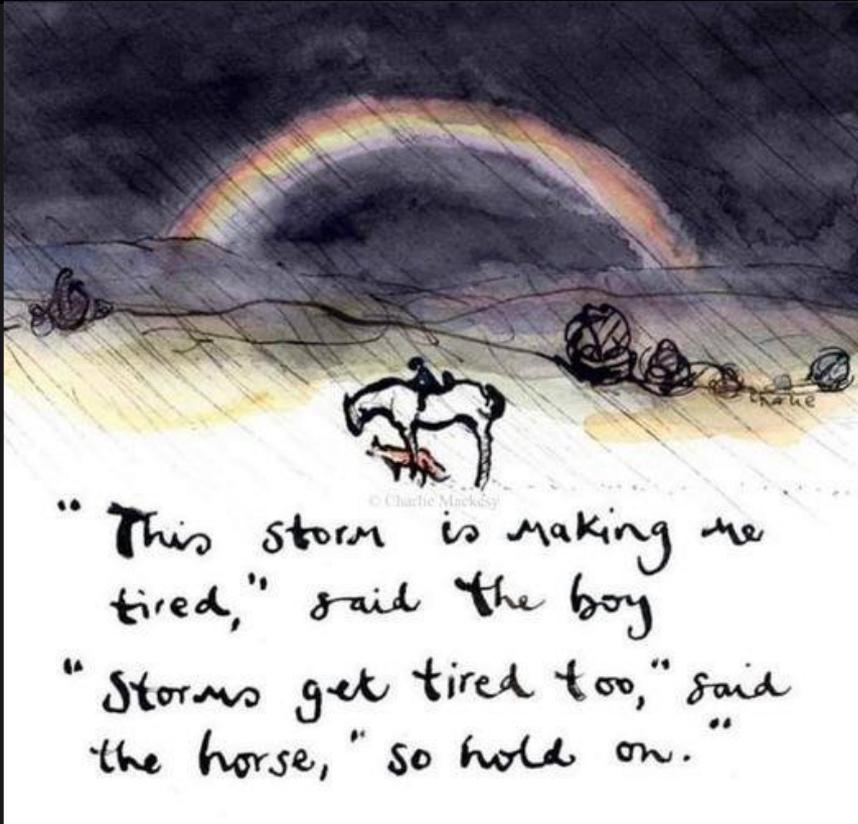


Spalding Grammar School Sixth Form Newsletter 2 February 2021



- Only ten days to go until half-term! The Prime Minister recently announced that he hoped that schools and colleges would begin to reopen from 8 March. Learning from home can never replicate being in school with staff, peers and friends and in the next few weeks it will be important for all of us to work together to support not only the students' education but their emotional, social and physical wellbeing.

- Rather than focusing on the challenges, real though they are, the reality is that society is looking at ways of doing things differently. There has been a vast increase in online services, all of which will require young people to be suitably prepared.

- All of this reinforces the need for students to be equipped with a range of employability and learning skills. As we move through the next few weeks, we don't want them to lose hope or motivation about their future, but rather take advantage of all opportunities that are presented to them. There's so much to look forward to.....

Children's Mental Health Week 1-7 February 2021

- The first week of February is Children's Mental Health Week - a national awareness campaign that highlights the challenges that children and young people across the UK have with their mental health and emotional wellbeing. Looking after our mental health is more important than ever during the Covid pandemic and national lockdown.
- If you would like help to manage your own mental health, visit this link to find a variety of support and ideas:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

- Also, for parents who wish to help their children:
<https://www.mentalhealth.org.uk/coronavirus/parenting-during-coronavirus-outbreak>





Post-18 corner

79% of our Year 13 students have applied to University, of which 72% has already been offered a place – Well done, Year 13's! You should all be very proud of your achievement!

The Year 13 students looking at future Employment or Apprenticeship, will find many opportunities in Unifrog and in UCAS, with plenty to explore from this week, which is National Apprenticeships Week.

