Sixth Form Weekly News - The Headlines:

- Microsoft Form for signing in and signing out can be found here - https://forms.office.com/e/rYHXm0Z7pC. Please remember that you must be signed in with your school email address.

- Bursary Applications, for this term closes on Friday 20th October 2023 Please collect paperwork from Mrs Pasa

- Personal statements are a key priority at the moment for Year 13. A full, written first draft should have been completed by now and shared with your tutor.

- Ensure that you bring your kit to Rec – it is important that you are participating as expected.

Upcoming dates:

- Wed 18th October 5.30 - 6.30pm Duke of Edinburgh Parent Information Session on Teams - Link will be sent via Parent mail)
- Friday 20th October- last full day before half term
- Tuesday 31st October – Politics Trip to Houses of Parliament and Supreme Court
- Wednesday 1st November – Internal deadline for UCAS applications
- Thursday 23rd November- Sixth Form Open Evening
- Tuesday 28th November- Careers and High Education Fair 18.00-20.00
- Thursday 30th November- Year 12 Parent and Students Consultation Evening 16.15-19.15
- Thursday- 7th December- Year 13- Parent and Students Consultation Evening 16.15-19.15

PSHE schedule

School week	Date	Period
6	19/10/23	P2
7	31/10/23	P3
8	08/11/23	P5
9	15/11/23	P5
10	20/11/23	P4
11	30/11/23	P3
12	5/12/23	P5
13	11/12/23	P3

Year 12 News

At the start of this week, we had a virtual assembly with The National Careers Service (NCS). Students were informed of the opportunities at NCS this October half term. All information about NCS can be found here https://ingeus.co.uk. Students from Year 13 who have taken part have said that it is an excellent experience where they developed transferable skills, made new friends and had new experiences.

This week we also had a talk from AVK, a company based in Maidenhead who are leaders in critical power solutions and maintenance. They have the opportunities for students to take part in work experience and apprenticeships post 18. Although an Engerineering company, they are also offering experience in HR, Administration, Marketing and Sales. The company are keen to build links with their community and so it is a great opportunity for our students. Students listened to a talk from John Norris, Head of HR and then asked any questions they had. More information can be found here https://www.avk-seg.com/ and they will be attending our careers fair.

Next week, Year 12 will be speaking with Miss Carty, who runs our DofE programme at school. Students will find out more about the Gold DofE and how they can take part in the scheme. A letter has been sent via Parentmail with more information on for Parents and Guardians.

If you need me, you can:

- Contact me directly on kate.kalinowski@furzeplatt.net
- Book a clinic session with me afterschool on Wednesday between 3.30pm and 5.00pm by emailing sixthform.admin@furzeplatt.net

Year 13 News

By the time you have read this, all of our Early Entry students will have submitted their applications to Oxford, Cambridge and to Medical School. This is no easy feat and if you see them around the Sixth Form to congratulate them on getting the job done! (They'll also have some advice on how to make the process easier I'm sure.

As we end this term, my main message is about personal statements – remember the internal UCAS deadline is 1st November and we are just one school week away from this.

Personal statements – don't delay!

If you haven't completed your statement yet, please consider why. It might be that:

1) **You aren't applying to university**. If this is the case, you will still need to write a letter of application for the job/apprenticeship you're applying for. The personal statement will mirror this and so you should still write one!
2) **You're not sure about what you want to study or where you want to apply to**. If this is the case, get out on Open Days as soon as you can, watch Virtual Open Days and do the leg work on Unifrog/UCAS!
3) **You don't know how to start.** If this is the case, consider the following process:

Consider your WHY:

- What do you find interesting about English Literature - maybe you're fascinated by etymology? What is it about Law that you find interesting?
- If you don't know your WHY – the Unifrog Subject area has information on what you can read/watch/listen to that you can use to evidence your interest.
- Don't worry about how it sounds. Even single sentences as a list to start off with works – you can worry about flow later.

