



**Royal Wootton Bassett
Academy Sixth Form
Weekly Newsletter #111**

19 May 2023



Congratulations to our current and ex students who have collected their Gold - Duke of Edinburgh Award at Buckingham Palace this week.

We look forward to sharing the photos when we receive them.



For those students off to university in September the Student Finance deadline is today. If you have missed it do not worry, please complete it as soon as possible. Do not wait for your confirmed University choice, apply now and update the destination at a later date.

All applicants for September 2023 have now received their offers and have until **9th June** to make their firm choices.

Good luck

UCAS



Year 12 Cardiff University Trip

Friday 30th June.

This is the last call for Year 12 students who are yet to complete the consent and medical form on parentpay.

Please do so ASAP so we can confirm names.



Students have been looking at strategies to support themselves and others with anxiety this week in ilearn.

The Charlie Waller organisation has a wealth of resources that can be found to support staff, parents and students.

<https://charliewaller.org/resource-library/>

In general, students tend to fall into one of two categories:



To find out more click on the link below and the guides specifically designed to support anxiety and low mood.

Tests, assessments, exams...they can be challenging at any age, whether it's a spelling test in primary school or driving test later in life. Most children and young people undergo a significant number of tests and exams before the age of 18. Most cope remarkably well, others may need additional help and support to protect their mental health.

Exams don't have to damage wellbeing by causing unnecessary stress or worry.



For parents and carers to support your child through exams

Exams: Supporting your Child



For school staff to support students through their exams

Exams: Supporting Students



For students to manage their mental health during exams

Exams: Managing your Mental Health

Click here to access guides for school staff, parents and students.

https://charliewaller.org/mental-health-resources/mental-wellbeing/exam-guidance/?_cldee=JYM9twiKsqTqCyaMFyTo_bLTGInnsz2Dh6fnor0t1_WSeeD4XcURI0BCtwjikyFo&recipeid=contact-6a7cfe8c0d76eb11a812002248414177-0ab94b2e49cc4926aff85bfe9697e870&esid=d4768d26-c4f4-ed11-8848-00224841c7e0

In partnership with



Coping with your low mood



9 Common Causes of Low Mood

Bullying



Falling behind with school work

Family problems and arguments



Loneliness



Traumatic events

Physical health problems



Family history of depression

Moving school or home



Friendship and relationship difficulties

Symptoms - Mind and Body

Psychological

Frightened, worried or anxious

Upsetting thoughts

Guilt



Lack of interest and motivation

Isolating yourself

Sad and tearful

Physical

Aches and pains

Self-harm

Disturbed sleep



Changes in appetite

Tired

8 Ways To Help Yourself Feel Better



Spend time with a friend



Keep active



Sleep well every night



Eat healthily and regularly



Avoid drugs and alcohol



Listen to music, draw, read or write a diary



Speak to an adult (parent, teacher or health worker)



Plan something to do each day

Places where you can get more help



Charities

Youngminds.org.uk
Youthhealthtalk.org
Childline.org.uk; 0800 1111
Samaritans.org; 116123



Books

For a list of helpful books:
Reading-well.org.uk



Contact a parent, teacher or:

Produced by the **Bank Workers Charity** in collaboration with Professor Mina Fazel, University of Oxford Department of Psychiatry and Professor Tamsin Ford, University of Exeter Medical School.

