



Royal Wootton Bassett  
Academy Sixth Form  
Weekly Newsletter #137  
2 February 2024



Thank you to those involved at the conference on Wednesday, especially Rhiannon, Aaron and other sixth formers who worked previously on creative writing and poetry in response to Angela and Robert's journey.

We welcomed Rob, Louisa and Bernie at RWBA on Wednesday and they were so complementary about RWBA Students detailing how respectful, passionate and articulate they were when learning about their families past.

**If any sixth formers, especially year 12 would like to get involved in this national project in various ways, please speak to Mrs Salmon, Mr Radford or email Dr Wetherall directly - [nwetherall@rwba.org.uk](mailto:nwetherall@rwba.org.uk)**





On the 30<sup>th</sup> and 31<sup>st</sup> of January the EPQ students went on a trip to Bath University Library to further research their projects and find academic sources. This will help them greatly in achieving the highest grades possible. A great experience for our students, who were able to work in an academic setting. Well done to all the students for their amazing work on both days.



Year 12 students have now completed their assessments and Yr 12 Parent evening will be held in school on **7<sup>th</sup> February**.

This will be a face to face event and will allow parents and students to speak with subject staff.

**Bookings are now live.**

# Reading Mentors “Book Swap”

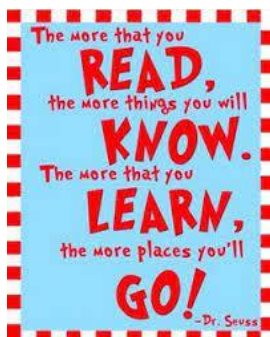


**TUESDAY 6 FEBRUARY**

**BRING IN ANY BOOKS YOU HAVE FINISHED WITH/NO LONGER WANT AND SWAP FOR ANOTHER YOU WOULD LIKE TO READ**

**Please bring books to the box in the Sixth Form Reception area anytime between the 1<sup>st</sup> and the 6<sup>th</sup> February**

**Books suitable for years 7, 8 and 9 would be welcome.**



# Skills4Life



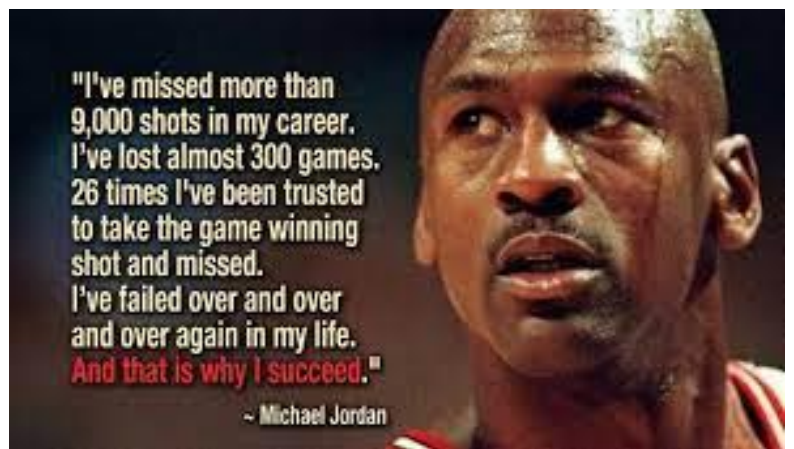
Yesterday Sixth Form students took part in a variety of workshops based around Healthy Relationships, career planning, and planning for the future.

We welcomed two speakers –

**Ms Pearson** (RWBA English teacher) but also international consultant and resilience trainer.



Ms Pearson presented to Year 13 students. The students enjoyed the interactive session and will be revisiting the topic again on 12<sup>th</sup> March.








We also welcomed back **Charlie O'Brien** an ex-student who regularly comes into support and inspire our students.

Yesterday's visit was very much based on the 'route to degree apprenticeship'.

# CHARLIE O'BRIEN

Degree Apprentice Consultant, Project Management



- › **Areas of Responsibility**
  - › Project Management.
  - › Win Work.
  - › Contact and Change Management.
- › **Career with Atkins**
  - › Project Controller within EDP.
  - › Bid Manager within EDP.
  - › Project Manager.
- › **Development Opportunities**
  - › APM Reprehensive (Challenge etc).
  - › Project Programme Management WG.
  - › Project Management Degree.

