

Dear Sixth Form and parents/carers,

We have now completed our first two week cycle back at school and we have been completely impressed by the positive attitude and engagement from both Year 12 and Year 13. It has been delightful to welcome the girls back to school, attendance in the 6th form has been 95% given both the time of year and circumstances, this is really encouraging. It has been a real privilege to see the students in school every day and watch the students and staff interact in the classroom- talking, laughing and learning. We would like to thank everyone, students and parents/carers, for their efforts in making the transition back to school so smooth.

Last week we also piloted our very first parents' consultation evening, which proved very successful. We continue to strive for excellence, please let us have any feedback to help improve the system or about your experience.

Year 13

University accommodation

When you have decided on your firm choice, start checking out your accommodation choices. Many universities will allow you to apply now but do look at the financial side and work out what you can actually afford.

Please make sure you read the contract carefully! You are entering into a legally binding agreement so make sure you read the small print before signing and sending off your deposits. It is exciting looking at where you might live but do look at all options before you commit.

Year 12

Super extra curricular opportunities and virtual work experience

It's really important that you start to build up an amazing directory of super-curricular opportunities. to boost your post 18 applications. Take a look at the following pages in the newsletter and have a go!.

It is also important that you start applying to virtual work experience, some students have already gained successful places and this will no doubt boost their post 18 applications.

Just a reminder that a few changes have taken place since our return:

- All Sixth Form students must enter and exit the school from the front gate.
- All Students must be wearing their ID cards (if they do not have one they must see Miss Connolly in the Sixth Form office).
- Any Sixth Form student who comes in late to school, will need to sign in at Sixth form office, where a signing in book will be on Miss Connolly's desk.
- Any student who is late to school will be placed in a late detention that day.

#teamchsg

Kind regards,

Mrs Norman, Miss Bevan and Miss Cherry



Year 12 students – build up an amazing directory of super-curricular opportunities.

Future Learn

Future Learn courses: <https://www.futurelearn.com/>

A range of short online courses to deepen subject knowledge through this amazing MOOC site (Massive Open Online Community). Very useful for stretch and challenge and a students' personal statements. Free to access and complete each course though there is an optional payment for a certificate.

There are many benefits for students which have been identified by schools so far:

- Improving UCAS application forms and interviews (Universities are well aware of these courses; many have invested substantially in creating them)
- Getting a view on subjects they may wish to study in future
- Getting access to new ideas, topics and resources outside of their current scope
- Feeling more comfortable for the transition to University
- Improving learning techniques and styles
- Having courses set as summer work; bridging gaps that currently exist between Years 12 and 13, A Level and University.

Study skills courses: Whether you're at school, at university or returning to education, our study skills courses will help you perform your best. Get study tips and careers advice to improve your employability, learning with the world's leading universities. <https://www.futurelearn.com/subjects/study-skills-courses>

Minds Underground

This is an online interactive learning platform founded to support and enhance curriculum learning, to encourage an open debate of ideas and increase students' ability to communicate and solve problems in our fast-paced world – please take a look: <https://www.mindsunderground.com/about>

The 2021 Minds Underground essay competition is now open to all Y12 students.

The categories include medicine, geography, psychology, engineering, philosophy, history, English, politics, advanced science, law, classic and modern foreign languages, and economics.

For more information and entry criteria, please visit: <https://www.mindsunderground.com/minds-underground-2021-competitions>

Other articles to support your post 18 applications from Minds Underground:

Female writers and thinkers: <https://www.mindsunderground.com/female-writers-thinkers>

Mind enhancing articles: <https://www.mindsunderground.com/muarticles>

Recommended Podcasts: <https://www.mindsunderground.com/podcasts>



Year 12 students – build up an amazing directory of super-curricular opportunities.

Enter competitions:

- <https://www.see-science.co.uk/whats-on/competitions/>
- <https://www.esu.org/competitions/schools-mace/>
- <https://competition.thebigbangfair.co.uk/about/>
- <https://www.ox.ac.uk/admissions/undergraduate/applying-to-oxford/teachers/academic-competitions-schools-and-colleges>
- <https://www.royalholloway.ac.uk/studying-here/schools-and-colleges/activities-by-subject/psychology/psychology-resources/national-psychology-competition/>
- <https://www.rcsherriftrust.or...>
- <https://www.ciwem.org/awards/u...>
- <https://www.nchlondon.ac.uk/es...>

Going beyond the curriculum....:

The HE+ website brings you exciting super curricular resources created and written by Cambridge students and academics including challenging activities, engaging videos, reflective questions and much more:

<https://myheplus.com/#subjects>

Free Lectures:

Free Lecture programme and podcasts: <https://www.lse.ac.uk/Events>

London School of Economics (LSE) Outreach:

Mentoring, tutoring, pathways to Law, pathways to banking and finance, Saturday school. Often aimed at students from London schools but their free lecture programme is open to all.

