



# Royal Wootton Bassett Academy Sixth Form Weekly Newsletter #112

26 May 2023



Year 12 students in ilearn this week have been discovering more about the **Pomodoro Technique** - A method to beat procrastination and improve focus.

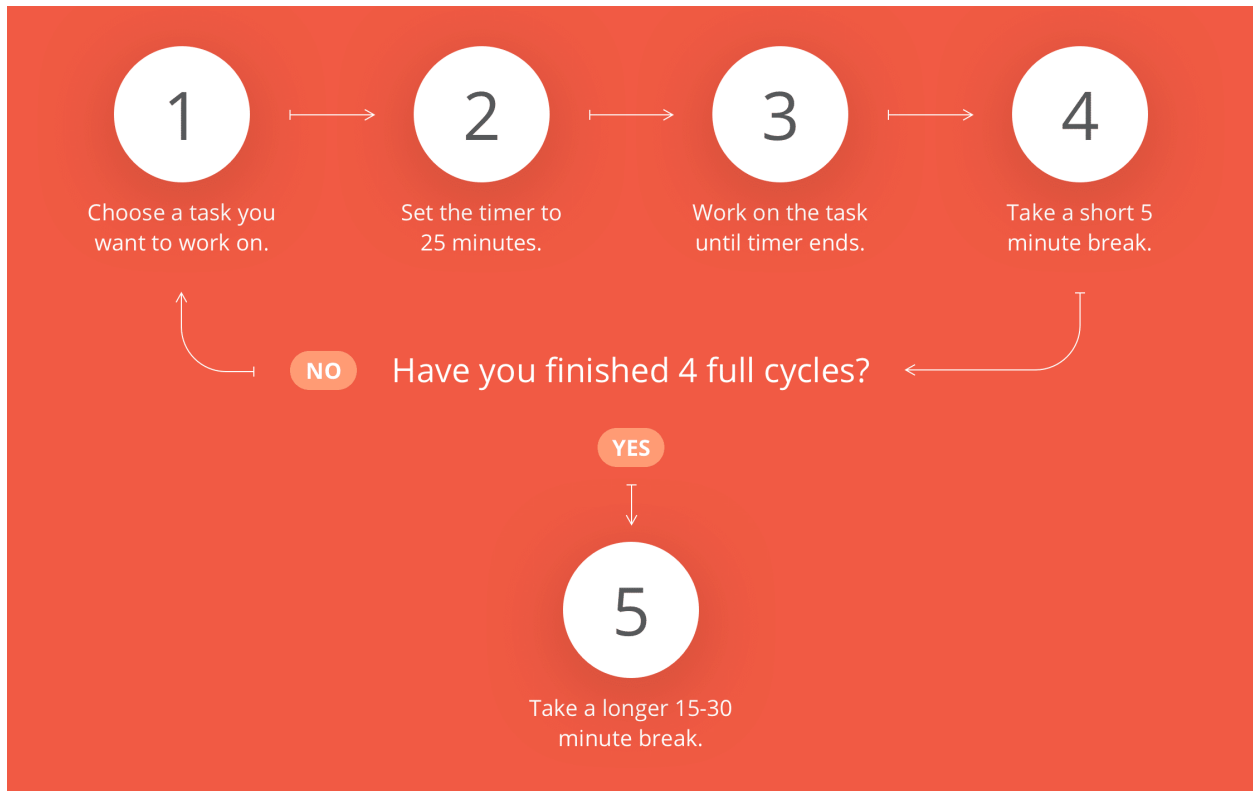
THE **POMODORO** TECHNIQUE

-   
**DECIDE**  
ON THE  
TASK TO  
BE DONE
-   
**SET THE  
TIMER TO  
25 MINUTES**
-   
**WORK ON  
THE TASK  
UNTIL THE  
TIMER RINGS**
-   
**TAKE A  
SHORT  
5 MINUTE  
BREAK**
-   
**TAKE A  
15-30  
MINUTE  
BREAK**

For more information click on the links below.

