

# The Sixth Form Voice

## Winter Edition 2022

Our first newsletter edition of academic year 2022-2023 compiled by our Sixth Form students, ranging from a variety of topics from climate change, tips for studying in Sixth Form and a crossword!



## **Advice for Year 12s**

**By Mason Bird**

Year 12 is a brand-new scene for most students. We now have our own floor, a spread of computers and so many frees that we don't know what to do with them. This article is here to advise you on how to use the resources you have with you to the best of your ability.

One member of the Sixth Form interviewed by the name of Haroon Hamza, gave some helpful tips on being a functional member of the Sixth Form. He stated that he would tell a Year 12, who is just starting off, that they should do several things that he himself wished he had done earlier. The first is to reduce game time drastically and change when such games are played. Haroon played League of Legends up to 5 hours a day, spanning well into the night and even the next morning. Unsurprisingly, he had very little time to do homework, completely disregarding extracurricular work. Eventually, Haroon reduced his screen time and was able to do his work, but wishes he had made this change sooner! Therefore, he would suggest that a Year 12 do their work as close as possible to the day it was set; the sooner it is done, the less stress you have.

Haroon went on further to suggest having a dedicated space in your house/room to do your work. Now this may seem straight forward, but many students today tend to default upon doing their homework on their bed, which makes them prone to distractions such as their phone or the warm embrace of their pillow. Having one dedicated area allows for minimised distractions in the house.

Finally, another suggestion was to understand the importance of free periods, or how they should be called, independent study periods. Haroon tended to catch up on TV shows and mingle with his friends during these periods, not doing much else. Haroon understands that it can be tempting to do these things, however, stresses the importance of working well during independent study periods. The source suggested a trip to the silent room, which is the most efficient room in the Sixth Form floor, to do work. Another way to stop yourself from constantly socialising with your friends is to use noise-cancelling headphones to create a more work conducive environment. For the next 2 years put your head down and focus solely on your work. This will increase productivity drastically if you invest in a good pair of headphones to block out the rest of the world while you get on the educational grind.



## How will the school support its students and staff during the energy crisis?

*I talked with Mrs Rodgerson, the schools finance officer, to discuss how and what the school will do for its students and staff to try and cope this winter.*

**By Dominic Farrell**

Everyone has seen the impact of the cost-of-living crisis in the past few months with the prices of goods constantly inflating. There are several factors of this crisis including the Covid 19 pandemic; last year's supply chain crisis; as well as the energy crisis, caused by the Russian invasion of Ukraine. This has led to an increase in price on many products such as milk, cereal and cheese. However, wages are not keeping up with this rise in price of living, leading to families spiraling into severe financial trouble.

With all these price rises, I was curious about what the school may do to help its students and staff during this financially tough period for many in the UK. So, I had a chat with the school's finance officer Mrs Rodgerson. I first asked what schemes the school will introduce in response to this crisis. She responded stating that the school itself has not yet introduced any schemes and possibly won't at all. This is because the Government will most likely introduce schemes to help those who fit into the criteria, an example being eligible for the free school meals scheme. However, the government can still do more, but seem to be reluctant. In the 2022 Queen's speech (which was read out by the then Prince now King Charles III) it stated that "there must be an education reform and a scheme to level up and improve the quality of education. This would deliver further safeguarding and support for families." However, as of October 19<sup>th</sup> 2022 it is reported by the Times newspaper that even though it would benefit schools financially and ensure further safeguarding, it has been abandoned. This will damage schools financially and may cause other schools to not be able to provide help to all its pupils. This is simply appalling from the Government.

Another question I asked Mrs Rodgerson was will staff also get access to support. Mrs Rodgerson however does not know for now. She explains the school is funded by public money from the Government which in turn, is funded by people paying taxes. If schools did introduce a scheme to help staff, these taxpayers may be outraged on why money is going to teachers and not them. However, this idea isn't fully off the cards. Teachers may still get support from the school if the energy crisis becomes extremely severe.

The truth is no one knows what will lie ahead in the future. Will power cuts in school become a norm? Will heating have to be turned off to save money? However bad the situation gets will eventually be revealed, but with constant changes in Government and inflation at its highest for decades, it is an uncertain future for the staff and students of schools.



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## The Climate Change Crisis

*What is climate change? And what has caused this international crisis?*

**By Jack Hetherington**

The UN has defined climate change as long-term shifts in temperatures and weather patterns. These shifts may be natural, such as through variations in the solar cycle. But since the 1800s, there is a clear correlation between average global temperatures and the increase in human activities, primarily due to burning fossil fuels like coal, oil and gas.

