophy and Ethics has 3 exams, the additional exam will be on Tuesday 8th June at 9.00 am\*\*\*  
 \*\*\*\*AS Music exam will take place in A52 and AS Computing 2nd exam will take place in I70\*\*\*\*

**Year 12 - Summer Internal Exam Timetable - June 2021**

### Year 12 - Option Blocks

#### First Exam of the week

Option A	Option B	Option C	Option D	Option E
Wed 9.00am	Tuesday 1.45pm	Monday 1.45pm	Tuesday 9.00pm	Monday 9.00am
PE (1h15)	Fur Maths (1hr40)	Eng Lit (1h15)	Chem (1h30)	Maths (1hr30)
Psy (1h30)	Eng Lang (1hr30)	Maths (1h30)	Bus Std (1h30)	Fur Maths (1h40)
Physics (1h30)	Geog (1h45)	Comp Sci (1h30)	German (1h30)	Drama (1hr 45)
Phil & Eth (1h30)	Biology (1h30)	Psy (1h30)	History (1h30)	Law (1h30)
	History (1h30)		Music (1hr30)	
			Additional Exam	
			Phil & Eth (1h30)	

### Year 12 - Option Blocks

#### Second Exam of the week

Option A	Option B	Option C	Option D	Option E
Friday 1.45pm	Friday 9.00am	Thurs 9.00 am	Thursday 1.45pm	Wednesday 1.45pm
PE (1h15)	Fur Maths (1h40)	Eng Lit (2h00)	Chem (1h30)	Maths (2h00)
Psy (1h30)	Eng Lang (1h 30)	Maths (2h)	Bus Stu (1h30)	Fur Math (1h40)
Physics (1h30)	Geog (1h45)	Comp Sci (I70)	German (1h45)	Law (1h30)
Ph & Eth (1h30)	Biology (1h30)	Psy (1h30)	Music (A52)	
	History (1h30)	Gov & Pol (3h)	History (1h30)	
		Media (2h30)		

Students are not expected to be in lessons that week as it is a revision week for the exams.

## 'Arnewood Sixth Newsletter'



If the students are solely studying a BTEC/Cambridge Technical qualification then your lessons will go on as normal during this week as you have taken your external assessments already.

If you underperform in these exams there will be an opportunity to improve your grade on **Monday 12th July**. This highlights the importance we place on these summer assessments, and will give students and staff a clear indication of your progress through this academic year.

With summer internal exams and CAG assessments this term, it's a good time to remind you about how to cope with stress and building your mental resilience. We're all for promoting healthy lifestyle habits, but sometimes what's needed is a quick fix. [Here's 10 ways to make you feel calmer in minutes.](#)

[Mental Health Awareness](#) - Please do email me, or make contact with your tutor, if we can help in anyway.

## Year 12 – Opportunities to find out about 'next steps.'



### What's coming up at UK University Search?

Free Virtual Event May 26th

We hope you're having a lovely week. Today we're sending you an update about our upcoming events and free higher education resources to help you explore your next steps as lockdown lifts.

With in person university visits on hold for another term our highly popular Virtual Fair will be returning on [May 26th](#) with an extremely wide range of university, college and apprenticeship exhibitors.

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## UK University & Apprenticeship Search Virtual Fair

Wednesday 26 May 12:00-18:00 (GMT)

Our UK University & Apprenticeship Search Virtual Fair will be returning on May 26th to help you explore your post-18 options, with **universities, colleges and apprenticeship providers** from around the UK attending. Speak directly with admissions teams and recruitment officers from Russell Group, Red Brick, Modern & Specialist universities, along with higher & degree apprenticeship providers, and participate in 10 **live webinars** and view **virtual campus tours**.

[You can view our full range of webinars here.](#)

[Find Out More & Register For Free](#)



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**Monday 21/06/2021 12:30 – 13:30**

<https://attendee.gotowebinar.com/register/6772382912145270032>

### **A future for you in sport and exercise**

Join us to hear from our academic about how studying sport & exercise at university can lead to a range of very exciting career paths to suit all ambitions. We will talk about the variety of sports courses available, learn about the knowledge and skills you will gain and find out about how you can have a very successful future in sport and exercise.

**Monday 21/06/2021 16:00 – 17:00**

<https://attendee.gotowebinar.com/register/394464504602819600>

### **Understanding Architectural Technology**

Join our Architecture, Design and Built and Environment academic team to understand more about the Architectural Technology sector, and how students can harness skills and expertise within this evolving industry and succeed in their own careers.

**Tuesday 22/06/2021 12:30 – 13:30**

<https://attendee.gotowebinar.com/register/40038030900925456>

### **Engineering Challenges**

Join our Head of Engineering to learn more about the engineering industry and how it is adapting to the changing climate, technological advancements and how Solent University are future proofing their students to find the solutions.

