

Royal Wootton Bassett Academy Sixth Form Weekly Newsletter #144 19 April 2024



Welcome back to the summer term.

On **Tuesday 16th April** we held a Skills for life day. A variety of activities and presentations were delivered to support students both now and in the future.



A huge thank you to Daniel and Morgan (Year 12 students) who delivered the CPR training to their peers. You were both exceptional, professional and knowledgeable.

Mrs Pearson completed her delivery of the Resilience training to Year 13 students. The students were so positive about the presentation and excited to use the strategies described now or in the future to stamps out their ANTS!



10 things you can start doing today to build your resilience

- 1. Develop a Growth Mindset.
- 2. Start to rewire your brain to serve you better.
- 3. Manage your stress levels with tools that work for you.
- 4. Take getting enough sleep seriously.
- 5. Look after your brain with the food you eat.
- 6. Be mindful of your self-talk.
- 7. Don't wait around for motivation to strike know your WHY.
- 8. Become comfortable with failing.
- 9. Always be the ball or the squishy never the egg!
- 10. Hang out with people who lift you up.





Automatic Negative Thoughts



We have many thoughts throughout the day.



Some thoughts are more positive. → "She looks nice today."



Some thoughts are more negative. → "I hate doing my chores."



When we have lots of negative thoughts, we can feel sad, angry, or anxious.



We often do not even notice we are having negative thoughts.



When these thoughts come to our mind a lot, we call them automatic negative thoughts (ANTs).



Like the insect, we can squish or brush away our ANTs.



We squish or brush away our ANTs by changing our thoughts to be more positive.

Example	Automatic Negative Thought	New Thought
I do not understand the instructions.	"I am not smart."	"I do not understand this yet. I can ask for help until I learn it."
Something is new or difficult.	"I cannot do this."	"Trying new things is hard sometimes. I can do hard things. I can try my best."
It is raining.	"I hate the rain. This is going to be a bad day."	"I know it is raining. I can pick activities that will help me enjoy the day.

OVERGENERALIZING

ONE bad thing means that EVERYTHING is bad... ALVVAYS. Words often used: always, never, everyone, etc.

Example: "I messed up that math problem in class, I never do anything right!"

LABELING

Uses labels or names to describe themselves, someone else, or the situation.

Example: "I'm such a freak"

SHOULDA

Focuses on what you SHOULD or SHOULDNT have done in a situation from the past, especially following a mistake.

Example: You think back to a party you felt awkward at and think "I should have said this..." or "I shouldn't have made that dumb joke..."

JUMPING TO CONCLUSIONS

Assumes to know what is going on, even when there is little or no information about the facts. Reason for thinking is often rooted in a "gut feeling"...

Example: A few classmates whisper to each other and you assume they are talking about you.

PERSONALIZING

Places blame on self for things you have little or no control over. May also assume people are doing things on purpose.

Example: "My friend is in a bad mood, it must be because of something I did."

*

BLACK AND WHITE

Things are either all good or all bad, a total success or a total failure. There is no inbetween.

Example: A student gets a B on a test and feels like a failure because they are used to A's.

MIND READING

Assumes the thoughts, feelings, or intentions of others,

Example: "My friend isn't texting me back, it must mean they don't like me anymore."

CATASTROPHIZING

Turns SMALL problems into BIG problems. Focuses a lot on the "worst case scenario".

Example: "What if I mess up my speech in class and I fail my project?"

FILTERING

Ignores the good and only focuses on the bad.

Example: A dance student gets a lot of positive feedback from their teacher, but can only focus on the one mistake they made in class.











The team of volunteers from the Samaritans visited us again.

All Sixth Form students have now had a session with the Samaritans and are aware of the support they provide, both in person and online.



We welcomed Morgan from Cardiff University who addressed the Yr 13 students off to University in September. The presentation was about all things student finance, loans, grants, bursaries and budgeting.

https://www.gov.uk/student-finance-register-login



Students attending University in September need to log on and apply for their funding. This does take time and involves evidence of household incomes and expenditure.

These can be tricky conversations to have

but please start them now to ensure funding is ready for September.

