

# my LISKEARD SIXTH FORM

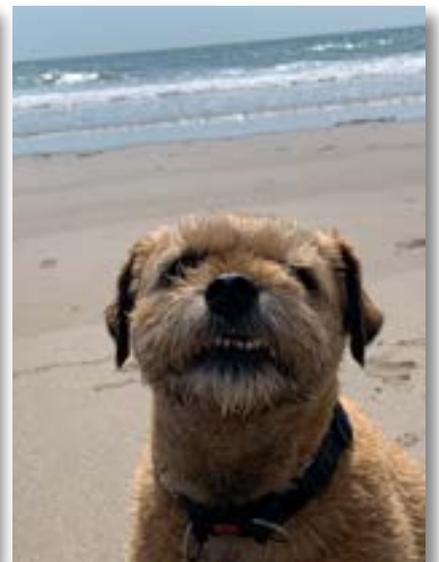
## Newsletter

**Happy Monday to all.**

We decided to take Tozer on a little trip this week and so we went to the beach.



Living next to the moors means that we can walk Tozer without having to drive anywhere and so it is a treat for him to go to the seaside. Although Tozer isn't the greatest thalassophile, he certainly enjoys running around on the beach and cooling off in the pools. However, he will not go in the sea under any circumstances!



## Year 13

Don't forget to let Kirsty know if you can't make it.

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



The invites have been emailed out to you and we are looking forward to seeing you and catching up over a cuppa.

Do remember to bring in your lanyards and any textbooks or equipment that you need to return. We will make sure it gets to the right department.

If you can't make the date, please email Kirsty with an alternative date and time.

## Year 12

***We so enjoyed catching up with you this week and we know your teachers did too.***

There are three weeks left now. Can't believe where that time has gone. Here is the overview of lessons left.

Please make sure you check in to your online lessons as well. They will be running alongside your actual lessons in school.

*If you are having any study issues, then please pop into the office for a chat – we are there to support you.*

Week Starting	Day	Option Block Subjects	Subjects
<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 (PNL), Health and Social Care, Psychology
	Friday 17th	<b>E</b>	Biol, Human Biol, F Maths, Drama, Media, Prod. Design

## **UCAS REGISTRATION**

We need you all to be registered for UCAS before the end of term. This actually only takes about 10 minutes so after your lessons this week, please come into the common room and Mrs Fry will take small groups (8 or so at a time) into the quiet room and get you registered.

**It is vital that everyone does this whether you are thinking of university or another route after sixth form. This will be a central point for your personal statements and exam information.**

## **Researching Universities**

Well done to those who have been attending the virtual open days. During this time, please make sure you check your emails daily as we will be forwarding any that could be of interest to you.

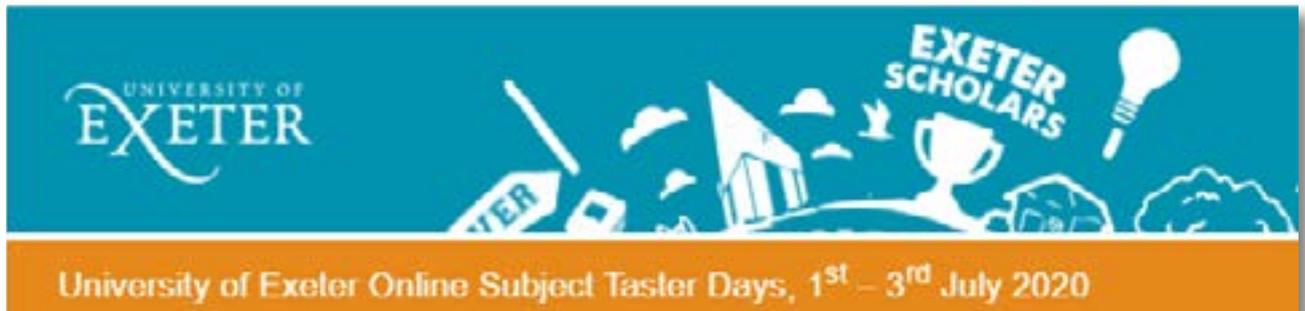
Keep doing your research as next term, we will embark on writing your personal statements for your courses.

We will be supporting you with this as it does take a while to get the statement

right. There will be a few drafts before it is finished. I am hoping that we may be able to have the ambassadors down from Exeter University to run a couple of workshops but that will be confirmed nearer the time.

*Don't forget, many universities will need you to sign in for their virtual taster days and we will email out those links as they come in.*

Exeter University taster days are 1-3 July.



## **Black Lives Matter**

*Have you ever heard of Jane Elliott. I had not heard of her until this week, until someone posted this on Facebook. It is a very short clip but very thought provoking.*

<https://www.facebook.com/watch/?v=1371301393065526>

Known as the million dollar question, it hits hard at the centre of systemic racism.

Jane is famous for the blue eyes brown eyes experiment which she first conducted the day after the assassination of Dr Martin Luther King. It is well worth reading about.

This was on BBC News this week.

<https://www.bbc.co.uk/news/av/world-us-canada-53188117/so-confused-officers-realise-their-costly-mistake>

How would we feel if this happened to us I wonder? We may even think that this would never happen to us. If we do think this, then let us ask ourselves, " Why would it never happen to us?"

