

my LISTEN HEARD SIXTH FORM

Newsletter



Message from the Sixth Form Team

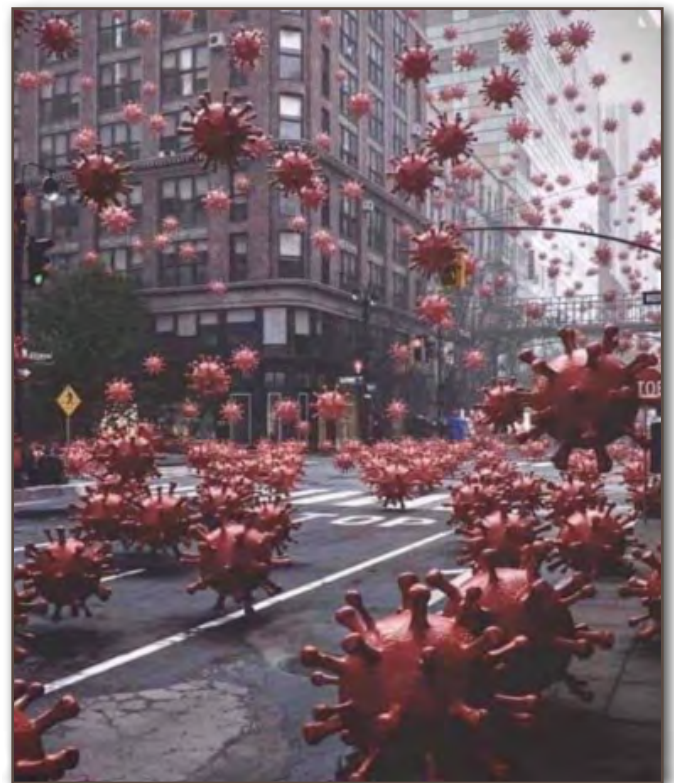
I hope you are all staying safe. There are lots of posts going around the internet at the moment but I quite liked this one.

Would you still go out if you could see it?

It is very frustrating for everyone at the moment but staying at home will really help to keep everyone safe – so please do.

REMEMBER THE 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.





Are looking for volunteers to help the elderly in our area. Please have a look at the website and see if you can help out.

<https://www.volunteercornwall.org.uk/coronavirusvolunteer>

UPDATE ON EXAMS

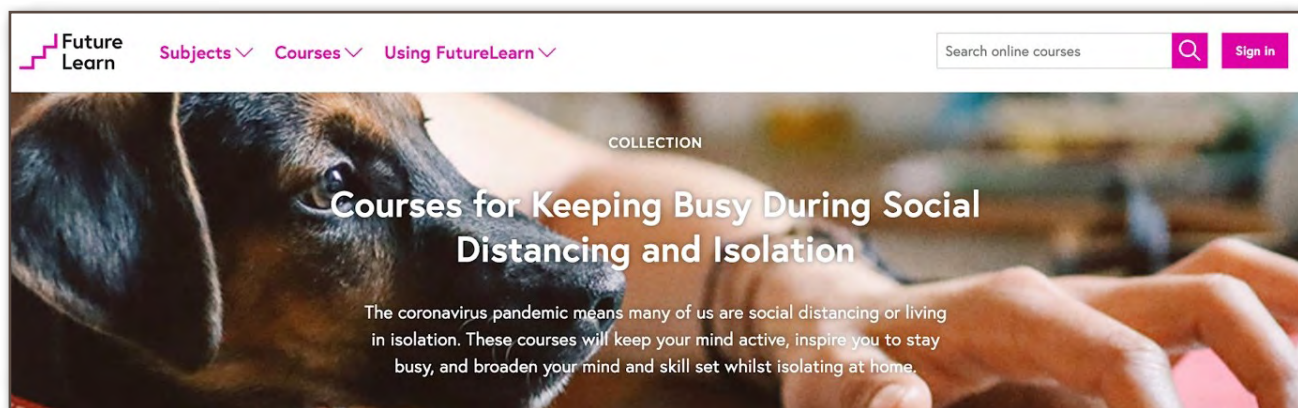
Ofqual issued some guidance last Friday which Mr Lingard sent out to you all. Here is a summary of the key points:

- Centres will submit predicted grades no earlier than the 29 May.
- Centres will also submit a rank order for each subject for the cohort.
- Details of standardisation are still to be established.
- Standardisation will most likely be based on expected national outcomes for the cohort, plus a school's historic pattern of attainment.
- Standardisation will not change the school's rank order. Schools with high-achieving candidates (e.g. all A* and A) will not be marked down.
- The current dates for the publication of grades still apply, but it's hoped that grades will be available a little earlier in August.
- An appeals process is yet to be finalised, along with opportunities for additional examinations early in the academic year.
- Predicted grades should not be shared with candidates or families under any circumstances.

