

UPCOMING DATES

Tues 9th Dec – Year 13 PPE Results Day

Wednesday 10th Dec- Christmas Concert

Thurs 11th Dec – bring in your gifts for Cowshed Tree of Hope

Fri 12th Dec – next collection for Foodshare in Form time (see page 2)

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

Cowshed Tree of Hope

THE COWSHED

Thank you to all the pupils and staff who are participating in the Cowshed Tree of Hope this month by buying a gift for children facing challenging times and for who Christmas will not be easy. This project supports over 2,500 local children in very vulnerable circumstances, including those in temporary accommodation, domestic abuse refuges or experiencing financial hardship.

Students and staff collected a gift label on Monday on which a child has expressed their Christmas wish. They now have until **Thurs 11th December** to buy that gift and bring it in, **unwrapped**.

If you would like to take part and didn't have the chance to pick up a gift tag on Monday, please contact Mr Colmer who has organised this. You can also find out more [here](#).





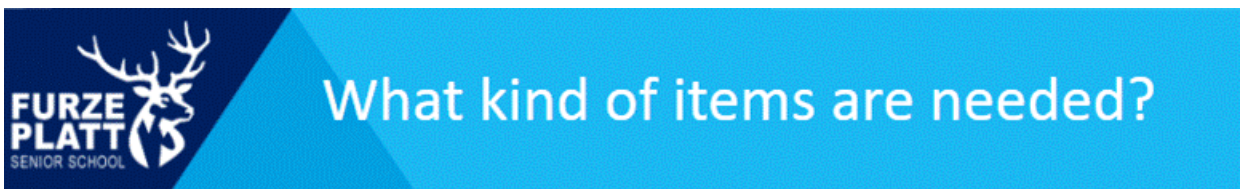
Remember that this month the school is collecting items to donate to Foodshare and the House Captains will be collecting every week – normally on a Friday. **The next one will be Fri 12th December.**

As well as being a fundraising activity, this is also a Form and House competition and when you bring items in, you will collect points for your House.

Thank you to those who have already donated.

Miss Deklerk and Mr Curnow's Forms are absolutely smashing it and it would be great to see all the Forms doing the same.

If you would like to donate, here are the suggested items we are collecting:



Non- food donations

Toiletries: Items like toothpaste, toothbrushes, soap, shower gel, shampoo, and deodorant are very useful.

Household items: Laundry powder, washing-up liquid, and dish soap are practical essentials.

Baby supplies: Nappies, baby wipes, and baby food are often in high demand.

Feminine hygiene products: Sanitary towels and tampons are necessities that are often donated.

Miscellaneous: Things like toilet paper, hand wipes, and small gift items like chocolate bars or sweets are also appreciated.

Food donations

Tinned goods: Tinned meat, fish, and vegetables are versatile. Tinned fruit in juice (not syrup) is also a great option.

Pasta, rice, and grains: Dried pasta, rice, couscous, and instant noodles are staples that can be bulked up with sauces or vegetables.

Breakfast items: Cereal, porridge oats, and pancake or waffle mix are helpful for a good start to the day.

Soups and sauces: Tinned or dried soup, pasta sauce, and gravy granules are always needed.

Festive treats: Christmas puddings, biscuits, and chocolates are perfect for the holiday season. No mince pies needed.

Baking supplies: Cake mix, icing, candles, and cooking oil can help families make special treats.

UHT milk and juice: Long-life milk and cartons of fruit juice have a longer shelf life than fresh alternatives.

Condiments and spices: Jams, marmalade, and spices like salt and pepper are useful for improving meals.



Year 12 and 13

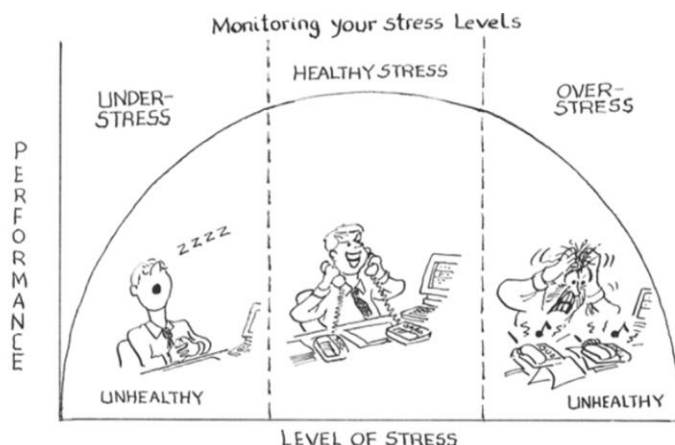


Resilience. This is needed in Sixth Form and in life. So, what is resilience and how can we build resilience?



In order to be resilient, it helps to have the correct level of stress in our lives...

Feeling stress is normal, but managing these levels of stress is important and that takes planning and organisation so you don't face burnout or worry.



A reminder of the work from Atomic Habits by James Clear- making those continuous improvements day by day:

*“Continuous improvement is a dedication to making small changes and improvements every day, with **the expectation that those small improvements will add up to something significant.**”*

*The typical approach to self-improvement is to **set a large goal, then try to take big leaps in order to accomplish the goal in as little time as possible.** While this may sound good in theory, it often leads in burnout, frustration and failure. Instead, we should focus on continuous improvement by **slowly and slightly adjusting our normal everyday habits and behaviours.**”*

James Clear, Atomic Habits

Winners!!! Well done to our Sixth Form Rugby team. 33-28 against Blue Coats





Apprenticeships in Production with the BBC open from Tues

BBC

Apprenticeships in Production will open on Tues 9th Dec
For more information, please click [here](#)



Want help with your apprenticeship application in Finance?

The virtual session on **Tues 20th Jan from 6.30-7.30pm** will cover:

The Unspoken Code: Discover exactly what global firms like BNP Paribas look for in an apprenticeship application - the skills, the mindset, and the grades, and the subjects.

Applications Deconstructed: Go behind the scenes of the online application form and learn how to tailor your responses and impress the hiring managers.

Interview & Assessment Centre Secrets: Get tactical advice on how to navigate those tricky video interviews and group tasks. Learn the framework for answering competency questions and demonstrating commercial awareness.

Live Q&A with Recruiters: Your chance to ask the people who make the hiring decisions *anything* about the apprenticeship process, the culture at BNP Paribas, and what a day in the life truly looks like.

Register and sign up [here](#)



BNP PARIBAS



Careers

Claire Beale, Careers Adviser

Tel: 01628 625 308

Email: claire.beale@furzeplatt.net

[School LinkedIn](#)

Careers Talk this week with Judge and Barrister Carwyn Cox from Farrar's Building

On Tuesday, all Sixth Formers attended an assembly with Carwyn Cox, Judge and Barrister from Farrar's Building. We heard about his own personal experience, the various steps to go through to get into Law and the different roles within Law

If you would like to find out more about him, click [here](#) to see where he works: Farrar's Building. You can also see his [LinkedIn](#).

If the talk inspired you and you want to find out more about Law, here are some websites linked to some of the points he talked about:

What is a [solicitor](#)?

What is a [barrister](#)?

What is a [judge](#)?

What [other roles](#) exist in the legal field?



As a barrister, Carwyn focussed on that particular area and here is some more information on the [various stages](#) you need to go through to become one, including pupillage.

Finally, he talked about the mysterious pouch at the back of barrister's robes. To find out more about this and whether it is true or a myth, read [here](#).

