

# my LISBKEARD SIXTH FORM

## Newsletter

### Happy Monday to all

We are all creatures of habit. This is so exemplified by Tozer. In the mornings, when we are out he just snoozes. However, as we get nearer to the time we all usually get home from work he jumps onto the sofa so he can look out of the window.



He recognises the car and sits up, eager for us to walk through the door.

We then get a mad few minutes as he goes crazy in excitement that we're home and that means walk and food, but not necessarily in that order.

For me, getting out for a walk after work is part of my routine to look after myself. To be effective, I need to take time out for me and that is not being selfish. I use my walks to think through situations and problems (sometimes a maths problem that I am working on), as well as just enjoying being outside.



## Year 13

### **Have you all applied for student finance yet?**

Applications for student finance can be made here:

<https://www.gov.uk/student-finance>

The Student Loans Company has updated their guidance for prospective students to include guidance for those whose academic year is extended because of the coronavirus outbreak and for migrant worker student applicants.

The guidance can be found here:

<https://www.gov.uk/guidance/guidance-for-current-students>

**Any problems, please contact the office.**

### **BY APPOINTMENT ONLY...**

We will be inviting you in by appointment in groups of 3 or 4 to bring back your lanyards, locker keys and any books that you may have. Kirsty will be emailing you with a date and time. It will be lovely to see you and catch up on how you are doing. If you can't make the date, please give Kirsty an alternative date and time.



## Year 12

### **It was so lovely seeing some of you this week!**

You seemed really uplifted by being able to discuss and have a face to face lesson again. You will find that this should help boost your motivation for work.

**If you are still struggling with work, please let us know by phone or email and we will contact you.**

For those that haven't yet been in, here's the instructions:

You will need to line up along the spacing that runs past the common room and has been marked out for this purpose. You will enter through the blue gates so that your temperature can be taken and hands sanitised. Once that has happened, you will go to your room for your options lessons. We will be on hand to answer any

queries and will be around after lessons end too.

Remember, there will be no study periods and your sessions will run from 9 am to 12 noon in the designated room. During your day, you will remain in that location and during the breaktime too. You will need to bring in a drink and a snack as you will not have time to go offsite.

Here are the timings of the day:

9.00am - mini tutorial (catching up with how you have been and how you are feeling)

9.15am – session

10.30am - break

10.45am - session 2

12.00pm - end of school

Here is the overview of lessons being taught each day. You will only do one subject daily.

<b>Week Starting</b>	<b>Day</b>	<b>Option Block Subjects</b>	<b>Subjects</b>
<b>22nd June</b>	Thursday 25th	<b>C</b>	Art, English Lit, Maths (NNH), PE
	Friday 26th	<b>D</b>	Chemistry, History, Maths (CLO), Health and Social Care

<b>29th June</b>	Thursday 2nd	<b>E</b>	Biol, Human Biol, F Maths, Drama, Media, Prod. Design
	Friday 3rd	<b>A</b>	Geography, Physics, EP and Textiles

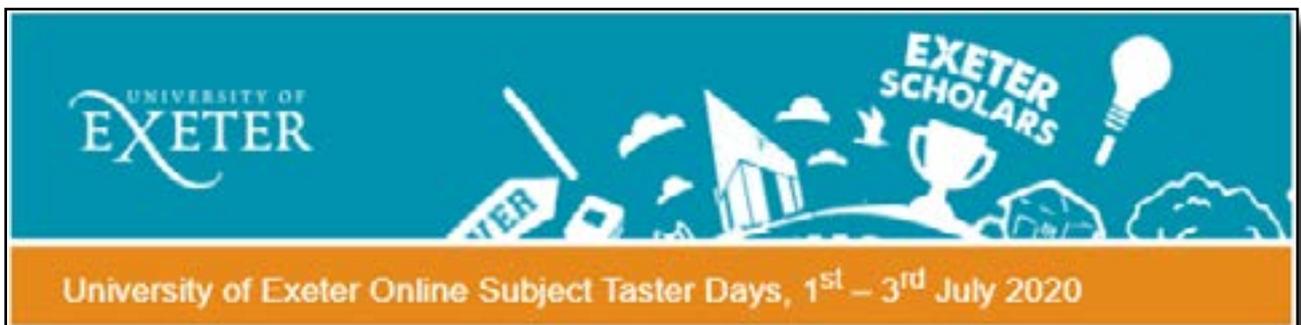
<b>6th July</b>	Thursday 9th	<b>B</b>	Business Studies, English Lang, Photography
	Friday 10th	<b>C</b>	Art, English Lit, Maths (NNH), PE