YOU DO NOT NEED TO WAIT AND CAN APPLY NOW AND CHANGE UNIVERSITY DETAILS NEARER THE TIME.



Year 12 students also explored the world of personal finance and how much things cost!!!



On your exam day

This checklist will help you to be as prepared as possible for your exams, so that on the day itself you can focus on doing your best.

Before sitting your exams, ensure you know: the date, time and location of your exams - you might find it helpful to write this information in a calendar or planner who to contact at school or college in case there's an emergency that makes you late or unable to sit your exam	What you cannot take into exams: any type of phone revision notes any type of watch (this includes analogue, digital and smart watches)
What you will need: a clear pencil case at least two black ink pens - blue pens are not acceptable an approved calculator for relevant exams appropriate apparatus such as a ruler or protractor for relevant exams a clear water bottle if you wish to take one in - it must not have a label	Other important information: Listen carefully to the invigilator's instructions which will be specific to your exam. If you are unsure of anything, please raise your hand and wait for the invigilator, Fill In your details on the front of your answer booklet. If you need additional answer sheets, raise your hand and wait for an invigilator who will provide you with one. Remember to add your details to this booklet too. If you need to use the toilet or feel unwell, raise your hand and wait for an invigilator who will escort you from the exam room.
Contingency sessions: There are contingency sessions within the Summer 2024 exam timetable - the afternoon of 6 June and 13 June 2024 and the morning and afternoon of 26 June 2024. Make sure you are available on all three dates even if you do not have an exam.	Make sure you stay silent - talking to a fellow candidate could result in disqualification from all your exams. If you have any questions about your exams, please ask your teacher or exams officer.

You can also find useful information about preparing for exams at www.jcq.org.uk/exams-office/information-for-candidates-documents



Revision Resources

Did you catch our latest Masterclass with Liverpool John Moores University?

A few weeks ago we were joined by PhD Student Katie Taylor, who hosted a fantastic session about optimising productivity in the lead-up to exam season ...

She covered a range of helpful topics, such as how to produce a revision timetable, advice on mental health maintenance, and discovery memory strategies.

It was great to see over 300 students, parents, and teachers in attendance with lots of ideas shared in our concluding Q&A.

You can access the full resource on our <u>YouTube channel</u>, including all our previous careers and study webinars led by industry experts.

https://www.youtube.com/watch?v=zaNVpPKUPWU





Elderly Tea Party

30th April

2 -4pm

RWBA Sixth Form are hosting a tea party for 50 local members of the community. If you would like to support the organising team, please let Mrs Stubbs know.



To support and raise awareness of Earth Day RWBA Sixth Fomr will be holding a preloved jumble sale.



If you wish to donate any preloved clothes, books or footwear please add to the donation boxes in the Sixth Form foyer from Monday.

https://www.earthday.org/

ENVIRONMENT CABINET PRESENTS...

SIXTH FORM COMMON ROOM

RWBA FUNDRAISING JUMBLE SALE

PLEASE DONATE CLOTHES AND BOOKS @ SIXTH FORM FOYER RAISING MONEY FOR WWF ENVIRONMENTAL CHARITY

BRING CASH!!!

1ST & 2ND May 2PM - 4PM (BOTH DAYS)

YEAR 13 STUDENTS RUN 10K - Race for Life in May - All support welcome!

Rhiannon Caple, Isaac Baker and Phoebe Parkes are putting on their running shoes this May. Dig deep and lets support them.





https://fundraise.cancerresearchuk.org/team/we-dont-run-this-city-the-rats-do







Year 13 have two weeks left in school!!

Spirit week 2024 will take place from Monday 29th April – 3rd May.

Keep an eye open for posters, emails and all will be revealed next week.

All activities are open to all Sixth Form students except for

Friday 3rd May where the focus will be only on Year 13.



Peer Education Programme Volunteers Needed!

What is it?

The Peer Educator Programme is recognised nationally and covers a wellbeing syllabus for Year 7 as part of their i-learn programme.

The programme syllabus covers mental health awareness, risk and protective factors for mental health, ways to stay well, the importance of seeking help and how to support others, in a friendly and engaging way. Helping young students to recognise signs early to enable them to take action is extremely powerful.

What is required?