Charlie was also able to promote Atkins as an organisation and great place to work and train.

<https://youtu.be/ELaxs8USx6E>

**His top tip was to look at the Government website that lists all current apprentice opportunities.**

<https://www.apprenticeships.gov.uk/#>



# Yesterday was **Time to Talk Day**, the nation's biggest mental health conversation.

There's no right or wrong way to talk about mental health, but these simple tips can help make sure you're approaching the conversation in a helpful way.

**Ask questions and listen** - give the person space to express how they're feeling and what they're going through.

**Choose the time and place** - start a conversation with a person while walking or having a coffee. People may want to talk during quieter times or break times.

**Don't try and fix it** - you don't need to offer any solutions unless they've asked for advice directly. Just talking can help, so it might be best just to listen.

**Treat them the same** - if you want to support them, keep it simple. Do the things you'd normally do.

**Be patient** - some people might not be ready to talk about what they're going through. The fact that you've tried to talk may make it easier for them to open up another time.

**Sixth Form students very much enjoyed their wellbeing walk around Jubilee Lake in the sunshine yesterday.**

**Nature and talking can be such good therapy!!**

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

Find out more about how Optimus Education can help boost your wellbeing at [healthinschoolsuk.com](https://www.healthinschoolsuk.com)

# Be a **STAR** of your emotions

We all experience different emotions from time to time. In just one day, you may feel proud, excited, sad, anxious, nervous, and many other emotions.

**Remember, all feelings are valid.**

Shining a light on how you feel, particularly when you're feeling overwhelmed or anxious, can help you find coping strategies to support your emotional health and wellbeing.

## **STOP**

Take a step back from whatever you're doing. How do your body and mind feel? Try putting your hands on your heart and belly, then quietly count to 10.

## **TAKE A BREATH**

Practise a breathing activity. As you gently breathe in and out, trace one finger up and down the fingers of the other hand. How do you feel now?

## **AND**

Continue to breathe deeply. Notice if any emotions come up; begin to label them. It's okay to not be okay! Try a sensory activity like push-ups, star jumps or using a calm down jar.

## **RELAX**

When ready, share how you feel. Write it down, draw a picture, or talk with a trusted adult. This can help you find a way to resolve the situation. Then, do an activity to relax and let go!

To get started, follow the steps on the STAR model.





There are so many amazing opportunities linked to National Apprenticeship week. If you are considering an apprenticeship or a specific career, please use the resources to access expert advice, guidance, and amazing opportunities.

**Join RWBA Sixth Form staff at Appren.T.Fest on Tuesday 6<sup>th</sup> February.  
A super-sized careers fair to really inspire and provide Local and National opportunities.**

A poster for the Appren.T.Fest Twilight Session. The background is a photograph of a young woman with long red hair and glasses, sitting at a desk in a classroom or workshop. The text on the poster includes: 'Appren.T.Fest Twilight Session' in large white letters on a blue background; 'STEAM Museum, SN2 2EY' and 'Tues 6th Feb 2024 4pm - 7pm' in white text; the logo for 'New College Swindon APPRENTICESHIPS' (a stylized star); and the 'Appren.T.Fest' logo with the tagline 'Celebrating Apprenticeships &amp; Technical Education in Swindon &amp; Wiltshire' and 'Powered by Swindon &amp; Wiltshire Careers Hub'.

**Students and parents are asked to book tickets via Eventbrite.  
Click on the link below:**

[https://www.eventbrite.co.uk/e/apprentfest-twilight-session-tickets-767637894607?aff=eemailordconf&utm\\_campaign=order\\_confirm&ref=eemailordconf&utm\\_medium=email&utm\\_source=eventbrite&utm\\_term=viewevent](https://www.eventbrite.co.uk/e/apprentfest-twilight-session-tickets-767637894607?aff=eemailordconf&utm_campaign=order_confirm&ref=eemailordconf&utm_medium=email&utm_source=eventbrite&utm_term=viewevent)

# WHAT IS A DEGREE APPRENTICESHIP?

## Frequently Asked Questions



### What is a degree apprenticeship?

Degree apprenticeships are exactly what they say - an apprenticeship programme that leads to a full degree-level qualification. This could be a bachelor's or master's degree, or an equivalent professional qualification.