There is still more information and guidance to come but please do not ask your teachers about your grades as they cannot say anything.

As soon as more updates are published, we will update you all.

IN THE MEANTIME, WHAT CAN YOU DO?



On a positive note, this unprecedented lockdown period provides an opportunity for using the time to develop yourself. Those going off to university - learn a new skill such as cooking on a budget. Find and trial some recipes you really like and start compiling a collection of them. Learn how to use a washing machine. You could read some books, watch some classic films rather than what you usually might watch, watch some Ted Talks, listen to interesting podcasts, or even complete an [online course](#) that interests you.

Try to avoid letting the time slip away, so when someone asks, '**What did you do during the closure?**' you have an interesting response.




Year 12 take note - we've provided some super-curricular ideas with this newsletter. Year 13 can also research what's on their chosen degree course and start learning the areas which interest you most. Many universities are stating that they are keen that Year 13 continue to study so they are ready when they begin university. Search out the relevant reading lists and find out if there is any pre-university work you could be doing.

IDEAS #Stayathome

Watch a Play

National Theatre Live will screen a NT Play every Thursday at 7pm. They will be available to screen for the following 7 weeks, It starts on 2nd April with James Corden in One Man Two Guvnors - <https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw>. The Royal Shakespeare Company has free full length broadcast here - <https://www.rsc.org.uk/education/teacher-resources/online-performances>.

Mrs Fry and I watched One Man, Two Guvnors and it was really very funny. Definitely worth a watch and it's free.

 <p>One Man, Two Guvnors Featuring a Tony Award-winning performance from James Corden as Francis Henshall in this hilarious West End and Broadway hit.</p> <p>Streaming from 7pm on Thursday 2 April. Available until 9 April.</p> <p>Find out more on YouTube</p>	 <p>Jane Eyre This bold and innovative reimagining of Charlotte Brontë's masterpiece uncovers one woman's fight for freedom and fulfilment on her own terms.</p> <p>Streaming from 7pm on Thursday 9 April. Available until 16 April.</p>	 <p>Treasure Island Robert Louis Stevenson's story of murder, money and mutiny is brought to life in this thrilling stage adaptation. Featuring Arthur Darvill as Long John Silver.</p> <p>Streaming from 7pm on Thursday 16 April. Available until 23 April.</p>
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Watch a Ballet

Every Friday at 7pm a full-length ballet will be broadcast by the Royal Opera House - <https://www.youtube.com/user/RoyalOperaHouse>. This week begins with Peter and the Wolf - <https://www.youtube.com/watch?v=vF8iuOW7BwA>.

Discover a new City or Culture

Explore the world's greatest landmarks, culture and arts with Goole Arts and Culture - <https://artsandculture.google.com/explore?hl=en>

Virtual Tour

Here are 12 of the world's greatest museums and galleries - <https://www.southernliving.com/syndication/museums-with-virtual-tours>

Explore London

All our best Museums and Galleries from Home

Museums - <http://museums/>

Galleries - <https://mumsdotravel.com/2020/03/how-to-explore-londons-top-art-galleries-from-home/>

Live Classical Music

Chamber music from around the world - <https://www.therestisnoise.com/2020/03/covid-19-live-streams.html>

Berlin Philharmonic - <https://www.digitalconcerthall.com/en/home>

Speak another Language

Learn a language for free - <https://www.duolingo.com/>

Languages

Try a Short University Courses from around the world - <http://www.openculture.com/freeonlinecourses>

SUPER-CURRICULAR ACTIVITIES

Year 12 – when you return, you will need to write a personal statement. Start investigating some activities that will enhance your application.

ATTEND A VIRTUAL LECTURE

Gresham College records all of its high-quality lecture programme - <https://www.gresham.ac.uk/>

MASSOLIT works with academics from the world's best universities to produce high-quality videos - <https://www.massolit.io/>

LONDON SCHOOL OF ECONOMICS (LSE) FREE LECTURES - <http://www.lse.ac.uk/Events>

Free Lecture programme and podcasts.

FUTURELEARN (MOOC) - <https://www.futurelearn.com/>

A range of short online courses to deepen subject knowledge through this amazing MOOC site (Massive Open Online Community). Very useful for stretch and challenge and a students' personal statements. Free to access and complete each course though there is an optional payment for a certificate.