Climate change has become such a crisis across the world because of the devastating effects of the melting polar ice caps, which have damaged the environment and threatened wildlife. Humans and wild animals face new challenges for survival because of climate change. More frequent and intense droughts, storms, heat waves, rising sea levels, melting glaciers and warming oceans can directly harm animals, destroy their habitats, and wreak havoc on people's livelihoods and communities.

So what causes climate change? Greenhouse gas emissions blanket the Earth and trap the Sun's heat energy. The emissions are produced whilst generating electricity, manufacturing goods, and exacerbated further through deforestation. Since the Industrial Revolution in the 1800s, the global temperature has increased at a much faster rate. By burning fossil fuels and changing how we use land, human activity has quickly become the leading cause of changes to our climate.

In some communities climate change has caused extreme side effects. Lake Chilwa is the second biggest lake in Malawi. And the surrounding communities rely on it for transport, fishing and doing business. At some points of the year, the lake suffers from extreme flooding. At other times, it dries up. Some years, the lake evaporates completely, devastating the community as they have very little water to use for themselves, crops and livestock.

As part of my research, I have decided to go out and get my peers opinion on the climate change crisis. Many remarked the decline in the polar ice caps and others stressed a danger to their daily lives with fear. From this I could tell many feel uncertain on how the drastic change will impact our society.

One student pointed out a forming pattern that will cause 'major disruption' and 'freak weather events', an example of this being the extremely hot summer that struck the UK this year, the temperatures of which were never seen before on this little island. The student stressed a worry for those who would've really struggled in this heat like the elderly population, or children needing to get to school.



Another student chose to dwell on the extreme weather found globally, remarking it's 'the most serious problem the world is facing today, when the UN have to meet and discuss it, you know it's bad'. They also thought that treacherous environments caused by the climates have left people to be 'displaced, hurt or killed' due to 'hurricanes, floods and heatwaves.' They believe the only way to turn back the clock is to speak out in conferences and not make 'empty promises.'

For another student they felt like evidence such as: the Sahara expanding at a rate making people flee due to regions being rendered uninhabitable which is 'the largest mass exodus in human history'; or polar bears fleeing due to ice caps melting causing a spike in the number of bears seen in town centers, is meaning the worst is yet to come for Britain. They believe that societies are changing to adapt to extreme environment changes, and it will only a matter of time until Britain must suffer the same fate as other nations.

Overall, there is a general feeling of fear of the unknown and that the worst is yet to come. It is obvious that no one can predict the future, but it's also obvious that people dwell on the facts and figures that are impacting our planet and they fear what could happen.



## Future Opportunities

This article will show you the opportunities available to help you decide your future.

**By Harvey Thomson**

### Business Academy

Looking for a career in Business? Look no further than the Ernst Young (EY) Business Academy with a paid experience including a business skills session. It is a great way to gain an insight into the industry, with one of the largest professional service networks in the world. Want to find out more? Visit EY business academy online.

Looking for an alternative route to university? EY offer a great degree apprenticeship in Business Leadership and Management practice in Newcastle. You will have the opportunity to earn whilst you learn and have a head start working for a top firm in a competitive industry. Visit the EY schools leavers page for more information.



### STEM Opportunities

Looking at perusing a career in STEM? NUSTEM Evening Lectures is a fantastic way to explore this subject from academics in the field. Each lecture is focused on a different topic, and aims to show how physics, mathematics, and engineering matter and where they can lead. These talks run every Wednesday. If you are interested visit NUSTEM 6<sup>th</sup> form evening lectures.

### Looking to the future

Deciding what to study and wanting to know what the subjects are really like? MOOCS (Massive Open Online Courses) are a great way to experience a course. Websites such as Coursea, Future Learn and EdX offer a wide range of MOOCS in all types of areas. There is a great resource of all the MOOCs in the Super Curricular Team's tile.

Looking to become a solicitor? Womble bond Dickson offer Solicitor Apprenticeship. For further information go to Womble Bond Dickson apprenticeships.



Clifford chance offers paralegal apprenticeship. Check Clifford Chance apprenticeship online for further information.

**C L I F F O R D  
C H A N C E**

### Careers Event

Newcastle City Council wish to invite all Sixth Form students to a careers event after school on 15/2/22. The event will run from 3.30-6.30pm. Booking for the evening is on a first come, first served basis via Eventbrite. For further information go to <https://www.newcastlecareers.com> or see post on Teams from the 22<sup>nd</sup> November.

