



Sixth Form Bulletin **18th March 2022**

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Year 12 Progress Checks

Students received their Progress Checks on Monday during tutorial. They have been asked to complete a Personal Development Plan based on their current progress. From next week, we will use these to start implementing support plans for Year 12 students.

Assemblies

Well done to Delphine in 12W for her wonderful assemblies to Year 7 and Year 8 on International Mother Language Day. IMLD is a celebration of the different languages that are spoken around the world, and we should embrace our own and other cultures.

Comic Relief and Ukraine

A huge thank you to our Year 12 Prefects for their successful Red Nose day fundraising activities at break and lunch today. It was fantastic to see the school community getting together to raise money for two very important causes.

World Sleep Day

Today, Friday March 18th is World Sleep Day. We all know that quality sleep leads to a well rested mind. Sixth form is a stressful and busy time, so we need to ensure that our students are getting a good night's sleep on a regular basis. 16-18 year olds need between 8-9 hours of good quality sleep in an evening. Here are some tips:

- Having a regular time to go to sleep and wake up.
- Having a predictable and consistent nighttime routine.
- Making sure children and young people are in natural daylight for at least half an hour—particularly in the morning.
- Making sure young people get enough exercise during the day.
- Avoiding caffeine, particularly in the afternoon.
- Turning off computer screens or other devices at least an hour before bedtime. Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy.
- Having low lighting and a quiet space in bedrooms.
- Avoiding checking devices, particularly in the middle of the night.
- Supporting children and young people to develop positive coping strategies for regulating their emotions and managing their stress levels.

Sixth Form Dress code reminders:

- Smart uniform - including footwear
- PE Kit only worn for days with practical lessons
- No coats in the building and definitely not in lessons
- No air pods or phones visible in communal areas including the canteen

Students not wearing the correct uniform will be sent home to change.

Time Management workshop

Mrs Harvey ran a time management workshop for Y13 students which outlined a range of strategies that could be adopted to support them in the lead up to exams. We hope that this supportive measure will complement the intervention work that is happening across all subjects. This workshop will be delivered to Year 12 as they prepare for their end of year exams.

Year 13 end of year plans.

The Student Executive team delivered a great assembly to present the details planned so far to the year group, regarding the yearbook, hoodies and a leavers' event planned for Monday 27th June at Pinewood Hotel. Google forms have been sent to the year group to ask for information or preferences, to help finalise plans which will be shared in tutorial time next week.

We will be holding a leavers' assembly on the afternoon of Friday 20th May. Students will not have any lessons that morning and can come in fancy dress. Following the assembly, refreshments will be served in the quad after school for an hour.

Yr 13 Study Leave

- Students must attend as normal, including tutorial and study periods until Thursday 19th May.
- From Monday 23rd - Friday 27th May, unless in an exam, students do not need to attend tutorial time, but should attend all lessons where they have not sat the exam.
- From Monday 6th June students will be advised via Google Classroom about any revision lessons running before exams. Coursework-only subjects may have other deadlines but all details regarding arrangements will be communicated to students by their teachers.

Year 13 Summer exam information

Students have been issued with a paper copy of their summer exam timetable. It is vital that they check this carefully and notify Mrs Harvey by email of any omissions or clashes. A weekly revision plan with all the exams listed has been shared with each student via the Year 13 Information Google Classroom. Students are expected to personalise this document to plan revision leading up to the exams. A copy of this timetable can be found [here](#). A summary of the Advance Information published by exam boards can be found [here](#).

Year 13 Easter Revision / Intervention School

Some subjects will be running revision / intervention sessions over the Easter break. Invitations will be sent out early next week and all invited students should make every effort to attend.

Term dates

Please use this [link](#) to see the school term dates.