



# SIXTH FORM

Friday 3rd  
October 2025

Welcome to our third Sixth Form Newsletter. Here you will find a summary of the week, useful tips, dates and celebrations of successes!

## UPCOMING DATES

**Tues 7th Oct:** Trip to ExCeL Centre to learn about careers in the creative sector – meeting at 9.30am in Reception. Email has been sent with details on dress code and what to take.

**Wednesday 15th Oct- 4-7pm: Meet the tutor Evening**

**Tues 25th November 6-8pm: Careers & Higher Education Fair at school.**

Dear Parents

On the evening of **Tues 25th November from 6-8pm**, we will be holding our **annual Furze Platt Careers & Higher Education Fair (CHEF)**. This is a fantastic opportunity for Y10, 11, 12 and 13 students and their parents/guardians to meet potential colleges and universities, employers and apprenticeship providers.

We always love to welcome new people, so if you, or anybody in your organisation, would be interested in having a stall at the event to tell others about what you do and what career prospects are like in that industry, please do get in touch.

We'd love to connect with professionals from ALL industries,  
But are particularly looking for people in:

- Banking & finance
- The motor industry
- Creative careers
- Hair & beauty



So, please feel free to mention this to friends and contacts of yours who you think may be keen to take part and to contact us on: [judith.bubb@furzeplatt.net](mailto:judith.bubb@furzeplatt.net)



# Year 12

Thank you to all the students who supported at Open Evening, I was very proud seeing so many Year 12s touring and speaking so highly of our brilliant school. Parents and students were very impressed with you all.

The 'Prepare to Succeed Evening' at the start of term feels a long time ago! I thought I'd take this opportunity to remind you of some of the key messages as we move into Term 2:

## **Fixed Mindset vs Growth Mindset**

'I can't do it...yet.' Aiming for Growth Mindset; intelligence can be developed and is not fixed. Angela Duckworth delivers an excellent TED talk on 'Grit' and the Growth Mindset, which you can find [here](#)

## **Revision Strategies**

There has been a big focus so far this in term on study skills and how to effectively.

All resources can be found [here](#)  
This is everything we will cover this year and we will go back to these time and time again as best practice

## **Attendance and Punctuality:**

96% is our minimum expectation for Sixth Form attendance, although students should aim for 100%.

In context:

96% = 8 school days missed per year

90% = 19 school days missed per year

A student that is 30m late each week will lose the equivalent to 19 days per year

Statistically, missing just 17 days per year is likely to mean a drop for students of 1 grade across their subjects.

If you need me, you can:

- Contact me directly on [kate.kalinowski@furzeplatt.net](mailto:kate.kalinowski@furzeplatt.net)
- Book a clinic session with me afterschool on Wednesday between 3.30pm and 5.00pm by emailing [sixthformadmin@furzeplatt.net](mailto:sixthformadmin@furzeplatt.net)



# Year 13

Welcome to October!

What this means is that there is now **twenty school days until your PPEs**. Please take heed of this – it is not said to scare you (maybe a little...) but to ensure that you are in control of your study.

Bearing this in mind, if you haven't started studying for your PPEs yet, you absolutely should be. This is a challenge but is feasible if you manage to juggle:

- Your current studies and home learning schedule.
- Your targeted revision for November.
- Any coursework that is also set.
- Your UCAS applications.

Be prepared for your class teachers and the Sixth Form team to be on at you with regards to your study and take this for what it is – encouragement, support and promotion of your success.

