



# Royal Wootton Bassett Academy Sixth Form Weekly Newsletter #145 26 April 2024



Year 12 trip to Cardiff University will take place on 5<sup>th</sup> July the final skills for life day of the year.

All students should attend. Once ParentPay is open you can secure your place.

As discussed in assembly this morning please sign up to become a peer educator. Year 7 are very much looking forward to working with the Sixth Form on this brilliant project.

## 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, with the support of school staff.

"Having taken part in the project we have grown not just in confidence but also in awareness of mental health. We learnt how to discuss mental health in a concise yet honest way as well as being able to bridge the age gap between sixth form and lower school which has been extremely rewarding." Pupil from Watford Grammar School for Girls





## RWBA SPRING TEA PARTY

ROYAL WOOTTON BASSETT SIXTH FORM ARE  
**HAPPY TO PRESENT**  
OUR VERY OWN SPRING TEA PARTY!

2:00 ~ 2:30  
Welcome tea & Live music

2:30 ~ 3:00  
Cream tea is served!  
Scones, cakes and sandwiches

3:00 ~ 3:30  
Raffle winner announcements  
(Be sure to buy your tickets when you  
arrive!)

3:30 ~ 4:00  
Bingo & Prizes  
Aswell as live music as you leave!

Please inform us of any allergies and we  
will do our best to accommodate.

**Good luck to the team running the Spring tea  
party on Tuesday.**

**I am sure it will be a huge success.**



**We are still accepting donations of any  
preloved clothes, books or footwear please  
add to the donation boxes in the Sixth  
Form foyer.**

**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 let's support them.



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



Congratulations to Imogen Jones and Yee Ting Li who achieved Bronze in a recent Chemistry Olympiad competition.



# Young Geographer of the Year Competition 2024

**Royal  
Geographical  
Society**  
with IBG

Advancing geography  
and geographical learning

Kindly supported by

**Geographical**

WWW.GEOGRAPHICAL.CO.UK | MEMBERS OF THE ROYAL GEOGRAPHICAL SOCIETY (RGS) (RGS)

The theme for the Young Geographer of the Year competition 2024 is:

## Choose Geography



Why should we #ChooseGeography?

<https://cdn-rgs-media-prod.azureedge.net/jbxfhlnn/young-geographer-of-the-year-2024-competition-guidelines.pdf>

There has never been a better or more important time to study geography. Geography helps you to make sense of the world around you. It's hands on, relevant, and fun. Whatever your passion for the world – fascination with landscapes or concerns about sustainability – geography will provide you with knowledge and transferable skills that will reward you personally and advance you professionally.

**The Society invites you to create your own #ChooseGeography poster to promote the value of choosing geography at school, in further study and in the workplace, linking geographical skills to real people and jobs that make a difference.**

We are looking for eye catching, creative and informative posters that promote geography as an excellent choice, highlighting its relevance and demonstrating how studying geography can help you understand the world we live in and the 'big issues' that we face as a society. Your posters should include details of why geography is a useful and relevant subject to study, why studying geography matters and how it can help you to understand a range of ideas and concepts. We also want to hear about the skills that geographers have that make them stand out from the crowd, and where geography can take you. Geographers work in a wide range of careers and employment sectors, so your poster should highlight some of the jobs that geographers do and demonstrate how geographers make a difference. We also want to hear what parts of geography you find the most interesting and useful to study and why!

