

# THE SIXTH



20–24 January 2025

## Focus on progress rather than perfection

Focusing on progress rather than perfection is crucial for maintaining motivation and mental wellbeing, especially during challenging periods.

As Sixth Form students, you're likely juggling multiple tasks, deadlines and personal goals, which can sometimes feel overwhelming. The pressure to achieve perfection in every aspect can create unnecessary stress and lead to burnout.

Instead, by shifting your focus to celebrating the small wins and improvements you make along the way, you allow yourself to experience a sense of achievement without the unrealistic expectation of flawless performance.

Remember, progress is about continuous growth, not about getting everything right. By embracing this mindset, you'll stay motivated, build resilience, and find more satisfaction in your journey, rather than fixating on perceived imperfections.

### 5 WAYS TO MAKE PROGRESS

- 01 Wake up early
- 02 Set goals
- 03 Plan your day
- 04 Be yourself
- 05 Find inspiration

# THE SIXTH

20–24 January 2025

THIS WEEK...

PROGRESS

## YEAR 12 GATEWAY

Mrs Neesam launched the Year 12 Gateway programme and will email the information communicated to students who have registered. All Year 12 Gateway students are required to complete this [Gateway Questionnaire](#) by **Sunday 19th January**, to ensure your chosen pathways are supported.

## YEAR 13 MOCK EXAMS

There are only 6 weeks until the mock exams! Over the past few weeks, students have learned some revision techniques during Form time, including mind mapping, self-quizzing, overcoming procrastination, flash cards and brain dumps. Students can speak with our Student Support Officer if they need any general support.

## DofE GOLD TRAINING

Compulsory pre-expedition training will take place on **Thursday 23rd January**. This will involve practical sessions in school. Students have been put in two groups of 14/15 for the day. Instructors will take you through all the skills you need for your Expeditions. More information can be found in the letters to collect at Sixth Form Reception.

## YEAR 12 ASSESSMENTS

The upcoming assessment week for Year 12 students is week commencing **Monday 3rd February**.

## UCAS

Final UCAS applications are now being sent. If any student still wishes to apply by the equal opportunity's deadline of **Wednesday 29th January**, please get in touch with Mr O'Flynn or Mrs Hughes immediately.

## GCSE CERTIFICATES

These were given out this week to Year 12 students. Please make sure these are kept safe as they are evidence of qualifications and will need to be produced for job and university applications.

Lynn High School  
Sixth Form



# WHAT'S ON THIS WEEK



Please [click here](#) to view the Assessment calendar, which includes key dates for the year ahead.

## CALENDAR

20–24 January 2025

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Mentoring and weekly reset	Mentoring and weekly reset	
TUESDAY	Assembly	Issues, debates and current affairs	Careers Advisor
WEDNESDAY	Aspire Goal Setting	Aspire Goal Setting	School Nurse, 1.15–2.10pm
THURSDAY	Issues, debates and current affairs	Assembly	Gold DofE pre-expedition training (see p.2)
FRIDAY	Futures Friday	Futures Friday	

# NEWS

## Financial support

The 16-19 Bursary Fund provides financial support to help students remain in education. This fund is intended to support the purchase of necessary items to ensure that students can fully participate in their studies and may include items such as:

- Stationery and other learning materials
- Equipment (such as calculators, art supplies or technology)
- Travel expenses directly related to education
- School uniform
- Other essential items needed for courses
- Textbooks or specialist course books

Lymm High School is committed to distributing the bursary fund to those students with the greatest need and is assessed in terms of household income. If your household income is £30k or less you may be eligible. Please check the bursary policy [here](#) and if you feel you may be eligible, complete the application form [here](#).

In addition, if you would like to apply for Free School meals, please email [lhughes@lymmhigh.org.uk](mailto:lhughes@lymmhigh.org.uk) to request an application form.

## BIRTHDAYS

D. Burke

E. Madgin

N. Burnett

C. Masters

O. Cordwell

C. Easton

A. O'Hara

M. Hibbert





# CONGRATULATIONS

## Running for England

Having been selected for England U20 Cross Country, Year 12 Jack Marwood raced in Elgoibar, Spain, on **Sunday 5th January**. He was 16th out of 73, and was the youngest in the race.

