

w/c Monday 1st February 2021

SIXTH FORM WEEKLY BULLETIN

THOUGHT FOR THE WEEK: "It's ok, to not be ok. Just don't give up."



Dear all,

The snow has well and truly returned to Keegan Towers this week, perhaps a reminder that it's too early to pack away the gloves and scarves! I have always loved the snow, it is a welcome break from the rain and dark winter months. I try to get up early and take a walk with Nelly in the untouched snow, there is something magical about the stillness and light. It is also nice to be in the warm with a hot choc, whipped cream and extra marshmallows. This week is Mental Health Awareness week - a quiet walk a day will really help to improve your mood and sleep quality. It reduces stress, anxiety and fatigue. A nice hot choc works wonders too!



Congratulations to all students for continuing to engage with learning remotely despite the challenging circumstances we find ourselves in. Attendance and engagement across both year groups remains excellent.

Thank you to everyone who took the time to complete the student survey last week. Your feedback will help us to evaluate and improve the remote provision. If you have any further comments, please email me directly.

The UCAS application deadline has now passed. Congratulations to those 54 students who have applied to go to university, we wish you the very best of luck with your application. I would like to thank Mrs Court for her amazing help and support in ensuring that your applications are the best they can be. This support is second to none, so a huge thank you Mrs Court!

A Virtual Work experience event for year 12 will take place next Tuesday 9th February. This is a fantastic opportunity for all students, especially as work experience is not looking likely to go ahead this year as normal. University admissions are still looking for experience on UCAS applications, so it is really important to engage in this event so you can evidence it on your personal statements.

As it is Mental Health Awareness week, please remember to take the time to look after your mental wellbeing and check in with yourself. Learning from home during a lockdown is not easy, you're all doing an amazing job. Please ensure you are sticking to a timetable and are taking regular breaks away from your laptops and computers. If you are struggling in any way, please contact a member of the sixth form team who will be happy to help.

Have a lovely week,

Mr Keegan
Head of Sixth Form

GENERAL NEWS

BURSARY STUDENTS:

You can still use your bursary awards during lockdown. Always check before purchasing anything to ensure it meets our criteria. If in doubt, contact Mrs Pearson: lpn1@altrinchamcollege.com

Y12 Work Experience:

Save the date!
Tuesday 9th
February, 9.25am-
12.30pm.

INSTAGRAM

Stay in touch with us via:
@acsixthform

OTHER NEWS

Y12: Post-18 options 1:1s

You will shortly receive a form to complete about your post-18 plans. Students who would like to find out more information or discuss their plans in person can arrange a follow up meeting with Mrs Court (university) or Ms Parkins (apprenticeships).

Y12: Work experience: Please read the letter about the compulsory virtual work experience day on your school email. Remember that in addition, you can also source your own virtual work experience placement. Please check the careers bulletin for further information:

www.altrinchamcollege.com/latestnews/new-careers-bulletin

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 **teaching or childcare** at university:

1. Have you helped to home school a sibling or have you taken on childcare responsibilities?
2. Plan and deliver a lesson to your household on a subject that interests you.
3. Interview a teacher or a child minder, via phone or video call, to find out what their job is really like!



Y13: Looking for an apprenticeship?

Apprenticeship vacancies can be found here:

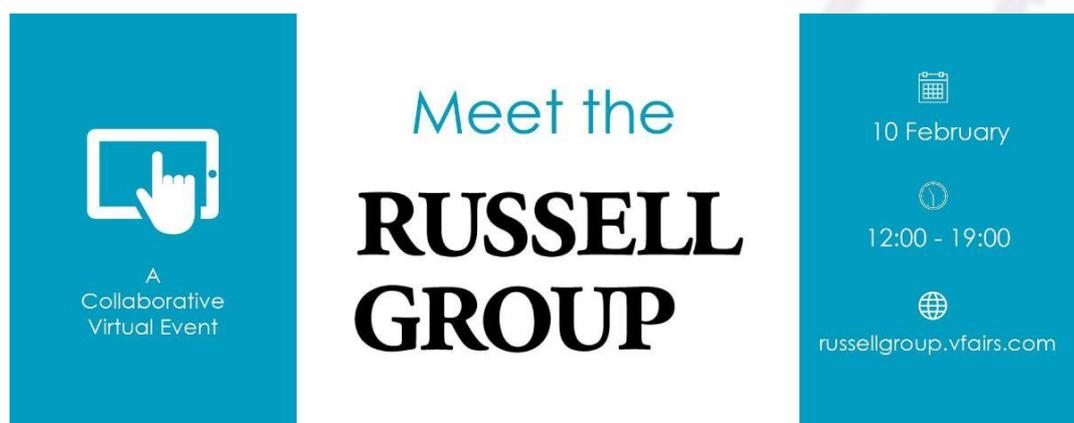
<https://www.gov.uk/apply-apprenticeship> If you need help or further information, please contact Ms Parkins: aps@altrinchamcollege.com

Y12 & 13: Meet the Russell Group event - Wednesday 10 February, 12:00 - 19:00

The Russell Group is a collection of 24 British universities who are world-leaders at research, and offer world-class education to their students.

