



**Royal Wootton Bassett  
Academy Sixth Form  
Weekly Newsletter #110**

**12 May 2023**



**RWBA  
SIXTH  
FORM**



**Class of 2023 Leavers Day  
12 May 2023**





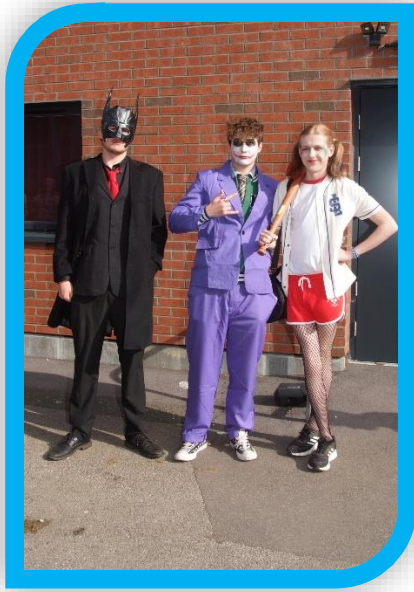
**Just a small selection, more will follow ... watch out for news of where to find them ...**











good luck  
in your  
★ exams!  
you've ★  
★ totally  
got this. ★  
★

Exams start next week.

Year 13 students ensure you know your exam timetable and the scheduled subject revision sessions.

Year 12 the end of year exam timetable has now been published and distributed. Exams start on Monday 19<sup>th</sup> June.

The BTEC logo features the word "BTEC" in a bold, orange, sans-serif font. To the left of the letters is a graphic of several orange dots of varying sizes arranged in a grid-like pattern, with some dots missing, creating a dotted effect.

Year 13 BTEC students are expected to continue attending timetabled lessons after 12<sup>th</sup> May until such time they have completed their exam or completed their coursework.

Good luck!!





# RWBA SIXTH FORM SPIRIT WEEK


**MONDAY:** BANK HOLIDAY

**TUESDAY:** BRING SOMETHING  
BEGINNING WITH THE FIRST  
LETTER OF YOUR NAME  
also... bake sale and karaoke

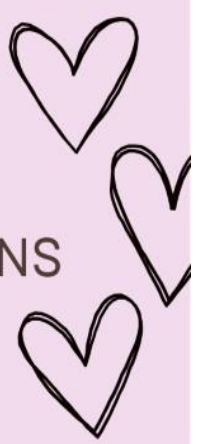


**WEDNESDAY:** WEAR  
LOUNGEWEAR

also... rounders tournament



**THURSDAY:** DRESS AS YOUR  
DREAM JOBS (NOW OR AS A  
CHILD) AND FUTURE ASPIRATIONS  
also... uno championship



**FRIDAY:** DRESS AS EVERYTHING,  
EVERYWHERE ALL AT ONCE  
(whatever you want!)





# UCAS



Thank you to all the students and parents that attended the future pathways evening on Wednesday. It was lovely to see so many of you and great that positive conversations have already started about the opportunities available after RWBA Sixth Form.

The PowerPoint and parent guide has been emailed to all parents in Year 12.



Another great Parent information session has been planned by Speakers for schools. Click on the link to reserve your spot.

**Ready to open doors to their future?**

Virtual Open Evening

We know how hard it is to help your child weigh up future career options when the job market has changed so massively, and there are so many different pathways into employment you might not be aware of.

Speakers for Schools are a youth charity that offers FULLY FUNDED work experience opportunities with big-name national employers like Boots, PwC and

Willmott Dixon, offering thousands of placements across the whole of the UK. We offer both virtual and in person placements, so where you live will not be a barrier. We want to make sure that every young person from a state school or college can face their future with confidence.

During our session, we will clearly signpost how your child can access eye-opening work experience. All placements are offered at no cost to either the young person or their school/college.

<https://www.eventbrite.com/e/virtual-hybrid-work-experience-session-for-parentscarers-of-14-19yr-olds-tickets-622448218377>



Thank you to all the Year 12 Peer Educators who started their sessions this morning with Year 7. We look forward to hearing all about it.

Good luck for the rest of the sessions.



## **15th – 21st May – Mental Health Awareness Week**

### **Anxiety**

The theme for Mental Health Awareness Week in 2023 is Anxiety.

Anxiety is an important human emotion but, in some circumstances, it can get out of hand and become a mental health problem.