### Who are they for?

Degree apprenticeships can be for new recruits into apprenticeships (for example, those leaving school) or they can be for an existing employee who is looking to upskill or retrain in their job role.

### How long do they take to complete?

Degree apprenticeships will typically take between 2 - 6 years to complete, depending on the level and programme. The apprentice will split their time between working and studying with a training provider.

### How much do they cost?

The apprentice will not be required to pay towards the cost of the training, this will be funded by the employer and/or government. The apprentice will earn a salary throughout their apprenticeship, which means they are being paid to learn and will not incur student fees.

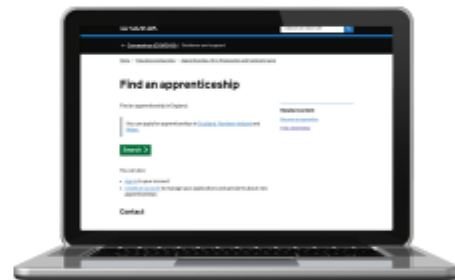
### How do you find a degree apprenticeship?

Degree apprenticeships are still relatively new and the number of vacancies is expected to increase each year. Top places to look include:

### Find an Apprenticeship

[www.gov.uk/apply-apprenticeship](http://www.gov.uk/apply-apprenticeship)

This is the government website where you can set up an account to search, apply and receive alerts for different apprenticeship vacancies.



### Higher & Degree Listing

<https://amazingapprenticeships.com/higher-degree-listing/>

Twice a year, a listing of higher and degree apprenticeship vacancies is published on the Amazing Apprenticeships website containing a wide selection of opportunities and links to apply. Look out for this in November and February.

Discover more about apprenticeships:  
[www.amazingapprenticeships.com](http://www.amazingapprenticeships.com)



# WHAT IS A DEGREE APPRENTICESHIP?

## Frequently Asked Questions



### UCAS Career Finder

[careerfinder.ucas.com](https://careerfinder.ucas.com)

The UCAS website also hosts some higher and degree apprenticeship vacancies.

### What else happens if I don't finish the apprenticeship? Do I have to pay the fees back?

No, the apprentice will never be expected to pay back the apprenticeship training costs.

### Do employers value degree apprentices as highly as they value a traditional degree?

Yes! Employers really value degree apprenticeships because you will be applying what you learn immediately in the workplace and helping to introduce and suggest new ideas and approaches.

### Do apprentices get a social life?

Of course! You get the benefits of meeting new people at your workplace and through your training provider. There are also many networks you can join as an apprentice to meet others as well as applying for a [TOTUM apprentice card](#) to access fantastic discounts and benefits.

### Is a degree apprenticeship a real degree?

Yes - it is exactly the same degree that you would study full-time, except it will be studied in a different way and your apprenticeship may also include additional qualifications and/or professional accreditation.

### Do I apply to the employer or the university?

Firstly, you will need to secure an apprenticeship with an employer, and they will decide which training provider is best suited to the needs of their business. Depending on which training provider they are using, there could be additional applications or assessments that you will need to undertake.



Discover more about apprenticeships:  
[www.amazingapprenticeships.com](http://www.amazingapprenticeships.com)



# APPRENTICESHIP LEVELS EXPLAINED

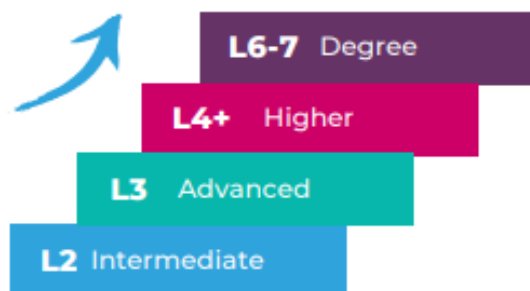
Ranging from intermediate to degree level



Apprenticeship levels range from level 2 (intermediate) through to level 7 (master's level) in more than 1,500 different job roles.