**The deadline for receipt of all entries is Friday 4 October 2024 at 5.00pm. Entries received after this time will not be accepted.**



# Spirit Week



## SIXTH FORM SPIRIT WEEK

**Monday: PJ day and bring something beginning with your 1st initial**

**Tuesday: Anything but a bag day**

**Wednesday: Pink day**

**Thursday: Twin Day**

**Friday: Dress up as anything (Year 13 only)**

**For both year 12 and year 13  
Please get involved**

**MONDAY**

*Pyjama day*

BRING  
SOMETHING  
BEGINNING  
WITH THE  
FIRST LETTER  
OF YOUR NAME

Anything

but

**A BAG DAY**

No weapons  
or obscene/  
offensive  
things please

**TUESDAY**

**RAINBOW  
HATS / WIGS**

**ON WEDNESDAYS WE WEAR**

**CAKE SALE!**

**PINK**

**THURSDAY**

**TWIN WITH  
SOMEONE!**

**FRIDAY**

**YEAR 13**



**AND STAFF**



**LEAVERS**



**COLOURFUL COSTUME DRESS UP**



From **Tuesday 7<sup>th</sup> May attendance to lessons is optional for Year 13 students.** There will be no planned ilearn sessions, but your tutors and the Sixth Form team will be available for support and give an early morning 'pep talk!'

From **7<sup>th</sup> May until 26<sup>th</sup> May** all Year 13 timetabled lessons will go ahead, and students are encouraged to attend and ask questions. These sessions are designed to support students' specific needs. Please make use of them.

On some occasions staff are running extended sessions, students will have been specifically invited to attend these as they will cover last minute tips before an exam.

Year 13 students are welcome to work within the Sixth Form block during the exam period at any time between 8am – 5.30pm and must remember to sign in and out.

Stay  
positive,  
work hard,  
make it  
happen.

**If you need any support, please do not hesitate to ask. Staff are here for all students whenever they may need it.**

### 7 STEPS to staying physically and mentally strong during exam season

For some people, once exams have actually started and you're no longer waiting for them anymore, things get a lot easier. Doing the do is easier than waiting the wait. However, if something goes wrong during exam season it can be really tough to stay on track. It's also really hard if you fall ill and need to take care of yourself when you should be revising.

Here are 7 things you can do to stay strong, both physically and mentally during exam season.

- 1 Keep your eye on the prize**  
The people who hold it together the best, and ultimately get the best results, are the ones who know what their exams are for.
- 2 Prioritise**  
If there's stuff going on your life that's distracting your attention or using your energy so you can't be totally focused on these two priorities the best thing to do is to drop it, even if it's only temporary.
- 3 Give yourself mental and physical space**  
You might need to let go of your stress by going for a run, going to dance class or just reading a book for fun.
- 4 Ask for help**  
If you know you need support at this point in time, ask for it. There is no shame in asking for help.
- 5 Sleep**  
Getting good sleep, and enough of it, is vital to look after your emotional and physical health.
- 6 Look forwards, not backwards**  
Look forward and think about all the things you can do to improve your performance in the next exam or to stick to your revision plan day by day.
- 7 Look for the positives**  
Instead of dwelling on what's gone wrong or what you've done badly, look for the good points about the situation.

Do you need more support with this?  
Find out more at [lifemoreextraordinary.com](http://lifemoreextraordinary.com)

Life More Extraordinary  
with LUCY PARSONS



# 5 TOP TIPS FOR EFFECTIVE EXAM REVISION

AS RECOMMENDED BY PREVIOUS UNIVERSITY STUDENTS!\*

## 1. START EARLY

Don't leave it to last minute! Start revising a couple of weeks before your exams to give your brain time to absorb.

## 2. PLAN YOUR TIME

Failing to prepare is preparing to fail, so plan wisely. Make a schedule to document what you will revise and when!

## 3. AVOID YOUR PHONE

Revision is tough, but looking at social media every ten minutes won't help you learn! Put your phone away so you can focus.

## 4. PRACTISE!

Athletes don't win gold without rigorous training, and neither will you! Actively practising (e.g. doing mock exams) can help re-inforce knowledge.

## 5. TAKE BREAKS

Your body needs rest in order to get stronger, and so does your brain! Be sure to take regular breaks during revision - your mind will thank you.

*Good luck!*

SIMPLY  
EDUCATION

# EXAM COUNT DOWN

## USE YOUR TIME WISELY

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



### TWO WEEKS TO GO

Plan your revision effectively by spacing it out. Little and often is better than cramming at the last moment.