A lot of different things can contribute to feelings of anxiety, including exams, relationships, a new job, a date or a big life change. It is also an emotion people frequently experience around money and not being able to meet life's basic needs.

Anxiety is also one of the most common mental health problems people face. According to a survey we carried out recently, a quarter of adults feel so anxious that it stops them from doing the things they want to do some or all of the time.

Six in ten adults feel this way at least occasionally.

The good news is that anxiety can be made easier to manage. By focusing on anxiety for Mental Health Awareness Week in 2023, we want to improve public understanding of anxiety and share some of the things that can help prevent it from becoming a problem. And we also want to keep up the demand for change – to make sure that improving mental health is a key priority for the government and our society.

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

Download the guide below.

What can we do to cope with feelings of anxiety?

<https://www.mentalhealth.org.uk/sites/default/files/2023-04/MHAW23-cope-with-anxiety-tips.pdf>

# Supporting yourself and colleagues with feelings of anxiety

These top tips have been written by staff from the Rodillian Multi Academy Trust

"Take one day at a time, try not to over-think the future"

"Be kind to yourself"

"Someone cares and there is always someone to talk to and that they will listen"

"Be honest about triggers – make people aware"

"Take a quiet breath – sometimes you need to be away from the noise to calm and refocus yourself"

"Find a self help book that talks to you. Everyone is different so things won't resonate with every person in the same way"

"Remember to be kind to yourself! Take 5 minutes, eat something nice, go for a walk. You're doing an amazing job"

"Talk and listen. If unable to offer support seek guidance from someone who can help"



"Take time doing something you find fun or try a new activity"

"Think back, it was this bad before...but it turned out OK"

"Know your limits! You are only human"

"Even if it feels uncomfortable push yourself to do those things you fear you can't"

"Life is not always a motorway, sometimes the scenic route is better for you but don't lose sight of the destination"

"No two people are the same, anxiety is normally hidden by staff so keep an open mind if a colleague seems out of sorts"

"Keep work and home separate – don't take work home"

"Accept help, don't be afraid to say you're struggling"

"Mindfulness. Take time to be in the moment"

"Don't be embarrassed to talk about it/ seek help from friends/family or professionals"

"Get some fresh air and meet up with friends"

"If your anxiety stems from something you can change be brave and take control"

"Walk with a podcast to destress/switch off after work"

"Make time for yourself and don't feel guilty about it!"

"Seek professional medical advice"




This week we want to concentrate on incorporating mental health into your daily routine. Many people tend to forget about their mental health and how important it is to have some 'me time'. Even taking 10 minutes out of your day to do something for yourself could be anything; a walk, a bath, doing your nails, going to the gym, or sitting and watching your favourite film or TV program.


Approximately 1 in 4 people in the UK will experience a mental health problem each year. In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week. Every seven years, a survey is done in England to measure the number of people with different mental health problems. It was last published in 2016; some of the reported figures are as shown:


- 7.8 in 100 people suffer from mixed anxiety and depression.
- 4.4 in 100 people have post-traumatic stress disorder (PTSD).
- 5.9 in 100 people suffer from a generalised anxiety disorder.


# HOW TO INCORPORATE *mental health into* YOUR DAILY ROUTINE


The infographic features a large green silhouette of a human head in profile on the right side. Inside the head, there are white, abstract, swirling lines representing thoughts or mental activity. The background is a solid green color.


- 


Make sure you have time throughout day to practice self care. Schedule in some 'me' time.
- 


Spend time to really connect with colleagues or family members.
- 


Engage in something which can boost your mental health (E.g. exercise, volunteering)
- 


Incorporate relaxation into your day. Why not try some deep breathing?
- 

Take time to observe and assess your feelings and emotions.
- 

At the end of each day write down 3 good things you have achieved or are grateful for.
- 

Plan some activities which are pleasurable and give you a sense of achievement.
- 

If you experience negative thoughts write them down and challenge them.
- 

Look after your physical self. Eat a balanced diet, take breaks and go for a walk.
- 

If you are feeling low or anxious, don't be ashamed talk to someone.