There are four types of apprenticeship

- Intermediate (level 2)
- Advanced (level 3)
- Higher (levels 4 and above)
- Degree (levels 6 - 7)



## Intermediate apprenticeships

Intermediate apprenticeships are typically considered to be the same level as five GCSE passes.

Intermediate apprenticeships are a fantastic way to get started with your career in an entry level role within an organisation.

## Advanced apprenticeships

Advanced apprenticeships are considered to be the same level as two or three A level passes. Many individuals who have completed their A levels or other level 3 qualifications will undertake an advanced apprenticeship as it will enable them to gain experience in the workplace and undertake a variety of different tasks.

## Higher apprenticeships

Higher apprenticeships include qualifications at levels 4 and above. They can be suitable for those looking to progress from level 3 qualifications, including advanced apprenticeships.

## Degree apprenticeships

Degree apprenticeships are offered by universities and other higher education providers. They contain either a full degree or degree-level qualification and go up to master's level (which is post-graduate).

## Which level is right for you?

The type of apprenticeship undertaken will depend on both the needs of the employer and the job role as well as the apprentice, their previous experience and qualifications held.

Your training provider will also be able to guide you as to the most appropriate level for you.

Discover more about apprenticeships:  
[www.amazingapprenticeships.com](http://www.amazingapprenticeships.com)



# FINDING THE BEST APPRENTICESHIP FOR YOU

Top tips to help you know when and where to look



With thousands of different apprenticeships to choose from - it can sometimes feel daunting to know where and when you should be looking - and what you should be looking out for.

Follow these top tips for finding the best apprenticeship for you:

## Know what interests you most

A great place to start is to spend some time thinking about what interests you and the subjects, activities and tasks that you enjoy the most. It can be really useful to try and think about what you don't like as much as what you do like!

Take the [Which Apprenticeship Am I](#) quiz to help you to research the variety of apprenticeships available.

## Listen to real apprentice stories

The range of apprenticeships is really huge. One of the best ways to help you to decide what you're interested in is to hear from other apprentices.

## Research different employers

Apprenticeships are offered by large companies and small companies, right throughout England. The full range of apprenticeship job roles and levels that a company offers may not always be obvious to you, especially if that company is well-known for a particular product or service, or if you've never heard of the organisation before.

Take some time to research the types of employers that offer apprenticeships and think about the kind of company you see yourself working in.

INSPIRE ME!

To hear from real apprentices, explaining how they found their apprenticeship and what they love most about their job roles, scan the QR code with your phone or visit: [amazingapprenticeships.com/amazing-apprentices](https://www.amazingapprenticeships.com/amazing-apprentices)



Discover more about apprenticeships:  
[www.amazingapprenticeships.com](https://www.amazingapprenticeships.com)



# FINDING THE BEST APPRENTICESHIP FOR YOU

Top tips to help you know when and where to look



## Be clear on what matters to you

The best apprenticeships are not necessarily the ones paying the highest salaries or the biggest global brand. There are many other factors you can consider when researching your options and the different programmes available. Being clear about what is most important to you can really help in your decision-making process. For example, you could consider:

- What does the company do?
- Do the company's values and ethos fit with your own?
- What level is the apprenticeship?
- What progression are they offering?
- Is the position fixed-term or permanent?
- How many apprentices do they employ?
- How long will the apprenticeship last?
- Do they support apprentices to join networks of other apprentices?
- How far away is the apprenticeship?
- What kind of tasks will you be doing day to day?

## Know where to look

There are lots of ways you can search for apprenticeships, including:

- Find an apprenticeship website
- Company websites
- Social media
- Through friends and family
- Local job sites

If you have a particular employer in mind, you can always send in your CV.

## Understand the recruitment cycle

There is not one fixed application date for apprenticeships. Vacancies are advertised throughout the year and the employer will decide when they want to recruit. Some employers will advertise almost a year ahead of the planned start date (this is typical for large schemes) and other employers will advertise with a fairly short application window and closing date.

## TOP TIP

Never wait for the closing date before submitting your application. If an employer receives a lot of applications, they may decide to close earlier than expected and you don't want to miss out!