Consider your WHAT:

- How do your subjects help prepare you for studying this at university? Consider the soft skills you have developed (i.e. team work, evaluation, argument, debate, analysis) that are appropriate for this field.
- You should aim to refer to each of your subjects. What skills have they given you and how will these help?
- What else have you done that helps with this? Work experience? Extra curriculars that provide you with experience or skill?

Just start writing – the first draft is always the hardest. Once this is done, it's all downhill from there! Good luck!

The Study Room

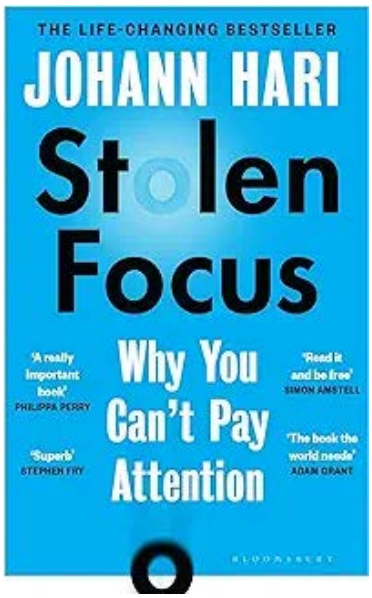
Is managing the amount of time spent on your Phone something you think about?

This week in the study room I have noticed how much of a distraction our mobile phones can be. I decided to find out more and look at any advice on how to combat the never ending urge to look at our phones.

In 2015, psychologist Larry Rosen and Alexandra Samuel a technology specialist wrote an article for Harvard Business Review on **'Conquering Digital Distractions'.** Rosen recommended withdrawing from technology in order to re-focus, advising that the ideal thing is to limit time spent on digital tech. He advises taking regular breaks and re-charging with exercise and avoiding on-screen activities before bedtime to get plenty of rest.

Samuel recommends the opposite. She advocates that you can use technology to manage information overload, by filtering emails, sorting information into order of importance and automating posts to social networks, in other words prioritising information to suit you.
You can read the full article here to make your own mind up.
https://hbr.org/2015/06/conquering-digital-distraction
A poster of Larry Rosen's recommendations is also up in Sixth Form

Have you also considered how the amount of time on our phones might impact our mental health?



This is the subject of a long term study that researchers at Imperial College London are currently looking at. Their research project SCAMP (Study of Cognition, Adolescents and Mobile Phones) has been running since 2014. You can find more information about this via the link to their website; https://scampstudy.org/about_scamp/

Finally, an excellent reading recommendation that also touches on this subject, amongst others is the best seller **'Stolen Focus' by Johann Hari.** This book also considers the rise of technology in our lives and its impact on our ability to focus.

Careers

If you didn't have chance to watch the **Graduate Careers Live** last Thursday about the graduate job market & degree apprenticeships, here is the link to watch it on You Tube: https://www.youtube.com/watch?v=-VDDH-pPPQQ

Careers with the army

Working for the army is not just about combat. You can also work in Logistics & Support, Engineering, Medical, Intelligence & Communications, Music, HR & Finance. For information about work experience, training and apprenticeships with the army, click here: https://tinyurl.com/bddk484x

Careers in Accounting, Business Management and Technology with pwc

Find out more about **virtual work experience placements**:
https://tinyurl.com/2s3h44sr

Find out more about **degree apprenticeships** by joining these virtual information events on Thursday 19th October or Thursday 16th November
https://tinyurl.com/4579vm4f

Careers in Digital, Business, Engineering and Science with BP

This virtual event includes sessions with industry experts from bp who will provide invaluable insight and advice about starting your career journey. You'll also gain an understanding of the apprenticeship opportunities and life at bp, including top tips from a panel of former apprentices, followed by a Live Q&A.