# Mental Health

## IS...

- *Something everyone has.*
- *Important to make time for.*
- *Both positive and negative.*
- *Linked to your physical and social health.*
- *Taking personal time for yourself.*
- *Required for productivity and learning.*
- *Complex but changeable.*
- *Something you can ask for help, support and advice about.*

## ISN'T...

- *A weakness.*
- *Always something negative.*
- *All in your head.*
- *A competition.*
- *Feeling good all the time.*
- *Something to be ashamed or guilty of.*
- *A mental illness.*
- *A destination but a process.*
- *Something you can snap out of.*



## Mental Health Stigma

Over the years, the stigma around mental health has decreased, but it's still there, and some people still believe that mental health is a weakness and something to be ashamed of; But modern days go on, and it's not seen as much as a weakness but normality and a stepping stone through life.

People who have not experienced mental health can struggle to understand how someone with mental health feels, and it's like a weight around your neck that you can lift above your head no matter how hard you try.

**Mental health is not a burden, and you can't let it define you.**



RWBA have trained staff in Mental Health First Aid and a Pastoral structure that ensures all students have access to support when they need it.

Any worries, or concerns for Sixth Form students please contact **Mrs Allen** or a member of the Sixth Form Team.





In addition to all the help and support we are giving students in school to preparation for the examinations. Young Minds have updated their parent's guide to dealing with exam stress.

### Exams are a stressful time for any young person

Mood swings and outbursts are more likely to occur during this period. Look out for other signs that your child may be struggling, including poor sleep patterns or a change in appetite or behaviour.

It's worth preparing ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the result that they, or you, are hoping for.



### Things that can help your child in the lead up to exams

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP.

Click below for the full guide:

[https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=may2023&utm\\_term=o25](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/?utm_source=newsletter&utm_medium=email&utm_campaign=may2023&utm_term=o25)

They have also produced a parent's guide to support anxiety.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>





## **Exciting opportunity for Youth People 14-25 to join Wiltshire & Swindon Youth Commission on Police and Crime.**

**Application Deadline: Friday 26<sup>th</sup> May 2023**

We are currently recruiting young people to join the **Wiltshire & Swindon Youth Commission on Police and Crime** – an exciting initiative in partnership with the **Police and Crime Commissioner for Wiltshire**.

Youth Commission allows young people to support, challenge and inform the work of the Office of the Police & Crime Commissioner and the Wiltshire Police force. The **Youth Commission will explore urgent issues affecting young people in Wiltshire & Swindon**, such as reducing offending and re-offending, improving the relationship with the police, and anti-social behavior.

The **Youth Commission is aimed at young people aged 14-25 years** who want to make a difference in their community. **We're looking for a diverse group of young people from different backgrounds and life experiences to take part**, including those who have direct experience of the criminal justice system.

This is a brilliant opportunity for young people to **gain new knowledge, skills and experiences** that focuses on the views of young people in Wiltshire. Members of the Youth Commission will play an important role in helping to run consultation events and gather the opinions of other young people about police and crime.

**Application Deadline: Friday 26<sup>th</sup> May 2023**

If you are interested in applying, please speak to Bobby Seymour Yr 13 a current member of the youth commission or click on the link below.

<https://www.wiltshire-pcc.gov.uk/the-pcc-and-you/have-your-say/youth-commission/>





Thank you to all those who applied and were interviewed for positions in the Sixth Form Senior Leadership team for 2023 – 2024.

**The SSLT leadership assessment afternoon will take place on Thursday 18<sup>th</sup> May 3 – 4pm.**



A huge thank you and a fond farewell to our Prime Ministers and Deputy Ministers: **Rebekah Warner, Ben Kimberley, Natasha Winterburn and Emma Shaddick**. You have been such incredible role models to the whole of our parliament and the wider school community. Thank you for your passion, drive and dedication to listening to your peers and making small steps to ensure Royal Wootton Bassett Academy is a more inclusive place for all.

It is the caring for and listening to others, that is at the centre of student parliament at RWBA, and the past couple of years have shown how immensely you care for others and their experiences at school.

We wish you all the best on your future endeavours: nursing, cyber security, and many exciting diverse futures ahead, of which we know you will be very successful.

I would like to offer a quote from one of my favourite programmes 'Afterlife' which captures your selfless contribution to the school community: "A society grows great when old men plant trees they know they shall never sit in."

Thank you very much, and the best of luck,

Miss Falvey and Student Parliament.