Further opportunities can be found in the Teams Sixth Form Future Opportunities information booklet.



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## Future Opportunities Presentations

Over the past term, we have had a number of employers, professionals and universities come in to speak to students about future careers and opportunities.

There will be more opportunities available in 2023, make sure you attend to ensure you are well informed about future steps.



Clifford Chance



National Audit Office



Sophie Miliken



## The scoop of the day

By Karandeep Sadhra



### **Bounty bars removed from celebration tubs!**

Chocolate manufacturer, Mars Wrigley, said it would be cutting the sweet from all its tubs. This has not been a surprise as according to Mars, 40% of people who buy the celebration tubs do not like bounty bars. However, the food maker has yet to decide on whether the chocolate bar should be banished for good. The sales of these celebration tubs will surely soar during the Christmas season and will surely determine the fate of the bounty.

### **One in four people have had their accent mocked at work!**

Researchers found 46% of workers have faced jibes about their accent, with 25% reporting jokes about their accent. They said that people from Northern England and the Midlands, are more likely to be worried about the way they speak and act at work. Many who were mocked admitted to worrying about their prospects.

### **Researchers reconstruct the skull of a 19<sup>th</sup> century vampire!**

A man called John Barber died of tuberculosis 19<sup>th</sup> century but when the people in town remained sick after his death, many believed that he was a vampire who rose from the dead to make them all ill. Thirty years ago, researchers came across his remains while excavating a 19<sup>th</sup> century graveyard. His skull and bones were arranged in a skull and cross shape, a tell-tale sign that people believed he was a vampire.

### **Joke of the week!**

Why aren't teachers aloud to show Christmas films in school?  
Elf and safety!



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## How to 'turn off', based on what celebrities use to relax

By Kacey-Marie Snowdon

Exams are stressful, I believe that is something all students can agree on. It is important to take the time to unwind, especially during these times. Taking breaks from studying in general will improve your energy, productivity, focus, memory, but more importantly your wellbeing. Everyone is different; thus everyone will choose to unwind differently. Personally, I cannot tell you how to relax as that is down to preference. However, I can provide insight on to how others may choose to relax, in particular celebrities. Celebrities live quite busy and stressful lives, with expectations and busy schedules.



Some believe relaxing is as simple as lying in your pjs binge watching Netflix, mindlessly scrolling through social media, or playing videogames. Which are all perfect in moderation and they may reduce stress but, they often don't give us the real rest we need. So, yes it may feel like a break for you but it's a blue light disco for your brain, which can be a lot to process and could affect your sleep. So, who better to tell you how to relax than the people on our screens (which is quite ironic).

Celebrities such as Demi Lovato and Angelina Jolie choose to unwind through meditating. Some of the benefits of meditation is that it can reduce stress, promote productivity, improve focus and regulate emotions. For this, YouTube can be really useful as there are so many videos, even for beginners.

Jennifer Aniston chooses to journal. This has shown to reduce stress, improve mental health, improve memory, inspire creativity, and gives you the opportunity for self-reflection. Keeping a gratitude journal can be very helpful as a reminder on what you are grateful for. However, when writing these remember to not compare your life to other people, for example 'some people have it worse than me'. Instead, it's best to write positive things that have happened in your day, such as being able to see the Sun that day. There are many different ways to journal so it's what works for you!

Kendall and Kylie Jenner relax through listening to music. Music is great with tonnes of benefits for not only your mental health but physical health too! Think of it as a brain workout, as it helps stimulate your memories. Also, music is said to relieve pain and stress whilst elevating your overall mood. Apps such as Spotify can be useful for music.

Gigi Hadid enjoys painting pottery and drawing. By using art to relax you're not only gaining a new hobby but a new skill, this can give you a new sense of confidence as you are able to feel a sense of accomplishment. Plus, you will feel less stressed and more creative!