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

Tedtalks: <https://www.ted.com/talks>

UCAS News

Year 13 UCAS students

University Applications 2021: Covid Changes to University Entry

<https://www.whatuni.com/advice/coronavirus-covid-19-updates/university-applications-2020-covid19-changes-to-uni-entry/87248/>

You may be able to add another choice!

UCAS Extra has opened– this means that students who are eligible will be able to add another choice in Track.

Students can use Extra if they included five choices on their application, received decisions from all five, and weren't accepted, or if they declined the offers they received.

Read more about Extra and how you can use it: <https://www.ucas.com/undergraduate/after-you-apply/types-offer/extra-choices>

University offers in? Making your Firm and Insurance choices: top tips

- Before you start accepting and rejecting offers on Ucas Track, Click on the following link: <https://www.theuniguide.co.uk/advice/ucas-application/firm-and-insurance-choice-replying-to-university-offers> and consider these factors first to make your first and insurance choices.

Student Finance

Student finance applications will need to be completed online

Have you watched Mark Alger's presentation to help you guide you through this process:

<https://www.loom.com/share/030e87d6e1a749038e0bf198eb9bde9d>

Useful websites:

- <https://www.gov.uk/student-finance>
- <https://www.theuniguide.co.uk/advice/student-finance>

Also a good video to watch is Martin Lewis's Money Show Programme:

<https://www.itv.com/hub/the-martin-lewis-money-show-live/2a1827a6>



Career and Apprenticeship opportunities

Virtual Work experience opportunities to support your Post 18 decisions

InvestIN is a London-based organisation led by a group of experienced professionals from some of the world's most competitive careers. They provide students with an immerse experience of your dream career before you start university or Apprenticeships, so you can get a head-start over your competition:

<https://investin.org/>

If you do apply, please make sure you put Mrs Phelps-Gardiner as your contact from school: dphelps-gardiner@carshaltongirls.rg.uk

Higher and Degree Apprenticeship Vacancy Listing

The brand new Higher and Degree Apprenticeship Vacancy Listing is now available to download. Showcasing current vacancies across a wide range of sectors, the listing brings together the very best of higher and vocational education opportunities.

Visit the link below to find out more. https://amazingapprenticeships.com/app/uploads/2021/02/Higher-Degree-listing_Feb-2021.pdf

Guide to Career Options 2021

The RateMyApprenticeship Team have produced their brand-new 'Guide to Career Options 2021' which has now gone digital.

The Guide is packed with advice to help students choose the right path, find virtual work experience, ace video interviews and much more. It also features the Top 100 Apprenticeship Employers for 2020-2021, with insights into what it's like to be an apprentice at each company.

To view the guide visit: <https://www.ratemyapprenticeship.co.uk/top-employers/guide>

Careers in Nursing and the Caring Professions.

Ruth May, the chief nursing officer for NHS England, said: "During COVID the level of interest in working for the NHS has trumped lots of other career options and that speaks volumes about how people recognise our profession."

If you are interested in a career in health there's a wealth of information on The WOW Show website www.thewowshow.org.

The Health Careers Special (<https://www.thewowshow.org/health-careers-special/>) looks in detail at 14 careers as Allied Health Professionals; and the National Careers Week Special features staff at The Christie NHS Foundation <https://www.thewowshow.org/saving-lives-hassans-story/>

There are also specialist Careers Guides on Therapeutic Radiography and Podiatry <https://www.thewowshow.org/careers-guidestherapeutic-radiography-and-podiatry/>

Career and Apprenticeship opportunities

Spotlight Talks: Inspiring Careers Excellence

Hosted online and completely free to join, Spotlight Talks: Inspiring Careers Excellence will explore both skills and careers, giving valuable insights into a range of sectors to inspire you to explore new career routes and apprenticeships. Highlights include talks from:

- A technical apprentice at the Science Council about what it is like to work within the sciences
- The British Esports Association on the exciting vocational career pathways available
- Performance Coach Nikita about the difference she is making as a Neonatal Nurse in the NHS

For more information and to register visit: https://www.worldskillsuk.org/careers-advice/spotlight-talks-inspiring-careersexcellence/?dm_i=5BD4,BT34,1YHJ8U,1CKXD,1

