



SGS Sixth Form Newsletter 9 21st July 2021

I'm writing this at the end of the academic year and ... what a year it has been! Despite the challenges and thanks to your resilience, determination and good humour throughout the year, there is much to be proud of! The Enhancement Programme is now well established in Form Time and Assemblies and many of you were able to demonstrate its power during the presentations on Life in Sixth Form to the Year 11's attending Induction day. Trial Exams have come and gone....as they always do...and you have all survived! but SGS is not just about surviving everything, it is about thriving and achieving your best. Following your post-exam reflection and a successful first online Progress Evening, you are now very aware of where you need to help yourselves to consolidate learning. You also need to spend time thinking about your steps after next year. Having spent time with representative of various universities, from Northumbria to NTU and, representing the Russell Group, from Sheffield to Imperial college London, I will repeat that you don't 'need to be certain' about courses and universities but if you haven't thought about it, how can your parents, peers and the school support you?

You have seven weeks before you come back in September. That's 1176 hours... give a third over to sleep and you're left with 788 hours of wakefulness, of that time awake give 80% to fun, family and 'fundraising' (working). That's 630 hours all to yourselves. You still have 158 hours left. Give yourselves 20% of that for reflection on your best next steps (31.6 hours is plenty of time for UniFrog!) and you STILL HAVE 126 HOURS in which you can do school work. Imagine if you actually did that... you have a year of knowledge to go over, reinforce, reflect on and I'm confident many of you will use the summer well. However, there is a reason I put the hours in the order I did. There is time for everything, if only we use it well.

Have a great summer: rest, but try not to lose some sort of routine. It can take weeks to make a healthy diurnal routine that helps your learning but only a few days to break it, so try to shy away from shifting to an unhealthy and unhappy pattern of bed at 3:00am and not getting up until lunch...there is much fun to be had outside, enjoying the good weather when available!

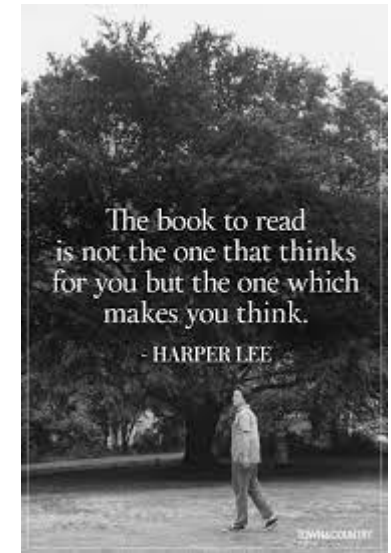
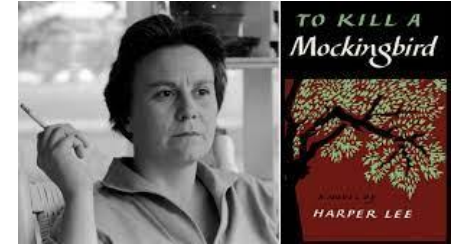
Dr Atherton's Library Corner



The heat of the summer. Secrets and mysteries. And a small town, full of rumours, suspicion and prejudice ...

This is the setting for Harper Lee's famous novel *To Kill a Mockingbird*. It was first published in 1960, but is based on events that took place during the writer's own childhood, in Alabama. The USA at that time was still deeply divided by racism, violence and bigotry, and Lee's novel explores these themes through the eyes of a child, seven-year-old Scout. It's a fantastic read. Even though Scout is growing up in a different place and time, many of her observations about the people around her will ring true, and you'll find yourself agreeing with her sense of frustration at the irrationality of the adult world. The relationship between Scout, her older brother Jem and their father Atticus is beautifully depicted, and the tension at key points in the narrative will keep you hooked. If you only read one book this summer, make it this one.

Dr CE Atherton, Head of English





Induction Day

Our annual Sixth Form Induction Day was held on 1st July for perspective Year 11 students from SGS as well as other schools. The day began at 8.45am with an assembly followed by the opportunity to attend taster lessons in students' chosen subjects and experience life in the Sixth Form. Students had a chance to meet with other students currently in Year 12 to learn more about our outstanding Enhancement Programme for Form Time and Assemblies. Daniel Rose with his TED Talk "Should I stay or should I go" and some members of our Debating Team with "Just a minute", led by Mr Rowe, showcased oracy as a key communication skill developed in Sixth Form. Mrs Davison's tutees entertained us with a mini competition on the best VESPA skill while Hannah Wilkins and Muhammad Amjad showed the "power" of Unifrog in helping students finding their post-18 pathway. Last but not least, the senior Students Team, led by Head Boy Ben Birdseye, spoke of our fantastic Prefecture which is flourishing under the guidance of Ms Dearing. Our Year 12 students were impressive, with a display of confidence, skills and pride in their school that was heart warming.

We wish Year 11 students good luck for their summer examination results and look forward to seeing them back in September.



P - is for patience which must be had
 R - is for resilience or else you'll go mad
 E - is for empathy in case someone is sad
 F - is for fairness so everyone is glad
 E - is for effort in all that you do
 C - is for courage, there'll be times you'll feel blue
 Being a Prefect won't be as easy as it seems and,
 T - is for trust, cos we are all a TEAM.