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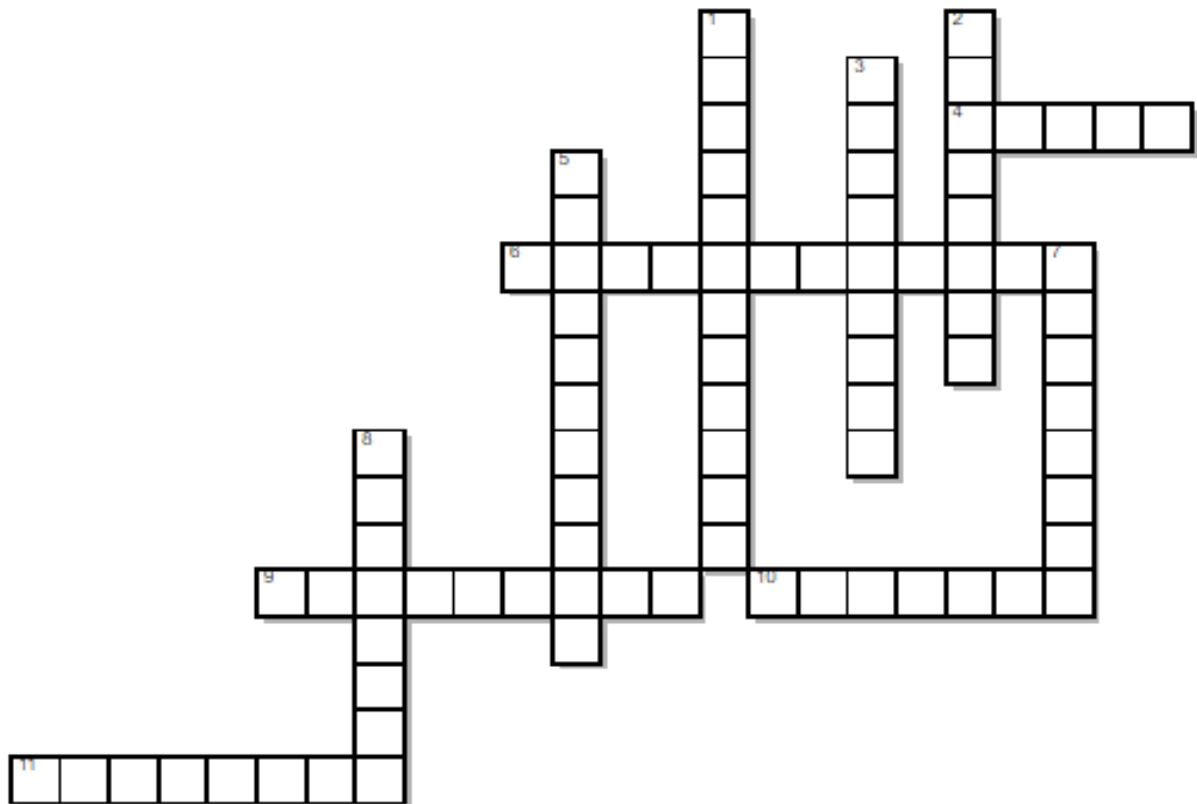
Michael B. Jordan chooses to go to the gym to relax. But even if you're not able to get access to a gym you can always exercise at home. Exercise has proven to increase your energy levels, productivity, fitness, balance, brain activity and quality of life.

There are so many ways to relax, and these are not the only ways either. Some people choose to read, go on a walk, or go to Costco like Kris Jenner. It doesn't matter how we would like to take breaks as long as we take them! Good luck!



## Sixth Form Crossword

How many words relating to Sixth Form things can you find? They might not be just about things happening directly in school.



### ACROSS

- 4 Tests at the end of Year 12.
- 6 Things you will submit in Year 13, to see if you'll be able to study a subject after Sixth Form.
- 9 The grades a teacher may think you'll get aren't the real grades, but they are \_\_\_\_\_.
- 10 Teachers have a lot of these and they typically last one hour.
- 11 One of your first experiences to see if a university is right for you. These are one day. (space not included)

### DOWN

- 1 How you manage time, folders, homework, etc...
- 2 This is done outside of lessons and you get lots of it!
- 3 What tells you where to go in school.
- 5 Specific sections of a school dedicated to certain subjects.
- 7 Typically, three of these are chosen when you're at a Sixth Form.
- 8 A set of qualifications you may choose to study for if you're at a Sixth Form



By Arian Nejati

Answers will be posted on Teams soon!

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## Fun At the Advent Fayre

Well done to Year 12 who recently hosted the first Sixth Form Advent Fayre for over three years.

Many activities were run by the different forms for all in the school to participate in including darts, raffles, guess the number of sweets and the opportunity to take Christmas pictures.

Well done to all students who participated in activities. You raised over £190 for CAFOD which will go towards their projects for combating climate change in countries around the world.