<https://todoist.com/productivity-methods/pomodoro-technique>

<https://pomodoro-tracker.com/>



## How many pomodoros will you build up???

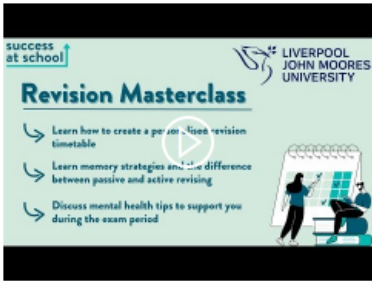


All Year 12 students should have their exam timetable. End of Year assessments start on 19<sup>th</sup> June.

**PREPARE WELL**



Watch the Liverpool John Moores University Revision Masterclass for more advice and guidance on revision.



success at school

**Revision Masterclass**

- Learn how to create a personal revision timetable
- Learn memory strategies and the difference between passive and active revising
- Discuss mental health tips to support you during the exam period

LIVERPOOL JOHN MOORES UNIVERSITY

www.youtube.com

Learn the most effective revision techniques with Liverpool John Moores University

Have you got GCSEs or A Levels Exams on the horizon? Join Liverpool John Moores University postgraduate students who are here to support you in getting a head start with preparing for your exams! Learn how to plan your revision Produce a revision timetable Advice on mental health maintenance Discover memory strategies Learn effective revision ...

<https://www.youtube.com/watch?v=Y26C8t8kL0o>



**ST MARY'S CALNE**

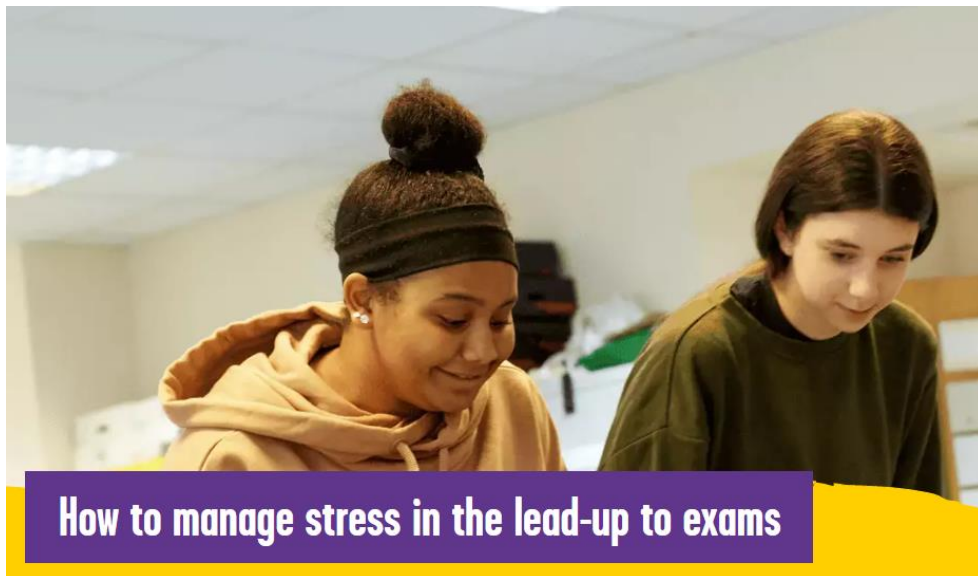
On the 25th May, St Mary's School hosted a conference on Competitive Applications to University. Along with students from all the local Sixth Forms some of the Oxbridge and Medics group from RWBA attended an introductory talk and subject based sessions. With entrance exams ahead for many of them, it was an opportunity to learn more about the application process and receive more advice on starting an effective personal statement. Advice given in the session will be shared with all students on the next Skills4Life day as the Year 12 register for UCAS and start writing personal statements in earnest.