Special congratulations go to **Jake Barnes** and **Joshua Ripley**, both with offers to study Medicine at Cambridge in September, and to **Adam Arnfield**, who has an offer to study Philosophy, Politics & Economics at Oxford.

The selection process at these universities is very taxing both intellectually and emotionally and it takes a huge level of courage to step forward for this challenge. Well done!



Learning: How many hours a week should Sixth Form students be doing?

In average, Sixth Formers should be doing around **35-40** hours of lessons and independent work per week.



- The majority of Year 12 students are engaging with remote learning enthusiastically and with impressive dedication and determination to succeed. We are in awe of their resilience!
- The same can be said of most Year 13 students, and my heart goes to them at these difficult times. We acknowledge that the uncertainty about the A Level examinations in summer is causing some concern. As you know, the Government has conducted a consultation to gather views on the proposals for how the grades will be awarded. At the moment, we have the same questions as you. We hope that we will know the answers to all our queries soon.
- **What we do know is that the students still need to stay focused and motivated to achieve good grades.** Teachers will need to gather evidence from various pieces of work to support the estimation of a grade as students will not be taking external examinations in the traditional fashion.
- We do not yet know what evidence is required and we are aware that some students are putting themselves under tremendous pressure. The best thing that they can do is to continue attending and engaging in all lessons and completing the work set. Students should not worry that every piece of work will count towards the final grade. **We improve by making mistakes and they need to continue to take risks in their learning as this is how they will make progress.** All students will have every opportunity to prove themselves and achieve the best grades they deserve!

The best approach to Learning... *...In Medio, Virtus.....*

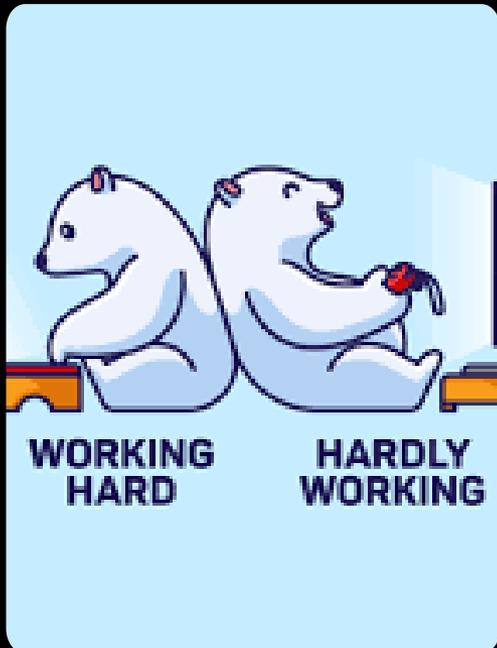


The balance between working hard and hardly working is one I have always struggled to strike.

Similarly to many, I tend to stay at the two extremes, either overindulging or overworking; usually with little time spent in the crucial middle. Whilst this system does not have many immediately apparent issues, after all, you get all your work done on time, right? its deceit is cleverly disguised: feel that you're working too hard? Take a break for a week! Realise it's actually been two weeks and you still haven't done anything? Start working... who needs to sleep anyway! You clear all your work and you're thoroughly exhausted, the cycle restarts and yet you feel you've missed something...

The middle ground, the best of both worlds; effective working and relaxing. Albeit less thrilling, this path is a sustainable solution that will not fail to keep you, and certainly your future-self, grateful for your current efforts.

With the extension of remote schooling, the importance to continue to manage stress and find ways to deal with the Sixth Form workload, is paramount. I hope that you can all find your own middle path and continue to strive forward over the next six weeks.



Christian D'Souza, Year 13

The disruption to your sleep schedule might leave you distracted and impair your **MEMORY** the next day.



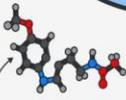
A poor night's sleep caused by smartphone light can make it **HARDER TO LEARN**.



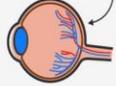
Over the long term, not getting enough sleep can lead to **NEUROTOXIN** buildup that makes it even harder for you to get good sleep.