**Tuesday 22/06/2021 16:00 – 17:00**

<https://attendee.gotowebinar.com/register/5790570705588037136>

### **Want a career in Law? Get Ready to stand out from the crowd...**

You will hear from existing students, law employers, tutors and the Director of Solent Law School as we explore what you need to excel in a career in Law. You'll discover the crucial skills you will gain from a Law Degree and the many career routes open to you. Pick up tips from existing students about preparing yourself for studying law and employers who will outline what you need to do to succeed. Finally, this session will explain important changes to becoming a lawyer which will affect you if you intend to enter the legal profession.

**Wednesday 23/06/2021 12:30 – 13:30**

<https://attendee.gotowebinar.com/register/6898292386688675344>

### **Fashion and the future**

Fashion and the future - A Q+A Panel with Solent's Fashion academia. Our Fashion and Beauty academics are hosting a Q+A panel discussing the future of fashion in the post Covid world. Understand how you can be part of the largest creative industry in the UK. This is the time for you to be part of the evolution, innovation and reinvention of the industry.

**Wednesday 23/06/2021 16:00 – 17:00**

<https://attendee.gotowebinar.com/register/691596526893181968>

### **A future for you in Sociology**

## ‘Arnewood Sixth Newsletter’

This session will explore how studying Sociology at university can lead to a range of different and exciting career options. The session will look at how the knowledge you learn on this course, and the very many transferable skills you will develop, will help to set you up for a successful and fulfilling career after graduation.

**Thursday 24/06/2021 12:30 – 13:30**

<https://attendee.gotowebinar.com/register/9145476450560592144>

### **Careers in Criminal Justice and Policing**

This session will look at how studying Criminology at university can help you to develop advanced skills and professional practice which will open up a variety of very rewarding employment avenues within criminology, criminal justice and policing.

**Thursday 24/06/2021 16:00 – 17:00**

### **Careers behind the screen\_**

<https://attendee.gotowebinar.com/register/4045878848772748048>

In this session we will explore a variety of behind the scenes careers in the field of Media Technology. In this fast paced field our graduates work with the most up to technologies including outside broadcast trucks that capture sporting events such as the Olympics, lighting and sound for festivals and events all over the world to the latest screen technologies being used on set in TV shows such as the Mandalorian. This session will showcase some of our graduates and highlight the need for more graduates in this area.

**Friday 25/06/2021 12:30 – 13:30**

<https://attendee.gotowebinar.com/register/1159992878372366352>

### **Cyber Security and Networks\_**

In this session, we will explore the subject area of Computer Networks and Cyber Security at an introductory level. You will learn why this area is important and high in demand from employability point of view. You will learn about the degree courses offered at Solent university in this domain. You will also learn about the professional courses we have embedded in our degree courses and the state-of-the-art facilities including Cisco Networking Academy at Solent University. Finally, we will explore various career roles our degree courses lead to and an overview of the job market.



## Level Up Beyond The Classroom

Students can **plug in now** to Apprentice Nation and develop new skills through webinars and on-demand videos to shape their future.

[STUDENTS JOIN HERE](#)

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### Upcoming Webinars

Students can register for webinars about **applying for jobs, self-confidence, managing their mental health** and **more** every Tuesday and alternate Thursdays at 7pm.

[VIEW ALL WEBINARS](#)



Tuesday 4 May @ 7pm



Tuesday 11 May @ 7pm

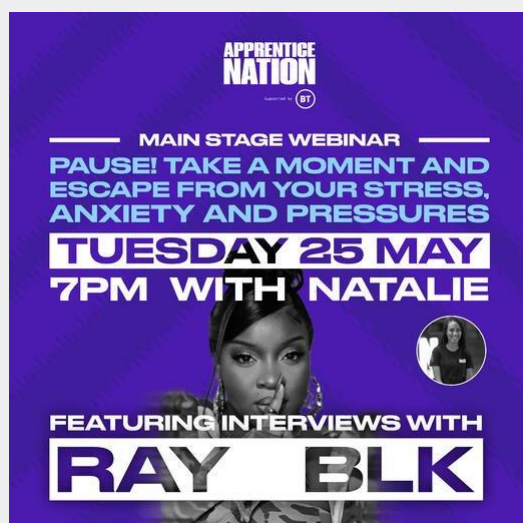


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Get ahead of the game when applying for jobs by discovering what employers are looking for.

**REGISTER NOW**



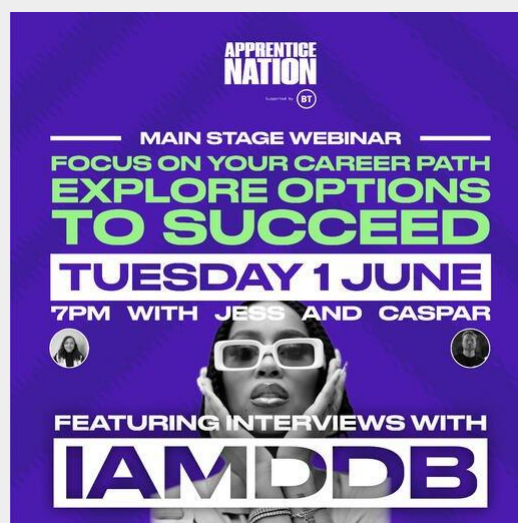
**Tuesday 25 May @ 7pm**

Find out how to take simple steps to cope with stress at difficult times.