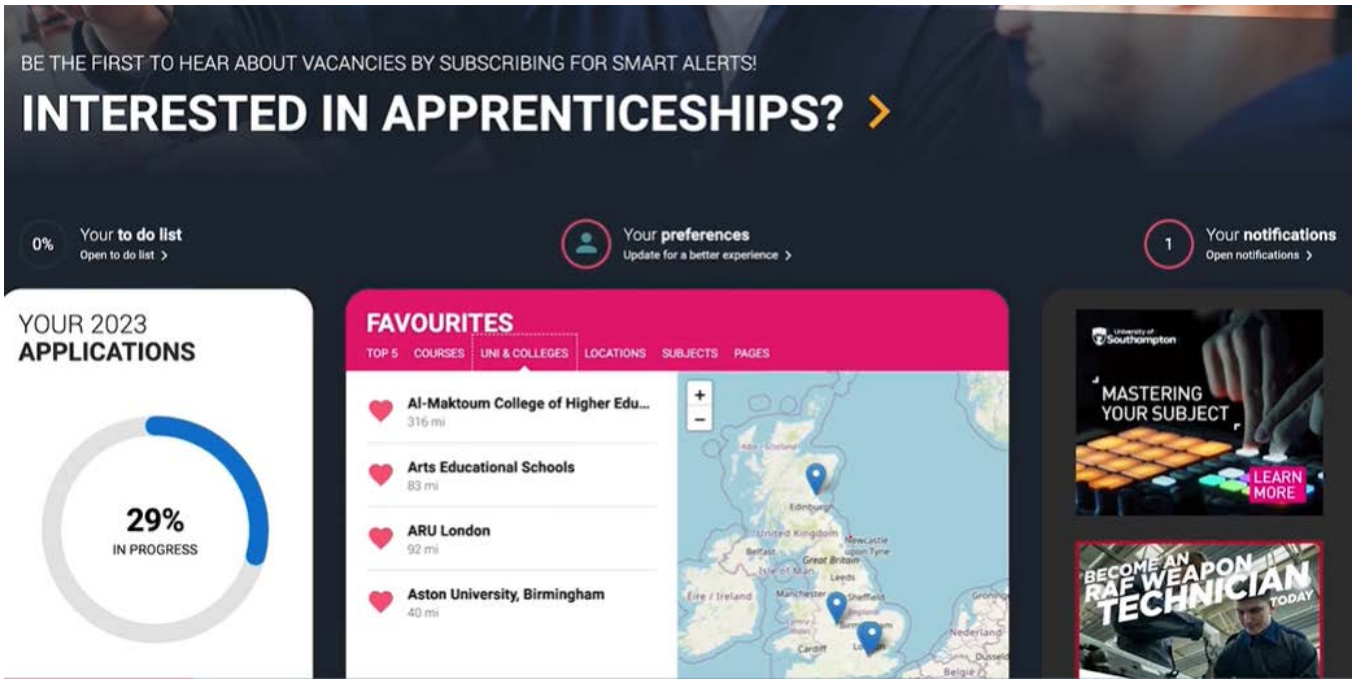
To sign up for the event on 28th Nov from 6.30 to 7.30pm, click here:
https://tinyurl.com/37tfjnmz

UCAS deadlines for the 2024 cycle

2024 ENTRY KEY DATES

2 May 2023	UCAS' search tool displays 2024 courses.
9 May 2023	The adviser portal opens for 2024 entry. From this date, you can set up your adviser portal ready for your students to link to your centre.
16 May 2023	Undergraduate applications open for 2024 entry. From this date, applicants can start their applications and send them to you for references and approval.
12 July 2023	Conservatoire applications open for 2024 entry. From this date, applicants can register, pay, and send their applications.
5 September 2023	Completed undergraduate applications can be submitted to UCAS.
2 October 2023 18:00 (UK time)	Application deadline for conservatoire music applications. Applications for dance, drama, and musical theatre courses may have a different deadline – check conservatoires' websites for information.
16 October 2023 18:00 (UK time)	Deadline for applications to the universities of Oxford and Cambridge, and for most courses in medicine, dentistry, and veterinary medicine / science. The reference must be completed before the application can be sent to us.
31 January 2024 18:00 (UK time)	Equal consideration date for applications for most undergraduate courses. The reference must be completed before the application can be sent to us. Deadline for most conservatoire undergraduate dance, drama or musical theatre courses. Check on the specific course to be sure.
28 February 2024	Extra opens – applicants who have used all five choices and are not holding any offers may be able to add another choice in their application.