The Peer Educator Programme runs over several weeks (this year it will be 6) and is delivered on a Tuesday i-learn. You will be working in pairs (so if you have a friend, encourage them to join too) and you will be allocated a tutor group. Training sessions will be set up in advance for everyone. You will be working through a booklet with the students so the information is all there for you. The sessions include discussion and activities for the topic areas.

Why Get Involved?

You will have the opportunity to develop your own skill set, leadership, teambuilding, communication skills.

You can challenge yourself and develop your presentation skills.

Be a positive role model



Build rapport with the younger students and share your own experience.

You can use this experience to demonstrate your skills as part of your personal development.

Want to become a mental health ambassador in your school?



Take part in the Peer Education Project

- · Improve your public speaking and leadership skills.
- Increase your self-confidence and esteem.
- Gain greater knowledge about mental health and other related topics.
- · Improve your organisation skills.
- · Strengthen CV and/or personal statement.

You will be trained to deliver lessons on mental health and wellbeing topics to younger pupils,

We are looking for 22 volunteers to work with the 11 Tutor Groups in Yr 7. If you are interested in getting involved please email Mrs Stubbs.

The Dates the programme will run are as follows:

W/C 6 May - training session

14, 21 May

4, 11 June

25 June, 2 July



Year 13 please click on the link and let us know your plans for next year. These may change but it will help us support you in the final few weeks of the year.

https://forms.office.com/e/1S7vSQMUeK





RWBA Transport Service September 2024 to July 2025



We are in the process of organising our transport provision for the coming academic year,

commencing September 2024. The service is for students who live under Swindon Borough Council area and therefore unable to apply for school transportation under Wiltshire Council.

The expected cost for the bus service for the academic year 2024-2025 is £1100.00.

You will be expected to commit to the bus service for a full school year. The Agreement can be terminated by providing the school with a full terms notice; please note, there are 6 terms per academic year. Refunds cannot be given if your child is withdrawn from the service by you, or if your child is excluded from the bus as a result of bad behaviour.

We currently run 3 buses from RWBA, however, the bus routes and timetables are subject to change depending on pupil numbers.

Please be aware applications are required from both new and current bus users. Bus places on the RWBA Bus Service are not automatically renewed. Please apply using the following link by Friday 3rd May 2024 https://forms.office.com/e/Xn7PvjD6Ne

Regrettably, places on the bus are not guaranteed, unfortunately, some of our current routes are running at full capacity. If we are unable to provide your child with a place for September 2024, we will add their name to a waiting list.

I will confirm the inclusion of your child onto the bus service by mid-July. The letter will contain confirmation of the bus route, stop (including times) and payment details.

If you have any queries, please do not hesitate to contact myself either by email to imstewart@rwba.org.uk or 01793 841970



ASCEND LEARNING TRUST



MEET A Physiotherapist

HEALTHCAREERS.NHS.UK

Discover a career where you help people to improve their mobility and regain independence. Hear about the roles of working as a physio for Aston Villa Women's Football Club and being a Specialist Surgery Physiotherapist in a large city hospital.

WWW.CAREERPILOT.ORG.UK
- PHYSIOTHERAPIST

FRIDAY 10TH MAY 2024 11:00 - 11:30AM

Register here: bit.ly/ALTCareerInsight

CHALLENGE | ASPIRE | NETWORK

#EYP2CtW24 in April: Sessions 1-4

















Tues 16 April, 4pm	"Taking Young People Seriously" Professor Michael (Mick) Waters in conversation with Peter Hall-Jones, followed by Jason Laing exploring "The Point of Friction"
Thurs 18 April, 4pm	"Belong, Believe, Become" with Rolla Khaddage, followed by Professor Penny Hay urging colleagues to "Imagine!"
Tues 23 April, 4pm	Dominic Regester, colleagues and international partners of the Salsburg Global Seminar help us explore "Collaborative Leadership" followed by Abbygail Field sharing "Working with Deaf/Hearing Impaired Students in Education and How strategies to support deaf students can cross over into all areas of education"
Mon 29 April, 4pm	"Responding to conspiracy theories, disinformation and dangerous ideas in the classroom" – a workshop with Jeremy Hayward















@RWBAHolocaust #EYP2CtW24

Sixth Form students interested in participating in the 'Empowering Young People to Change the World' conference please contact Mrs Salmon



https://www.altcareers.org.uk/

University of South Wales Prifysgol De Cymru

Expressions of interest are now open. Check your eligibility below and fill out the form to get started!