# EXPLORE WORK EXPERIENCE PROGRAMME | RTPI



The Royal Town Planning Institute (RTPI) is the UK's leading planning body for spatial, sustainable, and inclusive planning and is the largest planning institute in Europe, with over 27,000 members.

Take part in RTPI's 5 day in-person Work Experience with a local employer!

- A week long placement in July 2023.
- Experience a career in Town Planning.
- Meet different departments within the business.
- Learn about different factors that affect Town Planning.
- Must be 16+ to apply.

Scan the QR to apply



**Applications close 2nd June**

*"I found it valuable as it gave me insight into the industry and some of the advice I gained will be valuable for uni decisions and my work life onwards. I also enjoyed speaking to industry professionals and learning more about planning and what is involved in planning."*

Previous employers included:





# Discovery Workshops



**Communicating weather & climate! Join us to explore the range of communication careers at the Met Office**

**Industry:** Science

**Target Area for Student Applications:** UK wide

**Date:** 27/06/2023

**Time:** 02:00 pm – 03:00 pm

**Ages:** 14-19

**Application Closing Date:** 13/06/2023

**Opportunity ID:** PL-4904

Like many other people, you probably know the Met Office for the weather forecasts available on our phones, the TV and radio. But not everyone who works at the Met Office is a forecaster or weather presenter!

The Met Office is the UK's national weather service and its purpose is to help us all stay safe. Its weather warnings and climate research are used by high profile organisations worldwide – from governments, business and industry to the emergency services, national highways and military, enabling them to operate safely, efficiently and with **sustainability in mind**. Its forecasts even reach as far as space!

In addition to meteorologists, this work involves a variety of teams, from research scientists and informatics specialists to training and communication experts. This Discovery Workshop explores communications careers available at the Met Office and is your chance to find out more about what it's like to work in a **green career** with this world-leading organisation.

**Booking form:**

<https://forms.office.com/pages/responsepage.aspx?id=HFqhLo7yMEahv9dFTLRO663UyoUtYXBKn0U97qUOBT5UOURFN0FIVUxOM0dJVTg3MFU0RFUyMDU4QiQIQCN0PWcu>



## Step Into Space! Learn all about space launch from Cornwall and the UK – Spaceport Cornwall

**Industry:** Engineering

**Target Area for Student Applications:** UK wide

**Date:** 30/06/2023

**Time:** 09:30 am – 10:30 am

**Ages:** 14-19

**Application Closing Date:** 16/06/2023

**Opportunity ID:** PL-4764

In January this year the first ever attempt to launch a rocket and satellites into space from UK soil took place at Spaceport Cornwall.

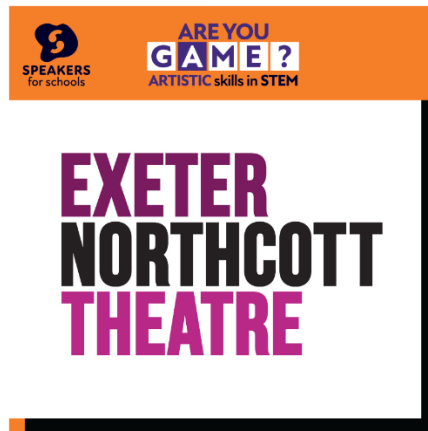
This workshop will allow you to hear from David Pollard, Education and Outreach Manager at Spaceport Cornwall to learn about what happened with the launch and what opportunities there are within the sector. Students will learn about the novel horizontal launch concept, see a successful launch and learn about why we are all using satellites more and more every single day. It feels like a whole new space age at the moment and this session will hopefully inspire some students to engage in **STEM** through a passion for space.



The session will discuss routes into the space sector, and will include hints and tips that students can carry out to increase knowledge of the sector. Following the presentation there will be a quiz to test students' knowledge on the aspects that they have just learnt.

**Booking form:**

<https://forms.office.com/pages/responsepage.aspx?id=HFqhLo7yMEahv9dFTLR0663UyoUtYXBKn0U97qUOBT5UOURFN0FIVUxOM0dJVTg3MFU0RFUyMDU4QiQIQCN0PWcu>



## Technical Theatre Virtual Insight - Learn About Backstage Jobs

**Organisation:** Exeter Northcott Theatre

**Age:** 14 - 16

**Duration:** 1 day

**Industry:** Arts

**Application deadline:** 13/06/2023

**Dates:** 04/07/2023 - 04/07/2023

**Timings:** 13:00 - 15:30

**Type:** Virtual insight day

Have you ever wondered what it takes to get a live show up and running on stage? Or what's going on backstage when you watch a performance? Do you want to know more about the mechanics and technical skills needed, and the different roles in theatre? You can find out the answers to all of these questions, and more, by taking part in the Exeter Northcott's Technical Virtual Insight Day.