Off the back of this excellent result, Jack (who now runs for Salford Harriers) has been selected to race in Hannut, Belgium, on Sunday 26th January.

We wish you the best of luck, Jack!



# REVISION SUPPORT



	Subject	Time	Room
<b>Monday</b>	Economics (A week)	1.15–2pm	S106
<b>Thursday</b>	Sociology	1.30–2pm	S109
	Economics (B week)	1.15–2pm	S106



# FUTURES

# OPPORTUNITIES



## Year 12 Social and Political Science conference

*University of Chester, Wednesday 26th March 2025, 10–2.30pm*

This engaging and thought-provoking Social and Political Science conference at the University of Chester's Parkgate Campus is entitled '*A Changing World and Its Global Challenges*'.

The free conference offers an exciting opportunity for students to:

- Explore pressing global issues with insights from leading academics
- Participate in interactive sessions across Criminology, Sociology, Counselling, and Global Affairs, Politics & International Relations
- Discover rewarding career paths addressing societal and global challenges

The event is designed to inspire critical thinking and encourage students to see the transformative potential of pursuing a degree in Social and Political Sciences.

To register to attend, please [click here](#).



# FUTURES

# OPPORTUNITIES



## Calling all Podcasters!

*Deadline for applications: Thursday 27th February*

The University of Derby has teamed up with alumnus, educational expert and well-known Gogglebox star, Baasit Siddiqui, to launch this year's competition *Get Ready to Podcast 2025*. Students are invited to let their imaginations run wild and express their thoughts on a topic that they're passionate about.

In teams of no more than three, students in Years 12 and 13 are asked to research, write, and create a 3–5 minute podcast. In this podcast, students need to identify a current global problem, set out what needs to change and say how they would change it.

Shortlisted entrants will be invited to attend a special awards ceremony at the University of Derby where their podcast will be premiered, and the winner will be crowned by a panel of VIP guests. Members of the winning team will each receive a £50 Amazon voucher and the school will also be awarded £100. In addition, Baasit will pay a special visit to the winning college and deliver a bespoke session or assembly.

To enter the competition, email [scsteam@derby.ac.uk](mailto:scsteam@derby.ac.uk) with:

- The podcast saved as an MP3 file
- The title of the podcast
- A short paragraph on the topic of the podcast and the name(s) of people in the team.

For further details, [click here](#).





# FUTURES

# OPPORTUNITIES

MEDIC  
MENTOR  
MAKE A DIFFERENCE

## Medicine and Dentistry application support

Applying to medical and dental schools presents unique challenges. The goal of Medic Mentor is to equip those exploring, or committed to, a career in medicine or dentistry with the knowledge and preparation needed to successfully navigate this journey and make informed decisions about their future. The free conferences, detailed below, take place virtually on Zoom. Within the conference, a team of registered mentors and healthcare professionals will guide Year 12 students through the UCAS application process. This includes personal statement changes, UCAT updates, interview skills, scholarships and how to curate the best experiences for their applications.



**LIVE VIRTUAL**  
**Get Into Medicine.** **FREE**  
**CONFERENCE**  
25th January, 1st or 2nd February 9:30am - 3:30pm

### Get Into Medicine:

Saturday 25th January, 9.30–3.30pm

Saturday 1st February, 9.30–3.30pm

Sunday 2nd February, 9.30–3.30pm

To register, [click here](#).

### Get Into Dentistry:

Saturday 22nd February, 9.30–3.30pm

To register, [click here](#).