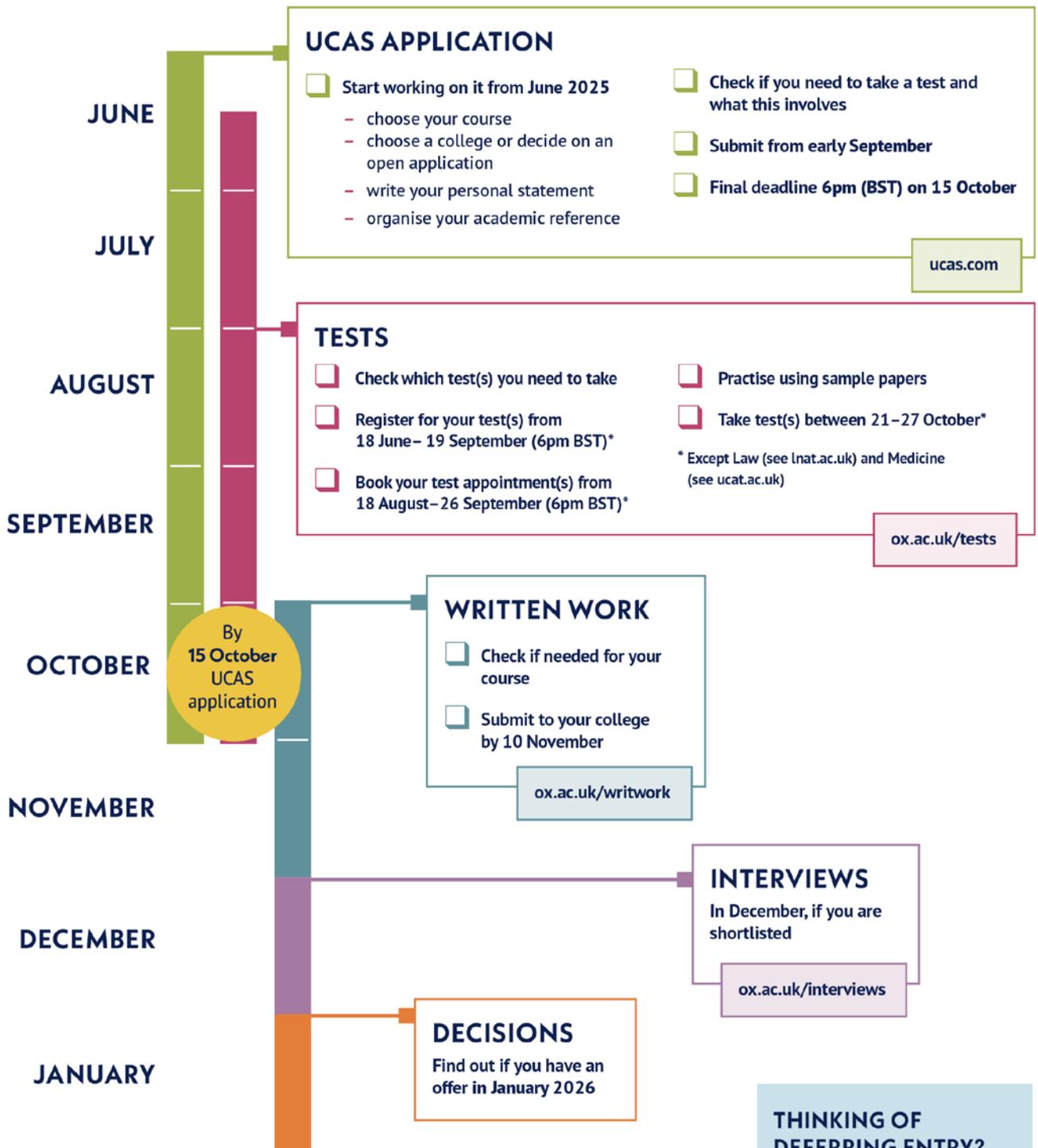
If you need help, reach out **now** whilst you still have time to correct any misunderstandings. If you are struggling with organising yourself, then ask for help **now**. If you are feeling overwhelmed, speak to your teachers or Mrs Pasa **now** so that you can get the support you need.



# HOW YOU APPLY

## 2026 ENTRY

### Early Entry – The Oxford process



Cambridge Dates can be found here

<https://www.undergraduate.study.cam.ac.uk/apply/application-dates-deadlines>

#### THINKING OF DEFERRING ENTRY?

This is not always possible so we recommend you check with your course department first.

# Tutor resource of the week – Managing time



**THE POMODORO TECHNIQUE®**  
A SIMPLE METHOD TO BALDANCE FOCUS WITH DELIBERATE BREAKS



- 1 PLAN YOUR TASKS**  
How many pomodoros might you need?
- 2 DO 1 POMODORO**  
Time for 25 mins then take a 5 min break
- 3 REPEAT x 4 POMODOROS**  
Then take a longer break