### ONE WEEK TO GO

Do lots of past papers and quizzes. Teach the material to someone else. Seek advice, guidance and feedback from others.



### THE NIGHT BEFORE

Pack your bag for the next day. Do an equipment check. Get plenty of sleep.



### THE MORNING OF

Eat breakfast to fuel you for the day.



### AN HOUR BEFORE

Get to school early and spend time with relaxing people.



### 1 MINUTE BEFORE

Take a deep breath and gather your thoughts.



### AN HOUR AFTER

Once you have reflected on the exam, don't dwell on it. Move on.





Severn Sixth-Former

# Psychiatry Summer School

**17<sup>th</sup> July 2023**

*Are you planning to apply for medicine?  
Would you like to find out more about psychiatry?*

**This one-day virtual event will be held on Zoom and will include talks on:**

- **What is mental health?**
- **Advice on how to apply to medical school and the UKCAT**
- **Hearing about life as a medical student/foundation doctor/psychiatry trainee**
- **Hearing from different subspecialties within psychiatry**
- **Hearing from service users with lived experience of mental health**



**Spaces are limited**

**For more information or to express interest – please speak to your careers advisor**



**Application closing date  
10<sup>th</sup> July 2024**

Please speak to a member of the Sixth Form team or email to register your interest: [southwest@rcpsych.ac.uk](mailto:southwest@rcpsych.ac.uk)

**RCPsych South West Division**



## Severn Summer School of Psychiatry 2024

Virtual event via Zoom

**Wednesday 17 July 2024 | 9.30am – 3pm**

Time	Presentation
9.15am	Registration
9.30am	<b>Introduction and welcome</b> Severn Choose Psychiatry Organising Committee <i>South West Division</i> <i>Royal College of Psychiatrists</i>
9.35am	<b>Service user experience</b>
10.15am	<b>What is mental health?</b>
10.45am	Break
11am	<b>Pathway to becoming a psychiatrist / career pathway</b>
11.35am	<b>How to apply to medical school and the UKCAT</b>
12.35pm	Lunch
1.05pm	<b>Life as a medical student</b>
1.35pm	<b>Life as a foundation doctor / psychiatry trainee</b>
2.05pm	Break
2.20pm	<b>Psychiatric specialties: (10 minutes each)</b> <b>General Adult</b> <b>Child and Adolescent Mental Health</b> <b>Intellectual Disability</b> <b>Forensics</b>
3pm	Close



Bookings are now open for our **Open Days!**

- Saturday 15 June 2024
- Saturday 13 July 2024
- Saturday 22 June 2024
- Sunday 23 June 2024

<https://www.hull.ac.uk/choose-hull/study-at-hull/visit-us/open-days>

<https://www.york.ac.uk/study/undergraduate/visits/open-days/>

### What to expect at an Open Day

- **Chat with Medicine staff and students** for an in-depth insight into our Medicine programme and life as a medical student.
- **Find out about the application process**, including our entry requirements for studying Medicine.
- **Take a tour of our medical facilities** and discover our modern and welcoming learning environment.
- Find out everything you want to know from our Universities. about **accommodation, finances and campus tours**



**National  
Trust**

**Do your students have an idea with the potential to change the world?**

The National Trust has just launched the **Time + Space Award**, a chance for four 16-25 year olds to get the time, space, support and inspiration they've been looking for to unlock their big ideas. **Entries close on 30 April 2024.** Ideas don't have to be fully formed or as big as the theory of gravity – just something that has potential.

**Enter here:**

<https://cloud.email.nationaltrust.org.uk/timespace>

The award is inspired by Isaac Newton's 'year of wonders', which happened when he was just 23. A pandemic forced him to spend time at his home, Woolsthorpe Manor, and he used the time and space available to him to make world-changing discoveries. Newton's famous apple tree still stands at Woolsthorpe and the National Trust wants to invite the big thinkers of today to come and find their own inspiration in tackling today's challenges.

