



PARENT/CARER NEWSLETTER

Important Dates

Teacher training days 25th October and 4th November

Year 12 & 13 Assessment Week – week beginning 4th November

Year 13 Parents' Evening – 27th February 2020

Year 12 Parents Evening –

UCAS

The Final deadline for students applying to UCAS is Friday 13th December. Students should ensure that they have discussed their application with their STEP tutor and received feedback on their personal statement. Once students are happy with their applications they should pay and send and arrange a time to sit with Mrs Moss or Mrs Mersh-Roberts to complete the final checks before it is sent to UCAS.

16-19 Bursary

If your annual household income is less than £35,000, you may be entitled to additional financial support. This is within set eligibility criteria and is awarded to students on an individual basis. Contact Mrs Brown in the Sixth Form office for more information or a copy of our guidance .

Welcome to the first FSD Sixth Form Newsletter. This will be a half termly newsletter to keep parents and carers informed of important events.

Work Experience

10th– 14th February 2020

Year 12 have now received information regarding work experience week. As part of the learning experience, we expect students in consultation with parents/carers, to arrange a suitable work placement. If your child experiences difficulty in sourcing a placement, they can of course make an approach to the school's Careers Advisor, Mrs Moss.

Students must return their work placement form asap to ensure that all health and safety checks can be carried out.

Year 13 Summer Examinations

Wednesday 24 June will be a 'contingency day' for all exam boards in the UK.

In line with Ofqual's exam system contingency plan , this is an additional day at the end of the exam period. It will only be used in the event of major local or national disruption to summer 2020 exams, in which case it is possible that timetabled dates could be affected up to and including the contingency day. Students need to make sure that they are available until 24 June 2020.

Welcome to our visitors

Oxford University – Nov 2019

Raising Aspirations afternoon –

Sarah Pitt, Chief Super Intendant,

Northumbria Police

Michelle Meldrum, Operations Director, Gentoo

Recent Events

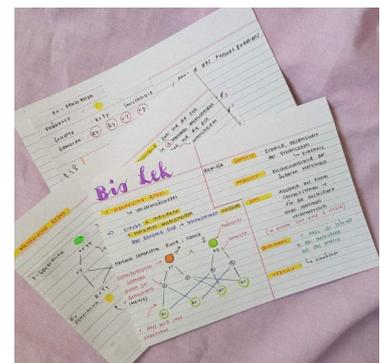
Year 13 Mock Interviews

Recently Lloyds Bank staff visited the school to interview year 13. Students received feedback on their interview skills and how they conducted themselves. Students also received feedback on their CV'S.

Well done to all of year 13 who faced their fears. The feedback we received about students was fantastic.

Knowledge Retrieval Tip

It is critical that throughout the Sixth Form students are continually revisiting learning and revising for each of their subjects. We want our students to develop a strong and disciplined work ethic and we want to help support students in being able to study independently. We want students to progress in their learning by using knowledge retrieval practice that evidence suggests is the most effective learning strategy. Students should not wait until an assessment or a mock exam in order to revise and complete their knowledge retrieval.



How to create and use flashcards:

<https://www.youtube.com/watch>

[v=A_Ro0NvtVE&list=PLJ8K__5RbGziy3GTA9hUBPK_e8nKfVaH7&inde](https://www.youtube.com/watch?v=A_Ro0NvtVE&list=PLJ8K__5RbGziy3GTA9hUBPK_e8nKfVaH7&inde)



SIXTH FORM

FRAMWELLGATE SCHOOL DURHAM

Sixth Form STEP-Programme

What is STEP?

Every Monday and Tuesday all students participate in a STEP programme. This focusses on developing the knowledge, skills and attributes to keep children and young people healthy and safe and to prepare them for life and work.

What have students been discussing this half term?

Sleep patterns, mobile phone use, mental health

Healthy Wellbeing

A Levels and BTECs are a wonderful opportunity to delve even deeper into a particular subject but they also present great challenge and difficulty which can affect a student's confidence and self-belief. Whilst our team of teachers, pastoral staff and tutors are always on hand, students need to learn to be mentally resilient and to take responsibility for their health, both mental and physical. We have a panel of students who take the time to check out a variety of resources to help students; here are two of their recommendations:

"**Catch It** is a great online diary app you can use to keep track of your mental health. It can help to identify what may make you feel sad or uncomfortable, and you can also find out which coping mechanism you have used is the most effective to get rid of a bad mood, or stay in a positive mood. There is a PIN required to access the diary, which gives the user privacy. I would recommend it to any teenager as a fun way to keep up with their mental health."



"The **SAM App** is very useful. I really like the way you can see **why** things are happening, as it makes me feel more like I am understanding my situation and makes me realise that it is not strange for me to feel the way I am feeling. There is an option to track your anxiety, which means I can see what situations make me anxious and am able to see any improvements in my ability to cope. The app also helps with coping mechanisms, which means if I am ever in a situation where my own techniques are not working, I can look to the app for inspiration on how to manage. There is also a really useful feature that provides direct links to other sites that help, such as

Mind UK"



- SAM - Self-help Anxiety Management

Do you know anyone in year 11 who is looking at their Post 16 options? Why not point them towards our new prospectus and coursebook, available at: framdurham.com/notice/sixth-form-prospectus/



Meet the Team– Steph King Pastoral Manager

This is the first year in which the Sixth Form has had a member of staff whose role is completely pastoral. Steph is on hand to provide support to students both academically and personally plus she rigorously monitors attendance and behaviour. Steph is the go-to person for both students and parents with any queries. Please feel free to call should you wish to discuss your child's progress.

Blind date with a book

Do you read for pleasure? We know many of our students do. This month we are asking students to donate one of their favourite books which will then be wrapped in brown paper and put on the shelf in the Sixth Form area. It's all anonymous. Students are then welcome to come and take a book, read it and return it.

If you have spare book that you would be willing to donate to the Sixth Form then please send it into school. Thank you!



Save The Date

Year 13 Leavers' Evening.
Ramside Hall

Year 13 Celebration Evening