<b>13th July</b>	Thursday 16th	<b>D</b>	Chemistry, History, Maths (CLO), Health and Social Care
	Friday 17th	<b>E</b>	Biol, Human Biol, F Maths, Drama, Media, Prod. Design

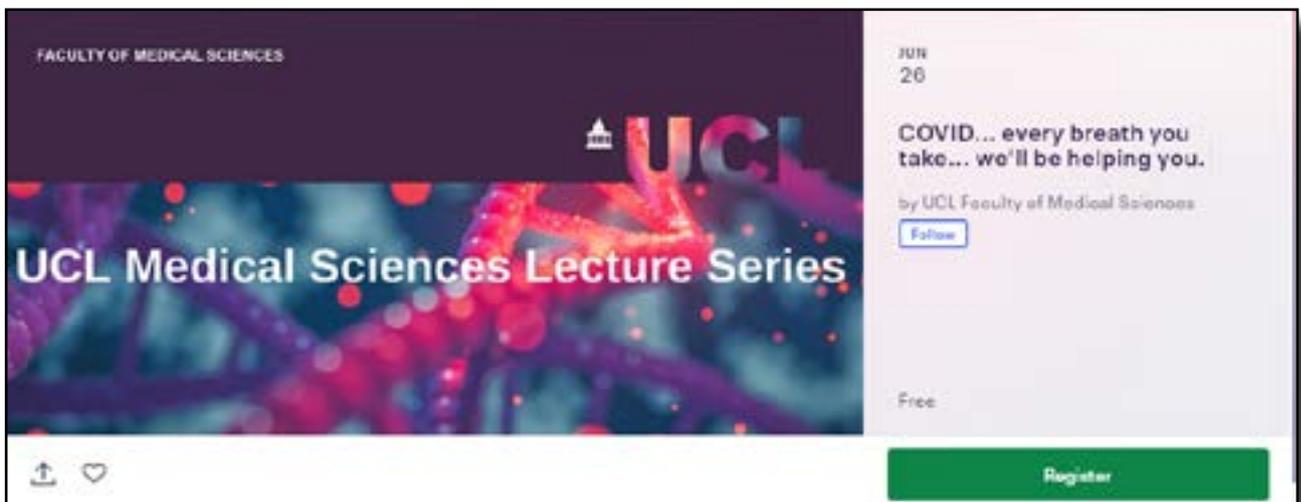
## UCAS and researching universities

Over the next few weeks, we will be doing small group tutorials with you to take you through registering with UCAS. These will take place on a Thursday or Friday afternoon and we will try and link it with a day that you were already due to come in. You will need to do your own research as next term, we will embark on writing your personal statements for your courses. Normally we would be visiting universities this term but instead you need to be looking at the virtual tours and visits that have been on offer.

Many universities will need you to sign in for their virtual taster days and we will email out those links as they come in, for example Exeter University taster days are 1-3 July.



For anyone interested in medical sciences, here's an opportunity for you to listen in on current research, but you will need to register.



[https://www.eventbrite.co.uk/e/covid-every-breath-you-take-well-be-helping-you-registration-109042077790?aff=SchoolsWP&fbclid=IwAR1JuNSgzH6P1hKzvpnd5ZBO\\_VLhhmTVY8gmWFoLOUYb7gNjrfiUGMQpiUk](https://www.eventbrite.co.uk/e/covid-every-breath-you-take-well-be-helping-you-registration-109042077790?aff=SchoolsWP&fbclid=IwAR1JuNSgzH6P1hKzvpnd5ZBO_VLhhmTVY8gmWFoLOUYb7gNjrfiUGMQpiUk)

There are also podcasts you can listen to and I will send that list out as a separate attachment as it is quite long.

## Black lives matter

Our society suffers from systematic and systemic racism. Sounds harsh...but only to us who are white.

Here's an article that was on the BBC news recently.

<https://www.bbc.co.uk/news/uk-england-london-53097628>



*Neomi Bennett: "I was just sitting in a car, minding my own business...it scared the life out of me"*

*British Empire Medal recipient Neomi Bennett overturned her conviction for obstructing police.*

[www.bbc.co.uk](http://www.bbc.co.uk)

Literature can also highlight these issues and how our society deals with them. We cannot just ignore this because WE are not affected by these. They are our problems too.