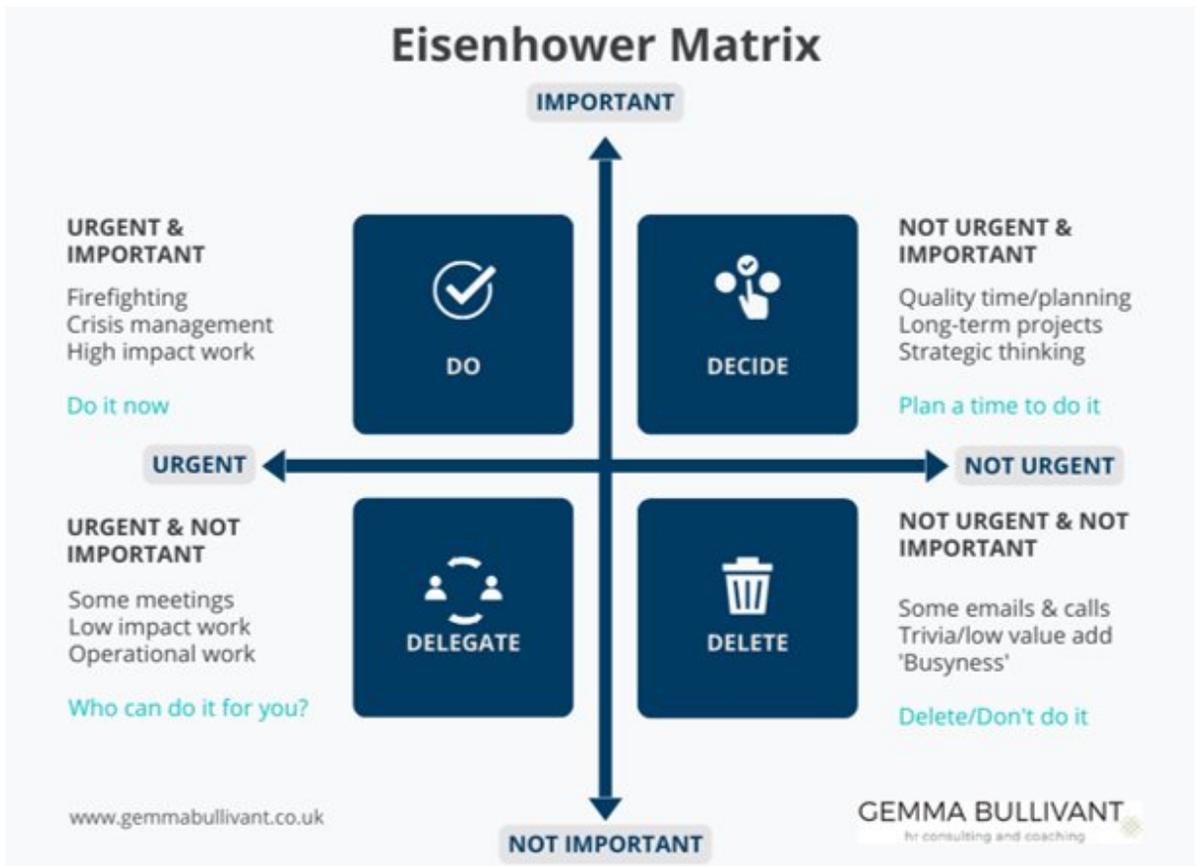
**PROTECT YOUR POMODORO!**

**NO SNEAKY WORKING!**

**FOCUSED WORK 25 MINS** | **BREAK 5 MINS** = 

**LONG BREAK**

CONCEIVED BY FRANCESCO CIRILLO sketchplanations



# Tutor resource of the week – Managing time



- Use one of the following techniques to manage your upcoming deadlines and work.
  - Pomodoro
  - Eisenhower Matrix
  - Study timetable
- Remember that this requires effort, but it helps you to be more effective.
- The **best** students (and workers!) own the time that they have.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before school							
9.15-10.15	Blue	Green	Blue		Blue		
10.15-11.15							
Break 1							
11.45-12.45		Green		Blue	Yellow		
12.45-13.45		Yellow		Green			
Break 2							
14.15-15.15	Yellow		Black	Green			
16.00-17.00							
17.00-18.00							
19.30-20.30							
20.30-21.30							
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before school							
9.15-10.15		Green		Yellow	Blue		
10.15-11.15							
Break 1							
11.45-12.45	Blue		Yellow				
12.45-13.45	Yellow		Blue	Green			
Break 2							
14.15-15.15			Black	Green	Yellow		
16.00-17.00							
17.00-18.00							
19.30-20.30							
20.30-21.30							



## Memory Recall and exercise

As well as Careers, my other role is Coaching Sixth Form students. When coaching, I often emphasize the importance of exercise and staying fit and well for our studies.

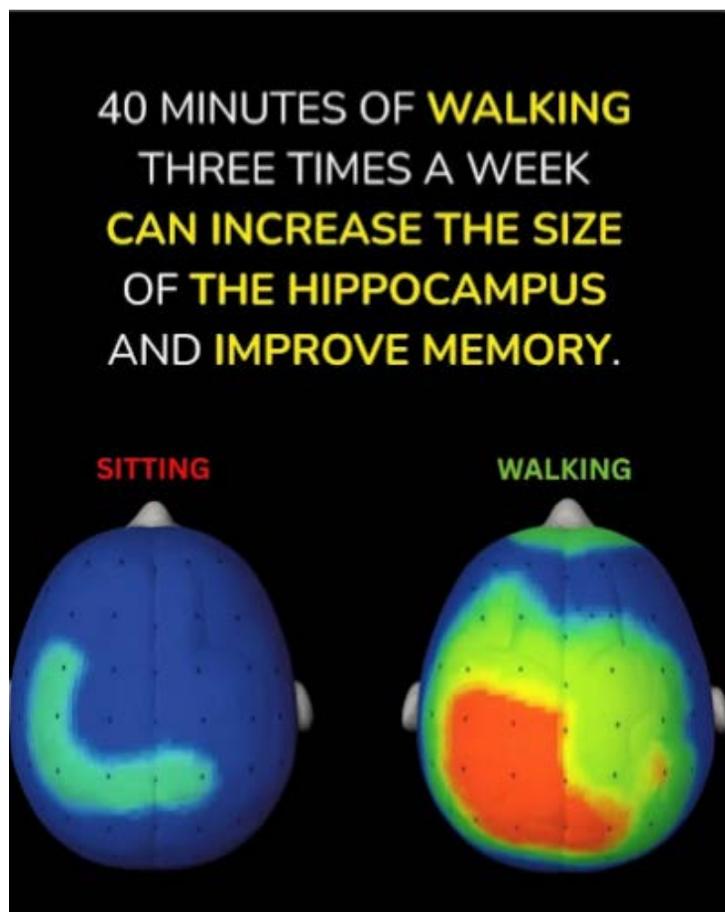
Whilst some of you already play various sports, some of you maybe haven't yet found a sport that you like.

