

HGSF Weekly Newsletter

Monday 6th July 2026



PT Time

PT Time	
Monday	1:1 Student Meetings with PT (No Launchpad)
Tuesday	Visiting speaker - Alumni Seb Sheehan - University Success and how to settle in, plus an introduction to Naval Architecture
Wednesday	Year 12 (Atrium) : End of Year celebration assembly. Plus Looking Ahead to Year 13
Thursday	End of Year Quiz

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This Week

Wednesday 8th July	End of Year Celebration & Looking Forward to Year 13
Wednesday 8th July	P5 - Y12 End of Term Inflatables Session 
Thursday 9th July	Last day of Lessons for Year 12
Friday 10th July	Last Day of Summer Term
Thursday 3rd September	Y13 Welcome to your first day back. 8.30am Start <i>Y12 are in 8:30-10:30 on Wednesday 2nd September</i>

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Student Notices:

The 16-19 Bursary: The 16-19 Bursary Fund is a scheme to help students facing financial hardship to continue in full time education after Year 11. We would encourage all students to read the information [here](#), or to see Mrs Gill for further advice. The bursary is discretionary and you do not always need to meet the criteria outlined.

What you need to be doing:

- **Researching universities and courses for your upcoming applications**
- **Attending University Open Days**
- **Preparing your Personal Statement**
- **Working on your Academic Profile**

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Undergraduate Open Days

18 September or Saturday 19 September

- Learn about our courses and the academic departments that teach them
- Visit our colleges and their communities, facilities, and accommodation
- Find out about our student support and wellbeing and careers and enterprise services
- Discover our wider student experience, including societies and sports teams.

Learn more about our upcoming Open Days.

About our Open Days



University of
the Year 2026

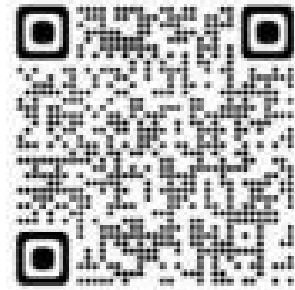


Event bursary

We offer an event bursary that could help with travel and accommodation costs. If eligible, students may be able to claim up to £200. Details on eligibility and how to apply are provided as part of the event information upon booking.

About our event
bursary

University Open Days

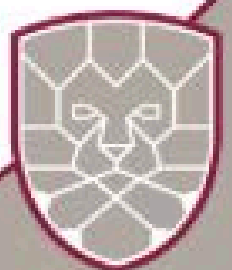


10 Reasons to Attend an Open Day

- Get a feel for the campus
- Talk to the teaching staff
- View specialist facilities
- Meet current students
- See where you'll live
- Explore the local area
- Find out more about finance
- Learn about student support services
- Meet other people
- Confirm your future



UCAS



HAZEL
GROVE
SIXTH FORM

Y13 mA*ths and Further mA*ths Programme applications open!

If you are an A-Level Maths or Further Maths student thinking of applying to University, the mA*ths Online Programme can offer qualifying students the following:

- Complete tailored online modules covering the challenging elements of the A-Level Maths/Further Maths curriculum.
- Regular online mentoring sessions with University of Manchester STEM students.
- Face-to-face masterclasses on our University campus.
- And, the programme is completely free! (eligibility criteria apply)

Scan the QR Code to apply!

Email: mathsonline@manchester.ac.uk

Website: uom.link/mathsonline

Apply Here



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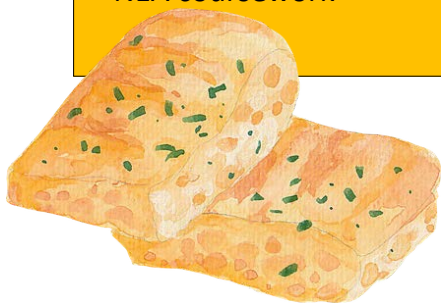
Summer Take Away

TASKS TO HELP YOU TRANSITION FROM YEAR 12 TO 13

STARTER

REFLECTIONS:

- Work through subject Bridging Units
- Revisit Year 12 work – go over topics you have found difficult
- Create revision tools for Year 12 content
- Preparation/Reading for NEA coursework



MAIN

YOUR FUTURE:

- Research and shortlists
- MOOCs/Super-Curricular – build that Academic Profile
- Wider Reading – get passionate about what you want to study!
- Draft your Personal Statement on OSCAR
- Open Days
- University Residentials



DESSERT

HEALTH AND WELLBEING:

- Look after your mental health – investigate KOOH or any useful apps.
- Broaden your cultural awareness – read for pleasure or visit a gallery or museum!
- Make the most of any travels



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ACTION FOR HAPPINESS

Jump Back Up July 2026

MONDAY



6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

TUESDAY



7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem

WEDNESDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

THURSDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

FRIDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

SATURDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

32 Catch yourself over-reacting and take a deep breath

SUNDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath



ACTION FOR HAPPINESS

Happier · Kinder · Together

Let's take action to be
**Happier and Kinder,
Together**

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Keep up to date with us on Social Media



hazelgrove_sixthform



Hazel Grove Sixth Form