# YOUNGMINDS

fighting for young people's mental health

With GCSEs, A-levels started and other exams fast approaching, many young people are feeling the familiar wave of stress. The lead-up to exams has always been a very difficult period for most students.

It's so important to look after ourselves in the lead-up to exams, so I wanted to write this blog in the hopes that it would help some young people cope with stress.



**How to manage stress in the lead-up to exams**

<https://www.youngminds.org.uk/young-person/blog/how-to-manage-stress-in-the-lead-up-to-exams/>

# Revision Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							

**Make sure you 'chunk' your revision time so that you are taking regular breaks - go for a walk, get some fresh air, do something you enjoy!**



Today we say goodbye to the staff at Café 6. For two years they have managed the catering provision in the Sixth Form.

Thank you

After half term there will be no catering facility in the common room. Students will need to go to the main school canteen - Terry's for hot drinks, snacks and hot food. They can also use the 'Shack' when it is open. Terry's is a cashless service and payment is only by preloading money onto the ID cards via the machines in the street or via ParentPay.

## Terry's opening hours.

Breakfast from **07:30- 08:40**

**8.40 – 11.00** Sixth Form students can pop in for hot drinks and snacks.

Break food is ready from **11am-11:30**

Canteen closes **11:30 - 12:00**

Lunch is ready from **12:00-13:55**

Canteen closes at **2pm.**

Terry's is the catering facility for all staff and students at RWBA. Sixth Form students can use Terry's or the 'shack' at the above times. All students including Sixth Formers need to **queue respectfully and wait to be served**. Students must ensure they have enough money on their card to make their purchases. **NO CREDIT WILL BE GIVEN.**

During Term 6, Year 12 students will be surveyed about what catering facilities they would like moving forward.



# BOOK SWAP BOOKCASE



Studies have shown that reading for pleasure is an effective way to **manage stress** by increasing enjoyment and relaxation.

It's good for your **brain and cognitive development**.

Recreational reading also can have benefits for your **concentration, vocabulary, reading and writing skills and improving working memory**.

**SO NOT ONLY IS AN ENJOYABLE PASSTIME, IT WILL HELP WITH YOUR FOCUS FOR YOUR STUDIES.**



**Do you have books you have read at home that you don't want or would be willing to donate to the Book Swap Bookcase?**

If yes, why not bring them into school and place them on the Book Swap Bookcase for others to borrow and use.



**Any books for leisure reading would be most welcome from staff and students**

**THANK YOU**



TOTUM



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**JOIN TOTUM TODAY**

**Totum Digital membership is 100% free for students.**

**REMINDER - ENRICHMENT TRIPS ARE NOW ON PARENT PAY FOR THOSE WHO REGISTERED**

Tuesday 18 July - Ten Pin Bowling at Shaw Ridge, Swindon - £9.00

Wednesday 19 July - Bath on the train - £11.00

**Payment needs to be made by 7 June please.**





An amazing mentoring service to support students' aspirations.

**To be accepted, you need to:**

Be in Year 12/13 (England & Wales)

Currently attend a state school in the UK

Have an average GCSE score of 7+ (A or above)

**Make your  
ambitions real**

Our community of talent powers you into top universities and world-class careers. Access exclusive online mentoring, masterclasses, and career opportunities to make your ambitions real. **Free for students, forever.**

**Sign up today:**

<https://www.zerogravity.co.uk/>



There is still have time to sign up for the **Get into Law conference in June!** This is a full guide to the UCAS process for Law degrees, where I'll provide my insight as a Judge into what they need to stand out in a highly competitive application pool.

The next conferences are on:

**Saturday 10th June (9:30am - 2pm)**

**Sunday 11th June (9:30am - 2pm)**

Registration link: <https://lawmentor.org.uk/product/get-into-law-conference/>

There are limited spaces left, so any interested students are encouraged to book as soon as possible. Students from all year groups are welcome!

