

HGSF Weekly Newsletter

Monday 5th October 2026



PT Time

Monday

Key Messages

Year 12 & Year 13 (Atrium) : Cabinet Announcements

Monday Launchpad

Year 12 (Atrium) : How can we end relationships in a healthy way and deal with rejection?

Year 13 (SF7/8) : Personal Statement Writing

Tuesday

Year 12 & Year 13 (Atrium) : Cabinet Chair Manifestos

Wednesday

Year 12 : The Big Conversation

Year 13 : The Big Think

Thursday

Year 12 & Year 13 : Sixth Form Cabinet Chair Voting in Refectory

Friday Extended PT

Announcement of Cabinet Chair and Vice Chair

Year 12 (SF7/8) : What is my role in the Equality Act?

Year 13 (Artium) : Study Skills with Lancaster University

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What's on this week

Tuesday 6th October	World Mental Health Day - wear something green
Wednesday 7th October	Year 13 HGSF UCAS Deadline
Wednesday 7th October	Senior Maths Challenge Y12 - <i>Mr Wood has sent infoamtion to all Y12 Maths students</i>
Wednesday 7th October	Y13 TMUA/STEP Support Session, Crown Streeet Primary School - <i>students involved have been advised</i>
Thursday 8th October	P5 Careers Fair - <i>Any Year 12 and Year 13 students who are in Private Study to attend during P5</i> <i>Any students who cannot attend during P5 can visit during lunch time</i>
Thursday 8th October	Year 13 Parents Evening
Friday 9th October	First Cabinet Meeting

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Upcoming

Thursday 22nd October	Sixth Form closes for half term
Thursday 22nd October	Hazel Grove High School Open Evening - <i>we will be asking for volunteers for this event</i>
Friday 23rd October	Inset Day
Monday 2nd November	Return to Sixth Form following half term
Wednesday 4th November	Year 13 and Year 13 Art A Level trip, University of Salford - <i>more information to follow</i>
Wednesday 4th November	HGSF Open Evening - <i>we will be asking for volunteers for this event</i>
Tuesday 10th November & Wednesday 11th November	Smoothie and Sushi Event - <i>more details to follow</i>
Wednesday 11th November	Creative Futures Trip - <i>Year 12 Art students, more details to follow</i>
Wednesday 11th November	Y13 TMUA/STEP Support Session, Crown Street Primary School - <i>students involved have been advised</i>
Tuesday 19th November	Year 12 Parents Evening

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Student Notices:

Your Sixth Form Building: We are working hard to keep our Sixth Form building clean and tidy for everyone, but we need your help.

- Please do not consume food or drinks (apart from water) anywhere in the Sixth Form building. All food and drinks must be consumed in the refectory only.
- Cushions should remain stacked and are only to be used for Launchpad sessions and assemblies.
- You are welcome to use the Atrium as a study space or a social space during break and lunch. However, please remember that food and drinks (apart from water) are not permitted in this area.
- Please ensure you tidy up after yourself in the refectory. Please place all litter in the bins provided and do not leave any mess behind.

Timetables: Year 12 Only - Your timetables are now updated to show all your A Level lessons and all your Electives (Oxbridge does not show as this takes place after school, Week 2 Monday).

Private Study: Private study time shows on your timetable as a blank unit. Private study is a valuable opportunity to take charge of your academic progress. Whether you're working on PP&R, engaging in wider reading around your subject, revising for upcoming assessments, or researching opportunities to enhance your academic profile, there's always something productive to do. Use this time wisely.

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.

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We are looking for volunteers to help at the Hazel Grove High School Open Evening on Thursday 22nd October and the Hazel Grove Sixth Form Open Evening on Wednesday 4th November.

If you would like to help please complete the form below by Thursday 8th October.

HGHS & HGSF Open Evening Volunteers



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Interested in Engineering?

Do you meet one of the following criteria:

- Eligible for Pupil Premium or free school meals prior to or during sixth form
- Current recipient of sixth-form bursary
- Care experienced
- Young carer
- First generation in your family to attend university

Bridge to Rail - Network Rail

Square One, M1 2NY - Network Rail's Manchester office

4 in person sessions (Transport contribution costs are available)

- Weds 21 October / Weds 25 November / Weds 16 December / Tues 19 January

Throughout the programme, students will:

- Be involved in direct learning opportunities with Network Rail volunteers, focussing on insights and experiences of early careers and pathways into the sector
- Specialist training and 1:1 coaching to support applications for apprenticeships, including assessment centre tasks and mentoring from industry professionals and Talent Foundry coaches

Students will need to meet the **eligibility requirements** listed on the application form linked below.

You will need the agreement of a teacher from your school to act as a sponsor for you and to be a point of contact for The Talent Foundry throughout the programme. Please ensure you ask the member of staff before completing this form with their contact details.

