



**Royal Wootton Bassett
Academy Sixth Form
Weekly Newsletter #86
7 October 2022**



Thank you to all the parents that joined us live on Monday night for the Parent Information evenings. I hope you found them informative and thank you for asking so many questions.

A copy of the recording and transcript of the questions will be coming out via email in the coming days.

If you have any further questions please do not hesitate to contact a member of the Sixth Form team.



This year the RWBA Harvest festival will be on Friday 14th October and will be Year group focussed. Both Year 12 and Year 13 will attend during ilearn 8.40 – 9.10 in the main assembly hall.

Donations are being collected throughout the week.

Many thanks to those Sixth Form students who are prepping Harvest boards and taking part in the event.

#HelloYellow
YOUNG MINDS

World Mental Health day will be recognised at RWBA on **Tuesday 11th October** and school students and staff are asked to wear YELLOW as part of their non uniform to show young people they're not alone with their mental health.

Please support the young minds charity by making a donation of money to the charity or food for the Harvest festival.

Let's flood the school in sunshine!!



yellow	canary	gold	daffodil
flaxen	butter	lemon	mustard
corn	medallion	dandelion	fire
bumblebee	banana	butterscotch	dijon
honey	blonde	pineapple	tuscan sun




A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

 <p>ASK FOR HELP You are not alone, so reach out and ask for help</p>	 <p>BREATHE Focus on your breath to find a sense of calm</p>	 <p>CONNECT Connect with friends, family and trusted adults</p>	 <p>DETOX Unplug from social media and other distractions</p>	 <p>EMOTIONS Observe how you feel and label your emotions</p>	 <p>FIND SAFE PLACE Go to a place where you feel safe and at ease</p>
 <p>GRATITUDE Focus on the things you're grateful for</p>	 <p>HEALTHY HABITS Create a balanced routine with healthy habits</p>	 <p>INQUIRE Pause and ask yourself, 'how do I feel right now?'</p>	 <p>JOURNAL Use a journal to express your thoughts and feelings</p>	 <p>KINDNESS Be kind and compassionate to yourself and others</p>	 <p>LET GO! Feel more energised, by moving your body</p>
 <p>MEMORIES Visualise three things you are proud of</p>	 <p>NATURE Improve your mood by exploring the great outdoors</p>	 <p>OPENNESS Be open to new activities and notice what happens</p>	 <p>PATIENCE It's okay to not be okay, so give yourself time</p>	 <p>QUIET Take quiet moments every day to reflect</p>	 <p>REST Be mindful, rest often and get plenty of sleep</p>
 <p>SUPERHERO Stand in the Superhero Pose for two minutes every day</p>	 <p>THOUGHTS Track your thoughts in a journal, and notice any themes</p>	 <p>UNIQUE You are unique, and so is your mental health</p>	 <p>VOLUNTEER Boost your self-esteem by giving back to others</p>	 <p>WORRY TIME Schedule 'worry time' to help solve practical worries</p>	 <p>EXCITEMENT Do more of the things that bring you joy and excitement</p>
 <p>YOU MATTER! You are important and your feelings matter</p>	 <p>ZEN Practise calming activities like yoga and meditation</p>				

Find out more about how Optimus Education can help boost your wellbeing at healthinschoolsuk.com



All students have access to satchel  (previously known as Show my Homework) Students and staff use this app to ensure assignments, tests, homework are recorded. Students should use the app functions to support them in planning their work and ensuring all work is submitted to the deadlines.



In the coming days Year 12 students will be issued with their ID badges. These will allow access to the Sixth Form block through the main doors. Once all

cards are issued the doors will be locked and you will need your ID card to enter the building.

Whilst we wait for this to happen please remember only staff and students at RWBA are permitted to enter the building. **All visitors must report to main school reception and have a prebooked appointment with a member of staff.**



**KEEP
CALM
AND
DON'T FORGET
YOUR ID CARD**

Why Sleep and Nutrition Are So Important For Teens

<https://www.adv4life.com/article/why-sleep-and-nutrition-are-so-important-for-teens/>

Looking after yourself

PART
2

Eat a well-balanced diet!