Judges will share their insight into law and offer my best advice for building an application to the best law schools in the country. **Tickets are £15 to cover administrative and technological costs.**

Topics covered in the conference include:

- Life as a law student, solicitor, barrister, and judge
- Legal myth-busting
- Application timeline
- CV, extracurricular activities, and transferable skills for law
- UCAS – key components to be aware of
- Personal statements
- Interviews
- Entrance exams: LNAT, Cambridge/Oxford Law Exam

Questions will be answered throughout the conference.

Applying to law can be an overwhelming process, so we hope to help your students organise their applications and shine through as future courthouse powerhouses!

Registration link: <https://lawmentor.org.uk/product/get-into-law-conference/>

# Graduate Careers Live



If you have not yet had a chance to catch the Graduate Careers live programme, please do so. It provides clear advice and guidance about the routes after Sixth Form and highlights several industries and companies that offer degree apprenticeships.

**Definitely worth a watch.**

<https://graduatecareers.live/resources-may-2023/>

## Contents of the Programme

- an interview with [Zoe Thomas](#) , Author of The Times & The Sunday Times Good University Guide
- presentations explaining '[What is a graduate job?](#)' , '[Which graduate jobs are available?](#)' , '[What is a degree apprenticeship?](#)' and '[How can you prepare for life after Sixth Form?](#)'
- tips, advice and guidance from [Deutsche Bank and Lloyds Banking Group](#) about the banking & finance sector
- interviews with current apprentices or graduates at [BDO and PwC](#) , [Dyson](#) , [the Royal Navy](#) and [Rolls-Royce](#)
- information on entry routes to the legal sector, from law firm [Slaughter and May](#)
- understanding the non-medic opportunities in [the NHS](#)
- Interview with [Lucy Andrew](#) , Deputy Director at the Department for Education
- graduate careers in defence company [AWE](#)
- an [employer showcase](#) of 20 major UK employers in different industries & business sectors who are offering degree apprenticeship programmes in 2023
- Highlights of [The Times Top 100 Graduate Employers for 2023](#)



DLA Piper is a global law firm with lawyers located in more than 40 countries throughout the Americas, Europe, the Middle East, Africa and Asia Pacific. Our global reach ensures that we can help businesses with their legal needs anywhere in the world.

We strive to be the leading global business law firm by delivering quality, service excellence and value to our clients and offering practical and innovative legal solutions to help them succeed.

Our entrepreneurial and supportive culture promotes bold, ambitious thinking and a warm, empathetic approach. Trusting, collaborative relationships with clients and each other is at the heart of everything we do.

As an apprentice at DLA Piper you will have wide ranging support throughout your studies to ensure you feel valued, welcomed and supported at all times.

Current opportunity:

## **Project Manager Apprenticeship**

We are hiring Project Manager Apprentices to join our DLA Piper Service Delivery team based in the Leeds Office. This innovative and growing team focuses on delivering efficiency gains, tech solutions and process improvement to enhance our client offering and increase competitiveness. The team also work directly with clients to design bespoke solutions for their organisations and in-house teams.

As an Apprentice within this team, you will get the opportunity to complete four, 9 to 12 month long rotations in a number of departments while you study towards a Level 6 Project Manager Apprenticeship, which takes four years to complete. After the four years you will become a Project Management professional with a recognised qualification (BSc in Project Management) and accreditation from a certification body.