www.bwcharity.org.uk



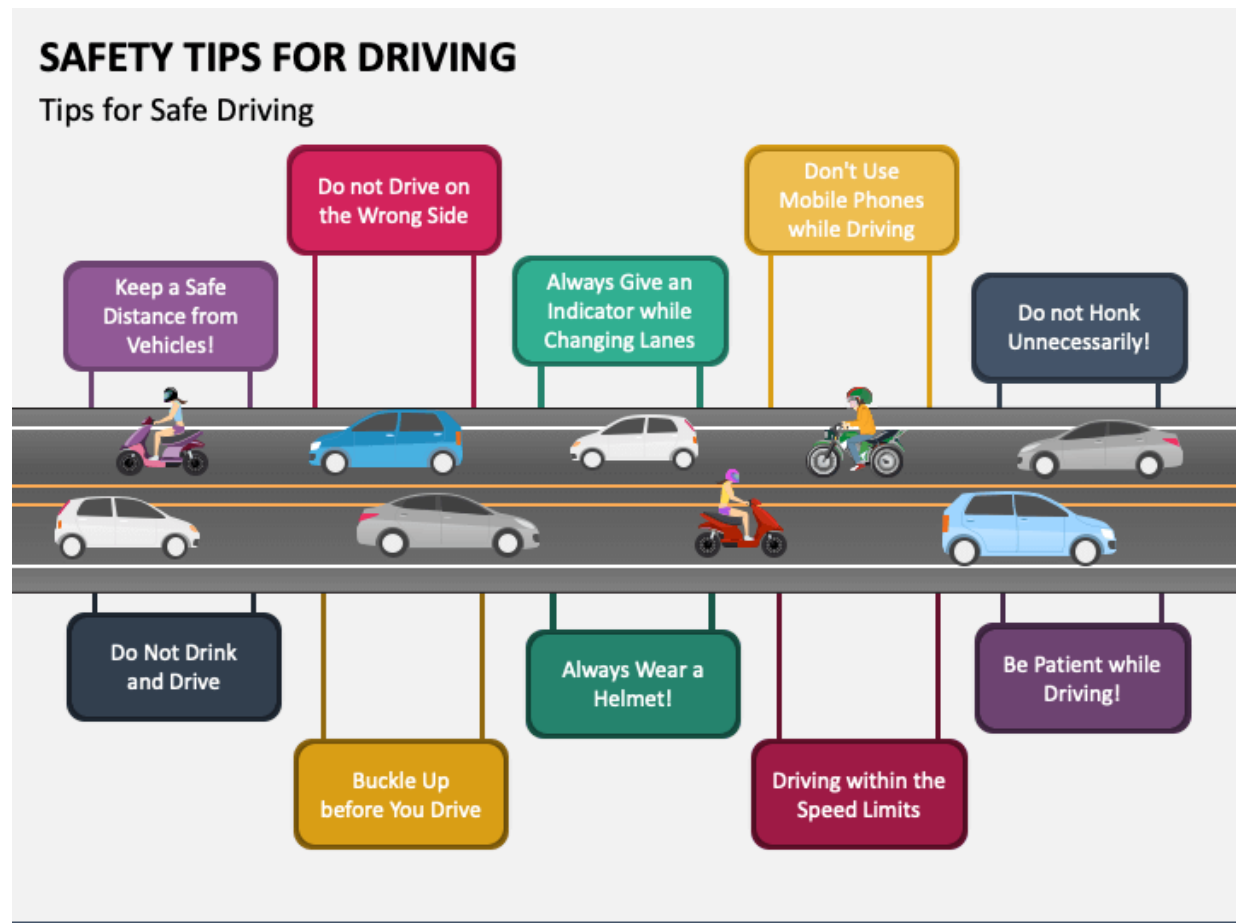
RWBA welcomes safe drivers!!!

As more and more students pass their test and have the funds to buy a car, please ensure that you register your car on the link below.

<https://forms.office.com/Pages/ResponsePage.aspx?id=spD4XJRqL0WMKZ9zZbaLoJ-3rXLIA2RCItaq6edlupUQzRTNFBBMEsXMVVBUUszNERNNVJENOICTC4u>

Passing a driving test does not just test your ability to drive but to understand the responsibility that comes with holding a driver's licence.

Take this responsibility seriously.



10 Common Human Error Causes of Collisions

- 1 INATTENTION
- 2 TOO MUCH OR TOO LITTLE ATTENTION
- 3 NOT ENOUGH TIME
- 4 NOT ENOUGH SPACE
- 5 NOT ALLOWING FOR THE MISTAKES OF OTHERS
- 6 NOT ENOUGH TRAINING
- 7 FAILURE TO ADJUST TO CONDITIONS
- 8 ATTITUDE
- 9 DRIVER IMPAIRMENT
- 10 VEHICLE FAILURE



SOURCE: Smith System Driver Improvement Institute, Inc.



<https://www.think.gov.uk/advice-for-road-users/>

Apprenticeships in Engineering



- What is an engineering apprenticeship?
- The different types of engineering apprenticeships
- Current engineering apprenticeship vacancies at world-leading engineering firms
- The skills you need



Are you considering a career in engineering?

Did you know that an apprenticeship could be your ticket to a high-skilled job in a world-leading engineering company straight out of education? And what's more, you'll get paid a wage and gain qualifications without having to take on any student debt.

Read on to find out about the different types of engineering apprenticeships and how you can apply.

1. What is an engineering apprenticeship?

As an apprentice, you will gain the knowledge and skills for your role on the job. You'll spend most of your time in the office, lab, factory or field, where you will be trained up by experienced colleagues. Depending on your apprenticeship level, you will also study with a training provider, in college or at university, working towards a qualification which will support you in your day-to-day role.

There are three main types of apprenticeships: intermediate, advanced and higher/degree apprenticeships. Each apprenticeship will provide different qualifications.