Healthy eating tips!

Not eating well can lead to...

Unhealthy changes in your weight
Mood swings
Reduced mental health
Physical illness

Drink plenty of water



Eat regular meals



Avoid eating when bored

Limit junk food



Eat more vegetables, fruit and protein



Don't skip meals

Pay attention to how much you eat

It'll make you feel healthier, stronger and ready to take on any stress that comes your way!

@kidshelpline

At this stage of the term we often notice some students getting tired, grumpy and generally feeling unwell.

School is hard work and in order to make the most of every minute it is important to ensure that everyone has a healthy diet and enough sleep to allow our bodies to relax, recharge and have enough energy throughout the day.

Why does your teen have trouble sleeping?

Percent of parents reporting their teen has trouble falling asleep or staying asleep

Won't get off electronics/social media/phone

56%

Irregular sleep schedule due to homework/activities

43%

Worry about school

31%

Worry about social life

23%

Health problem/
medication

10%

Source: C.S. Mott Children's Hospital
National Poll on Children's Health, 2018

If any student wishes to seek help Mrs Allen as student manager for Sixth Form is more than happy to support – Please ask.





We are delighted to announce that Allied Healthcare Mentor's next NHS virtual work experience session is on **Sunday 6th November**.

With the UCAS deadline for NHS Health Careers in January, students considering a career in healthcare need to gain as much work experience as possible. We strongly encourage all students (including those who attended October's session) to register. No two work experience days are the same.

Students can register for November's session using this link:

<https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/>

This programme is suitable for students in years 10 - 13 who are interested in the following careers:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy

Once they've registered, students will be emailed links to their virtual work experience portals.

Students are awarded a Work Experience Certificate for every session they complete. Those who complete the full 5-month programme will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare Mentor. **These are fantastic additions to their CVs and UCAS applications!**

During the work experience day, students will follow 2 patients from their initial presentation to recovery. They will gain a unique insight into how patients interact with various healthcare professionals and what it's like to work in an NHS multidisciplinary team.

Attendees will have the opportunity to interact with healthcare professionals throughout each day. This will empower students to make informed career decisions and demonstrate their commitment to healthcare in their UCAS applications.

Students can register individually at any time throughout the 5-month programme using the link below. We recommend booking early to gain as much out of this programme as possible. Places are £10 a session to cover administrative and technological costs.

Registration Link: <https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/>



HOW YOU APPLY OXBRIDGE 2023 ENTRY



JUNE

UCAS APPLICATION

- Start working on it no later than June 2022
 - choose your course – choose a college or decide on an open application
 - write your personal statement
 - organise your academic reference
- Check if you need to take a test and what this involves
- Submit from early September
- Final deadline on 15 October at 6pm UK time

JULY

AUGUST

SEPTEMBER

OCTOBER

By
15 OCTOBER
UCAS application
and test
registration

TESTS

- Confirm which test(s) you need to take
- Find out how to prepare and practise using the sample papers online
- Find test centre (your school or college or open centre)
- Register with test centre

NOVEMBER

WRITTEN WORK

- Check if needed for your course
- Submit in early November

DECEMBER

INTERVIEWS

If you are shortlisted 1–20 December

JANUARY

DECISIONS

Find out if you have an offer
in January 2023



UCAS

All Oxbridge, vets, medics and dentist applications should be ready for Mrs Vaughan by TODAY so she can ensure references are completed and all is finalised before the official deadline. The remainder of UCAS applications should be completed before Christmas so final checks and references can be completed before the 25th January. **Of course you do not need to wait until then!!!**

For students finishing off their medical school application. Click on the link for some last-minute guidance about optimising your application.



