

w/c Monday 22nd February 2021

SIXTH FORM WEEKLY BULLETIN

THOUGHT FOR THE WEEK: "You will never know your limits until you push yourself to them."



Dear all,

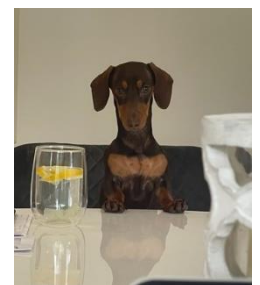
The end is in sight...Finally! I know you will be anxious to find out the plan for returning to school. Please see Ms Earle's [Headteacher briefing](#) on our school website for full details and note the following:

'We would like students in Years 12 and 13 to come in on Friday 5th March for testing only. Following their test, they should go home. Testing will be available from 8.30am until 2.30pm that day. Students must observe social distancing and wear a face mask at all times. Testing takes place in the Old Gym; students should come into school via the 6th Form entrance and sign in as usual.'

You will not need to wear business dress when you come to school on Friday 5th March for testing. There will also be no live lessons on this day, teachers will instead set work for you to complete at home.

All students in Year 12 and 13 will be back in school as normal from **Monday 8th March**. I understand that for many of you this will be an exciting prospect, but for others perhaps a daunting one. Please remember that we are here to support you, so please get in touch if you need to speak to a member of the sixth form team, or if you require any additional support.

Although I have enjoyed the company of my 'work from home' partner (see picture), I am looking forward to working across the desk from some real human beings. At least at school I am happy in the knowledge that my cup of tea is all mine!



We are very much looking forward to welcoming you all back to school on 8th March and getting back to business!

Have a lovely week,

Mr Keegan, Head of Sixth Form

GENERAL NEWS

GCSE Exam Certificates:

Year 12: When we are back at school, please collect your GCSE certificates from Mrs Pearson, if you haven't already done so.

unifrog

We are excited to launch our new careers platform with Year 12 students shortly – watch this space!



Instagram

Stay in touch!
@acsixthform

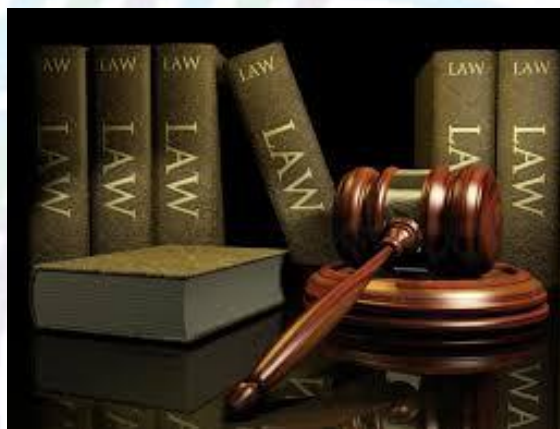
OTHER NEWS

Y12: Work experience:

Please continue to try and find a virtual work experience placement. Check the careers bulletin for opportunities: www.altrinchamcollege.com/latestnews/careers-bulletin-february-2021

If you can't get a virtual work experience placement in the sector that you want, then don't worry. Every student in Year 12 across the country will be in the same boat! Here are some ideas of things that you could do if you want to study **LAW** at university:

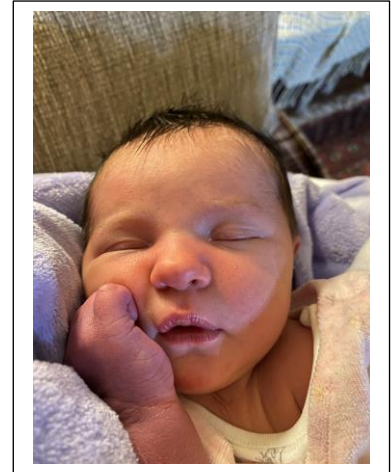
1. Watch a [Supreme Court Hearing](#). Here you can see how current and decided cases evolved and read judgement summaries. Tell us about what cases interest you and what you learn from your observations.
2. Research the work of the [Law Commission](#). Is there a particular area of law which fascinates you, if so why?
3. Read articles and law reports from the Law Review Magazines in the LRC. Is there anything that has surprised/challenged/inspired you?



Happy news!!



Congratulations to Isobel in Year 12, who became a big sister during lockdown when baby **Margot Grey** was born on 8th February! We hope you enjoy spending lots of time with the new addition to your family Isobel.