[Click here for the student application form](#)



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Interested in Real Estate?

Every day we are influenced by the built environment around us; shops, offices, industrial buildings, houses and the surrounding countryside all have an impact on the way we live. Did you ever wonder how these properties are developed, whether the buildings going up in our cities are sustainable or how much they are worth?

The Pathways to Property programme can help you learn more about the exciting and dynamic industry and the variety of careers within it.

We are running a Real Estate Insight day in Manchester on 17th November in order to help students from more disadvantaged backgrounds to discover more about the huge range of careers within the property Industry (it isn't just Estate agency!) Applications close on the 11th October.

On our insight days you will go on a site visit, work on a small project which you will present to an industry panel and have a Q&A session with both current and recent Real Estate graduates and apprentices who are now working in the Industry. All events are fully funded by Pathways2property including travel costs to and from the venue and lunch.

Applications can be found [here](#) on our website. Priority will be given to those students that live in the local areas and fit within our [criteria](#) however do contact us directly if you have students that you feel should get a place due to other circumstances.

Students that have attended any one of our programmes will subsequently be able to take part in our work experience and e-mentoring programme and they will also be able to apply for a bursary of up to £30,000 should they go on to study a property related degree at any University. If they apply to study a Real Estate course at the University of Reading they will be guaranteed a contextual offer and will automatically be given Welcome bursary once enrolled.

Further information about our programmes can be found on our [website](#) or you can contact pathways2property@henley.ac.uk



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Gold DofE Residentials 2027



Introduction to Medicine

Dates: **19-23 July 2027**

Location: **Dorset County Hospital**

£992 per person

Gain specialised, hands-on industry experience in medicine on this 5-day Gold Award residential. Through practical workshops, lectures and seminars, you will **explore the medical profession and pathways into a career as a doctor.**



Introduction to Clinical Healthcare Professions

Dates: **9-13 August 2027**

Location: **Dorset County Hospital**

£992 per person

Gain hands-on clinical experience, learn from healthcare professionals and explore careers in nursing, midwifery, allied health professions, healthcare sciences and pharmacy.



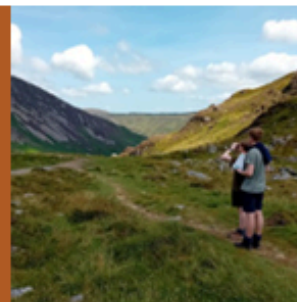
Environmental Science

Dates: **19-23 July & 9-13 August 2027**

Location: **Aberystwyth University**

£685 per person

Explore the stunning landscapes of West Wales, based at Aberystwyth University. Learn about ecology, geology and geography through expert-led field trips, with opportunities to study coastal environments and spot local wildlife.



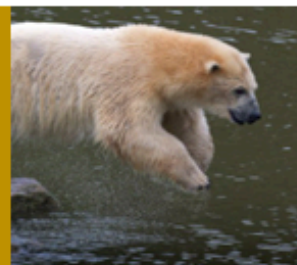
Advanced Rangers Academy

Dates: **26-30 July, 2-6 August & 23-27 August 2027**

Location: **Yorkshire Wildlife Park**

£940 per person

Work closely with a wide range of animals on this award-winning residential at Yorkshire Wildlife Park (YWP).



Wellness and Fitness

Dates: **23-27 August 2027**

Location: **Stubbington Study Centre, Hampshire**

£410 per person

Five days of fitness, wellbeing and outdoor activities at Stubbington Study Centre, featuring exercise sessions, coastal walks and beach recovery dips. Meet new people, build healthy lifestyle habits and enjoy an active week by the Hampshire coast.



Book Now!



Visit our website:
www.hants.gov.uk

Contact us:
dofe@hants.gov.uk

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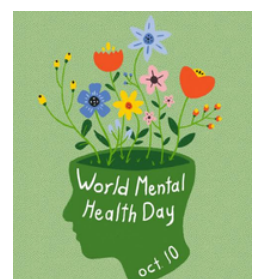
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Mental health problems are common, with 1 in 6 adults in the UK reporting declining mental health around concerns such as depression and anxiety. Problems are often hidden, stigma is still widespread, and many people are not receiving support to access appropriate services.

Show your support for Mental Health Day on October 6th, by wearing green in Sixth Form! Green stands for hope and mental well-being. Join us in sparking conversations and raising awareness.

Let's show that mental health matters!



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National Poetry Day Competition



On National Poetry Day, Thursday 1st October, we kicked off a wonderful week of poetry admiration in the library.

The theme for National Poetry Day this year is **Wonder**, and there is a fantastic competition running for both staff and students until next Friday.

If you're a budding writer or you've felt the poet's heart stirring within yourself, we'd love to see your entry!