Curious about the different types of apprenticeships? Have a read of [this article!](#)

2. The different types of engineering apprenticeships

Engineering has several different career pathways. The 5 main types of engineering apprenticeships are:

1. Electrical Engineering
2. Mechanical Engineering
3. Manufacturing Engineering
4. Civil Engineering
5. Environmental Technology Engineering



Have a look at [this video](#) to learn more about the 5 main types of engineering apprenticeships

3. What skills do I need to apply for an engineering apprenticeship?

Every engineering apprenticeship is different so make sure to read the job description carefully to find out about what skills are required. **As a guide, here are a selection of the skills and qualities you would need:**

- Able to work as part of a team.
- Dedicated, conscientious, and reliable.
- Practical and hands-on.
- A genuine interest in engineering.
- Hardworking.
- Able to communicate complex information.

- Able to think technically and analytically.
- Happy to work in an industrial environment.
- Organised.
- Good at managing your time.

[Here](#) are some articles about skills.

4. So what engineering apprenticeships are available?

Engineering apprenticeships at Volkswagen - [Click to Apply](#)

VOLKSWAGEN
GROUP APPRENTICE PROGRAMME

Experience hands-on learning while being mentored by industry experts. You will train at our world class training facilities and work with the very latest automotive technology and amazing vehicles.

Location: Nationwide

Deadline: 26 May 2023

Latest opportunities: Become a Vehicle Parts Assistant, work in Mechanical or Technical Engineering, all while gaining a professional qualification.

Engineering Apprenticeships at Jaguar Land Rover - [Click to Apply](#)



Jaguar Land Rover are the pioneers creating the next generation of outstanding

vehicles. They are looking for hard-working individuals to make driving more sustainable, their business more environmentally aware and their services more desirable for our customers

Location: Nationwide

Deadline: 26 May 2023

Latest opportunities: Vehicle Sales, Parts Manufacturing, Customer Service and Engineering Technician.

Start your engineering career today!!!

https://successatschool.org/jobscourses?utm_source=Success+at+School+-+Newsletter+Signups&utm_campaign=f47a3c763a-NAW2023+Students+COPY+01&utm_medium=email&utm_term=0_65c6d67e71-f47a3c763a-211973597&goal=0_65c6d67e71-f47a3c763a-211973597&mc_cid=f47a3c763a&mc_eid=bd69c7df25



Students who have an interest in biology, sustainability, climate change, ecology, agriculture, food or just like honey!! could use tomorrow and the resources developed to understand the importance of bees and use it to further their knowledge and interests.

For centuries bees, among the hardest working creatures on the planet, have benefited people, plants and the environment. By carrying pollen from one flower to another, bees and other pollinators enable not only the production of an abundance of fruits, nuts and seeds, but also more variety and better quality, contributing to food security and nutrition.

Pollination has a positive impact on the environment in general, helping to maintain biodiversity and the vibrant ecosystems upon which agriculture and humanity depend. A wide variety of plants critical to human well-being and livelihoods require pollinators. In fact, bees and other pollinators provide the important ecosystem service of ensuring out-crossing (that is, crossing genes) and, thus, reproduction of many cultivated and wild plants.

<https://www.fao.org/world-bee-day/en>
<https://worldvet.org/news/world-bee-day/>
<https://sdg.iisd.org/events/world-bee-day-2023/>
<https://www.bbc.co.uk/newsround/48308339>
<https://www.un.org/en/observances/bee-day>

Did you know?



The vast majority of pollinator species are wild, including more than 20,000 species of bees.



Pollinators contribute to 35 percent of the world's total crop production, pollinating 87 of 115 leading food crops worldwide.



Close to 75 percent of the world's crops producing fruits and seeds for human use depend, at least in part, on pollinators.



In many areas, bees, pollinators and many other insects are declining in abundance and diversity.



Our food security, nutrition and the health of our environment depend on bees and pollinators.



Everyone can make a difference to support, restore and enhance the role of bees and pollinators.

Benefits of pollinators

- 1** Help 75% of crops producing fruits and seeds to pollinate
- 2** Increase biodiversity
- 3** Increase food production
- 4** Provide micronutrient-rich foods
- 5** Maintain ecosystems

FAO
Food and Agriculture Organization of the United Nations



EY are still looking for apprentices!

Students have the chance to join this Big Four global organisation and start their career in Assurance. They currently have this apprenticeship opportunity available in multiple locations across the UK which is a Level 7 and is equivalent to a masters degree but it's for free!

If any Year 13 students are still looking for an apprenticeship or unsure about university this is a great opportunity and there is still time to apply.

Students who apply can receive **1-1 support** with their application from us. They can book a call from **Tuesday-Thursday** during term time between **3pm-5pm**. We want to help students secure their dream job!