Discover more about apprenticeships:  
[www.amazingapprenticeships.com](http://www.amazingapprenticeships.com)





**Careers Session with Amazon: Inside the World of Technology Apprenticeships,  
Tuesday 6th February 2024, 11.00am – 12.00pm**

As Engineering and Technology come together, a world of creative solutions emerges. In this session with global technology giant Amazon, students' interest in innovation will be ignited during National Apprenticeship Week as they explore exciting apprenticeship opportunities in engineering and technology and discover the limitless possibilities in this dynamic field. With speakers Dave Hardcastle, Software Development Director at Prime Video; Level 4 apprentice Satta (Development Operations Engineer); Level 6 apprentices Declan and Emma (Software Development Engineers).

<https://us02web.zoom.us/meeting/register/tZ0vcumqqj0iG9xqSLUXWn16ZGCV2Fd35h2G#/registration>



## **Careers Session with IBM and Kaplan: Digital Apprenticeships, Thursday 8 February 2024, 9.30am – 10.30am**

Explore endless opportunities in digital careers this National Apprenticeship Week with global technology powerhouse IBM, and leading education provider Kaplan. In this session, students will learn about a variety of digital apprenticeships that go beyond conventional screens, unlocking a world of creativity, functionality, and collaboration. They'll also gain insight into how digital innovation is shaping future careers, which means new and exciting possibilities in the field await them. *With level 4 apprentices Grace (Junior Design Consultant) and Tom (Junior Management Consultant) from IBM, and from Kaplan - Beth (Head of Data and Technology apprenticeship sales) and Level 3 Data Apprentices Joseph and Suzanne.*

<https://us02web.zoom.us/meeting/register/tZEpd--sqTooH9Nhj4G85hjOkLDZwEikyXey#/registration>





## **\*NEW\*** Higher & Degree Apprenticeships Vacancy Listing

The January edition of the Higher & Degree vacancy listing  
has now launched!

Explore 1,400 Higher and Degree apprenticeship vacancies.

from 70+ employers, including British Army, Amazon, Tui, Metropolitan Police,  
PwC, Transport for London and many more!

<https://amazingapprenticeships.com/higher-degree-listing/>

# Oxbridge and Medicine Information Evening – Tuesday 6th February

Students are invited to THE St Mary's annual online information evening about studying at Oxford or Cambridge, or Medicine at any University. St Mary's school is our link school and regularly share opportunities for RWBA Staff and students. The event will be streamed via Teams; see the link below. The evening will include separate sessions including information about the application process, studying Medicine, and what it is like to be a student at an Oxford or Cambridge college. You are welcome to join for individual or all sessions; the event will also be recorded subject to speaker permissions.

[To join the Oxbridge and Medicine Information Evening, click here.](#)

- |         |  |
|---------|--|
| 6.30 pm | Welcome and Introduction<br>Ms Laura Holloway, Director of Sixth Form St Mary's school Calne   |
| 6.35pm  | Applying to study Medicine & Dentistry: the university perspective<br>Chris Stead, University of Sheffield   |
| 7pm     | Applying to study Medicine: the school perspective.<br>Mr Ash Hilton, Director of Science  |
| 7.20pm  | My experience studying Veterinary,<br>Medicine,<br>St Mary's alumna and current Veterinary Medicine student Sienna, first year at Edinburgh (St Mary's 2023) |
| 7.30pm  | Applying to Oxford<br>Jenny Shaw, Schools Liaison and Access Officer at Merton College   |
| 8pm     | 'My experience studying at Oxford', current Oxford undergraduate – Lydia, 2 <sup>nd</sup> year Modern Languages student at Oriel College (St Mary's 2022)    |
| 8.15pm  | Oxbridge applications at St Mary's<br>Ms Laura Holloway, Director of Sixth Form  |
| 8.30pm  | Oxbridge Q&A   |

There will be the opportunity to ask questions of the speakers by typing these in the 'Chat' function on Teams, and we do kindly ask that you join the Meeting with your camera and microphone switched off.