The USW and Reaching Wider Summer School returns this July with a programme of exciting activities to give students a taste of life as an undergraduate student.

Taking place on the 15th, 16th, and 17th July our Summer School will provide students with an authentic experience of university life. Along with two night's accommodation in our residential halls and series of social activities, students will have the chance to participate in subject-specific workshops and HE information, advice and guidance sessions. Students will also have the opportunity to connect with like-

minded students from other schools and colleges and meet our enthusiastic team of student ambassadors to get an insight into student life at USW.

Places will be allocated to Year 12 school and college students, however numbers are limited and priority will be given to students from groups currently under-represented in higher education, who meet one of the eligibility criteria detailed below and as per the <u>University's 2023-24 Fee and Access Plan</u>. There is no charge to attend the Summer School, accommodation and meals are included and we can also support with the cost of transport to attend.

Students who participate in the Summer School and enrol on a full-time 3 or 4 year undergraduate degree course in September 2025, will be eligible for the USW Summer School Bursary, worth £500.





https://files.unitasterdays.com/downloads/UniTasterDays%20Students%20Guide%20to%20University%202024-accessible.pdf



The UK's leading early careers support service - specialising in diverse talent We help students into apprenticeships through careers events, 1-to-1 mentoring, and quality resources.

Students are 4x more likely to get an apprenticeship by coming through the Pathway Programme

Book your FREE 1-to-1 apprenticeship mentorship call now!

Click here to access a 15min mentoring session to start your journey! https://pathwayctm.typeform.com/to/Keo2Mqgu?typeform-source=pathwayctm.com



Tue 7 May | 18:00 - 19:00 Explore Your Opportunities with KPMG

If you are in Year 13, interested in accounting and finance and want to apply for an apprenticeship with one of the Big Four Accounting Firms, then you won't want to miss out on this virtual event!

KPMG in the UK is part of a global network of member firms that offers Audit, Consulting, Deal Advisory, Tax & Law, and Technology services. Through the talent of over 15,000 people, they turn insights into opportunities, making a positive difference for their clients and the communities they serve.

If you are interested in any of their roles, join to find out more about the opportunities and apply asap as roles are recruited for on a rolling basis!

Highlights: 👚

- © Intro to KPMG & opportunities for young people: Including their Level 7 Audit roles and other Business Services roles
- ♣ Hear from current KPMG apprentices to get to know about their experiences first-hand
- Find out more about the application process and gain top tips to get ahead
- ? Q&A session for any burning questions and gain exclusive insights

Event Details:

Date: Tuesday 7 May 2024

Time: 18:00 – 19:00

P Location: Virtual

Register here:

https://pathwayctm.com/events/tickettype/?eid=108464&zid=87988755745&zt=Webinar&za=primary



Mon 15 Jul | 10:00 - 15:00 Tech & Al Virtual Work Experience

Interested in Tech & AI? Want to know more about the industry and explore its exciting opportunities?

These sessions are aimed to help you explore apprenticeship opportunities that you can apply to from Sept 2024.

Accelerator Week 2024 is our virtual work experience week, where YOU get to hear from top employers about what it takes to get into and build a career in your desired industry! It will offer a 360-degree view on the industry so you can discover aspects that you might have never heard of! The week will be filled with opportunities for networking and gaining skills to increase your employability!

Tech & AI has been one of the rapidly growing industries and leading the world. It allows us to craft a future where possibilities are as limitless as the imagination! This industry includes the development of hardware and software, cybersecurity, robotics and more!

Join us on Monday 15th July to learn all about the Tech & Artificial Intelligence industry!

