

my LISKEARD SIXTH FORM

Newsletter

Message from the Sixth Form Team

In true Star Wars style:

Another week gone – it's amazing how quickly the days seem to go by. Make sure you are differentiating between weekdays and weekends so that it doesn't all blur into one. Remember, you can always contact us through email if you need to.

We hope you are all managing to stay fit and healthy by doing some daily exercise. It is also important to eat as well as you can and to sleep well too.

Tozer is loving all the extra walks and gets very excited when I mention that we are going out.

Picture 1 - Tozer's stopped snoozing on the sofa

Pictures 2 and 3 - Tozer's response to me saying walkies!



I think it's all the moorland raisins that he hopes to find whilst we are out.



From Mr Lingard...

I don't know if you've taken time to watch any of my assemblies I've sent out over the last 4 weeks. In the first, I talk about how we will look back at this period of time as a 'moment' in our lives. And when we reflect, how will we remember the experience? Have you shown courage, resilience or kindness? Some of you may have been looking after others; some of you may have tried something new or even raised money for the NHS or a charity. Whatever your circumstances and whatever you've been doing, please make use of the time. Doing nothing may be the easy option, and indeed there are times when we need to do nothing, but when we look back on our lives, we don't remember these moments. We remember the moments when we've made a difference to others, when we've pushed ourselves, when we have the courage to try new things and so on.

I really hope you are all well and staying safe. I, like your teachers, really miss you and miss being around young people in general. We miss the energy, the learning and the development we see when you're in school.

Best wishes,
Mr Lingard

Year 13

UCAS

Have you made your decisions yet and confirmed your offers?
Remember to look at the virtual tours of your universities to help your decision.

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.

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>

Have you applied for student finance yet?

You will need to apply for student finance even if you are planning to live at home for your first year.

Student finance loans are two-fold: one to pay for tuition fees and one to pay for your living costs.

Use this time to teach yourself how to cook on a budget, use the washing machine and other basic skills that you will need whilst at uni.

Year 12

We have already had three weeks of our Summer Term and we still wait to hear when schools will be able to reopen. In the meantime, it is really important that you do your best to keep up with the work set by your teachers. If you have any problems with motivation, why not set up an online study group with a couple of your friends. Remember the work being set is your college work and not just your homework so make sure you put in the time needed to fully understand it. Any problems then please contact your subject teachers by email.

Keep researching courses, apprenticeships and careers. I have been very pleased to hear of several of you who have been doing this already – well done.

Speakers for Schools - Virtual Talks programme



The complete schedule for students is found on the website <https://www.speakersforschools.org/>

Wednesday 6th May, 10am:

Retired Consultant Breast Surgeon and Breast Cancer Patient, Author, The Complete Guide to Breast Cancer.

Liz's talk with 11-18 year olds will focus on how to cope when bad things happen, developing resilience and self-care strategies during

difficult times and how setting goals can help.

Thursday 7th May, 10am:

Penguin Talks in Collaboration with SFS – The Squiggly Career. This talk will take place on the Penguin YouTube page via the link.

Authors of The Squiggly Career, Helen Tupper and Sarah Ellis, share practical tools, exercises and actions to help you grow in confidence, stay curious and ultimately prepare for, and enjoy, the squiggly world of work.

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.

The science of well being from Yale University

<https://www.coursera.org/learn/the-science-of-well-being>

This is Yale's most popular class ever and it is available free online. The topic is how to be happier in your daily life.

The screenshot shows the Coursera interface for the course 'The Science of Well-Being'. At the top, there is a search bar with the text 'What do you want to learn?' and a search icon. To the right of the search bar are links for 'For Enterprise', 'Log In', and a 'Join for Free' button. Below the search bar, the course title 'The Science of Well-Being' is displayed in large white text on a dark blue background. To the right of the title, it says 'Offered By Yale' with the Yale logo. Below the title, there are five stars and the text '4.9 5,697 ratings'. A small profile picture of Laurie Santos is shown next to her name and a 'TOP INSTRUCTOR' badge. At the bottom left, there is a white box with the text 'Enroll for Free Starts May 03' and 'Financial aid available' to its right. At the bottom, it says '2,332,280 already enrolled'.

Thought for the week

Being in lockdown has generated a whole host of emotions. You must give yourselves time to process them. In your households, there will be a huge mixture of emotions, ranging from worries (especially financially) to resentment to boredom and more. We must try to remain considerate to one another during these difficult weeks but also we must give ourselves time to think through our own emotional responses to these extraordinary times.