In February the Wiltshire Air Ambulance have arranged a fundraising event to GO THE EXTRA MILE. They have asked people to celebrate February 2024, being a leap year and to challenge themselves with setting a new goal or trying something new for each day of the month.

**The BIG  
QUIZ!**

Click on the link below to access the Big Quiz. It is open to all.

If you wish to enter, please ensure completed sheets and your donations are with Mrs Stubbs by the end of school on Thursday 8<sup>th</sup> Feb. (hstubbs@rwba.org.uk)

[https://rwbacademy-my.sharepoint.com/:b/g/person/ksalmon\\_rwba\\_org\\_uk/EWoWhcqhaRVHtQfG0c-3\\_SoBryD5elhKmX5W7DmzbdA9mw?e=il0dlg](https://rwbacademy-my.sharepoint.com/:b/g/person/ksalmon_rwba_org_uk/EWoWhcqhaRVHtQfG0c-3_SoBryD5elhKmX5W7DmzbdA9mw?e=il0dlg)

Good luck to those students and staff that are learning basic BSL greetings during the month.

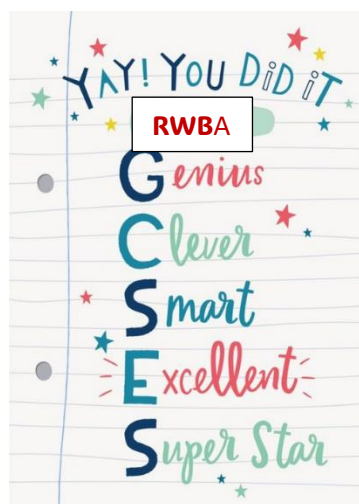
## BRITISH SIGN LANGUAGE - GREETINGS

The infographic displays nine BSL greetings in two rows. Each greeting is illustrated with a man in a black long-sleeved shirt against a blue background, with red arrows indicating hand movements. The first row includes HELLO (open hand, up and down), GOOD (pointing right), MORNING (hand up, curved), AFTERNOON (hand up, curved), and NIGHT (hands up, curved). The second row includes HOW ARE YOU? (two hands up), THANKS/PLEASE (hand to mouth), SORRY (hand up, curved), and GOODBYE (open hand, up and down).

**HELLO**      **GOOD**      **MORNING**      **AFTERNOON**      **NIGHT**

**HOW ARE YOU?**      **THANKS/PLEASE**      **SORRY**      **GOODBYE**

 [british-sign.co.uk](http://british-sign.co.uk)      ONLINE COURSE  
Learn online from home - only £19.99



Yr 12 students who sat their GCSES at RWBA and are yet to collect their GCSE certificates please do so ASAP form the exams office.



Due to expansion, we are looking for a highly motivated and proactive individuals, to join our friendly crew.

This is an exciting opportunity to work in a dynamic, and often fast paced, environment.

The successful candidates w'll:

- ✓ The role will be part time - from March onwards.
- ✓ work flexible shifts
- ✓ Some weekend and evening work will be required.
- ✓ Competitive hourly rate depending on experience And age
- ✓ Seasonal bonus available



As part of our summer crew you will need to:

- ✓ meet and greet customers
- ✓ ensure safe launch of customers on the water
- ✓ use our booking system to check customers in and out
- ✓ use credit and cash payment systems
- ✓ assist in beginning and end of day procedures



What do you need to bring?

- ✓ positive and proactive attitude
- ✓ Be able to work as part of a team
- ✓ be flexible and professional
- ✓ confidence and most of all fun
- ✓ and lastly to like water and be active!

**FULL TRAINING GIVEN**



If you are interested and are ready to take on this exciting opportunity, please email your CV and a covering letter outlining your relevant experience and why you believe you are the ideal candidate, to [cotswoldcanoehire@gmail.com](mailto:cotswoldcanoehire@gmail.com)

We look forward to hearing from you!



For more careers advice click on the Ascend Learning Trust Careers website.

<http://www.altcareers.org.uk/>



On Thursday 8<sup>th</sup> February there will be a whole school Non uniform day and the Identity Cabinet will be running a bake sale with a valentine's theme.

Sweets, cupcakes and the usual Tuck Shop will be available at breaktime in the foyer.