**Learn more and apply here:**

[https://careers.dlapiper.com/job/2023-service-delivery-apprenticeship-leeds/?utm\\_source=Success+at+School+-+Newsletter+Signups&utm\\_campaign=ad23667644-EMAIL\\_CAMPAIGN\\_2023\\_05\\_19\\_01\\_47&utm\\_medium=email&utm\\_term=0\\_-ad23667644-%5BLIST\\_EMAIL\\_ID%5D&goal=0\\_65c6d67e71-ad23667644-211973597&mc\\_cid=ad23667644&mc\\_eid=bd69c7df25](https://careers.dlapiper.com/job/2023-service-delivery-apprenticeship-leeds/?utm_source=Success+at+School+-+Newsletter+Signups&utm_campaign=ad23667644-EMAIL_CAMPAIGN_2023_05_19_01_47&utm_medium=email&utm_term=0_-ad23667644-%5BLIST_EMAIL_ID%5D&goal=0_65c6d67e71-ad23667644-211973597&mc_cid=ad23667644&mc_eid=bd69c7df25)

# Medicine in ACTION

*For KS4 and KS5 students*

**30th June 2023**

**A not-to-be-missed prescription for  
success**





[Medicine in Action](#) is back this summer with a fascinating day of inspirational talks delivered by **five expert speakers from a range of medical specialisms**. From life-saving surgery to award-winning rehabilitation and aftercare, this day will showcase the **breadth of career options** that exist within the field of medicine.

We are delighted to be joined by **GP trainee, Dr Ezgi Ozcan**, whose journey into medical school was by no means straightforward. With each set back came new insight into what she needed to do to make her medical school application shine. Eventually her hard work paid off and an acceptance letter landed on her doorstep! **Ezgi is passionate about using her journey to inspire others** to keep striving to reach their dreams, even if at times they seem too far away.

At [Medicine in Action](#) this summer Ezgi will be sharing some **tips for writing a medical school application** that stands out first time around. She will draw on her personal experiences and is open to **answering as many audience questions as possible**. Get your questions and notebooks ready, as this session is jam-packed with **not-to-be-missed details that could make a real difference to your students' future careers**.

Join us [online on 30th June 2023](#) and accelerate your students' journey to medical school and beyond.

## Book Now:

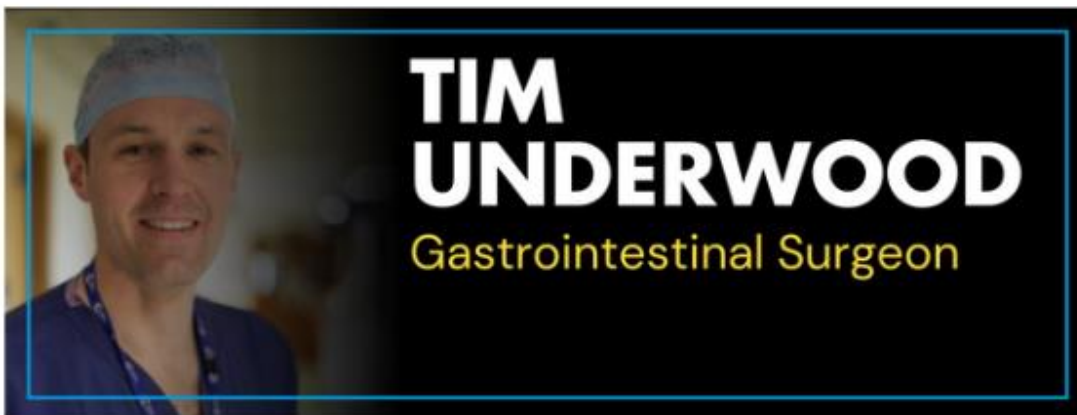
[https://educationinaction.org.uk/study-day/medicine-in-action-30-06-2023/?utm\\_source=EiA+Master+List&utm\\_campaign=85bedecef-Medicine+-+25+May+23+%5B6%5D23%2F5%2F23+9%3A08+AM&utm\\_medium=email&utm\\_term=0\\_22c5fbccac-85bedecef-%5BLIST\\_EMAIL\\_ID%5D](https://educationinaction.org.uk/study-day/medicine-in-action-30-06-2023/?utm_source=EiA+Master+List&utm_campaign=85bedecef-Medicine+-+25+May+23+%5B6%5D23%2F5%2F23+9%3A08+AM&utm_medium=email&utm_term=0_22c5fbccac-85bedecef-%5BLIST_EMAIL_ID%5D)

Tickets are just **£10** (all prices are per student and exclude VAT at 20%, which should be reclaimable by your school). We offer one **free** teacher ticket per 10 students.