**FREE LIVE**  
**GET INTO DENTISTRY**  
**VIRTUAL CONFERENCE**  
SATURDAY 22ND FEBRUARY 9:30am - 3:30pm

# FUTURES

# OPPORTUNITIES



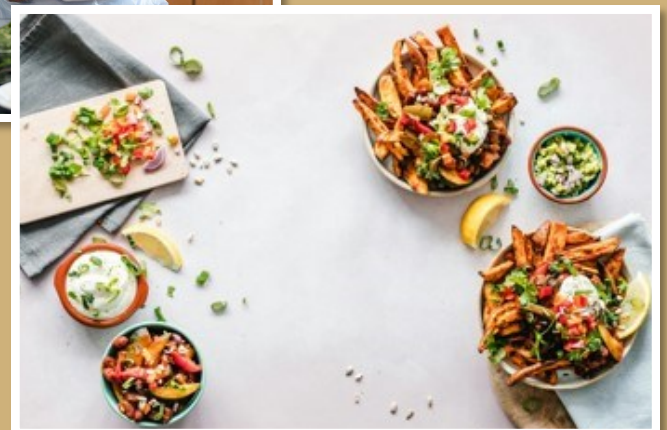
## Nutrition Fair

*University of Chester, Wednesday 5th February 2025, 11–2pm*

Year 12 and 13 students are invited to the University of Chester's annual Nutrition Fair.

Each year, the 2nd year Nutrition students present and are assessed on a project they have undertaken, based in the Small Hall building on Exton Park Campus. This is an opportunity for students interested in studying Nutrition and Dietetics (or related programmes) to talk to current students on the programme, and see what kinds of assessments they undertake.

The fair runs from 11am until 2pm and students can sign up for a 1-hour slot of their choice, by [clicking here](#).





# CAMSTART

## Want to start a real social enterprise?

### Incubator Programme

- **Free eight-week online programme** run by students at the **University of Cambridge**
- Open to **all students** regardless of background or subjects
- Opportunity to pitch to **real venture capital firms** and win a **cash prize** in funding to start up your enterprise
- Weekly sessions with **trained Project Consultants** to develop your skills
- **Make your university application stand out** with unique real-world experience

### Who is CAMSTART?

- Registered charity with a goal to make business skills **available to all**
- Launched in 2020; **four years' experience**
- Worked with **over 450 students** from **over 10 countries**
- Supported **over 40** social impact projects and counting
- Project Consultants trained by experts from **McKinsey** and **Bain**

### Timeline

- Deadline for sign-ups is **2nd February 2025**
- Programme runs from **3rd February 2025 to 31st March 2025**
- Student commitment around **3-4 hours per week**
- Designed to run alongside a full-on student calendar

### Sign Up Here!



## Key Apprenticeship Links

- [Current apprenticeships in the Warrington area](#)
- [Higher & Degree Apprenticeship Vacancies - October 2024](#)
- [Cheshire and West Apprenticeship Opportunities](#)
- [Search for an apprenticeship – GOV.UK](#)
- [A Guide to Traineeships and Apprenticeships - Lymm Sixth Form](#)
- [Not Going To Uni - Search for Opportunities](#)
- [Liverpool John Moores University - Apprenticeships Courses](#)
- [Manchester Metropolitan University - Become A Degree Apprentice](#)
- [Apprenticeships | University of Salford](#)
- [Programmes - Apprenticeships - The University of Manchester](#)
- [Search apprenticeships | UCAS](#)
- [NHS Apprenticeships](#)
- [Linkedin - Degree Apprenticeships](#)



## Need More Help?

Our Careers Advisor, Ms Draper, is available for one-on-one support. Contact Mr Brown at Sixth Form Student Services to book an appointment (nbrown@lymmhigh.org.uk).

## Register for New Degree Apprenticeship Alerts:

- [Indeed](#)
- [Total Jobs](#)
- [Rate My Apprenticeship](#)
- [Prospects](#)



## Apprenticeship Support

### Mock Assessment Centre Trip

*Wednesday 29th January*



Students preparing to apply for a Degree Apprenticeship will be invited to join us for a Mock Assessment Centre

Trip on **Wednesday 29th January**. This is a fantastic opportunity to gain hands-on practice and boost your confidence for the real thing!

This session is designed to simulate the assessment centres used by employers during the Degree Apprenticeship application process. You'll participate in activities such as group exercises, individual tasks and interviews, all in a supportive and constructive environment. Students should keep an eye on their emails for more information about how to sign up.