People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **DEPRESSION**.



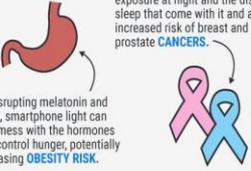
There's some evidence that blue light could damage our vision by harming the **RETINA** over time – though more research is needed.



Researchers are investigating whether or not blue light could lead to **CATARACTS**.



There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate **CANCERS**.



By disrupting melatonin and sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **OBESITY RISK**.



Are you up for the screen free challenge?

We challenge you to complete 10 of the following activities – starting 26th January 2021 ● No laptop ● No phone ● No PC ● No Xbox ● No PS ● write a little diary and pass it on to AML for the next Newsletter.

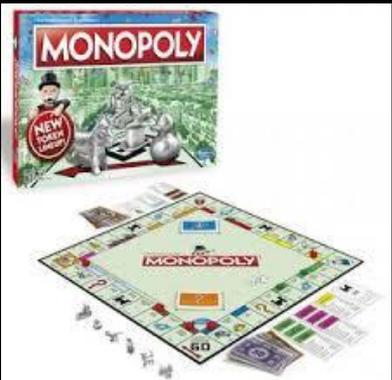
Can you do it? Get household members to take picture of you on their phones completing the challenges below or complete an 'MV mini journal' documenting your day.

<p>TO START: Wake up at a good time ready for the day ahead</p> 	<p>NEXT: Make your mini journal – you'll surprise yourself at how easy it is!</p>  <p>Bake! Put your bake off skills to the test by trying a new recipe and testing it on your family. If it's successful, recommend the recipe to Miss Johnson, she'll create a file of them ready to support the MacMillan World's Biggest Coffee Morning in September.</p>	<p>It's TIME to UNPLUG</p> <p>Explore Wonder Experience Play Connect Live</p> 	<p>Go for a WALK. Push yourself, STRIDE and blast those cobwebs away!</p> 	<p>Make yourself a healthy breakfast and enjoy having time to eat it.</p> 	<p>Play a board game with your siblings.</p> 	
<p>WHO DO YOU THINK YOU ARE? Draw up a family tree. How many generations of grandparents can you go back to? Observe their names? Where did they live? What were their jobs?</p> 	<p>It's the annual RSPB Big Garden Birdwatch from 29th -31st January. Sit somewhere quietly and get watching for the birds that frequent your garden. If you suddenly become a novice twitcher, sign up and join in at the weekend!</p> 	<p>Keepy Uppy! How long can you go for? Already the King or Queen of Keepy Uppy? Try using a tennis ball instead or throw in some hip moves to wow your friends post lockdown!</p> 	<p>Contact a friend or relative you haven't seen for a while. Speak to them, DON'T text!</p> 	<p>De clutter your bedroom and redesign your living space. Sit back and RELAX!</p> 	<p>Hand write a DIARY ENTRY of how lockdown is making you feel and what you are up to. Pop it in an envelope, seal it and place it somewhere to read in a year's time.</p> 	<p>Do you have a MUSICAL instrument at gathering dust? Not played since Year 9? Provide you family with an impromptu concert (after some practice of course...!)</p> 
<p>Pamper your pet! Groom, walk, play ball. You and your pet will benefit!</p> 	<p>WRITE a card or letter to someone who has helped you since this lockdown started and post it to them.</p> 	<p>Get in touch with nature: Take a NATURE WALK in your local area and look closely for signs of spring. This can be plants, animals, birds, insects.</p> 	<p>GET CREATIVE! Draw, model or make something.</p> 	<p>Learn a new skill which DOESN'T require a YouTube video for instruction</p>  <p>Practice some YOGA</p>	<p>Make life easier for someone else in your home. Offer to do some household jobs, make the lunch or perhaps just offer a cuppa!</p> 	<p>FINISH: Wow! Epic effort! How do you feel? Write up, draw or cut and stick images into your journal and post to us. Or, if you've got pics, pop them on a powerpoint and email. We'll be selecting our favourites and putting them into a prize draw for some fabulous surprise doorstep deliveries!</p> 

During lockdown and with school closure, It will be important for friends to stay in virtual contact with each other as long as interactions are friendly and supportive – students must avoid an unhealthy overreliance on screen time in all of its guises. Too much screen time has very negative effects on physical and mental health and it disrupts sleep patterns as well. Variety is key: exercise, reading a great book and learning a new skill are all suitable ways of avoiding the sheer monotony of a TV and computer screen.