They have joined together to offer one big virtual event where you'll be able to explore every single one, and chat to their staff and students to ask any questions you have. There will also be 13 live webinars throughout the day, including advice on applying to Oxford or Cambridge.

The event is free of charge, and open to students in Years 11, 12 and 13 from anywhere in the world. Click here to register: <https://russellgroup.vfairs.com/>



Meet the
**RUSSELL
GROUP**

10 February
12:00 - 19:00
russellgroup.vfairs.com

A Collaborative Virtual Event

ENRICHMENT

Creative Writing



Do you enjoy writing? Head of English, Mrs Beatty, believes we have lots of creative minds amongst our sixth form students! **Why not have a go at writing a story?** Here is a fantastic guide from the Book Trust: <https://www.booktrust.org.uk/books-and-reading/tips-and-advice/writing-tips/ideas-everywhere/>

Cookery

Mrs South, Head of Food and Nutrition has put together a student recipe for **Ragu Sauce** – an essential for anyone is who moving away from home to university to work, or who simply likes cooking.

Mrs Court used the recipe to make chorizo pasta bake for her family and it was delicious! Why not have a go yourself? The sauce can be used as a *pizza sauce*, *on pasta*, *chilli con carne*, *nachos* and lots more.

Ragu Sauce:

Ingredients:

1 x diced onion
1 x stick of celery - diced
1 x carrot - peeled and diced
1 x 400g tin of tomatoes
2 cloves of garlic
1 tsp dried basil

Method:

Bring to the boil in a small sauce pan and then reduce it down for 15mins until thickened.

From here you can add mushrooms and peppers and pour on top of fresh cooked pasta.



CAREERS INFO

National Careers Week 2021

This year we have a series of special events planned! From 22nd February – 5th March, we plan to hold virtual Careers Talks with professionals from the following sectors:
Healthcare/Education & Childcare/Creative Arts and
Media/Engineering/Legal/Sport/Manufacturing & Construction.

Look out for more news about these talks, coming soon! In the meantime, if you have a family member or friend who would be happy to take part, please invite them to complete the form on our website:

<https://www.altrinchamcollege.com/careers/careers-week-2021>



National Apprenticeship Week is 8-12th February. UCAS are hosting a week of dedicated live sessions, information, and advice about everything to do with apprenticeships! Each day, students will discover something new about what's on offer and what's involved in studying while working. Register here - www.ucas.com/events/discover-apprenticeships-387366



STAFF FOCUS



www.altrinchamcollege.com/sixthform

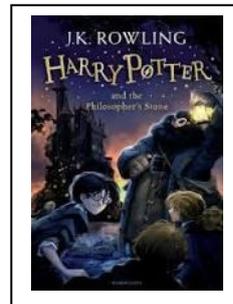


[acsixthform](https://www.instagram.com/acsixthform)



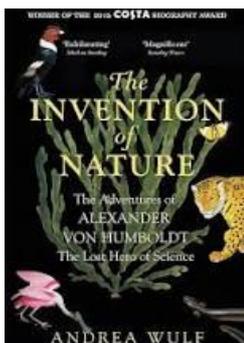
How much do you know about your teachers? This week, we hear from Media teacher **Mr Smith**

- **Favourite Food:** Pizza, Bolognese, Lasagne. Anything Italian really.
- **Favourite Book:** The Call by Anthony Horowitz, but I enjoy most of his short horror stories. I am also a fan of the Harry Potter books!
- **Who inspires you?** My media teacher, as they are one of the main reasons I decided to become a teacher myself.
- **Best App:** TikTok is probably the App I use the most, the downside being you watch about 5 videos and all of a sudden 2 hours have passed, very addictive!
- **Home Learning Tip:** Be sure to take time out for yourself to do the things that you enjoy, keeping that work/life balance is the best way to stay enthused for the tasks ahead.
- **Did you know?** I'm trained to be able to do CPR.



STUDENT FOCUS

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



Favourite food - Rare or medium rare Steak and chips

Favourite book - 'Inventions of Nature' by Andrea Wulf

Favourite subject - Geography

Biggest inspiration - Charles Darwin - exploring a field completely new to him and making a difference.

Most used app - Snapchat

Best home learning tip - To pace ones work and have a break every now and again!

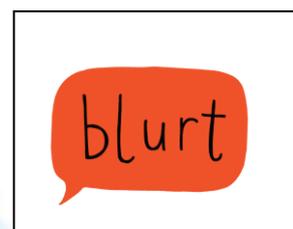
Plans for post-18? – University! Either Dundee or Liverpool to study Geopolitics or Geography

HEALTH AND WELLBEING

Mrs Brennan's Wellbeing Tip of the Week:

Sign up to: www.blurtitout.org in order to receive a weekly positive email.

It may provide a much-needed boost on 'down days'.



SIXTH FORM KEY CONTACTS

Mr Keegan Head of Sixth Form akn@altrinchamcollege.com

Mrs Brennan Deputy Head of Sixth Form kbn@altrinchamcollege.com

Mrs Court UCAS and University Advisor cct@altrinchamcollege.com

Mrs Pearson Sixth Form Administrator lpn1@altrinchamcollege.com

Mrs Parkins Careers Advisor aps@altrinchamcollege.com

Ms Diffley Designated Safeguarding Lead sdym@altrinchamcollege.com