### **About Us**

Exeter Northcott Theatre (ENT) is proud to have been part of Exeter's cultural life for more than 50 years, drawing audiences from across the city, the surrounding area and the wider region to see the very best local, national and international performing arts in our mid- scale auditorium (460 seats) on the campus of the University of Exeter.

We have a long history of making things amazing happen in the city centre and supporting creative activity in community spaces and settings. This is reflected in our recent acquisition of the city centre Barnfield Theatre with its two smaller auditoria (280 seats & 60 seats), and the resurgence of our community engagement programme.

### **The Opportunity**

We are inviting students to join us for an afternoon online on Tuesday, July 4<sup>th</sup> from 1pm – 3.30pm.

As part of the programme, you will have the opportunity to:

- Meet with key members of our friendly technical team for Q&As to find out more about the different technical backstage roles involved in putting on a show

- See what is involved in the production and staging of a show, from the moment the lorry arrives at the theatre, to the moment the set is on stage.
- Find out how mechanical, mathematical and scientific skills all play an essential role in theatre
- Virtually see the backstage areas of our theatres, and find out about how they work

### **When applying, answer the following questions**

- What would you hope to gain from the session?
- Passion: What cause(s) are you passionate about? Please also explain why.

### **More about what we do:**

Exeter Northcott Theatre is proud to have been part of Exeter's cultural life for more than 50 years, drawing audiences from across the city, the surrounding area and the wider region to see the very best local, national and international performing arts.

### **Organisational website:**

<https://exeternorthcott.co.uk/>

### **Experience You Will Gain:**

- Meet with key members of our friendly technical team for Q&As to find out more about the different technical backstage roles involved in putting on a show
- See what is involved in the production and staging of a show, from the moment the lorry arrives at the theatre, to the moment the set is on stage.
- Find out how mechanical, mathematical and scientific skills all play an essential role in theatre

- Virtually see the backstage areas of our theatres, and find out about how they work

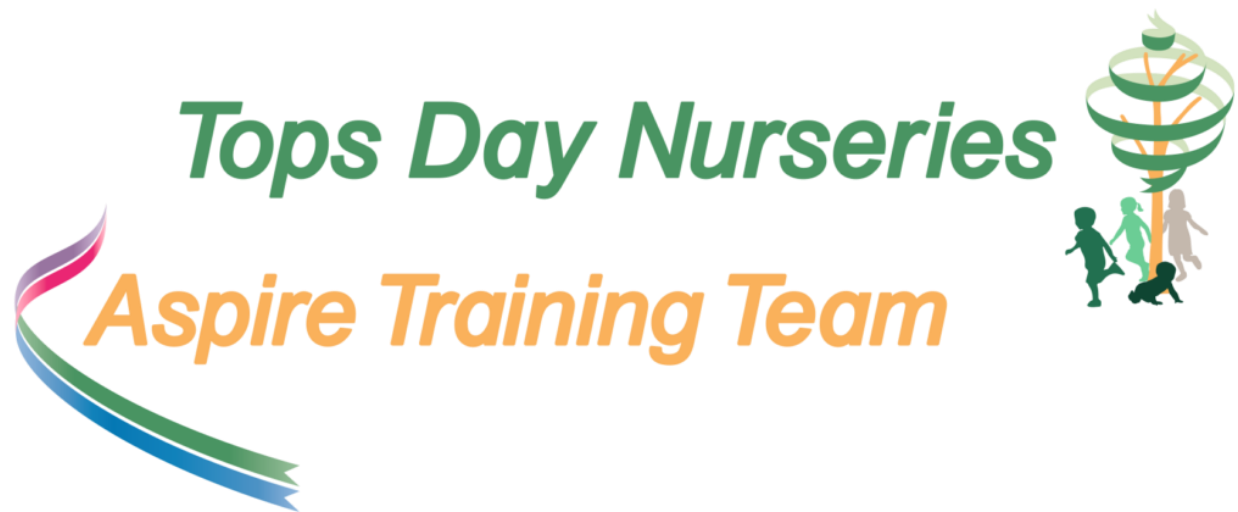
**Skills You Will Gain:**

Listening  
Speaking  
Problem Solving  
Creativity  
Teamwork

**More details on the [Speakers for schools website](#).**







## Considering a career in childcare? Join us to find out about where an apprenticeship can take you! – Tops Nurseries/Aspire Training