Optimising UK Medical School Applications

**MEDICAL
PROJECTS**



UNI APPLICATION KEY DATES

UCAS deadline:
15 October 2022 (Oxbridge)

UCAS deadline:
25 January 2023
(other)

UCAS Extra:
23 February 2023
(no offer holders or
rejected all offers)

UCAS deadline:
30 June 2023 by 6pm

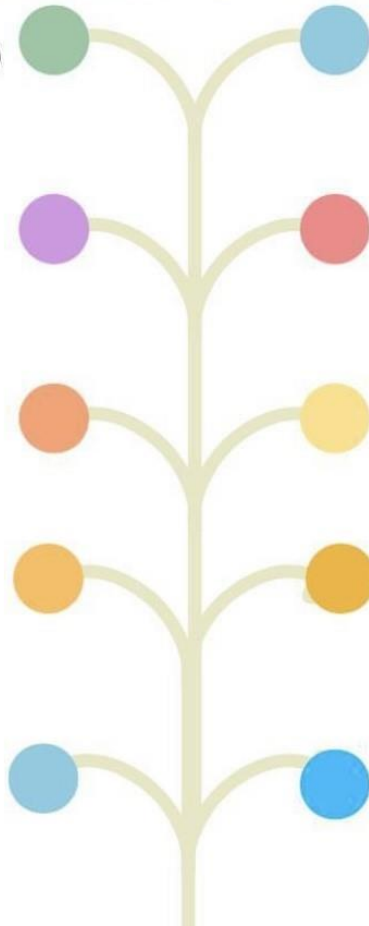
UCAS Extra:
30 June 2023 (last date)

UCAS Clearing opens:
5 July 2023

UCAS deadline:
21 September 2023
(final date for 2023
undergraduate entry
applications)

Decision deadline:
8 June 2023
(if you get all your
decisions by 18 May
2023, you'll have to
reply to your offers by
this date)

Decision deadline:
17 July 2023
(if you get all your decisions
by 18 May 2023, you'll have
to reply to your offers by
this date)



Sorting out your university application can feel overwhelming. How do you know when to submit your application? Is it better to submit it straight away? And when should you get started? Find answers to all these questions and more in our latest blog.

From researching courses and visiting Open Days to accepting an offer, the journey to university can feel like a long slog. But it's important to take your time, and gather all the information you need to make an informed decision about your future.

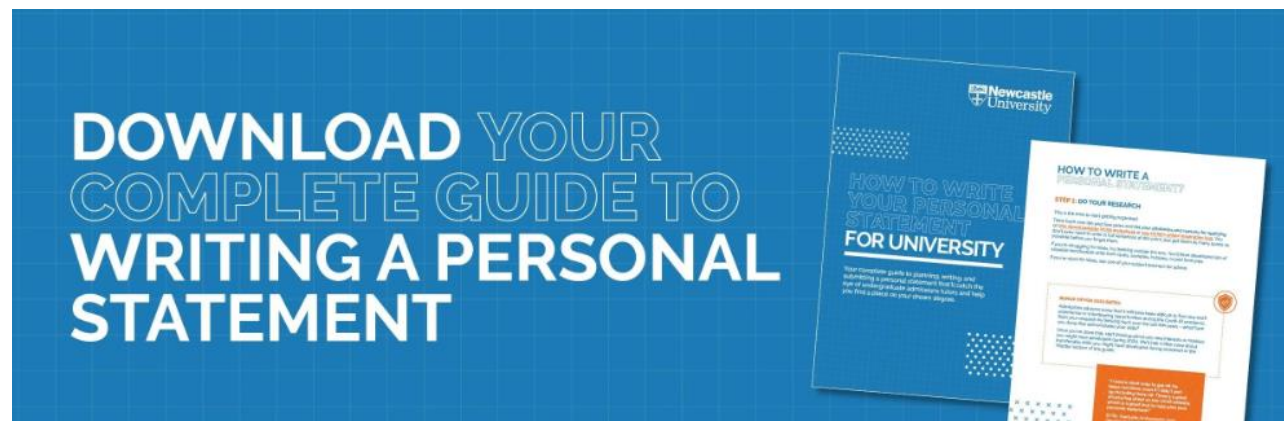
You can submit your university application from early 6 September 2022, using the UCAS Hub. UCAS has a free [guide on how to submit your university application](#), that you may find useful.

<https://www.ucas.com/undergraduate/applying-university/filling-your-ucas-undergraduate-application>

Key dates in the university application timeline

The following dates have been confirmed by UCAS for 2023 entry. Make a note of these key dates in your calendar or your phone to make sure you don't miss a beat on your journey to university.