Technology Courses

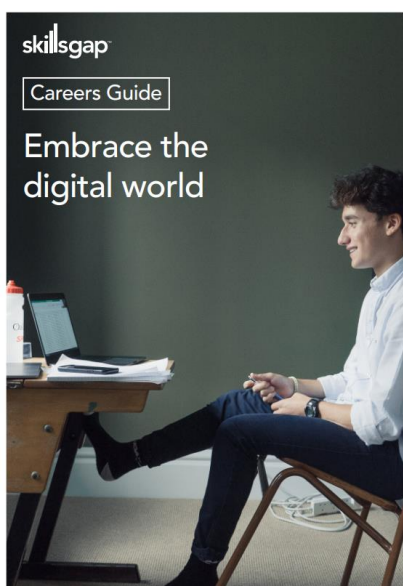
Technology is changing every field, so learning tech and data analysis skills will give you a huge advantage in your future career. Skills Gap is a careers accelerator that arranges short online workshops and courses for young people in areas such as coding, data analytics and data science.

They are running a 4.5-day Data Analytics Course during the Easter holidays where you'll be taught how to use data analysis tools such as Excel and Tableau and receive tuition from a leading industry expert.

They are also running a 3 hour 'Tech in Finance' workshop on Saturday 20 March from 1.30pm to 4.30pm, where you'll gain insights from industry professionals on how tech is influencing the finance sector and the tech skills required to progress in a variety of finance roles including investment banking and trading.

For further information and to register to attend the workshops please visit www.skillsgap.tech

Here is a link: <https://www.skillsgap.tech/assets/images/skills-gap-careers-guide.pdf> to the Careers Guide called 'Embrace the Digital World' they have put together, on how technology is changing the future of work and the skills young people need to adapt. It was written by a BBC freelancer and based on desk research and interviews with a leading employer and a university careers specialist.



We are Skills Gap, this short guide gives advice and insight on career planning in today's world.

We are unashamedly passionate about technology, how it's changing the world, our lives and the jobs market.

This guide will explain just how much every career path is being shaped by the digital revolution. We'll hear from independent experts and identify the tech skills - and complementary soft skills - that you need to thrive in the job market.

Wellbeing and mental Health support

Place2be:

<https://www.place2be.org.uk/>

NHS

Mental health services are free on the NHS. Click here to find out more about the services available to you <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>

Kooth

Free, safe and anonymous online support for young people : <https://www.kooth.com/>

Off The Record

<https://www.talkofftherecord.org/sutton/> for a quicker turn round of mental health support.

Mind

<https://www.mind.org.uk/information-support/>

Time to change

<https://www.time-to-change.org.uk/>

Youngminds

<https://youngminds.org.uk/>





What is positive wellbeing?

It is a state of overall good health in both body and mind and can include:

- ✓ **Intellectual** (cognitive stimulation such as problem solving puzzles),
- ✓ **Spiritual** (understanding sense of purpose and beyond your own existence, can be through prayer or exploration of a higher power, etc)
- ✓ **Social** (building relationships and community support through friends and family and neighbours etc.)
- ✓ **Physical** (Movement, whether in sports or walking, movement that brings joy.)

11 TOP TIPS FOR POSITIVE WELLBEING

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.



Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to destress. .

Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills



Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily.

Breathing exercise. Practice breathing slowly into your stomach, through your nose and out slowly to calm down nervousness. Left and right nostril breathing is all good for enhancing these effects.



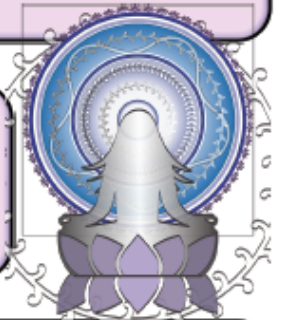
Find a creative activity. Finding a way to expressive yourself through your chosen form of art from acting, playing an instrument, art, writing short stories or poems is great for relaxing and spending time away from technology.

Limit phone time. Social Media can be a very negative environment and hyperfiltered which can distort how we see and feel about ourselves. Breaks are a good reminder that social media is a filtered highlight reel, not real life.



Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.

Meditation. Close your eyes for a few minutes each day and just focus on breathing. You don't need to anything else but witness your thoughts and feelings.



Drink plenty of water. We are over 70% water and dehydration can cause low energy amongst other undesirable symptoms

Write your feelings on paper. Keeping a journal, can help ease a troubled mind when you're not ready to talk about what is bothering you.