Priscilla Boateng



Prefecture 2021-22: The Training

The newly appointed Prefects took part in some of their training on 20th July in preparation for their specific mentoring and monitoring roles and responsibilities in September. A timed team challenge was the first order of business as the groups had been deliberately assigned to mix up peers. Skills in adapting to a new situation were required and leadership was quickly established to construct a free-standing apparatus that would carry water from point A to point B in a straight line using various materials including piping, canes, string and duct tape. Group 2 consisting of Daisy Rummery, Will Johnson, Liam McManus and Harry Goldspink took the lead and managed to get water into the bucket at point B first. However, there was some adjustment required to their construction which allowed group 1, Oliver Drakard, Scarlett Bergin and Reuben Cartwright, to overtake them to become the overall winners of the challenge. Group 2 held on to achieve second place and group 3, Peter Cook, Joshua Hosier, Emmi Pollard and Isobel Pang filled their bucket to secure third place. Good fun but when asked to reflect the Prefects were able to establish that the purpose of the exercise was to challenge their communication skills and ability to work effectively together under timed conditions; skills necessary when working with other students and organising activities where collaboration is required.

Following from that we moved location and worked on specific scenarios that they could encounter as Prefects. There were six scenarios in total and each group was given 20 minutes to study them, recognising the various skills and qualities needed to manage the situation together with what action should be taken to successfully resolve them. Things like empathy, confidence, assertiveness, strong awareness amongst others were established as being important to have based on the individual circumstances and talking them through as a whole group identified that all the Prefects had a strong sense of how they should conduct themselves if faced with a similar situation.

Once completed we moved onto an activity designed to focus on specific skills including logical thinking, creative writing and imagination. One of the activities was to write a poem to an alien but Priscilla Boateng in group 5 took it a step further and wrote on what it means to be a Prefect!

I look forward to working with this fantastic group of Prefects in September.

Ms AJ Dearing

Daisy: on the joys and pains of swimming competitively

I started competitively swimming for my club in 2013 after progressing through lessons from a young age. After getting to County Championships a few years later, I went on to qualify for Regionals in 2017. Over these competitions I had to learn to deal with disappointing results, especially as I got older as it becomes much harder to improve your times by significant margins as you get older. This is difficult when having to travel many hours to compete as well as knowing you have trained hard leading up to the competition. However, there are many highlights to competitions, not only the high energy environment but also getting a good result and placing. I also find that even though swimming is mostly an individual sport, the environment of competitions and training have a big community feel. The highlight of my swimming so far has to be the relay team I was part of that qualified for British Championships in 2019.

Training hours is likely the biggest commitment I face and balancing it with school is a challenge. Early mornings and late evenings often leave me tired both at school and home, but I am learning how to use my time as best I can to ensure I do not fall behind in training or work, but this is an ongoing process and not always perfect.

Since COVID, swimming took a big hit as pools were completely closed for an initial 6 months, as well as further closures following subsequent waves. During this time, we had to adapt to home workouts and other activities that were allowed. Regardless of these options, our fitness was still majorly affected. Since then, we have been trying to build up our training again to be ready for next season in the hopes of requalifying for competitions, COVID allowing.

Daisy Rummery





Just dance, dance, dance.....



I've been dancing competitively since I was 3 years old despite some reluctance from my parents who very quickly became my biggest supporters. I was a stubborn younger sibling desperate to copy my sister and they couldn't keep me away from the dance studio, I don't think I've ever lost that drive to dance. Originally, I was a ballerina but quickly moved to hip hop, I don't quite remember how I came to step away from the aesthetic fluidity of ballet to the more expressive and explosive art of hip hop but I must say I think the music is better! Don't get me wrong my dad has some moves and my mum can hold her own but neither were too emersed in the dance community, the Primary socialisation which associated my younger self with dance must've been dominated by my older sister's passion I shared. Until I was 10, I trained locally 2 or 3 times a week in 45-minute classes, it was the highlight of my week, before I could understand the sincerity of these opportunities I travelled most of Europe in European and world streetdance championships, being a world and European champion in various age divisions and team categories before 10 years of age. From then I was blessed with the opportunity to train 3 times a week in East London with a high-profile hip hop coach who I still train weekly with in London. Within my company Unity Uk at 10 years old I was a finalist on Sky 1s Got 2 Dance and at 12 a finalist and golden buzzer act on Britain's Got Talent, I have worked professionally in Dubai, Switzerland and Spain from 13 and competed in Arizona and Las Vegas in the prestigious Hip shop International world championships, being a finalist in my first year competing there. One of my proudest moments was watching my team and I in the cinema after a summer filming a T-series produced film 'Streetdancer 3D' in India, it was an experience I never expected to be offered and as the youngest person on set I was overcome with appreciation for my team and the company for facilitating our involvement. I'm overwhelmed with the opportunities I've had from such a young age and with the limitations covid 19 has placed on the dance industry I'm eager to return to travelling and competing with my passion. Losing has never beaten my companies drive, every opportunity to perform is a blessing and a learning opportunity, before every performance we stand together holding one another in gratitude that we have the opportunities we do and have been blessed with gifts as performers. Dance has never been a burden on my studies as my ability to organise myself, be motivated to perform to my best ability (whether artistically or academically) and persistence to wake up after late night on the motorway after training I believe have only benefitted my approach to learning. My passion is one I'm proud to possess and believe an outlet from daily life is so important to maintain balance and happiness, I'm certain my love for dance will be one I withhold for my lifetime and wish to continue pursuing it alongside my academic studies and hopefully in conjunction with some more travelling in my future.

Poppy Gill