Highlights: 🛊

Discover apprenticeship opportunities and get ahead

% Acquire skills needed to work in the industry to increase your future employability

Find out more about the diverse career paths within the industry and plan your career journey

Hear exclusive insights on the application process directly from employers

Proceive a certificate for attending on the day to help boost your CV

Event details:

Date: Monday 15 July 2024

Time: 10:00 – 15:00

P Location: Virtual

Register here:

https://pathwayctm.com/events/tickettype/?eid=108293&zid=85384691733&zt=Webinar&za=primary



https://www.speakersforschools.org/upcomingbroadcasts/?utm_source=Iterable&utm_medium=email&utm_campaign=ed ucator



WORLD EARTH DAY WITH JUSTIN PLACIDE, HEAD OF NET ZERO GOVERNANCE, BRIEFING & FISCAL EVENTS, DEPARTMENT FOR BUSINESS, ENERGY & INDUSTRIAL STRATEGY

Date: Monday 22nd April

Time: 02:00 pm - 02:45 pm

Age Group: KS3-5 / S1-6

Get ready to turn up the excitement and join us for Earth Day!:earth_africa:This year we will hear from Justin Placide, Head of Net Zero Governance about raising awareness about environmental conservation and sustainable living practices. Got burning questions about climate change, renewable energy, or the fate of the planet? Now's your chance in our Earth Day Q&A.



INDUSTRY SPOTLIGHT WITH KRYSTINA PEARSON-RAMPEEAREE, AEROSPACE ENGINEER

Date: Monday 29th April

Time: 10:00 am - 10:45 am

Age Group: KS3-5 / S1-6

We get the privilege of speaking to multi award winning aerospace engineer, Krystina Pearson-Rampeearee about her career journey, the engineering industry, her experience as a Woman in STEM and what it takes to be an entrepreneur.



WORKING IN THE AUTOMOTIVE INDUSTRY WITH MARK RODEN, OPERATIONS DIRECTOR AT TOYOTA (GB)

Date: Thursday 09th May

Time: 02:00 pm - 02:45 pm

Age Group: KS3-5 / S1-6

Ever wondered what it's like to steer the wheels of one of the world's most renowned automotive giants? In this broadcast hear about Mark's journey from crunching numbers as a qualified accountant to revving up as the Sales Director of Toyota (GB)! we will delve into Mark's career, uncovering insights into the automotive industry. Whether you're passionate about engineering, marketing, or finance, buckle up for an event packed with anecdotes and valuable lessons.



TACKLING VIOLENCE AGAINST WOMEN AND CAREER REFLECTIONS WITH RACHEL NOLAN, ASSISTANT CHIEF CONSTABLE FOR ESSEX POLICE

Date: Friday 10th May

Time: 10:00 am - 10:45 am

Age Group: KS4-5 / S4-6

Join us and Rachel Nolan, as she aims to enlighten students about the prevalent challenges women face in society and the role of law enforcement in addressing them. Gain valuable insights into what a career in the police force entails and how you can contribute to making a difference in your community. Don't miss this opportunity to engage with a seasoned professional and explore the possibilities of a meaningful career path.



FROM A PR PRO TO A POWERLIFTING CHAMPION WITH ANEELA ROSE, MANAGING DIRECTOR, ROSE MEDIA GROUP

Date: Monday 13th May

Time: 10:00 am - 10:45 am

Age Group: KS3-5 / S1-6

Details coming soon...

Click here to explore the inspirational video library recordings https://www.speakersforschools.org/inspirational-talks-library/?utm_source=Iterable&utm_medium=email&utm_campaign=educato



Swimming Teacher vacancies at Wiltshire Council

Students aged 16+ can apply for a training programme with Wiltshire Council, gaining qualifications while doing paid, flexible work as a swim instructor. Students benefit from regular work experience and transferable skills, as well as nationally recognised qualifications. Please note that students who cannot make a 2 year commitment will need to pay back the cost of their training.

See the Wiltshire website for more details.

What To Wear to an Interview: Professional, Business Casual and Smart Casual.

Check out Ingrid Nilsen's interview look-book for inspiration on making a great first impression.

https://uk.indeed.com/career-advice/starting-new-job/guide-to-smartcasual-dress-code

Selecting an outfit for your first day of work, a networking event or an interview can be a challenge, especially if you're unsure about what is considered acceptable to wear. While it is certainly necessary to follow any existing dress codes for professional events, you should also feel comfortable and confident in your clothes so you can feel the same way during the event.