ENRICHMENT

Cookery

Both Mrs Pearson (Sixth Form) and Mrs Armitage (Finance) made Lemon Meringue Pie with their daughters during lockdown and it looks delicious! Here is the recipe if you want to give it a try:

Step 1 (the base)

175g digestive biscuits – place in a zip-lock bag and use a rolling pin to break up into crumbs.
75g butter – heat in a small pan until fully melted then add to the biscuits and mix together.
Pour biscuit contents into an 8inch loose bottom cake tin, pack down firmly and evenly then place in the fridge to chill for a couple of hours.

Step 2 (the middle)

Separate 3 large eggs – (keep the egg whites in a bowl until later)
Take 3 lemons and zest them with a box grater, add to the egg yolks.
Juice the lemons and add to the mix.
Mix the egg yolks and lemon zest & juice with 397g can of condensed milk.
Use a hand or electric whisk until you get a smooth custard like consistency. Take the chilled biscuit base from the fridge and evenly spread the lemon mixture out on top, use a silicone spatula to ensure all the mixture is used.

Step 3 (the meringue top)

Take the 3 egg whites and start whisking them with a hand or electric whisk in a really clean bowl. The initial whipped stage is “foamy stage”. This is when the egg whites have started to thicken and turn a light creamy colour. Tiny bubbles will start to appear creating a foamy consistency. Simply continue until stiff peaks form (tips stand straight). This will take 4 to 5 minutes total. Then add a teaspoon at a time of 175g caster sugar, mixing thoroughly between each teaspoon and ensuring not to add too much at once. This take another 5 minutes if done properly until all the caster sugar has been added.

Finally:

Use a tablespoon to add the meringue mixture to the cake tin, starting around the outside working in, until fully covered. Then take a thin skewer to make a circular design from the meringue peaks. Et Voila!

Ensure your oven is fully heated to Gas mark 5 and place in the centre of your oven for 15-20mins.



National Careers Week 2021

Join our lunchtime careers talks, from 22nd February – 5th March, with professionals from the following sectors:
Healthcare/Education & Childcare/Creative Arts and Media/Engineering/Legal/Sport/Manufacturing & Construction.

You'll find the joining details in your Teams calendar.



National Careers Week Talks



Join our Career Talks: w/c 22nd February & w/c 1st March!

Monday 22 February
1pm - 1.30pm

Sectors:
Creative Arts & Media
Medicine
Business
Education

Tuesday 23 February
1.30pm - 2pm

Sectors:
Legal
Education
IT
Business

Wednesday 24 February
1pm - 1.30pm

Sectors:
Education
Finance
Science
Business

Thursday 25 February
1pm - 1.30pm

Sectors:
Construction
Creative Arts & Media
Business
Healthcare

Friday 26 February
1pm - 1.30pm

Sectors:
Healthcare
Education
Fashion

Monday 01 March
1pm - 1.30pm

Sectors:
Legal
Police

Tuesday 2 March
1pm - 1.30pm

Sectors:
Education
Nursing
Government
Business

Wednesday 3 March
1pm - 1.30pm

Sectors:
Scientists from the drug company AstraZeneca!

Friday 5 March
1.30pm - 2pm

Sectors:
Healthcare
Creative Arts & Media
IT/Project Management

Please note there is no talk on Thursday 4th March

UCAS Careers Hour: 1st-5th March, talk every day at 14:00! Find out more:

www.ucas.com/ncw2021



Monday: Student stories: uni or apprenticeship?

Tuesday: CV writing workshop

Wednesday: Jack Parsons: Becoming an award-winning CEO in his 20s

Thursday: How to secure a school-leaver opportunity with Fledglink

Friday: How to ace interviews

National Careers Week Cont..

UA92 are also hosting virtual talks, with guest speakers including Kyle Walker, Phil Jones and Gary Neville! Sign up here: <https://events.ua92.ac.uk/careers-week-2021>

