

my LISKEARD SIXTH FORM

Newsletter

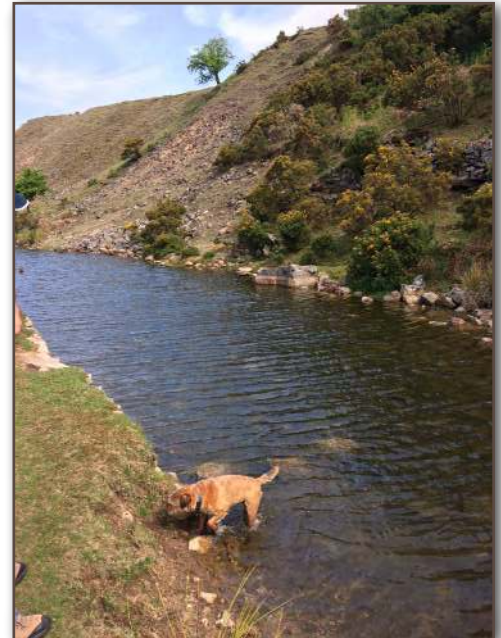
Message from the Sixth Form Team

Have you downloaded the **STRAVA** app yet?

I have finally got around to downloading it and so have recorded two Tozer walks over the weekend. The alpacas have had a hair cut and the peacocks have escaped from Caradon Town and are enjoying their new found freedom.



Tozer likes to dunk himself in the water when he gets hot but won't swim as that's far too much energy!!



TED TALK CHALLENGE

Here's my challenge to us – myself included.
Can we watch 10 Ted talks between now and half term. Any topic you like – use that spare 15 minutes to watch something that might pique your interest in something new.

<https://www.ted.com/talks>

It doesn't have to be subject specific – some of these are certainly thought provoking.

https://www.ted.com/talks/pamela_meyer_how_to_spot_a_liar?referrer=playlist-the_most_popular_talks_of_all&language=en

https://www.ted.com/talks/david_blaine_how_i_held_my_breath_for_17_minutes?referrer=playlist-the_most_popular_talks_of_all&language=en



Year 13



Time ticks on for making decisions and applying for finance.

It is now time to accept your University place. Most of you will have the option to Firm - your first choice (CF) and Insurance - your backup choice (CI) in case you do not meet the requirements of your first choice. If anyone wants to chat this over, I am in the office this week and can phone you. Send me an email if you want to discuss your choices and I will get back to you.

Remember, your insurance should have lower grades than your firm choice.

UCAS deadline to accept offers is now - **18th June 2020**

Note: this is an extended **external deadline set by UCAS**. Failure to meet this deadline will mean you will lose all your offered university places.

To accept your offers you will need to log into **UCAS Track** and follow the steps.

Please watch the video on the link below for more information before making your final choices.

<https://www.ucas.com/undergraduate/after-you-apply/types-offer/replying-your-ucas-undergraduate-offers>

Year 12



Many universities will be starting online talks. Start thinking about where you would like to go and watch some of these. Check your emails regularly as I will be forwarding the links to you over the next few weeks.

UniTasterDays is another useful website to have a browse through. There are lots of useful links here.



<https://www.unitasterdays.com/ut-tuesdays.aspx>

Speakers for Schools - Virtual Talks programme

The complete schedule for students is found on the website

<https://www.speakersforschools.org/>

Some of this week's speakers include:

Monday 11th May, 2pm

Joe Twyman

Co-founder and Director of Deltapoll

Former Head of Political and Social Research, YouGov

Between Iraq and a Hard Place: Living and Working in a War Zone

Tuesday 12th May, 10am

Simon Mellor

Deputy Chief Executive – Arts & Culture, Arts Council England

What types of skills and qualities do you need for a career in the creative sector? Simon Mellor, Deputy Chief Executive of Arts Council England will explore with students the range of skills employers look for and the wide range of roles available in the sector.

Wednesday 13th May, 10am

Lady Nicola Mendelsohn

Vice President for EMEA, Facebook

Lady Nicola Mendelsohn will be joining SFS to discuss how she got to work at Facebook and her top tips for career success for young people.

How to access VTalks

No logins are required and all attendees can stream the talks without downloading Microsoft Teams. Links should be opened in a browser that is not Internet Explorer. Students can view by clicking WATCH TALK LIVE HERE and then clicking 'Watch on web instead' and sign in anonymously. The speakers will appear at the set times e.g. 10am and 2pm.