**Entries are open now to anyone aged 16-25 and close on 30 April 2024.** Each award is worth up to the equivalent of £5,000 and includes a package of mentoring, expert support, time at Woolsthorpe Manor, resources, expenses and more to help the winners bring their big idea to life.





# Bassett YOUTH FESTIVAL



**SUNDAY 5 MAY 2024**

**at Lime Kiln Leisure Centre  
10.00am - 3.00pm**

**JOIN US FOR SPORTS, ARTS, MUSIC, FOOD AND FUN!**

**SKATE BOARD SESSIONS WITH KING RAMPS THROUGHOUT THE DAY**

**FREE SWIMMING SESSION: 3PM**

**GUIDED JUNIOR GYM SESSIONS**



For more information please contact:



[andrew.jack@wiltshire.gov.uk](mailto:andrew.jack@wiltshire.gov.uk)



**Wiltshire Council**

# CAREER INSIGHT 2023-24

**ASCEND**  
LEARNING TRUST

**ASCEND  
LEARNING  
TRUST**



## **MEET A** **Physiotherapist**

[HEALTHCAREERS.NHS.UK](https://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](http://www.careerpilot.org.uk)  
[- PHYSIOTHERAPIST](#)

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

Register here:  
[bit.ly/ALTCareerInsight](https://bit.ly/ALTCareerInsight)



**CHALLENGE | ASPIRE | NETWORK**





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



# SPEAKERS for schools

## INDUSTRY SPOTLIGHT WITH KRYSTINA PEARSON

**TALK**

**KRYSTINA PEARSON**

Aerospace Engineer  
Championing Women in  
STEM

10:00 - 10:45am

29<sup>th</sup> April 2024

Don't miss out on the incredible opportunity to hear from multi-award-winning aerospace engineer, **Krystina Pearson-Rampeere**! Join us as we delve into her thrilling career journey, discuss the dynamic engineering industry, her empowering experience as a woman in STEM, and the essential traits needed to succeed as an entrepreneur.

**Monday 29th April | 10:00pm - 10:45am**  
**KS3-5**

[https://forms.office.com/pages/responsepage.aspx?id=HFqhLo7yMEahv9dFTLRO6y0465tiVPVJkfsX8hjcAThUMTQzMktZTjBGTTLSVEzVIRVRzIIOUQzWC4u&utm\\_source=Iterable&utm\\_medium=email&utm\\_campaign=educator](https://forms.office.com/pages/responsepage.aspx?id=HFqhLo7yMEahv9dFTLRO6y0465tiVPVJkfsX8hjcAThUMTQzMktZTjBGTTLSVEzVIRVRzIIOUQzWC4u&utm_source=Iterable&utm_medium=email&utm_campaign=educator)

Discover automotive industry dynamics with Mark Roden, Operations Director at Toyota (GB). Get ready for a journey of insights.

**Thursday 9th May | 02:00pm - 02:45pm | KS3-5**

Join us for an important discussion on combating violence against women with Rachel Nolan, Essex Police's Assistant Chief Constable. Plus, career insights. Online event.

**Friday 10th May | 02:00pm - 02:45pm | KS4-5**

Join us as Aneela Rose, Managing Director of Rose Media Group, shares her journey from PR pro to powerlifting champion.

**Monday 13th May | 10:00am - 10:45am | KS3-5**

Join Industry Spotlight with Annabelle Steele, a Manchester-based teacher turned successful novelist. Explore the journey from writing to publishing, including editing and copywriting insights.

**Wednesday 15th May | 10:00am - 10:45am**

Meet Kio Briggs: artist, entrepreneur, and founder/CEO of Gifted, by Nature—an innovative media, entertainment, and communications company, including a creative agency and literary publisher.