- **25 January 2023** - Applications for most courses to be received by UCAS
- **18 May 2023** - university decisions due on applications submitted by 25 January 2023
- **30 June 2023** - all applications received after this date will enter into Clearing
- **5 July 2023** - Clearing opens
- **12 July 2023** - university decisions due on applications submitted by 30 June 2022



<https://belong.ncl.ac.uk/blog/when-to-apply-to-university>

MOVIE NIGHT

now showing...

TICKET PRICE £1

Coraline

EMAIL:
@igallah@rwba.org.uk
FOR
TICKETS!

WHERE?:	
RWBA SIXTH FORM	SIXTH FORM LECTURE THEATRE
WHEN?: THURSDAY 3 rd NOVEMBER	
TIME?: 3:30 - 5:30	
FOOD & DRINK WILL BE AVAILABLE TO BUY!	

Degree Apprenticeships 2023
2pm Thursday 13th October

*A special one-hour briefing for Sixth Form students,
 parents and careers & university admissions staff.*

Broadcasting from a TV studio in central London, this special programme from **High Fliers Research** will provide Sixth Form students at schools & sixth form colleges across the UK with the very latest news, information and research about degree apprenticeships and the opportunities available in 2023.

The live programme is being produced specifically for **Year 12 & 13 students** and their parents – and will include:

- an introduction to degree apprenticeships, the different types of programmes currently available, how they are funded and the qualifications they lead to
- how degree apprenticeships can provide a fast-track, tuition fee-free entry route into graduate careers such as engineering, technology, banking & finance, management and even law
- exclusive new research revealing which employers will be offering degree apprenticeship programmes for Sixth Form school-leavers in 2023
- case-studies and insight from current apprentices working on degree apprenticeships in different industries, professions and business sectors
- expert advice and guidance from leading employers on when & how to apply and the selection process for degree apprenticeships
- the chance to put your questions directly to senior recruiters at the country's top degree apprenticeship employers

The programme will be presented by **Martin Birchall**, Editor of *The Times Top 100 Graduate Employers* and research director for the Department for Education's *Top 100 Apprenticeship Employers*.


It is being supported by several of the UK's best-known degree apprenticeship employers, including:



Links to the live programme will be sent out on monday.

Experience the world of work & university

Welcome to Springpod. We help you take control of your future by enabling you to gain experience with top employers & universities for free.



<https://www.springpod.com/>

Pathway CTM Events

Connecting you with leading UK employers to gain experience and figure out your next steps



Ask Me Anything Session With Max

Join us for weekly sessions with Max! Max is our Outreach and Student Support expert, and has years of experience in guiding people through...

[https://pathwayctm.com/events/ticket-type/?eid=56203&zid=82130471285&zt=Meeting\(alt\)&za=primary](https://pathwayctm.com/events/ticket-type/?eid=56203&zid=82130471285&zt=Meeting(alt)&za=primary)



Digital & Tech Opportunities with QA

What digital and tech opportunities are out there? Well QA are here to answer! Bringing you a virtual session where they will be speaking...

Wed 19th Oct | 18:00-19:00

[View Event](#)



Virtual Work Experience Day with Royal Mail

About the event: Come along to this Virtual Work Experience day where you will hear all about who Royal Mail are as a brand,...

Mon 24th Oct | 10:00-15:00

[View Event](#)



Virtual Work Experience - Tech, Digital & IT

Want to experience the world of tech, digital & IT for a day? WE GOT YOU! Join us as part of our virtual work...

Wed 26 Oct | 10:00-15:00

[View Event](#)



Virtual Work Experience Day – Property Management & Real Estate

Want to experience the world of the property management & real estate industry for a day? WE GOT YOU! Join us as part of...

Tue 25 Oct | 10:00-15:00

[View Event](#)



'Get Into' Finance & Professional Services

Looking for an event where you can learn more about the Finance and Professional Services industry? Look no further! We are hosting a PHYSICAL...