UNIVERSITY OF WARWICK PODCASTS

A wide range of podcasts from politics to engineering - <http://www2.warwick.ac.uk/newsandevents/podcasts/media/>

MATHEMATICS FOR NATURAL SCIENCES WORKBOOK (UNIVERSITY OF CAMBRIDGE)

Pdf document to download full of maths problems - provided by Faculty of Mathematics - <https://www.univ.ox.ac.uk/applying-to-univ/resource-hub/>

UNIVERSITY OF OXFORD - 'EXPLORE YOUR SUBJECT'

Explore the resources or select a subject area such as Humanities or Social Sciences, followed by a specific subject (Classics, English, etc.) - <https://www.univ.ox.ac.uk/applying-to-univ/resource-hub/>

UNIVERSITY OF OXFORD READING BANK

A very attractively designed list of books to read with reviews and youtube clips - <https://www.univ.ox.ac.uk/applying-to-univ/reading-bank/>

MILLENIUM MATHEMATICS PROJECT

University of Cambridge provide this helpful site with ideas to explore mathematics in greater depth - <https://maths.org/webresources>

TEDTALKS

Great entry level strategy as students can simply search by theme and then watch a video - <https://www.ted.com/talks>

RADIO 4 PODCASTS - BUSINESS AND ECONOMICS

'Bottom Line' huge array of topics. 30 mins podcast with 2-3 people interviewed on a business theme - <https://www.bbc.co.uk/programmes/b006sz6t>

RADIO 4 PODCASTS – LAW

'Law In Action' - lots of podcasts on law theme - <https://www.bbc.co.uk/programmes/b006tgy1>

RADIO 4 PODCASTS – PSYCHOLOGY

'All In The Mind' - huge array of podcasts for those interested in psychology - <https://www.bbc.co.uk/programmes/b006qxx9>

RADIO 4 PODCASTS – MATHEMATICS

'More or less; behind the statistics' - themed podcasts which debunks statistics in the news by exploring the evidence - <https://www.bbc.co.uk/programmes/p02nrss1/episodes/downloads>

RADIO 4 PODCASTS – POLITICS

'Political thinking with Nick Robinson' - political journalist, Nick Robinson, explores various themes - <https://www.bbc.co.uk/programmes/p04z203l/episodes/downloads>

'Yesterday in Parliament' - kind of obvious really but great for politics students to keep up-to-date - <https://www.bbc.co.uk/programmes/p02s8yk1/episodes/downloads>

RADIO 4 PODCASTS - NATURAL SCIENCES

'Inside Science' - obvious theme - great for science students. Might be some good ideas for EPQ perhaps - <https://www.bbc.co.uk/programmes/b036f7w2/episodes/downloads>

RADIO 4 PODCASTS – PHILOSOPHY

'Moral Maze' - Accessible discussion about morality. Might be some good ideas for EPQ perhaps - <https://www.bbc.co.uk/programmes/b006qk11/episodes/downloads>

'The Public Philosopher' - Harvard philosopher Michael Sandel examines the thinking behind a current controversy - <https://www.bbc.co.uk/programmes/b01nmlh2/episodes/downloads>

RADIO 4 PODCASTS - SCIENCE

'Life Scientific' - Accessible interviews of scientists on current themes and new research - <https://www.bbc.co.uk/programmes/b015sqc7/episodes/downloads>

RADIO 4 PODCASTS – SCIENCE

'Putting Science to Work' - scientists work out how science can best be put to work to solve a pressing problem facing society - <https://www.bbc.co.uk/programmes/b06t1y3z/episodes/downloads>

RADIO 4 PODCASTS – HISTORY

'The Long View' - stories from the past are compared with current events. - <https://www.bbc.co.uk/programmes/b006s7d6/episodes/downloads>



RADIO 4 PODCASTS – GEOGRAPHY

‘Costing the Earth’ - fresh ideas from the sharpest minds working toward a cleaner, greener planet - <https://www.bbc.co.uk/programmes/b006r4wn/episodes/downloads>

RADIO 4 PODCASTS - COMPUTING AND TECHNOLOGY

‘Computing Britain’ - 75 years of UK computing history in developing the technologies we rely on today - <https://www.bbc.co.uk/programmes/b06bq6j1/episodes/downloads>

RADIO 4 PODCASTS - ART (includes painters and playwrights)

‘Only artists’ - two artists talk about their creative work - the conversation is free-flowing. Choose the pair talking - <https://www.bbc.co.uk/programmes/b08ltbhl/episodes/downloads>

8 things to remember when going through tough times.

1. Everything can - and will - change.
2. You've overcome challenges before.
3. It's a learning experience.
4. Not getting what you want can be a blessing.
5. Allow yourself to have some fun.
6. Being kind to yourself is the best medicine.
7. Other people's negativity isn't worth worrying about.
8. And there is always, always, always, something to be thankful for.

Messages of support for critically ill patients at Derriford Hospital

Write a message of support for the most critically ill patients who have no access to family or friends at Derriford Hospital.



Your message of support will brighten someone's day.

Either post it to us, drop it into Reception between 9.30am -11.30am or email it to Mr James at najames@liskeard.cornwall.sch.uk.

Remember to include the following on the front of your message:

- Your name
- Your age
- Our school name



kindness

Please complete these by Friday 17th April.

#TeamLiskeard

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