Thought for the week:

Last week was a bad week. Lots of things seemed to conspire against me and I was really, really, really fed up. I couldn't shift my mood. I stomped up to the top of Caradon; that usually does the trick, but not this time. By the time I reached the top I was still so angry and fed up. Usually my bad moods last for about 10 minutes and then I can start lessening my bad mood by rationalising, logic and self-talk. Last week I couldn't and I didn't know why.

By Wednesday, I had enough of feeling like this as it was emotionally exhausting and I needed this mood gone. After dinner, Paul and I started talking through this and we chatted for about an hour, trying to identify the source or sources of the mood.

We eventually got there and I reached the point at which I could deal with said mood and it lost its grip and I could be free from it.

An emotional rollercoaster is never a nice thing to be on but it does come to an end. We need to protect our mental health during times like these as they are quite extraordinary. We can also learn a lot about ourselves and how we work.

Do not be afraid of hard times and moods but make sure you can talk through them and think through them. You don't have to accept them. Remember, we are manning the office if you need to phone/email for a chat. If you have a trusted friend and can talk to them, then do. Please do not suffer in silence.

“ Life has taught me I am not always in control. Life is full of experiences, lessons, heartbreak and pain. But, it has also shown me love, beauty, possibility and new beginnings. Embrace it all. It makes us who we are, and after every storm comes a clear sky.

Your truest friends
are the people who don't
walk out the door when life
gets hard. They actually
pour some coffee and
pull up a chair.



Road signs quiz - test your knowledge - Answers



- 1.
- a) End of speed limit
 - b) Clearway
 - c) No entry for vehicular traffic ✓



- 2.
- a) Level Crossing with gates ✓
 - b) Cattle Market
 - c) Gated Road Ahead



- 3.
- a) Oncoming traffic has priority ✓
 - b) Two way traffic
 - c) Oncoming traffic gives way



- 4.
- a) Minimum speed limit
 - b) Maximum speed limit ✓
 - c) Weight limit



- 5.
- a) All vehicles prohibited ✓
 - b) Mini roundabout
 - c) Compulsory bus stop



- 6.
- a) Slippery road
 - b) Overhead electric cables ✓
 - c) Double bend



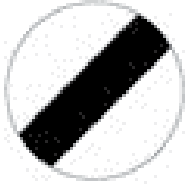
- 7.
- a) Falling or fallen rocks
 - b) Loose chippings ✓
 - c) Excessive spray



- 8.
- a) No double parking
 - b) No overtaking ✓
 - c) Priority over oncoming traffic



- 9.
- a) Level crossing without barrier ✓
 - b) No entry
 - c) End of motorway



- 10.
- a) National speed limit applies ✓
 - b) Road clear
 - c) No parking



- 11.
- a) One way traffic ✓
 - b) Single file ahead
 - c) Motorway direction sign



- 12.
- a) Accident ahead
 - b) Slippery road ✓
 - c) Loose surface



- 13.
- a) Cars and motorcycles prohibited
 - b) Vehicles crossing
 - c) No motor vehicles ✓



- 14.
- a) Uneven road ✓
 - b) Hilly area ahead
 - c) Hump back bridges



- 15.
- a) Narrow bridge ahead
 - b) Road narrows on both sides
 - c) Dual carriageway ends ✓



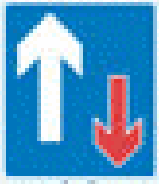
- 16.
- a) Buses and taxis turning
 - b) One way system
 - c) Mini roundabout ✓



- 17.
- a) No cycling ✓
 - b) Cyclists only
 - c) Compulsory route for cyclists



- 18.**
- a) Direction to airport
 - b) Low flying aircraft ✓
 - c) Aircraft crossing ahead



- 19.**
- a) Priority over oncoming traffic ✓
 - b) Two way traffic ahead
 - c) One way street



- 20.**
- a) No left turn
 - b) One way only
 - c) Turn left ahead ✓



- 21.**
- a) No through road ✓
 - b) Lane closed
 - c) Dangerous T junction ahead



- 22.**
- a) Quayside or riverbank ✓
 - b) Swing bridge
 - c) Deep ford



- 23.**
- a) Pedestrian crossing ahead ✓
 - b) Footpath only
 - c) Footpath ends



- 24.**
- a) No pedestrians
 - b) Pedestrian crossing
 - c) School crossing patrol ✓

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