Thur 10 Nov | 17:00-19:30

[View Event](#)



Virtual Work Experience – Creative, Arts, & Entertainment

Want to experience the world of creative, arts, & entertainment for a day? WE GOT YOU! Join us as part of our virtual work...

Thur 27 Oct | 10:00-15:00

[View Event](#)

Click here to find out more details on all the events listed

above. https://pathwayctm.com/events/?utm_source=Head+of+Sixth+Free+Newsletter&utm_campaign=90e00638ab-06+June+2022&utm_medium=email&utm_term=0_36c44588b4-90e00638ab-116058221&mc_cid=90e00638ab&mc_eid=ec9163ed9a

Future career? Back of the net!



Discover exciting career opportunities, on and off the pitch, with our **FREE** virtual boot camp.

Get your school or college to sign up for any of the **25+** sessions now!

World Cup of Careers
14th – 25th of November

What's on the programme?

Take your pick from our impressive line-up of daily live sessions with professional players, coaches, promoters, physios, managers and more!

Kicking off with some highlights

- Hear what it takes to make it as Tottenham Hotspur FC's Senior Partnership Manager.
- Find out about the commercial careers in football that keep club finances in shape.
- Explore careers that keep pro players match-fit, injury-free, and at the top of their game.
- Discover how to make a splash as a professional sports pundit for the press.

Don't miss out on a free kick-start for their future...

Click here to
FIND OUT MORE





SPEAKERS
for schools

South West Educator Update!

Below are some opportunity highlights, click the links to find out more!

Careers and skills in the consulting industry with PA

Dates: 08/11/22



Application deadline:
01/11/2022

[FIND OUT MORE](#)

Find Your Future Career at PwC Birmingham

In person insight day

Dates: 16/11/22



Student application deadline:
02/11/22

[FIND OUT MORE](#)

Careers in dietetics with Birmingham Community NHS Trust

Dates: 25/10/22



Birmingham
Community Healthcare
NHS Foundation Trust

Student application deadline:
24/09/22

[FIND OUT MORE](#)

5 day experience in construction with Wates

Dates: 24/10/22 - 28/10/22



Application deadline:
10/10/2022

[FIND OUT MORE](#)

Insight into accountancy with Azets

Teacher led Discovery Workshop

Dates: 10/11/22*



Application deadline:
20/10/2022

[FIND OUT MORE](#)

Present yourself with confidence - Tesco

Teacher led Discovery Workshop

Dates: 24/11/22*



Application deadline:
27/10/2022

[FIND OUT MORE](#)

APPLY TO HOST AN INSPIRATIONAL TALK [HERE](#)
VIEW OUR BROADCAST LIBRARY [HERE](#)

*please note that Discovery Workshops are for bookings of 5+ young people
www.speakersforschools.org

Follow us on:





SPEAKERS for schools

How to give your career the best start skills workshop with Santander

Dates: 19/10/22



Application deadline:
10/10/22

[FIND OUT MORE](#)

Careers in archaeology with Wessex Archaeology

Teacher led Discovery Workshop

Dates: 15/11/22*



Application deadline:
14/10/22

[FIND OUT MORE](#)

Careers in the food industry with Harper Adams University

Teacher led Discovery Workshop

Dates: 13/12/22*



Application deadline:
22/11/22

[FIND OUT MORE](#)

Connected futures; marketing and communications

Dates: 26/10/22



THE ADECCO GROUP

Application deadline:
17/10/22

[FIND OUT MORE](#)

Meet the faces behind the mask: fields of nursing

Dates: 24/10/22 - 26/10/22



Application deadline:
17/10/22

[FIND OUT MORE](#)

Considering a Green Career in the Recycling Sector?

Teacher led Discovery Workshop

Dates: 08/11/2022*



Application deadline:
01/11/22

[FIND OUT MORE](#)

FOR WORK EXPERIENCE OPPORTUNITIES CLICK [HERE](#)
DISCOVERY WORKSHOPS [HERE](#) OR REGISTER ON OUR PORTAL [HERE](#)

*please note that Discovery Workshops are for bookings of 5+ young people
www.speakersforschools.org

Follow us on:





SPEAKERS
for schools



Are your students interested in
conservation and working with animals?