If you like to combine form and function in your workwear, smart casual dress can be an excellent choice as it combines comfort with a professional, trendy appearance. In the UK, many offices now have a smart casual dress code throughout the week.

In this article, we provide a guide to smart casual attire that will help you learn more about this dress option for your next professional endeavour.



Introducing our NEW Podcast Series: The Mindful Apprentice

At the Swindon and Wiltshire Institute of Technology (SAWIOT), we stand as a reliable pillar of assistance for apprentices navigating their educational journey with us. In collaboration with Nationwide, we've created an enriching podcast series with The Sound Doctor focusing on nurturing mental health. We share insights, expert interviews and real stories providing valuable tools to navigate academic and personal challenges.

Our collective recognition of the escalating impact of mental health challenges on students propels our commitment to showcasing the spectrum of available support. From our dedicated services at SAWIOT to the invaluable contributions of mental health charities like MIND, and the significance of a compassionate friend or colleague, our podcast series is crafted to offer engaging and informative support in addressing these vital concerns.



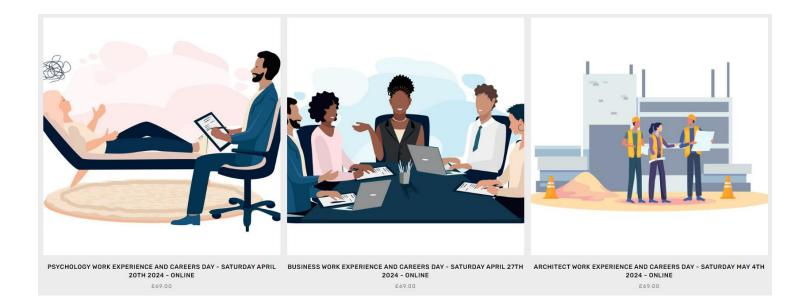
Stream all episodes here:

https://soundcloud.com/the-sound-doctor/sets/the-mindful-apprentice/s-RtZDL5bSoVn?si=4020a130361c44c4941dd56f3512cd3c&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing&scrlybrkr=b3f8cb2b



Careersdays.co.uk – online careers days for £69
Students can register for a careers day in a wide range of sectors, from business to dentistry. The days cost £69 to attend online, and combine virtual work experience with careers advice.

https://www.careerdays.co.uk/apply-now









VET WORK EXPERIENCE AND CAREERS DAY - SATURDAY MAY 11TH 2024 - LAW WORK EXPERIENCE AND CAREERS DAY - SATURDAY MAY 18TH 2024 - PERFORMING ARTS WORK EXPERIENCE AND CAREERS DAY - SUNDAY MAY ONLINE 19TH 2024 - ONLINE

£69.00

£69.00

£69.00







COMPUTER SCIENCE WORK EXPERIENCE AND CAREERS DAY - SATURDAY MAY 25TH 2024 - ONLINE £69.00

2024 - ONLINE £69.00

TEACHING WORK EXPERIENCE AND CAREERS DAY - SATURDAY JUNE 1ST MEDICINE WORK EXPERIENCE AND CAREERS DAY - SATURDAY 22ND JUNE 2024 - ONLINE

£69.00







DENTISTRY WORK EXPERIENCE AND CAREERS DAY - SUNDAY OCTOBER 6TH 2024 - ONLINE $\pounds 69.00$



Reed Education have opened a resource up for free access. Students can access 8 hours of content through 5 engaging modules designed to prepare them for the world of work. Videos, activities and quizzes guide students through finding their dream job, securing the position, and transitioning from school/college into work.

https://www.reed.co.uk/courses/gateway-to-work-kick-start-your-journeyfrom-education-to-

work/348985#/courses/?keywords=gateway%20to%20work



Swindon summer school for aspiring NHS workers





Dare 2 Care

ocation

The Academy Within the Great Western Hospital, SN3 6BB, United Kingdom

Tuesday, Jul 30

Time (BST) 10:00 AM (29h 45m)

Register here:

https://www.eventbookings.com/b/checkouts/checkout?slug=dare-2-care