	BUSINESS MONDAY 1 MARCH	MEDIA TUESDAY 2 MARCH	DIGITAL WEDNESDAY 3 MARCH	SPORTS THURSDAY 4 MARCH
10.00	UA92 INTERVIEWS With Marnie Millard CEO	UA92 INTERVIEWS With Phil Jones	UA92 INTERVIEWS With David Muir	UA92 INTERVIEWS With Gary Neville
11.00	FOCUS ON YOUR FUTURE With TalkTalk	FOCUS ON YOUR FUTURE With Kyle Walker	FOCUS ON YOUR FUTURE With Manchester Digital	FOCUS ON YOUR FUTURE With Salford City FC
12.00	LUNCH & LIVE CHAT Via UNIBUDDY	LUNCH & LIVE CHAT Via UNIBUDDY	LUNCH & LIVE CHAT Via UNIBUDDY	LUNCH & LIVE CHAT Via UNIBUDDY
13.00	COURSE TASTER Business & Sports Management Accounting & Finance	COURSE TASTER Media & Journalism	COURSE TASTER Digital	COURSE TASTER Sports
13.45	EMPLOYABILITY Personal Brand	EMPLOYABILITY Interview Techniques	EMPLOYABILITY CV & Cover Letter Workshop	EMPLOYABILITY How to Set Yourself Apart from the Competition
14.15	STUDENT LIFE With Accounting & Finance student, Alex	STUDENT LIFE With Media & Communications student, Millie	STUDENT LIFE With Computer Science student, Lukman	STUDENT LIFE With Physical Education student, Reegan
14.45	MAKING CONNECTIONS With KPMG	LINKEDIN WORKSHOP With Microsoft	GOAL SETTING IN 2021	FINDING YOUR STRENGTHS

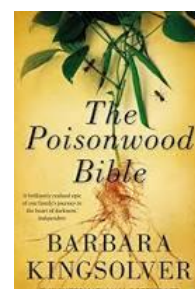
CLICK AN EVENT TO BOOK YOUR PLACE



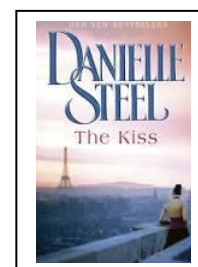
STAFF FOCUS: How much do you know about your teachers?!

This week, we hear from Biology teacher **Ms Noonan**:

- **Favourite Food:** Chinese food
- **Favourite Book:** The Poisonwood Bible by Barbara Kingsolver – reading is my favourite hobby, I could read all day long!
- **Who inspires you?** David Attenborough
- **Best App:** WhatsApp to stay in contact with friends and family during lockdown



- **Home Learning Tip:** Just move away from your screen between each lesson. It will lift your mood and increase productivity.
- **Claim to Fame:** I went to the same school as Robbie Williams!



AND from Drama teacher **Mrs Mrozinski!**

Favourite Hobby: going to the theatre

Favourite Book: anything by Danielle Steele - you can't beat a book about romance with a predictable happy ending!!

Biggest Inspiration: My Dad

Best home learning tip: PMA - positive mental attitude... you can do this! Apply it to everything and you will surprise yourself. No hurdle is too high. Sometimes you have to go around it to get there. Never give up! 'Life is like a rainbow you need both the sun and rain to make colours appear'.

Claim to fame: I was in a tv commercial advertising Edge Hill University when I was 20. I was the the face of Edge Hill university for a few years!

Surprising fact about me: I am a qualified aerobics instructor.

STUDENT FOCUS

Thanks to **Sian, Year 13** for volunteering to be this week's student focus!

Favourite food - Sunday Dinner, there is nothing greater than sitting down on a Sunday and eating a roast!

Favourite hobby: Reading. I am currently reading Always and Forever Lara Jean by Jenny Han.

Favourite book - The Shock of the Fall - it is such an amazing read.

Favourite subject - Psychology, it is so interesting, especially the criminology side.

Biggest inspiration - Myself, I know it sounds big headed, but I have come this far and in a world that is so confusing right now. I go to lessons and I look after myself - and for that I credit myself

Most used app – Tiktok...when I need a break that's where I go.

Best home learning tip - Look after yourself, your mental health is so important. I have learnt to turn everything off at 4pm and take time to myself, whether that is to watch a movie, colour or even talk to friends. It is so important to distinguish between school life and home life.

Plans for post-18? - Go to Liverpool University, study maths for 4 years hopefully and then to a PGCE to become a teacher.



HEALTH AND WELLBEING

Mrs Brennan's Wellbeing Tip of the Week:

A big part of anxiety is about asking the 'What If?' questions.

Stay focused on current worries – let go of some of the hypothetical worries. Hypothetical worries haven't happened yet and might never happen. We can deal with them when and if they become current and we have the ability to affect the outcome.

WHAT IF...?

SIXTH FORM KEY CONTACTS

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Mrs Parkins Careers Advisor aps@altrinchamcollege.com
Ms Diffley Designated Safeguarding Lead sdv@altrinchamcollege.com