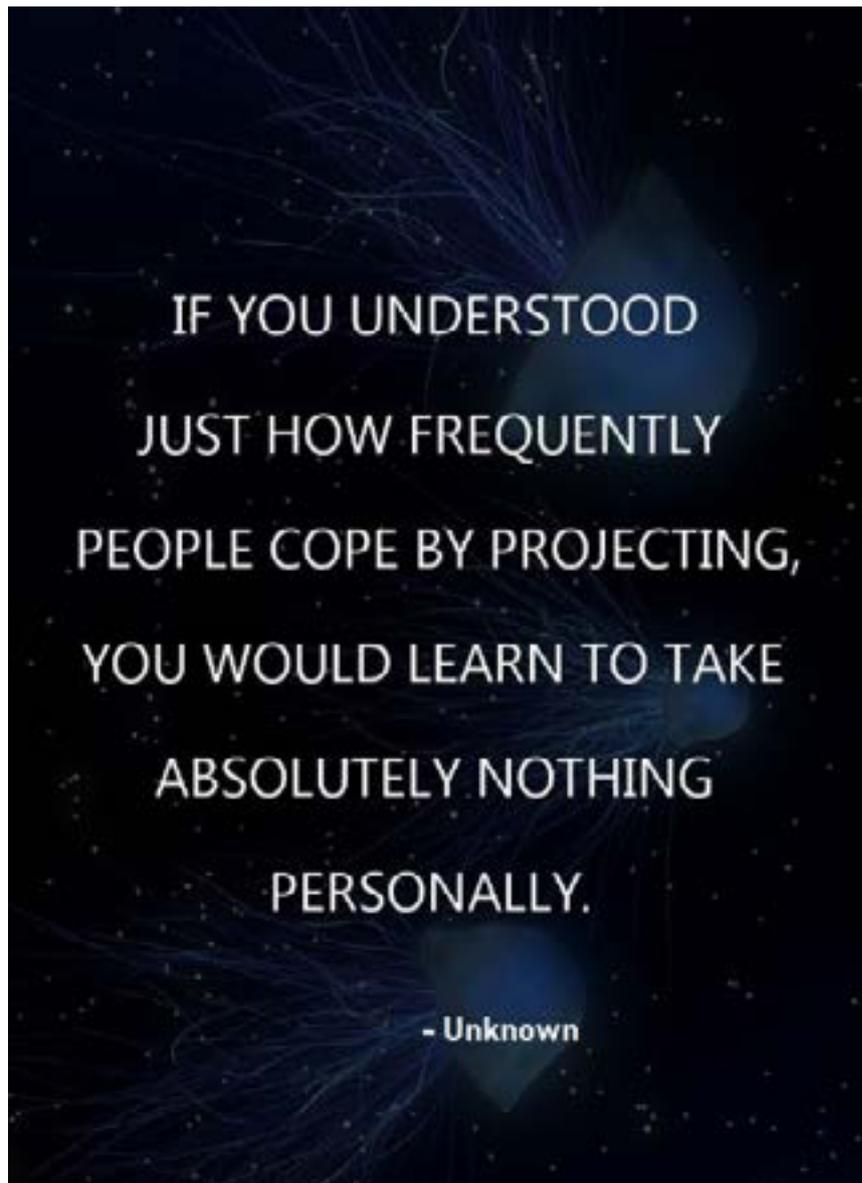


I recently watched a series called "Little Fires Everywhere" based on the book by Celeste Ng.

I really enjoyed it and it illustrates beautifully the systemic racism that has been brought to light in the recent weeks. It was also very entertaining and I would thoroughly recommend watching it.



## Thought for the week



Sometimes we are offended by things others say or do. However, we need to remember that many individuals are struggling with this time. It can make us snappy, grumpy, maybe even argumentative.