Everything you need is on your UCAS HUB



Opportunities to engage with

- The 2023 Gresham College public speaking competition will be launched soon. Keep an eye on the following page for updates - https://www.gresham.ac.uk/schools-and-colleges/gresham-competition

- Upcoming talks from Speakers4Schools can be found here - https://www.speakersforschools.org/upcoming-broadcasts/

- Upcoming careers and employment opportunities through Speakers4Schools can be found here - https://www.canva.com/design/DAFgXaCPtDs/pnRPUb84yhbZYuq85lM4fg/view#1

- Work experience opportunities over half-term can be found here - https://www.canva.com/design/DAFt31HgCco/1d5hlm6y_XFLXmAvroSYKg/view#1

- Sign up to https://pathwayctm.com/student-register/ for free to engage with opportunities from the UK's top employers.

Opportunities to engage with...

- **Brookes Engage Access Programme - Deadline 3 November 2023**

Are you a Year 12 / 1st Year College student thinking about your next steps? There is still time to apply for our free Brookes Engage programme, the deadline is Friday 3 November. Our on campus conference days will provide you with information on your chosen subject stream and support you with your University application. You can find out more and apply via our website.

Art & Design Portfolio Preparation Sessions

If you are in Year 12 or 13, interested in studying an Art & Design subject and would like to develop your portfolio, you can take part in our free portfolio preparation sessions during half term, Monday 23 - Friday 27 October 2023.

There will be fully interactive online sessions, featuring live and guided activities with one of our friendly Art and Design academics and a student currently studying at Oxford Brookes. Participants will also get access to lots of different online resources and activities throughout the course, and our academic will be providing 1:1 sessions for individual feedback. Spaces are limited and applications are restricted to students attending state schools and colleges. To apply, students should complete this application form by 5pm on Friday 6 October.

Undergraduate Open Days - 7 October and 18 November

Our Open Days start this weekend, and offer you and your parents & carers the perfect opportunity to find out more about what it's like to be a student at Oxford Brookes, as well as giving you insight into our courses and the support we offer. You can book your place on our website.

You will be able to join us for the following:

- Subject taster sessions
- Q&A sessions with our academics and support staff
- Chat with current students
- Talks from our central services including admissions, finance, wellbeing and accommodation

NCS

Your experience away from home

We are excited to be working with your sixth form or college to deliver an unforgettable experience for you!

WHEN?

In October Half term

HOW MUCH?

The most you'll pay is £95. Depending on your circumstances, your place could even be free!

WHAT'S NEXT?

Scan the QR code or go to wearencs.com to grab your spot - select **'REGISTER NOW'.**

You'll need to provide information for you and your parent or guardian. Select the programme that you would like to join and make your payment, we'll then send you your joiner form to complete and then you're all set to go!

YOUR NCS EXPERIENCE:

On Monday morning, our NCS coaches will collect you and take you directly to your designated residential site, before returning you back safely on the Friday.

Kick off your experience with adrenaline fuelled outdoor activities with your mates to challenge yourself and get new independence and confidence.

Then take part in sessions to learn life hacks you didn't know you needed, learn new skills for work and life, and find your community focus!

WEARENCS.COM
0800 197 8010

Our school communication systems within the Sixth Form

The following platforms and systems are used across the school. Please get in touch (sixthform.admin@furzeplatt.net) if you have any issues with these systems.

- Parentmail – this is how information about the school will be communicated home and acts as a payment platform for trips etc.
- Classcharts – this is an attendance and behaviour monitoring tool and the only way to report absences. This must be done by 8.45am daily.
- Go4Schools – this is how reports will get home about working at grades, attitude to learning and predicted grades.
- Parents' Evening booking system – this will go live nearer the time of parents' evening and we will be in contact with regards to this.