Leanna Luxton is an award-winning physiotherapist who specialises in stroke rehabilitation. She recognised that her patients needed more than just basic exercises to reach their recovery goals and now uses true patient-centred care and provision to make a real impact in their lives.



Tim Underwood specialises in minimally invasive surgical techniques for the treatment of oesophageal cancer. His session will focus on how ground-breaking genomics research allows for early detection of this disease with life-saving results. With plenty of real-life examples and honest discussions about life as a surgeon, this session will provide real insights for your aspiring medical students.

To find out more click here:

[https://educationinaction.org.uk/study-day/medicine-in-action-30-06-2023/?utm\\_source=EiA+Master+List&utm\\_campaign=85bedecef-Medicine+-+25+May+23+%5B6%5D23%2F5%2F23+9%3A08+AM&utm\\_medium=email&utm\\_term=0\\_22c5fbccac-85bedecef-%5BLIST\\_EMAIL\\_ID%5D](https://educationinaction.org.uk/study-day/medicine-in-action-30-06-2023/?utm_source=EiA+Master+List&utm_campaign=85bedecef-Medicine+-+25+May+23+%5B6%5D23%2F5%2F23+9%3A08+AM&utm_medium=email&utm_term=0_22c5fbccac-85bedecef-%5BLIST_EMAIL_ID%5D)

# Medicine in ACTION

JUN  
30  
2023

## Medicine in Action

Welcome to our Medicine in Action day!

*Suitable for KS4 & KS5 students with an interest in medicine*

Exciting news for aspiring medics! A ground-breaking hybrid event, Medicine in Action, is coming to London and online on June 30th, 2023. Join us for an exclusive opportunity to delve into the world of medicine and discover the endless possibilities in this dynamic field. From cutting-edge scientific and technological breakthroughs to the ethical and societal issues that shape healthcare, you'll gain invaluable insights from a diverse range of seasoned medics. With the chance to interact and learn from professionals at various stages in their careers, Medicine in Action promises to be an unforgettable experience that will ignite your passion for medicine and set you on a path to success!

- What's going on in his head?
- From genome to surgeon's table – tales from the oesophagus
- From Passion to Purpose: My Journey to Working in Healthcare
- Prescription for Success: Proven Tips and Tricks to Land Your Spot in Medical School!



Online



Online: £10+VAT\*

Education in Action is the leading provider of inspirational, informative, Education in Action study days for A-level, IB, BTEC and GCSE students.

Award-winning, world-class speakers

Cutting-edge content

Thought-provoking demos and presentations

Examination hints, tips and guidance

Modestly priced to offer access to all

Complimentary staff ticket for every 10 students booked

**Bookings can be amended up to 28 days before the event day**

JUN  
30  
2023

## Medicine in ACTION

### What's going on in his head? /

James Piercy Science Communicator



James learnt a lot about his brain when it was damaged in an accident. Now well recovered he explores his recovery journey, the people he met along the way and how little we know about the workings of this amazing machine.

James Piercy works as engagement and involvement manager at Queen Mary University London and is a science communicator, trainer and consultant. He spends much of his time encouraging patient involvement in medical research and has spoken at school and festivals around the world



### From genome to surgeon's table – tales from the oesophagus /

Tim Underwood University of Southampton



Join Tim to discover how genomics is allowing early detection of oesophageal cancer, uncovering the biology behind this disease and enabling life-saving surgery and treatment to be targeted to the individual.

Tim is Head of Cancer Sciences Academic Unit at the University of Southampton. He is a surgeon with a special interest in oesophageal cancer and minimally invasive surgical techniques.