## Messages from the Sixth Form Team

Year 12 have made a fantastic start to Sixth Form, and I have been incredibly impressed with how they have coped with the new routines; taking the higher demand of workload in their stride and learning important life skills such as prioritisation, organisation and independent revision. These skills have been further developed by undertaking our new Super Curricular sessions, where Year 12 have gone above and beyond their lessons by listening to podcasts or reading articles about areas outside of their subject curriculum.

Year 12 have also already made significant contributions to our charitable side of Sixth Form by running and donating to our Spare Change Mondays and Food Bank Fridays, as well as leading the charity lunch sale on a Tuesday and our Sixth Form Cafe. In addition, all of our Year 12 students are taking advantage of the opportunities provided as part of our Student Leadership Scheme, which involves helping out in other year groups by running extra-curricular clubs or assisting in lessons. All of this has accumulated in Year 12 being fantastic role models.

I look forward to helping you all continue to get the very best out of your time in Sixth Form and support you all in starting to make decisions about your future after St Mary's Sixth Form.

**Mrs Francis (Head of Year 12)**

This term has been an incredibly busy one for Year 13 with mock exams, UCAS deadlines and extra-curricular activities. Many students began this term by submitting their UCAS applications and it has been fantastic to see over one hundred offers have already been given to our students. This is an exciting time in the next stage of their journey, and it is impressive to see the students balance these important decisions with their studies and immersing themselves in all the other opportunities on offer.

Year 13 continue to be great role models for our younger students. This term students have been busy with rehearsals for the school production, collecting for local foodbanks, leading our Remembrance Services, representing the Sixth Form at Open Evenings, and supporting the running of various clubs across the school.

Thank you to all the year group for such a fantastic term and for their continued hard work.

**Miss Lamb (Head of Year 13)**



It is a great honour for me to have the closing message in the inaugural edition of the Sixth Form Voice.

I am incredibly proud of all the Sixth Form students. You have worked hard in this first term, and you have all shown a tremendous commitment to your studies. Whether it be Year 12 students starting courses or Year 13 students completing Mock Examinations. The staff and I are inspired by your enthusiasm and resilience, and we are confident that your hard work will be rewarded with success.

I have been incredibly impressed by the copious reports from teachers praising Sixth Form students continued effort and commitment to learning, along with the vast number of Class Chart points you have accrued.

Congratulations to all Sixth Form students for carrying out extra-curricular activities and showing your enthusiasm and dedication. You have all worked hard to achieve your goals and have shown great determination and dedication. Well done! I want to thank you for your enthusiasm and dedication and for being a part of the Sixth Form community. I look forward to seeing your continued success and achievements when we return in 2023.

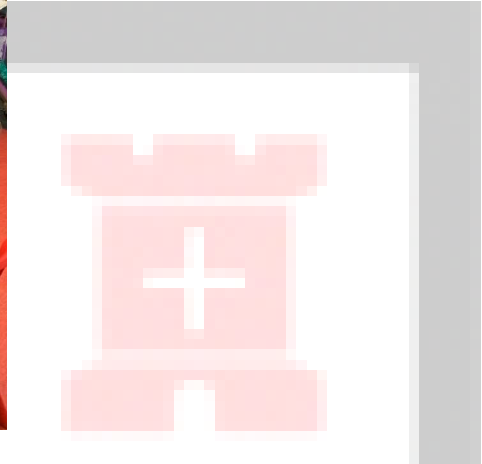
Sixth Form life is very busy, but I would encourage you to take a moment to pause and reflect on all of the opportunities offered to you in the Sixth Form. We encourage all students to immerse themselves in Sixth Form life to enhance your own academic and personal development, and it is so pleasing to see so many students do this. Opportunities such as the Student Leadership Scheme, Super-Curricular Tasks, mentoring younger students, running charity fund-raising activities, running the Sixth Form Café, and even launching this newspaper. You will be offered these existing opportunities and new developments in 2023 and I implore you to take advantage of them.

In my role as Head of Sixth Form, I always want students to develop into people who can achieve their goals but also thrive in our modern world. As such, it is so pleasing to me to you act as fantastic role models for others in the school community.

I would like to say a huge thank you to all Sixth Form students for your excellent start to the year, and the enthusiasm, respect, compassion, integrity, and generosity you bring to Sixth Form every day. It is a delight to be your Head of Sixth Form and I look forward to returning after what I hope is a restful Christmas break for all.

**Mr Turnbull (Head of Sixth Form)**





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