## Apprenticeship Spotlight

**Company:** Marks and Spencer

**Job title:** Retail Leader Degree Apprenticeship

**Qualification:** Level 6 (degree equivalent) Chartered Manager Degree Apprenticeship in Business Management

**Location:** Various including Cheshire Oaks, Manchester and Gemini

**Degree Provider:** Unknown

**Salary:** £25k pa + benefits

**Start date:** Unknown

**Application Deadline:** Friday 31st January 2025

To find out more and apply, [click here](#).



## Astra Zeneca Degree Apprenticeships



Astra Zeneca's Apprenticeship Programmes offer a practical, exciting and highly rewarding alternative to the traditional university route.

With some, you can achieve a degree or qualification, earn a salary, and gain the hands-on experience that will set you up for future success.

To find out more information on the roles below, click on the relevant links.

- [Level 6 Project Manager Apprentice](#)
- [Level 6 Packaging Professional Apprentice](#)
- [Level 6 Laboratory Scientist Degree Apprenticeship - Subcutaneous Biopharmaceuticals](#)
- [Level 6 Supply Chain Leadership Apprentice](#)



INVESTIN THE ULTIMATE WORK EXPERIENCE



# How much will I get paid?

A free student & parent event series on compensation in careers



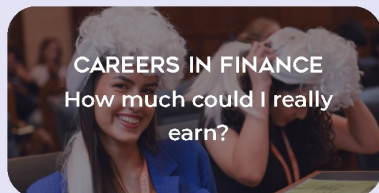
## Free Student and Parent Event Series Let's Discuss Pay

Talking about pay can feel like a taboo topic and yet, "how much will I earn?" is one of the most common questions students ask the professionals on our programmes. With rising costs of living and an ever-evolving but often unpredictable job market, compensation and job security have become a top priority for young people today.

That's why we're running a series of free events aimed at demystifying salary expectations, so students and parents can navigate this widely misunderstood subject with confidence.

STUDENT WEBINARS  
6-7PM (UK TIME)

If you are unable to attend live please still register to receive the recording of the event and follow up resources.



CAREERS IN FINANCE  
How much could I really earn?

10TH FEBRUARY



CAREERS IN MEDICINE  
How much could I really earn?

10TH FEBRUARY



CAREERS IN ENGINEERING  
How much could I really earn?

11TH FEBRUARY



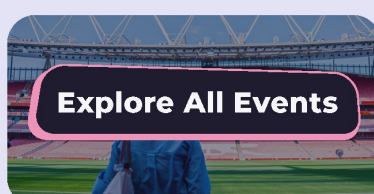
BE YOUR OWN BOSS  
Everything you need to know about being self employed

11TH FEBRUARY



CAREERS IN LAW  
How much could I really earn?

12TH FEBRUARY



Explore All Events



PARENT WEBINARS  
7-8PM (UK TIME)  
SALARY, STATUS AND STABILITY

Navigating your child's future career in today's job market

5TH FEBRUARY



Find Out More

info@investin.org

+44 (0) 203 488 5089

www.investin.org



# CAREERS

Our [careers website](#) includes a [calendar of events](#), [labour market information](#) and a link to [Unifrog](#).



In Cheshire and Warrington, the industry sectors that are growing include life science, digital & technology, logistics & distribution, energy, zero carbon and clean growth. Find out more [here](#).

Key sectors with significant levels of employment are: chemicals, manufacturing & engineering, finance & business services, and health & social care.

## Upcoming Events

- **Liverpool Hope University: Post-16 Taster Day in Theology, Philosophy & Religious Studies and Social Science**  
*Wednesday 22nd January, 9.30–2.30pm*
- **Manchester Metropolitan University: Support with your UCAS application**  
*Saturday 18th January 2025, 10–11am*  
*Wednesday 22nd January 2025, 5–6pm*
- **Virtual Get into Law Career Event**  
*Monday 27th January, 5–6pm (Zoom)*
- **STFC Apprenticeship Open Evening**  
*Tuesday 4th February, 5–8pm*
- **Virtual Apprenticeship Fair**  
*Wednesday 12th February 2025, 4–6.30pm*
- **PwC 3-day in-person programme for Year 12**  
*Manchester, 18th February, 10th April, 7th August 2025, 10–12pm*

For details of all these events and more, [click here](#).