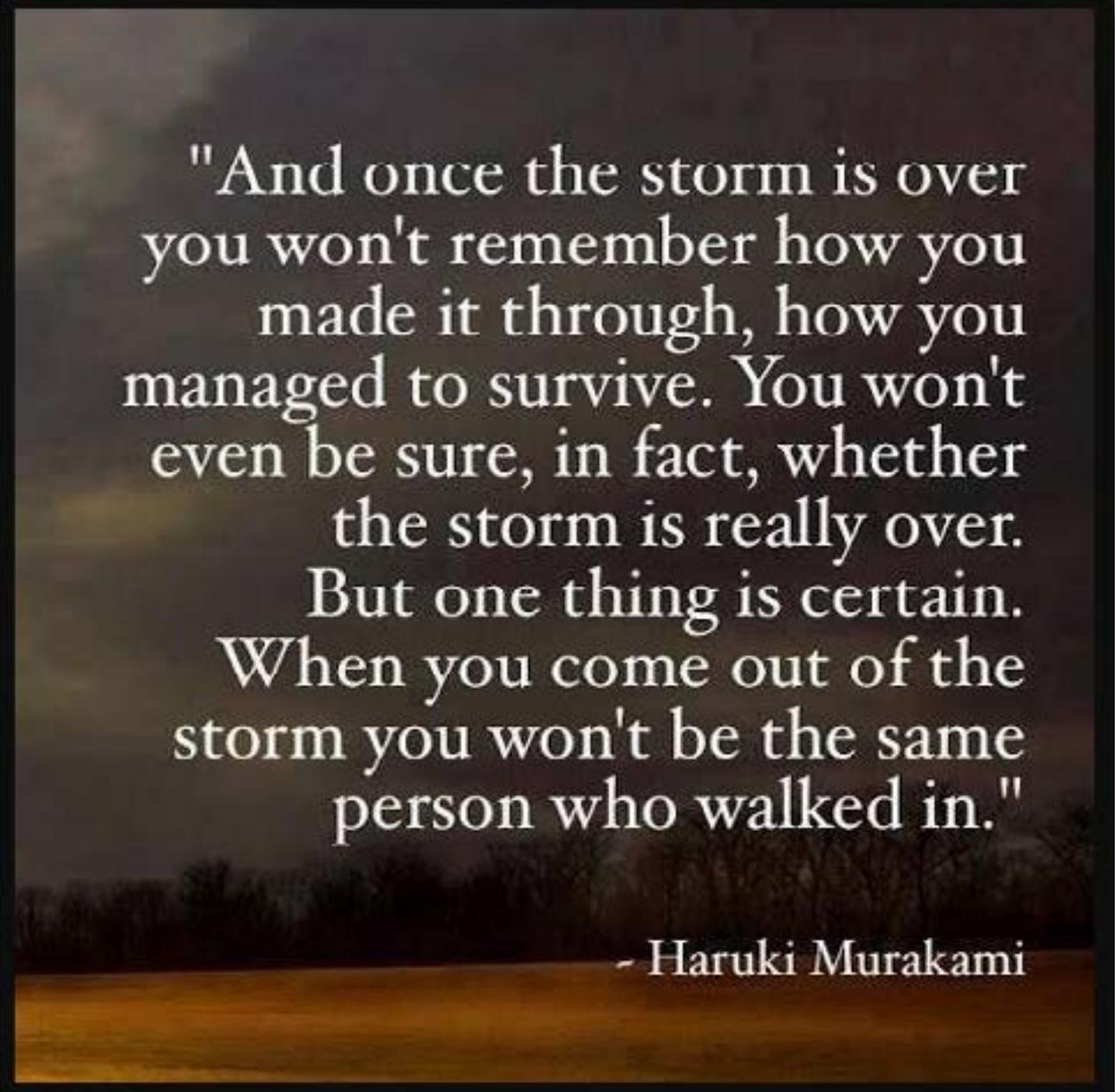
There is also a sense of loss, isolation and loneliness that many are feeling. These feelings can come upon us and overwhelm us at times. We are not always good at identifying this and saying so. However, we are good at something called projectionism. This is when we put our own issues onto something external as a way of deflecting what is going on with us.

If someone has a go for no apparent reason, then don't react but take a moment to reflect – was that justified?

If not, then the question to ask is "Are you alright?" rather than taking it personally.

I will give you an example; my mum had a real go at me yesterday for not phoning her (when I phoned her...) – my answer to this was "Are you OK – you're not sounding your usual self?" It then opened up the opportunity for her to tell me what was going on and how she was really feeling.

This difficult time shall pass and we will get through it. We will have learnt a little bit more about ourselves and we will have survived an unprecedented time in modern society. We all will have changed, let's make sure it is for the better.



"And once the storm is over  
you won't remember how you  
made it through, how you  
managed to survive. You won't  
even be sure, in fact, whether  
the storm is really over.  
But one thing is certain.  
When you come out of the  
storm you won't be the same  
person who walked in."

- Haruki Murakami

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