That is ok! I didn't either when I was younger.

But did you know that just simple walking can improve your memory?

So...

- ❖ Walk to and from school
- ❖ Go for a walk at the weekend
- ❖ And... if applying The Pomodoro Technique studied in Form this week (25 minutes of study – followed by a 5 minute break), why not go for a 5 minute walk then?!





# Careers

Claire Beale, Careers Adviser

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Email: [claire.beale@furzeplatt.net](mailto:claire.beale@furzeplatt.net)

[Personal LinkedIn](#)

[School LinkedIn](#)

## Level 5 Apprenticeship in Retail/Customer Service with Jaguar Land Rover in London (Battersea)

Jaguar Land Rover are offering a Level 5 apprenticeship and once qualified, you will be a Customer Service Advisor.

For more details, and to apply, click [here](#)

If you are interested in the Jaguar Land Rover brand, here is their [website](#) and they recommend following them on social media to see when new vacancies are advertised

FACEBOOK | [/JaguarLandRoverRetailerApprenticeshipProgramme](#)

INSTAGRAM | [@JLRRetailApprentice](#)



## REMINDER: Trip on Tues 7th Oct to learn about the creative industry – meeting 9.30am in Reception

- You need to pre-register **before** you get there.
- To do this, please click <https://www.ucas.com/events/create-your-future-london-2025-the-creative-career-showcase-468426>
- Then click **“Book Now”** (please note at this stage you will need to register or login to their UCAS account)
- Select **“Joint Booking”** where you will need to enter this group reference **UCASBKN1317125**
- Finally, follow the instructions to **complete your individual registration**. This will create your own unique QR code which enables universities, apprenticeship providers and employers to connect with you directly.





## Work Experience during October Half Term with Futures For All

# FUTURES FOR ALL

Futures For All are offering various work experience opportunities this half term.

### Why do this?

- Discover if that industry is the right one for you
- Gain valuable experience that can help you when you apply for paid work
- Add it your CV
- Write about it in your personal statement

Placement name & company	Dates & Times	Link to find out more and apply	Deadline to apply
AI and Tech with Sopra Steria (part of SSCL)	27-29 October, 9.30am-3pm	<a href="https://tinyurl.com/ruhpa7xw">https://tinyurl.com/ruhpa7xw</a>	13th October
Ants Enterprise with Ants HQ	28-29 October, 10am-3pm	<a href="https://tinyurl.com/2ts5cubp">https://tinyurl.com/2ts5cubp</a>	7th October
Careers supporting mental health with Living Well	30-31 October, 9am-1pm	<a href="https://tinyurl.com/2basm7sh">https://tinyurl.com/2basm7sh</a>	9th October



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## November – Future Doctors Month

Throughout November, students can take part in **Future Doctors Month**, a **completely free, month-long virtual programme**.

- **6 live sessions** with NHS doctors (case studies, clinical skills, medical ethics).
- **Recordings available** for 60 days, so students can watch on-demand.
- **End-of-programme knowledge test** with an official **Certificate of Completion** (ideal for UCAS applications).
- Open to **students aged 14+** who might be considering careers in medicine.
- **2,000 students** are expected to take part, making this one of the largest pre-medical events of its kind.

[Register for Future Doctors Month](#)



## Medicine – in person work experience day - October

1-Day London Medicine Work Experience Events – (October 2025)

For students who would like in-person experience, there are **two full-day events** at **University College Hospital, London**:

- **Saturday 25th October – A&E + GP Surgery**
- **Sunday 26th October – On-Call Doctor for a Day**

These immersive days give students a realistic insight into life as a doctor, with hands-on activities and guidance from NHS professionals. They're ideal for students interested in careers in medicine or healthcare and provide certificates for your future applications to med school. Students travel from all over the UK to attend and students have to be 14+ to take part.

Full details: [Medicine Work Experience Day Event](#)