**REGISTER NOW**

Discover the ability to regulate and control your actions, feelings, and thoughts and find out how to become more successful in your goal-setting efforts.

**REGISTER NOW**



**Tuesday 1 June @ 7pm**

Explore different education routes and skills needed to support your career choices.

**REGISTER NOW**

## On-demand Videos for Your Students

These short videos are sure to encourage students to expand their skills, however much time they have.

[VIEW ALL VIDEOS](#)

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**Ghetts reveals the  
importance of learnability**



[WATCH NOW](#)

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**Ray BLK shares advice on  
how to boost positivity**

[WATCH NOW](#)

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Don't forget, students can unlock **Mentor Sessions, Netflix subscriptions** and more - plus **meet one of this season's artists**; all by watching videos and attending weekly webinars!

[CHECK OUT ALL REWARDS](#)

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## ***Year 12 Virtual and Residential Summer Schools***

*Deadline Extended: Sunday 16<sup>th</sup> May*

This year the University of Surrey is running online and on-campus subject Summer Schools for eligible Year 12 students.

**Virtual Summer School | 26 - 30 July | 5 day online programme**  
**Residential Summer Schools | 9 - 20 August | 3-day, 2-night On-Campus**

Year 12 Students will:

- Explore a subject they love at university-level
- Take part in an intensive timetable of academic seminars, university information and social activities
- Meet and work with current University of Surrey students and academics
- The Summer Schools are free – travel, accommodation and food are all included. Technology support is available for the virtual Summer School.

**To find out more and to apply visit [www.surrey.ac.uk/summer](http://www.surrey.ac.uk/summer)**

# 'Arnewood Sixth Newsletter'



## Year 13

University - Making a decision on your insurance choice.

Students often find the decision for the FIRM choice an easy one but sometimes they do not consider as carefully as they should, their insurance choice.

Watch the RESULTS DAY video before playing the video that has been put together to help you consider making your insurance choice.

They have used cognitive dissonance theory to explain the thought process you go through when making difficult choices .

**[Watch results Day video here](#)**

[Watch Video on making  
your insurance choice](#)

## 'Arnewood Sixth Newsletter'



### Wellbeing support for students on the BBC

The mental health of young people is more important now than ever so the BBC has launched a **wellbeing toolkit** to help them cope with lockdown.



Aimed at **15-18 year olds**, the toolkit is packed with practical advice, optimistic life stories and mood-matching mixes for you to **recommend** to students who might **need some extra support**.

To listen just search wellbeing in the BBC Sounds



You can **download the BBC Sounds App** from [Apple](#), [Google Play](#) and [Amazon](#).

Check out some of the shows that are included in the wellbeing toolkit for students:



# 'Arnewood Sixth Newsletter'



## Radio 1's Life Hacks - Lockdown Wellbeing



Honest chat about the realities of lockdown life and how you feel. Vick Hope and Katie Thistleton can help with your stress, motivation, sleep, loneliness and more.

## Radio 1's Motivate Me Mix



Get your mind and mood on their A-game with these inspirational tracks and tips with mixes from Little Mix, Mark Ronson and Nicola Adams to name a few.

## Radio 1's Decompression Session



Unwind your mind with blissed-out beats as Stuart Sandeman provides the tools to remain grounded - no matter what life throws at you.

## Get Set With Radio 1



Fashioned on the Pomodoro technique, this get-up-and-go mix helps you strike six things from your to-do list through 10-minute motivational chunks, fronted by Joe Tasker.

**Find all these shows and more by searching wellbeing on the BBC Sounds**



There's more tips and advice available on [BBC Bitesize Support](#).

There are collections about [Life and Wellbeing](#) and [Mental Health](#) which contain useful articles and clips for young people.

And [BBC Headroom](#) has a collection of programming and content on mental health to help everyone cope with the challenges of lockdown.

Whether it is everyday tips, [sounds to relax your mind](#), [strategies to cope with parenting](#) right now or [films to get you talking](#),

BBC Headroom can help.

## 'Arnewood Sixth Newsletter'

### Useful links to support your Health & Wellbeing

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

**Mental Health** - A range of downloadable guides focused on improving mental health - [Access website](#)

**Meditation and sleep:** <https://www.headspace.com/>

**Physical activities:** Stair Climb Challenge... [Click here](#)

**Joe Wicks:** <https://www.youtube.com/user>

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Thanks, and well done so far on all your assessments!

**Mr. Colman**