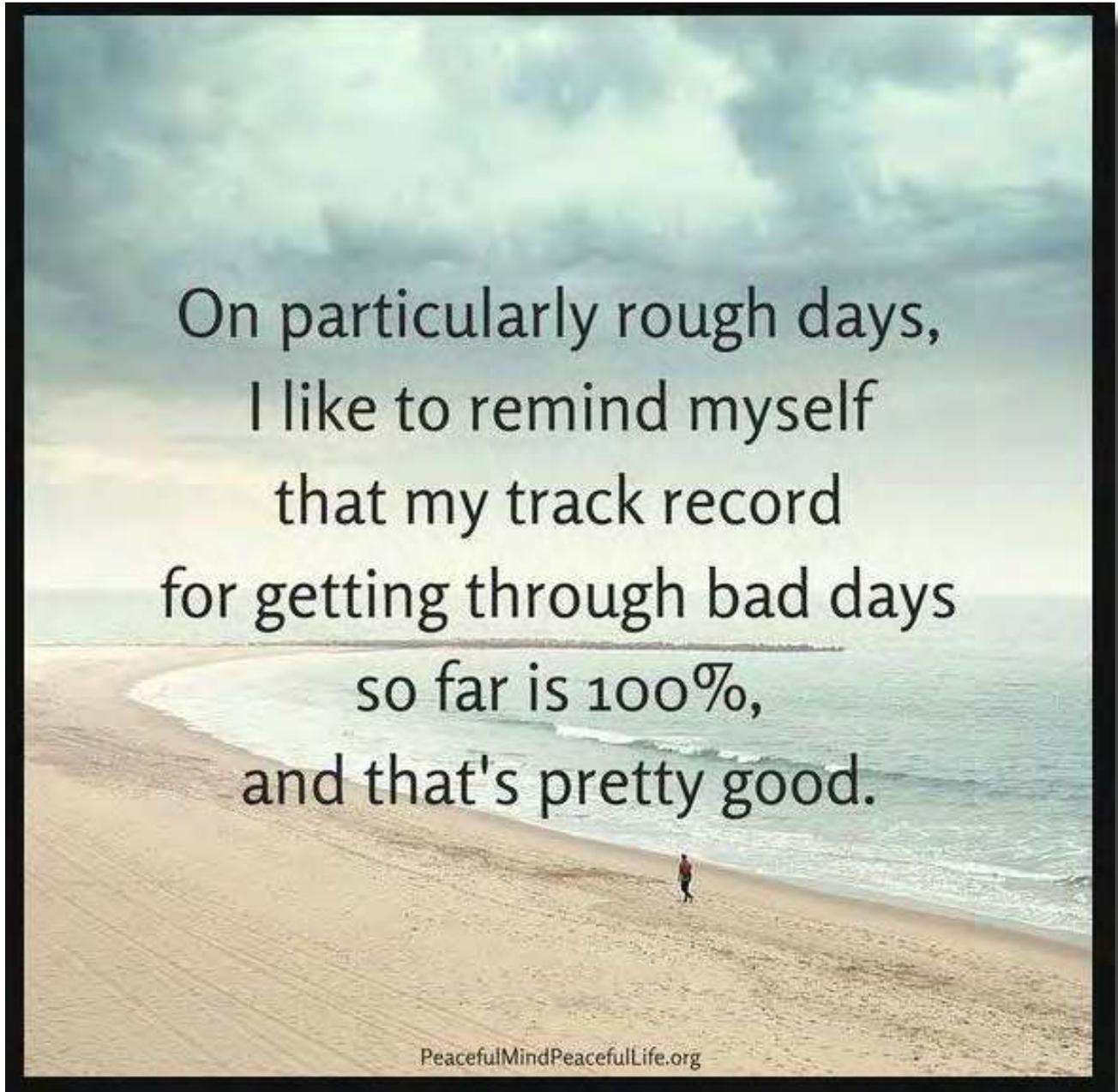
Our journey may be going through these five steps – can you identify with them?

- 1. Disbelief:** A profound sense of loss will trigger sensations of denial. COVID-19 has caused sudden loss of structure and social life, so the first emotion we experience is often disbelief that this is actually happening.
- 2. Anger:** Just as we feel anger when grieving the death of a loved one, it is normal to feel angry about the loss of normality and sudden upheaval foisted on us by the coronavirus crisis. It's important to relinquish anger to move on to the acceptance phase of the situation.
- 3. Sadness:** It's normal to feel sadness and other negative emotions during this time, and we must accept that despair can grip us at any stage in our lockdown journey. Tears should never be seen as a sign of weakness, rather as a natural reaction to shock and change. Notice your emotions, describe them to yourself or those around you, analyse what triggered them and let them go without judgment.
- 4. Acceptance:** When anger dissipates, we accept the reality of our situation and create new routines to give us a sense of energy and purpose.
- 5. Hope and optimism:** The final and most beneficial stage where we develop new skills and develop solutions to the challenges of life under lockdown.

To help ourselves through this, it might be worth considering the following,

Focus on the small things.

It may be wise, then, to spend less time trying to become happy, and focus more on the little things that make us happy.



And here's another thought to end on:

THE LIFE
IN FRONT OF YOU
IS FAR MORE
IMPORTANT THAN
THE LIFE BEHIND
YOU.

POSITIVE OUTLOOKS

Flag Quiz - Answers



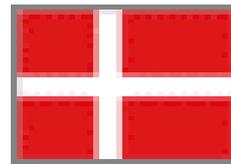
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Bulgaria



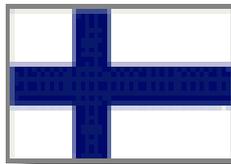
China



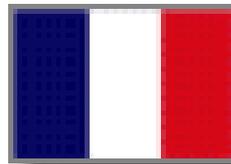
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Ethiopia



Finland



France



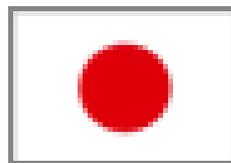
Hungary



India



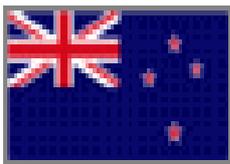
Jamaica



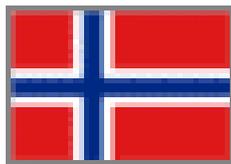
Japan



Kuwait



New Zealand



Norway



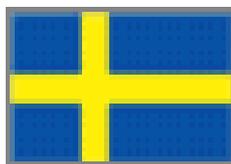
Poland



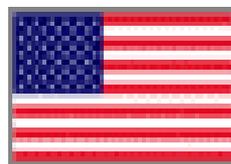
South Africa



Spain



Sweden



United States



Wales



Zimbabwe

**Liskeard Sixth Form
Liskeard School & Community College
Luxstowe, Liskeard
Cornwall PL14 3EA
Tel: 01579 342344**

**Email: sfoffice@liskeard.cornwall.sch.uk
Website: www.liskeard.cornwall.sch.uk**