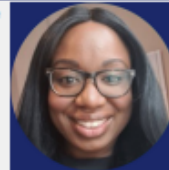
### From Passion to Purpose: My Journey to Working in Healthcare /

Leanna Luxton Northamptonshire Community Stroke Team Lead



Join us as we explore the vital role that allied health professionals play in the NHS! In this talk, Leanna will reveal what motivated her to become an allied health professional herself. We'll discover the incredible impact she has on patient care and the innovative approaches she brings to the table. With inspiring stories and practical insights, you'll be inspired to join the revolution and make real a difference in people's lives.

As a physiotherapist, Leanna has worked in large teaching hospitals in the UK prior to moving to Northampton and specialised in stroke rehabilitation 15 years ago. Her interests include developing true patient-centered care and provision and service development.



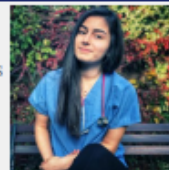
### Prescription for Success: Proven Tips and Tricks to Land Your Spot in Medical School! /

Ezgi Ozcan Junior Doctor



Ezgi's journey to success was not exactly straightforward... But with each rejection letter came additional knowledge about how to achieve her dream goal – a place in medical school. Ezgi is going to share that knowledge with you in this inspirational, informative session with plenty of opportunities for you to ask questions.

Ezgi is a GP trainee in North London. Following her journey into graduate entry medicine at UCL she created her YouTube channel Dr Ezgi Ozcan to showcase her life as a junior doctor in the NHS and give snippets of medical education.



## Education in Action

Gilmoora House | 57-61 Mortimer Street | London W1W 8HS  
020 3008 6441 | [office@educationinaction.org.uk](mailto:office@educationinaction.org.uk)  
[www.educationinaction.org.uk](http://www.educationinaction.org.uk)

# Free Half Term Oxbridge Crash Course!

*Get students thinking about applying to Oxbridge this year and next year?*

Join our series of FREE webinars over half term at 7pm.

## **29th May 7-8pm : Introduction to Oxbridge Sciences - Exams**

Focus on the following exams:

BMAT, NSAA, ENGAA, MAT, PAT, STEP, TMUA

## **30th May 7-8pm : Introduction to Oxbridge Sciences - Personal Statements and Interview**

Learn how to structure a Personal Statement, what to include, what to expect in an interview and how to ace it!

## **31st May 7-8pm : Introduction to Oxbridge Humanities - Exams**

Focus on the following exams:

LNAT, ELAT, HAT, TSA, CAT, GAT, HAT, MLAT, AMELAT

## **1st June 7-8pm : Introduction to Oxbridge Humanities - Personal Statements and Interview**

Learn how to structure a Personal Statement, what to include, what to expect in an interview and how to ace it!

**Register for the webinars here:**

<https://us06web.zoom.us/join/register/tZUpcuytqDMuHtCXmXrd7qKe4NtqjpKhZNCE#/registration>



Robinson College  
University of Cambridge

Now open for application

[Summer Subject Residentials | Robinson College \(cam.ac.uk\)](https://www.cam.ac.uk/colleges/robinson/summer-subject-residentials)

### What are the Subject Residentials?

The Subject Residentials are an opportunity for students to gain an insight into university learning at Cambridge, through subject taster sessions and lectures led by the College's academic community. The Residentials are designed around four broad discipline strands with multiple degree subjects explored within each:

- Arts and Humanities (Possible subjects: ASNC, Classics, English, History, Languages, Philosophy, Theology);
- Social Sciences (Possible subjects: Economics, Education, Geography, HSPS, Law);
- Biological Sciences (Possible subjects: Biological and Chemical Natural Sciences, Medicine, PBS);
- Physical Sciences (Possible subjects: Chemical Engineering, Computer Science, Engineering, Physical and Chemical Natural Sciences).

This structure allows students to consider and compare multiple subjects - including those they may not have previously encountered - and gain an insight into the connections and skills that underpin degree courses within each discipline.