“Screen-Free Challenge” by Ben Birdseye



• On Saturday the 30th of January I took part in the screen-free challenge. At first, I wondered how I was going to fill my day whereas usually I stare at my phone for most of my waking hours.... according to my parents! Lacking motivation, I enlisted my brother to also do the challenge with me and to start of the day we went and walked our dog. This seemed like a good idea until we stepped onto the field behind our house and felt the wind. It was Baltic. However, we endured and had a brisk walk around the flooded fields. Once home, I quickly turned down playing Monopoly. We settled on cards and after a few games my brother wanted t to move on (probably tired of losing). He decided he wanted to learn how to juggle, a skill which I knew how to do so I began to teach him. Very quickly we hit a barrier as I am right-handed, and he is left-handed with no hand-eye coordination. Once he could complete a few repetitions we put it to one side just in time for lunch.

• Over lunch we tried to think of things to do which is when we decided to go and workout in the garage. This is something we do every day but never together. As it was a Saturday, it was leg day. After lots of squats and leg extensions we had whittled away two more hours. Only a few more to go. It was at this point in the day when my brother does the newspaper puzzles and he spared me a sudoku to do. I quickly got it wrong and proceeded to fill all of the boxes in with black ink. After supper, I cooked my lunches for the next few days (chicken and rice) as I find meal prepping quick and convenient way for having a good diet. After that, I flicked through a National Geographic magazine and decided to have an early night.

• I have to say I struggled a bit without screens for a day. Lockdown didn't help, as I use devices to contact my mates and talk to people other than the family....after all, there's only so much weather we can talk about. Once things have gone back to normal or are closer to that point, I feel this challenge would be much easier and less laborious.

“Screen-Free Challenge” by Liam Tear

- The day started at 8 AM. Instinctively, I reach for my phone, but stop myself as I remember the challenge I set for myself. Went back to sleep. I was startled by my mother barging into my room, “It's 11:30, you said you were getting up early!”. This was a very poor start to the day.
- The first challenge I decided to complete was to listen to music. I soon realised this was impossible, however, since I had to use my phone to connect to my speaker. Fortunately, my Alexa came to the rescue and allowed me to play music without a screen.
- Secondly, I sat down with my mum to discuss what it was like to be a teenager through the 80's, and it honestly sounded pretty awful, and I'm glad to have access to digital methods of communication these days!
- Next, I played with my dog and did some arts and crafts, making another cut-off shirt to add to the collection.
- Then I made a chocolate cake, which wasn't a good idea, since everyone else in the house is on a diet and so they are now all angry with me!
- Tidying up my room and hoovering the whole house, ticked 2 more boxes/challenges.
- I looked out the window for about 5 minutes and there were no birds (bird-watching???not for me!), so I spent some time with my parrot instead, which was much more entertaining.
- Here I decided to adapt some of the tasks given to me in order to fit more of them in my schedule. Instead of yoga, I did some ab exercises, and instead of running, I jumped some rope (the latter burns 16 calories per minute compared to 11 calories a minute when running 😊).
- The hardest part of the day came when my brother Jake rang me to see if i wanted to play a game on VR with him, which i explained to him i couldn't, to which he wished me luck!
- In the evening I decided to re-attempt my front flip, which took only 3 attempts, all of which ended much better than when I tried learning the first time (<https://www.youtube.com/watch?v=s-eGSSOLgmw>).
- Overall, having no screens for a day has made me quite productive, however, this is because of the sheer boredom of having nothing else to do. It also made homework impossible to do since it is all on TEAMS. But it has reinforced the idea that spending long periods of time scrolling through social media does reduce one's productivity significantly.