**Industry:** Education/Teaching

**Target Area for Student Applications:** South West

**Date:** 17/07/2023

**Time:** 10:00 am – 11:00 am

**Ages:** 14-19

**Application Closing Date:** 03/07/2023

**Opportunity ID:** PL-4680

Why complete an apprenticeship in childcare?

Award-winning provider of early-years childcare in the South West of England, The Aspire Training Team from Tops Day Nurseries are running this session to share the benefits of apprenticeships with young people interested in joining the profession!

*“The best way to start your career in childcare is to complete an apprenticeship. An apprenticeship is a job that comes with training, support and career progression as standard and can be more suited to visual and ‘hands-on’ learners than a typical classroom environment. The employers you work with will teach you the exact skill set needed to work in a nursery or with childminders, leaving you with both knowledge and experience, as well as a full qualification.”*

During this Discovery Workshop, students will learn about:

- What an apprenticeship is and the benefits of completing an apprenticeship.  
What to expect from a childcare apprenticeship.
- What a career pathway in childcare looks like, and what further training and progression opportunities there are.
- Not ready for an apprenticeship? We will go over options for study programmes that can help prepare you for an apprenticeship.

**Booking form:**

<https://forms.office.com/pages/responsepage.aspx?id=HFqhLo7yMEahv9dFTLR0663UyoUtYXBKn0U97qUOBT5UOURFN0FIVUxOM0dJVTg3MFU0RFUyMDU4QiQIQCN0PWcu>





## Economics Taster Day

Wednesday 21 June, 09:15 - 15:30



Workshop information is now available. You can sign up as a school group or your students can attend as individuals.

Attendees will attend two workshops & the Royal Economic Society's Annual Public Lecture. The 2023 APL will be provided by Professor Wendy Carlin on the subject **Capitalism, carbon, and colonies – looking back and looking forward.**

**Book here:**

[https://emailer.reading.ac.uk/p/4R68-BLQ/economics-taster?dm\\_i=4R68,T4BK,YYP1E,3P335,1](https://emailer.reading.ac.uk/p/4R68-BLQ/economics-taster?dm_i=4R68,T4BK,YYP1E,3P335,1)

## Undergraduate Open Days



**Friday 16 June, 9am - 4pm**

**Saturday 17 June, 9am - 4pm**

Attendees will have the opportunity to chat to current staff and students, experience subject talks and learn more about student life. This includes student funding, accommodation, the students' union and, of course, the chance to look around our Whiteknights and London campuses.

**Register your interest here:**

**[https://www.reading.ac.uk/ready-to-study/visiting-and-open-days/opendays?dm\\_i=4R68,T4BK,YYP1E,3MTTU,1](https://www.reading.ac.uk/ready-to-study/visiting-and-open-days/opendays?dm_i=4R68,T4BK,YYP1E,3MTTU,1)**



# Subject Taster Days

Click here to register your interest:

[https://www.reading.ac.uk/ready-to-study/visiting-and-open-days/taster-sessions?dm\\_i=4R68,T4BK,YYP1E,3MTTU,1](https://www.reading.ac.uk/ready-to-study/visiting-and-open-days/taster-sessions?dm_i=4R68,T4BK,YYP1E,3MTTU,1)

## June

### Economics

Wednesday 21 June

### Bioveterinary Sciences

Thursday 29 June

## July

### Politics & Philosophy

Tuesday 11 July

### Biomedical Sciences & Engineering

Wednesday 12 July

### Zoology, Ecology & Wildlife Conservation

Thursday 13 July

### Modern Languages Summer School

Monday 17 July

### Geography

Wednesday 19 July

### Environmental Sciences

Thursday 20 July

**Law**

Tuesday 25 July

**Criminology**

Wednesday 26 July

**Psychology & Language Sciences**

Thursday 27 July

**August**

**Archaeology**

Thursday 10 August