## **PwC 3-day in-person programme for Year 12**

*Manchester, 18th February, 10th April, 7th August 2025, 10–12pm*

This 3-day programme is spread across the school holiday periods during the February half-term, Easter and Summer breaks. During the 3 days, students will have the opportunity to come into the PwC offices to help understand what a career in accounting could look like, whilst helping build skills and confidence in the workplace.

During your time on the programme, students will:

- Get an incredible insight to PwC, their opportunities in their audit business area, as well as development on core skills needed for the corporate environment.
- Network with PwC professionals and build up a fantastic relationship with PwC for future student / career opportunities.
- Find out about the PwC Flying Start Accounting degree programme, including top tips for the recruitment process.

Students need to be able to make all three sessions to take part. PwC will provide breakfast and refreshments during each of the in-person sessions.

To apply, [click here](#).



## Virtual Get into Law Career Event

*Monday 27th January, 5–6pm (Zoom)*

This is a chance for Year 12 and 13 students to hear from one of the leading magic circle law firms. Exploring career options and deciding where to train as a solicitor can feel overwhelming. This event is designed to make the process clearer by giving students a detailed overview of Freshfields' career pathways and culture.

- Gain insights into the Freshfields apprenticeship opportunities and how the pathways support your legal career development.
- Be part of Freshfields' inaugural solicitor apprenticeship cohort launching in September 2025.
- Learn about the firm's high-profile cases, collaborative culture and global expertise.
- Start with a £28,000 salary that increases annually, a £3000 sign-on bonus, fully covered BPP study fees with no student debt, 26 days of annual leave, and lifestyle benefits like private medical schemes and gym plans.
- Receive guidance from the Early Careers Team on how to stand out during the application process.

Freshfields is one of the oldest law firms in the City of London. It is a global leader in business law with over 2400 lawyers across 32 offices worldwide.

To register, [click here](#).



# CAREERS



## Getting into construction

*Monday 17th to Saturday 22nd March 2025*

Open Doors, delivered by [Build UK](#), takes visitors behind the scenes to showcase the range of careers available in the UK construction industry. Booking is now open for the latest events, which take place around the UK.

The construction projects participating range from houses to skyscrapers, with manufacturing facilities, offices and training centres also opening their doors to demonstrate the off-site roles across the sector.

Construction needs to recruit over 50,000 new entrants per year just to maintain current output, with staff shortages affecting multiple areas of the industry. Open Doors plays a vital role in contributing to the recruitment of the next generation.

Anyone interested in finding out what happened at Open Doors 2024 can read the [Review](#) and visit the [Gallery](#).

To learn more about the construction industry and what it has to offer, visit the dedicated [Careers page](#).



## SHOWCASING the sector

**“ A fascinating behind the scenes look at how the places where we work, live and play are made.**

**It gave students a whole new perspective of construction.**

**The scale of the project just blew my mind. ”**







To view the latest online University events, [click here](#).

These are listed in chronological order and include Open Days (in-person and virtual), online chats and webinars. Students can browse these events and engage with higher education from the comfort of their mobile, tablet or computer.

# UCAS

- **Liverpool Hope University**  
[\*Post-16 Taster Day in Theology, Philosophy & Religious Studies and Social Science\*](#)  
Wednesday 22nd January,  
9.30–2.30pm
- **Manchester Metropolitan University**  
[\*Support with your UCAS application\*](#)  
Saturday 18th January 2025,  
10–11am  
Wednesday 22nd January 2025,  
5–6pm
- **University of Chester Open Day**  
Saturday 18th January 2025

For details of these events and more, [click here](#) to access our dedicated UCAS webpage, and click the button '**What's on this month**'.