

# my LISKEARD

## SIXTH FORM

### Newsletter

#### Message from the Sixth Form Team

It would appear that the UK's obsession of buying toilet roll and dried pasta is coming to an end; we actually managed to buy some lasagne sheets on Friday!



Hopefully by now you are all getting used to staying home except for exercise. I am pleased that we don't live in a city as we can all find a green lane to walk down (even in Liskeard). It is vital to go for a walk once a day. Your mental health will thank you.



#### *Here's Tozer social distancing*

If you have to go to the supermarket, please follow the government's advice regarding **social distancing** to reduce the spread of the virus. In the coming weeks, the priority of all of us should be to keep safe, look after our families and help in any way we can within the community to protect lives and support NHS workers on the frontline.

*The common room has been deep cleaned and the fish say hi.*



Here's some useful advice that I found.

## 5 THINGS TO DO WHEN YOU'RE STAYING HOME

1. *Have a daily routine*
2. *Only watch the news twice a day AT THE MOST*
3. *Write down any worries in a notebook/journal/piece of paper*
4. *Make sure you do exercise every day*
5. *Phone a friend/relative every day.*

Stay safe, Stay well, Stay home.

## Accessing School Work

**Show My Homework** is the main platform for accessing school work from your subject teachers. Please log in regularly. We are aware that some teachers are also using **Microsoft Teams** to post work to you. If you have any difficulties accessing school work, please email your teachers.

## Latest information from the Department of Education

What we do know

- All A level /BTEC exams for the Summer 2020 series have been cancelled
- Year 13 students will have A level / BTEC '**calculated grades**' from teacher assessments, whole-school historic achievement and individual student's prior attainment. The 'calculated grades' will be **moderated externally** by exam boards to ensure the grade distribution follows a similar pattern to previous years so that no student is disadvantaged in these extraordinary circumstances. **Please remember that the grade teachers submit is not guaranteed to be the grade you receive. It is only one piece of information that exam boards will use to calculate your grade.**
- Year 13 'calculated grades' are expected to be released before the **end of July 2020.**
- **Year 13** students studying for **AS exams** will also be awarded a calculated grade.
- Year 13 students will have the option to sit an **exam in 2021** if you are unhappy with your 'calculated grade'.
- No controlled assessments tasks (**NEAs**) can be completed by students at home. We know no more than this!

## What information we are still waiting to hear

- **Dates** of the 2021 exams – we still await information about when and how this can happen for those who opt to take an exam, if unhappy with their calculated grade.
- If students opt to sit **exams in 2021**, will these grades override any Summer 2020 'calculated grades'? e.g. if students opt for an exam in 2021 and the result is lower than the 'calculated grade' – which grade would stand?
- **BTEC National** coursework. Centres are continuing with coursework, as we have not received any information on this.

## Liskeard Sixth Form advice

- All Year 13 students keep working at home to **study / revise the subject specifications**, in case you opt to sit the 2021 exams.
- All BTEC students continue with **coursework**.
- All Year 13 students undertake **wider reading** to prepare for University undergraduate courses. Look up the Year 1 content for your chosen university course and start reading around the topics. More advice to follow on this.
- Be reassured that Liskeard Sixth Form will provide as much **support** as we can over the coming period.

Links to Government and exam board guidance:

[BTEC Nationals](#)

[GCSE/AS and A Levels](#)

[AQA advice on awarding grades](#)

## UCAS Information

### Year 13

To Firm & Insure your university's offers, the original deadline of 5th May has been extended by two weeks to the **new deadline of 19th May**. This will give you more time to consider all your options and information available.

Many universities are now hosting a series of **live link ups** and a variety of other ways to keep in touch and support their prospective students. This includes support on a variety of topics and providing study techniques and activities to help applicants prepare for University. Please visit your intended university websites and explore all the fantastic resources available to you.

## Year 12

It is pleasing to hear so many of you are working hard and already submitting work to a high standard. It is worth noting that teachers will soon be writing your **individual UCAS subject references** which will make up your Tutor Reference on your UCAS application and I am sure they will consider your aptitude to independent learning (a key university skill). Keep up the good work and remember, you are on two year courses.

### **Useful links to support your Health & Wellbeing**

Mental Health support : [Young Minds](#)

Physical activities: [Sport England : Join the Movement](#)

Musical activities : [Song sheets for those with instruments](#)  
[Activities for those without instruments](#)

Interested in trying out a bit of theatre?

Theatre tickets are often expensive but every Thursday at 7pm on Youtube the National Theatre is allowing free access to a performance filmed on stage live (at the time). Check out April 02 'One man, Two Guvnors'. Funny and uplifting starring James Corden from Gavin and Stacey fame. If you need a gentle introduction into theatre, this is the play for you! A family play, too.

[https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?fbclid=IwAR2Be-fswN9x\\_61safdXChshrtT87xVNEXa2QyjAHBfHC0Adp9feH26pSwk](https://www.timeout.com/london/news/the-national-theatre-is-going-to-stream-a-free-play-every-thursday-night-032620?fbclid=IwAR2Be-fswN9x_61safdXChshrtT87xVNEXa2QyjAHBfHC0Adp9feH26pSwk)

### **Thought of the Week**

Students are like footballers now - just because there are no games doesn't mean they stop training! School students are not the only people who are caught in this limbo. For example, you are all now in the same position as professional footballers!

All football activity has been suspended until further notice, but players have been told to remain professional and to follow their training programmes for however long they may be isolated.

One Director of a premier league club had this to say: "We have given specific training and nutrition programmes to the players. We keep reiterating to the players '**this is not a holiday, this is not a break.**' You are

professional athletes. You need to **keep yourself in condition** to be able to hit the ground running again. We all know that if you are off for a certain amount of time, at the end of the season, when you come back you will need a six-week period to get yourselves back up to speed. But this is **not** a period where we have said 'go home, put your feet up and relax'.

The players are **expected to do something every day** to keep themselves ticking over so when we do go back in, we will have missed a couple of games but they shouldn't need a full pre-season to resume playing football again. We'll test them when they come back and hopefully they realise they **need to be professional** enough to take it on board."

You need to be as professional as you can be by continuing to study.

Although we can't imagine this right now, we will eventually return to some kind of normality. We don't know exactly when that will be, but it will happen, and we must remember this because it gives all of us a reason to keep going and look forward to the future.

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