**Wildlife charities
Amphibian and
Reptile Conservation
Trust**

Teacher led Discovery Workshop

Dates: 07/11/22 & 08/11/22
**amphibian and reptile
conservation**



Application deadline:

21/10/22

[7.11: Click here](#)

[8.11: Click here](#)

**Working for the
biggest conservation
charity in Europe**

Teacher led Discovery Workshop

Dates: 09/11/22*



**National
Trust**

Application deadline:

21/10/22

[FIND OUT MORE](#)

**Veterinary careers and
how to get there
Harper Adams
University**

Teacher led Discovery Workshop

Dates: 17/01/2023*



**Harper Adams
University**

Application deadline:

16/12/22

[FIND OUT MORE](#)

PLANNING WORK EXPERIENCE FOR THE YEAR?

We aim to reflect your feedback you give us and want to engage as many of your students as possible. Please complete our West Midlands educator survey with as much detail as you can so we know how we can support you and your students this academic year, connecting them with inspiring work experience opportunities.

Don't forget that we can help you with many of your CEIAG activities, all free of charge!

- Careers Fairs
- Assemblies
- Work Experience
- Guest Speakers

[CLICK HERE TO
COMPLETE OUR EDUCATORS SURVEY](#)

FOR WORK EXPERIENCE OPPORTUNITIES CLICK [HERE](#)

DISCOVERY WORKSHOPS [HERE](#) OR REGISTER ON OUR PORTAL [HERE](#)

*please note that Discovery Workshops are for bookings of 5+ young people
www.speakersforschools.org

Follow us on:



Lean Turkey Burger & Sweet Potato Fries



With Mental Health Day on Monday in mind, here is a healthy option for the weekend that's easy to make for 2. Certain foods are good for anxiety and depression, and Turkey and Sweet Potato is on the list. The Tryptophan in Turkey increases your levels of serotonin, that regulates mood, and the Potatoes are filled with mood boosting Vitamin B6

Ingredients:

- 1 sweet potato (about 190g) cut into wedges
- 260g turkey breast mince (under 5% fat)
- 1 red onion, diced
- 2 garlic clove, grated
- 1 egg, beaten
- 1 apple (about 70g), peeled and grated
- 1 tablespoon dried oregano
- 1 tablespoon paprika
- 15g coconut oil, melted
- 135g green vegetables (spinach, kale, broccoli, mangetout or green beans)

STEP 1 Heat oven to 180C/160C fan/gas 4. Zap the sweet potato wedges in the microwave for about 6 mins on full power until just turning soft. Leave to rest for 30 secs.

STEP 2 While the sweet potato is spinning in the microwave, mix the mince in a bowl with the onion, garlic, egg and apple. Get your hands stuck in and work the ingredients together with a good pinch of salt and pepper, the oregano and paprika. Shape the mixture into two burgers about 3cm thick. Place on a lined baking tray in the oven for 20-25 mins, turning half way through cooking, until cooked through.

STEP 3 Heat the coconut oil in a large frying pan over a high heat. Add the sweet potato wedges and shallow-fry for about 3 mins each side until they are nicely browned all over and cooked through to the centre. (Alternatively, toss in the oil and roast in the oven for 15-20 mins.) Drain on kitchen paper, then season with a good pinch of salt. Serve the Burgers with the sweet potato wedges and a portion of green veg either steamed, blanched or boiled.

ENJOY AND FEEL YOUR MOOD LIFTING WITH THESE SUPERFOODS!



RWBA
SIXTH
FORM

ROYAL WOOTTON BASSETT ACADEMY SIXTH FORM



OPEN EVENING
12.10.22
5PM-7.30PM

Book online: www.rwba.org.uk

Deadline for initial applications: 02.12.22

Any queries please email [Mrs Stubbs - hstubbs@rwba.org.uk](mailto:MrsStubbs@rwba.org.uk)



01793 841900
www.rwba.org.uk

"Royal Wootton Bassett Academy's Sixth Form provides the very best in terms of quality provision in the area. Supporting students to be the best they can be."

ASCEND
LEARNING TRUST