*In order to change, we have to face the uncomfortable and work through it. We have the strength to do this, do we have the desire?*

## Thought for the Week

Sometimes you  
have to accept the fact  
that certain things will  
never go back to the way  
they used to be.

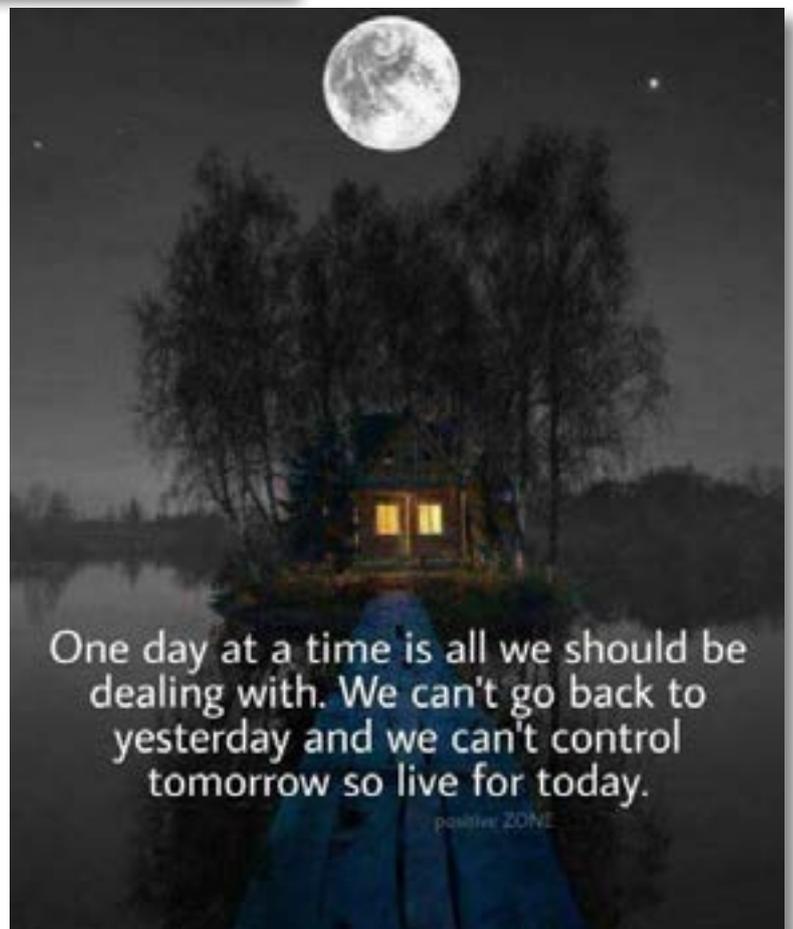


Here's a question for you – how much of a control freak are you? I ask myself this question more frequently now, since we have been on lockdown, than I have ever asked before.

I like things to be right and I am a creature of habit. I am really quite pedantic when it comes to detail and can be a bit of a perfectionist. If I ask a question, it's because I want an answer and it is very irksome to me if the answer is not forthcoming for whatever reason. Those of you reading this may have already recognised some of my character traits...

*I believe lockdown has helped me re-order stuff in my life – hopefully for the better. I have read more books and have had the time to enjoy taking Tozer out on long walks (submitting you all to photos of his escapades...) I have enjoyed having more time to relax whilst at home, rather than constantly working all hours.*

More importantly, I have let go of trying to keep such a tight rein on everything. If something doesn't go to plan, I have realised that it's OK. I have challenged myself to go



One day at a time is all we should be dealing with. We can't go back to yesterday and we can't control tomorrow so live for today.

positive ZONE

with the flow much more. No longer can we just nip to Morrisons for something in our usual rushed state. Lockdown has caused us to slow down and take time for ourselves and for others. We need to concentrate on the important aspects of our lives.

Take time for one another – a 5 minutes conversation is better than none. Send a text to someone you haven't seen in a while and let them know you are thinking of them. It is in the little things that we can show someone we care.

We will still have challenges and work to complete though but it needs to not consume us. Sometimes the enormity of the task can threaten to overwhelm us but we need to remember that we climb a mountain by taking one step at a time. I will give you an example.

Last summer I went with a friend on a walking holiday to Spain. I had done a lot walking in preparation for this. Early on in the trip, I had really badly blistered feet and even standing was so incredibly painful. We would start walking and I would have to concentrate on being just 100m down the road. This was because I knew that I would then be in my rhythm and the walking would become easier, in a strange way. Then I would focus on our morning coffee stop and getting to that point. Small targets throughout the day meant that I achieved the distance and made it to my hostel for that evening. I didn't focus on the whole journey of 250km but broke it down into manageable chunks for each day, sometimes as small as 100m.



We completed our journey, having learnt much about ourselves and having supported one another. We were delighted to have made it to Santiago del Compostela.

*You can all achieve your goals but they may need careful planning. We can help you do this and we can encourage you. A setback doesn't mean you won't succeed – you just need to not give up but ask for help if necessary and keep going. You will achieve.*

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