ASSURANCE APPRENTICESHIP PROGRAMME



LEVEL 7 - EQUIVALENT
TO A MASTERS DEGREE

Locations:

Aberdeen
Birmingham
Bristol
Cambridge
Edinburgh
Glasgow
Leeds
Liverpool
London
Luton
Manchester
Newcastle
Reading
Southampton

Scan the QR code to apply!



Applications
close -
31st May



The logo consists of a red square border containing the text "Your Game Plan" in a red, sans-serif font, stacked vertically.

Your
Game
Plan

Welcome to The Side Hustle Initiative 2023

Now in its third year The Side Hustle Initiative is a nationwide campaign helping young entrepreneurs grow or launch their own business.

Hosted by lead judge, The Apprentice star and first ever winner Tim Campbell.

The competition is open to anyone aged 13-18 (at the time of applications opening) and is based in the UK. You can enter individually or in teams of up to 4.

There is a **£10,000 prize pot** available for the top 10 young entrepreneurs to help accelerate the growth of their business or charity.

We're on a nationwide search for 13-18-year-olds who are already delivering a side hustle or who have an amazing business idea that they are passionate about launching.

Through the Side Hustle Initiative, the top 50 finalists will gain access to one to one professional mentoring with industry specialists that match our finalist's Side Hustle to support them in evolving their ideas.

As well as being invited to attend a 'Dragons Den' style pitch in front of our panel of judges in London. The winners and runners-up will then receive a share of the **£10,000 investment fund** to go straight into growing their business.

Find out more:

<https://yourgameplan.co.uk/events/the-side-hustle-initiative-2023/>

Be inspired

Discover their stories – meet our past winners and our bursary award winner...

1ST PLACE



BEN3D

A simple and successful online store selling specific 3d printed items who wanted to expand and widen their services to create large scale advanced manufacturing specialising in providing custom 3d printed parts ranging from prototypes to medical equipment in the future.

[FIND OUT MORE](#)

2ND PLACE



YOUNGTUTOR

An online GCSE tutoring service offering affordable education for all students – tutored by GCSE alumni who have attained the top grades. They are aiming to revolutionise the academic space for the national youth cohort.

[FIND OUT MORE](#)

3RD PLACE



THE BACKYARD BARBER RWB LTD

Started as a lockdown venture offering a wide variety of garden maintenance jobs including lawn mowing, weeding, fence painting and hedges. They help people have a garden to be proud of while employing and supporting local students whilst giving them workplace life skills.

[FIND OUT MORE](#)

A RWBA student came third in the first ever Side Hustle competition and only entered because he saw the competition advertised in the RWBA Sixth Form Newsletter!!

If you have a small business or an idea of one please enter for professional advice.

Good luck.

How it works

1

If you have a side hustle you are already involved in or if you have a new business or charity idea enter below and complete the application form.

2

After the entry deadline all entrants will be sent a link to their very own profile page which gives an insight into their idea, we will then open up a public vote.

3

After the public votes, the 30 students with the highest number of votes, along with 20 students selected by the judges will be invited to a junior Dragon's Den pitch day in October to pitch for a chance to win The Side Hustle Initiative 2023

4

The day will include a 10-minute pitch and Q&A to our judging panel of 5 as well as workshops and a day of learning about entrepreneurship from amazing guest speakers.

5

If you make the final 50 you will receive a support package from us with support and advice on how to build your presentation and top tips and advice before the event.



Lucious Lemon Baked Cheesecake

As so many students were choosing Cheesecake for their Valedictory Dinner, I thought it must be time to bring out the cheesecake recipe in readiness for those garden BBQs.

Here's an easy recipe that serve 10.

Ingredients

225g digestive biscuits
100g butter melted
250g tub mascarpone
600 g soft cheese
2 eggs, plus 2 yolks
Zest of 3 lemons and juice of 1
4 table spoons of plain flour
175g caster sugar

For Topping: ½ a 284ml pot of soured cream
3 tablespoons of lemon curd
Handful of raspberries to serve (optional)

STEP 1: Heat the oven to 180C/Fan 160C/Gas 4. Line the bottom of a 23cm springform tin with greaseproof paper. Tip the biscuits and melted butter into a food processor, and blitz to make fine crumbs. (Or do manually in a plastic bag and crush with a rolling pin). Press into the tin and chill.

STEP 2: Whisk all the other ingredients in a large bowl until completely combined, pour into the tin. Bake for 35-40 mins until the cheesecake has a uniform wobble.

STEP 3: Turn off the oven and leave the cake inside until cool. When it is completely cooled, remove from the tin and top with soured cream Swirl lemon curd over the top and decorate with raspberries..



GOOD LUCK

IN YOUR

EXAMS

you will smash them