The 2023 Subject Residentials will be held at Robinson College, one of the Colleges that form the University of Cambridge, as a residential event across two nights. Each strand will involve subject taster sessions, admissions information, and exploration of the College and the wider University.

The Arts and Humanities and Social Sciences strands will take place 4-6 July; the Science strands will take place 7-9 July.



## Who is it for?

The Subject Residentials are open to all students currently in Year 12 (England & Wales), Year 13 (Northern Ireland) or S5 (Scotland).

If the programme is oversubscribed, we will prioritise applicants who:

- Have an academic profile (e.g. subjects studied, predicted grades) suitable for progression to their stream at Cambridge.
- Have at any time been under the care of a Local Authority.
- Are currently eligible for Free School Meals, or who have been eligible for Free School Meals in the last 6 years.
- Are currently attending a school with low progression rates to higher-tariff universities.
- Are the first in their immediate family to attend university.
- Have home postcodes in areas with low local participation in Higher Education (POLAR4 quintiles 1 and 2).
- Have home postcodes in areas of high socio-economic deprivation (IMD quintiles 1 and 2).
- Are from an ethnic background currently under-represented at the University of Cambridge (Black African, Black Caribbean, Pakistani, Bangladeshi, Arab, Roma, or Traveller).
- Live or attend a school in our link areas of Swindon, Wiltshire, Gloucestershire or the London Borough of Wandsworth.



Students can secure their place at a conference AND the next NHS work experience session for £15 here:

<https://alliedhealthmentor.org/product/get-into-conference-and-wex-bundle/>

**VIRTUAL GET INTO NURSING CONFERENCE**

**Saturday 3rd June 9:30am - 12:30pm**

Students are invited to the virtual Get into Nursing conference, where nurses will provide insights on how to enter the nursing profession. They will cover crucial topics such as personal statements, applications, interviews, securing work experience, and what it's truly like to be a nurse.

Get into Nursing conference registration link:

<https://alliedhealthmentor.org/product/get-into-nursing-conference/>



## **VIRTUAL GET INTO MIDWIFERY CONFERENCE**

**Saturday 3rd June 2pm - 5pm**

Chief Midwife Mentor Tanya will be hosting the Virtual Get into Midwifery Conference, sharing her own experiences as a midwife and offering tailored advice to aspiring midwives on personal statements, applications, interviews, and gaining relevant work experience.

<https://alliedhealthmentor.org/product/get-into-midwifery-conference/>





## VIRTUAL ALLIED HEALTHCARE WORK EXPERIENCE

Sunday 4th June 10am - 5pm

The next session for the NHS Healthcare Work Experience programme launches on Sunday 4th June! A strong record of work experience is essential for all applications to healthcare careers, including nursing, midwifery, paramedicine, occupational therapy, radiography, and many more!

The NHS interdisciplinary team has a very unique way of operating, so I encourage all students interested in healthcare or working for the NHS to join.

Work Experience registration link: <https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/>

Students can attend a Get into Nursing or Midwifery Conference AND enrol on the next NHS Healthcare Work Experience session for £15 here:

<https://alliedhealthmentor.org/product/get-into-conference-and-wex-bundle/>



The Street balloons are up to celebrate Pride month - June.

**More details after half term.**



# BAKE SALE



FRIDAY 9TH JUNE  
BREAKTIME  
OUTSIDE THE MAIN HALL

PLUS A FUN SKITTLES JAR GAME

DONATIONS OF CAKES TO BE BOUGHT TO  
CENTREPOINT DURING ILEARN.



PLEASE INCLUDE A FULL LIST OF  
INGREDIENTS



RAISING MONEY FOR THE IN SCHOOL PRONOUN  
BRACELET PROJECT AND SWINDON WILTSHIRE  
PRIDE

Swindon  
& Wiltshire  
**pride**





GOOD LUCK

IN YOUR

EXAMS

you will smash them