Prizes for both student and staff winners. Please hand any poems into the Library by next Friday 9th October.

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Careering Through Astronomy

Professor Dame Jocelyn Bell Burnell

Manchester
Lit&Phil

Recorded Tuesday 22 September

Watch Now

Overview

This talk was by Professor Dame Jocelyn Bell Burnell.

About the Speaker

Dame Jocelyn Bell Burnell has made many exceptional contributions to physics, as ground breaking researcher, as a leader of learned societies and as an inspirational ambassador for public engagement.

As a PhD student at Cambridge University, she was involved in opening up a new branch of astrophysics through her involvement in the discovery of pulsars, a particular class of neutron star. She has used telescopes flown on high altitude balloons, launched on rockets which carried satellites and built a radio telescope in Cambridgeshire.

Jocelyn Bell Burnell is a well-known figure in the world of public understanding of science and is a physicist who, while conducting research for her doctorate, discovered the first radio pulsars in 1967. This discovery later earned the Nobel Prize in Physics in 1974, but she was not among the awardees.

Since that time, In 2018, she was awarded the Special Breakthrough Prize in Fundamental Physics. Following the announcement of the award, she decided to use the \$3 million (£2.3 million) prize money to establish a fund to help female, minority and refugee students to become research physicists. In 2021, Bell Burnell became the second female recipient (after Dorothy Hodgkin in 1976) of the Royal Society's Copley Medal.

Jocelyn has served on many boards and panels throughout Europe, including serving as President of both the Royal Astronomical Society and the Institute of Physics.



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Manchester Lit&Phil

Date and time

22 October 2026

6:00pm - 8:00pm

Location

Citylabs 1.0 Bruntwood Sci Tech
0 Nelson Street, Manchester
M13 9NQ

Price

£15.00 General Admission /
£6.00 Students / Members
book for FREE

[Book now](#)



How did we get here? The problem with the problem of social media

Social media and young people: separating facts, fears, and evidence

OVERVIEW

 Beyond the Headlines: Is Social Media Really Ruining a Generation?

With the UK planning to restrict social media for under-16s by spring 2027, a critical question arises: is national policy outpacing actual science?

Join our upcoming panel as expert speakers look past the sensational headlines to examine the real data behind social media and youth mental health.

They will explore:

The History of Panic: Why new technologies—from penny dreadfuls and TV to video games—are always blamed for societal problems.

What the Research Actually Says: Does social media cause poor wellbeing, or is it a two-way street? Why what young people do online matters far more than screen time.

The Problem with "Addiction" Claims: How reliably can current studies prove cause and effect?

This event is neither a defence of big tech nor a denial of genuine online risks like bullying and exploitation. Instead, it is an urgent invitation to ask: Is the evidence strong enough to support the policies being proposed?

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Optimistic October

Being optimistic isn't about ignoring the difficulties around us. It's about facing them with hope, courage and a belief that our actions matter.

Optimistic October 2026

MONDAY



5 Be a realistic optimist. See life as it is, but focus on what's good

12 Look out for positive news and reasons to be cheerful today

19 Identify one of your positive qualities that will be helpful in the future

26 Find a new perspective on a problem you face

TUESDAY



6 Remind yourself that things can change for the better

13 Ask for help to overcome an obstacle you are facing

20 Find joy in tackling a task you've put off for some time

27 Be kind to yourself today. Remember, progress takes time

WEDNESDAY



7 Look for the good in people around you today

14 Do something constructive to improve a difficult situation

21 Let go of the expectations of others and focus on what matters to you

28 Ask yourself, will this still matter a year from now?

THURSDAY

1 Write down three things you can look forward to this month

8 Make some progress on a project or task you have been avoiding

15 Thank yourself for achieving the things you often take for granted

22 Share a hopeful quote, picture or video with a friend or colleague

29 Plan a fun or exciting activity to look forward to

FRIDAY

2 Find something to be optimistic about (even if it's a difficult time)

9 Share an important goal with someone you trust

16 Put down your to-do list and do something fun or uplifting

23 Recognise that you have a choice about what to prioritise

30 Identify three things that give you hope for the future

SATURDAY

3 Take a small step towards a goal that really matters to you

10 Take time to reflect on what you have accomplished recently

17 Take a small step towards a positive change you want to see in society

24 Write down three specific things that have gone well recently

31 Set a goal that brings a sense of purpose for the coming month

SUNDAY

4 Start your day with the most important thing on your to-do list

11 Avoid blaming yourself or others. Find a helpful way forward

18 Set hopeful but realistic goals for the days ahead

25 You can't do everything! What are your three priorities right now?



ACTION FOR HAPPINESS

Happier · Kinder · Together



ACTION FOR HAPPINESS

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Keep up to date with us on Social Media



hazelgrove_sixthform



Hazel Grove Sixth Form