Welcome to the Sixth Form Gallery



Winner Hannah Wilkins
'Stanley'



Honourable mention
Noah Elkin
'Rox'



Honourable mention
Keshav Gupta
'Friendship'



Mr Wise's special
commendation
Liam Tear
'Mini golf'



Raees Malik
'Bro..'



Harry Howard
'friendship'

Hannah Wilkins is the winner... she can put her photograph onto either a mouse mat, keyring or coaster. As you can see Stanley is a very good boy, if those eyes don't demonstrate devotion and friendship, then what does?

Due to the huge amount of interest and submissions into the competition, I will be running this again, so if you want to have your image immortalized in a keyring, coaster or mouse mat email your images to myself on the theme of **'my favourite thing on toast'**. **Mr Wise, Head of Art**

ACADEMIC COMPETITIONS

- <https://www.divinity.cam.ac.uk/study-here/open-days/filmcomp>
- <https://robinsoncollegemusicsociety.co.uk/outreachprojects/>
- [Newnham Essay Prizes – Newnham College \(cam.ac.uk\)](#)
- [Classics and Ancient History Essay Competition 2020/21 | St John's College, Oxford](#)
- [History essay competition | History | The University of Sheffield](#)
- <https://www.chch.ox.ac.uk/research-and-academia/enter-tower-poetry-competition>
- <https://www.supremecourt.uk/student-writing-competition.html>

WORK EXPERIENCE

- [View/id/1075](#)
- <https://www.s4snextgen.org/Opportunities/View/id/1149>
- <https://www.s4snextgen.org/Opportunities/View/id/1111>
- <https://www.parliament.uk/business/commons/about-the-house-of-commons/careers-and-work-experience/>
- <https://www.hsbc.com/careers/students-and-graduates/student-opportunities/uk-work-experience-programme>
- <https://surreyandsussex.nhs.uk/working-for-us/work-experience/>
- <https://www.springpod.co.uk/>
- <https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>
- <https://www.storyhouse.com/young-storyhouse>

EMPLOYMENT & APPRENTICESHIPS

- <https://www.ucas.com/events/discover-apprenticeships-exhibition-387746>
- https://www.ibm.com/uk-en/employment/entrylevel/#Futures_12_Month_Placement_Scheme
- <https://careers.willistowerswatson.com/early-careers/apprenticeships/#toggle-id-1>
- <https://www.bt.com/careers/early-careers/apprentice>
- <https://www.notgoingtouni.co.uk/>

OTHER EVENTS

- <https://targetcareers.co.uk/career-sectors/public-sector-and-charity/330-would-a-career-in-the-armed-forces-suit-me>
- <https://targetcareers.co.uk/career-sectors/public-sector-and-charity/328-how-do-i-get-into-the-armed-forces>
- https://www.channeltalent.co.uk/events/list/?tribe_paged=1&tribe_event_display=list&tribe-bar-search=interactive+schools
- <https://learnliveuk.com/partner/raf-careers/>
- <https://extinctionrebellion.uk/>
- <https://www.ice.org.uk/news-and-insight/latest-ice-news/ice-inspiration-series-16-18s-tomorrows-engineers>
- [Book Events and Open Days Now | University of Law](#)
- <https://summerschools.suttontrust.com/>
- <https://nptel.ac.in/courses/106/102/106102220/>
- <https://www.independent.co.uk/extras/indybest/books/fiction-books/best-uplifting-books-feel-good-fiction-amazon-lockdown-a9463736.html>
- https://www.sportengland.org/jointhemovement?fbclid=IwAR0Chc1TmVrEo3qptT39uNyQEOW97xfhkB1hXi-pyxyezBOewqUC6_lf6Nk
- <https://www.stem.org.uk/nuffield-research-placements>