**Wednesday 15th May | 02:00pm - 02:45am | KS3-5**

Discover Jessica Hill's journalism journey. Learn from her global experiences and gain insights into diverse career paths for aspiring journalists.

**Wednesday 22nd May | 10:00am - 10:45am | KS3-5**

Step into the world of sports with us as we dive into a session featuring Victoria Monk, sharing insights from her remarkable career including her record-breaking Atlantic Ocean rowing journey.

**Tuesday 4th June | 10:00am - 10:45am | KS3-5**

Explore the Aviation industry with Nive Sivanathan, delving into Cyber Security & the Civil Aviation Authority. Discover his career journey, industry expectations, and essential skills.

**Tuesday 11th June | 02:00pm - 03:00pm | KS3-5**

Discover insights from Nadine Pfeifer, NHS Senior Manager and HopStair App Founder, in our industry spotlight session.

Tuesday 18th June | 02:00pm - 03:00pm | KS3-5

Curious about journalism routes and the industry's landscape? Join Alan Jones in this Industry Spotlight, sharing his journey and insights into the journalism world.

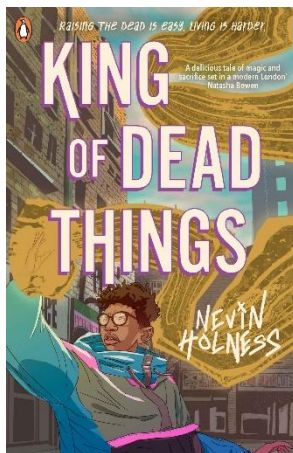
Tuesday 2nd July | 02:00pm - 03:00pm | KS3-5

Uncover the realm of Law in this Industry Spotlight Talk featuring Helen Chapman, Barrister and part-time Judge. Explore her journey into Criminal Law and navigating the industry as a woman and parent.

Monday 8th July | 02:00pm - 03:00pm | KS3-5

Click here for registration:

[https://www.speakersforschools.org/inspirational-talks-library/?utm\\_source=lterable&utm\\_medium=email&utm\\_campaign=educator](https://www.speakersforschools.org/inspirational-talks-library/?utm_source=lterable&utm_medium=email&utm_campaign=educator)



The latest National Teen Book Club recommendation is **King Of The Dead Things** a fantasy set in the magical underworld of London, peppered with Afro-Caribbean folklore!



## Pink Jam Slice

Pretty Pink Tray Bake sponge with retro marble icing and a layer of raspberry jam – yum!  
Especially for Spirit Week and Cake Sale on Wednesday ..... get baking! All donations welcome

### Ingredients:

300g butter (room temperature)  
120g golden caster sugar  
2 tsp vanilla extract  
1 large egg yolk  
500g plain flour  
400g raspberry jam  
500g icing sugar.  
Pink food colouring (Dr Oetker does this)



### Method:

1. Heat the oven to 180C/160C fan/Gas 4 and line a 20 x 30 cm baking tin with baking parchment (2 lengths crisscrossing is the easiest way).
2. Beat the butter, sugar, vanilla extract and egg yolk together in a large bowl with an electric whisk until pale. Stir in the flour with a good pinch of salt using a wooden spoon. Then using your hands bring everything together into a crumbly dough.
3. Press half into the base of the tin as evenly as you can – using a potato masher works well – and smooth the top. Spread the jam over the top, leaving a 1 cm empty boarder all around the edge. Crumble over the remaining shortbread mixture, then pat down, trying not to dislodge the jam too much. It will look patchy, but don't worry as the icing will smooth it all out.
4. Bake for 35 mins until pale golden. Leave to cool in the tin.
5. Once cool, sift the icing sugar into a bowl and stir in about 100ml of water with some food colouring to a thick-ish but runny icing. Pour over the slice, then tilt the tin to evenly spread. Quickly dot over some more food colouring, then us a skewer or toothpick to swirl and marble the top.
6. Leave to set overnight until the icing is hard, then cut into slices. Will keep in a tin for up to five days. ENJOY

