

# THE SIXTH

23–27 September 2024

“ THIS WEEK...  
GET INVOLVED IN  
SIXTH FORM LIFE ”

Engaging in a variety of enrichment activities is a great way to develop valuable skills and enhance your personal growth. Exploring your interests, building confidence, and developing leadership, teamwork, and communication skills are highly valued by universities and employers. See p.6 to read more.

## ASSESSMENT WEEK

The week commencing **Monday 30th September** is the first Assessment Week for Sixth Form. Please seek advice from your subject teachers and ensure you prepare for these important initial assessments. See also p.7 for top tips.

## YEAR 12 AND 13 IAGs

Parents, please check Class Charts for a copy of the presentations used at Thursday's IAG events.

## PREDICTED GRADES

Year 13, please note that your subject teachers will be confirming your predicted grades in the coming weeks. See p.7 for top tips on how to prepare for these assessments in any subject.

## MACMILLAN COFFEE MORNING

On **Friday 27th September** we will be hosting our first charity event of the year!

Please could you all try and contribute any kind of nut-free baked goods (homemade or bought) and bring them to N106 ready for a bake sale during break time.

## TRANSPORT SUPPORT

Warrington Borough Council may be able to provide financial support with home-to-school transport for Free School Meal families if you live between 2–6 miles (walking distance) from Lymm High School, AND Lymm High is one of your nearest 3 secondary schools. You can check if you are eligible, and apply, by [clicking here](#).

## GATEWAY PROGRAMME

There is a meeting on **Thursday 26th September** for all Year 12 students who are considering applying for the universities of Oxford and Cambridge and/or dentistry, medicine or veterinary science.

Lymm 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

23–27 September 2024

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Mentoring / Behaviour log Supporting good revision habits	Mentoring / Behaviour log Supporting good revision habits	1 week until Sixth Form Assessment Week (see p.1)
TUESDAY	Life Programme – Motivation and independence	Life Programme – Resilience	EPQ Meeting 1.20pm in S201 Careers Advisor
WEDNESDAY	Enrichment sign-up – online in Forms Mentoring / behaviour log	Enrichment sign-up – online in Forms Mentoring / behaviour log	School Nurse, 1.15–2.10pm
THURSDAY	European day of Languages	European day of Languages	Year 12 Gateway Programme meeting, 1.35pm in N203 (see p.1)
FRIDAY	Recorded assembly – Macmillan Coffee Morning (Charity reps)	Recorded assembly – Macmillan Coffee Morning (Charity reps)	Macmillan Coffee Morning 

# NEWS



## Your new Student Leadership Team!

Congratulations to our newly appointed head students:

- Heads of Student Leadership: **Kallika Vyas** and **Elizabeth Nelson**
- Deputy Heads of Student Leadership: **David Baker** and **Beth Parkinson**



This year, we had an overwhelming response with 19 high-calibre applicants applying for various leadership roles. Each applicant showed dedication, and passion for serving our school community.

All applicants have been successfully placed into various other leadership roles within the school. These positions allow them to represent and advocate for issues that are important to them, including eco-awareness, LGBTQ+ support, charitable activities and much more. The new leadership team will play a pivotal role in representing the student body at various school events, advocating for issues that are important to our students, and leading activities that foster a positive and inclusive school environment.

Thank you, and very well done, to everyone who applied.





# NEWS



## SEND Helpers

Many thanks to Charlotte Wynn, Summer Chambers and Safiya Armitage who have all volunteered to help run the quiet rooms at lunch time for students with SEND in main school.



*Charlotte and Summer.*

## BIRTHDAYS



M. Barry  
E. Cliffe  
C. Reynolds  
D. Segal  
T. Underhill

# SPORTS

# UPDATE

## FOOTBALL COACHES

There is an opportunity for a couple of students to volunteer at Oughtrington Primary School with their boys football practice on a Wednesday after school from 3.20–4.15pm and the girls football team on a Tuesday from 3.20–4.15pm.

This will be great to use for your volunteering hours for Duke of Edinburgh or to add to your CV.

If you are interested, please see Mrs Slater in the PE office or email ([jslater@lymmhigh.org.uk](mailto:jslater@lymmhigh.org.uk)).

## SENIOR NETBALL

Our Sixth Form senior netball team had their first match on **Wednesday 18th September**.

In the SNS National Shield Round 1 vs. Sandbach School, Lymm High won 37/31.



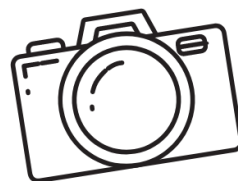
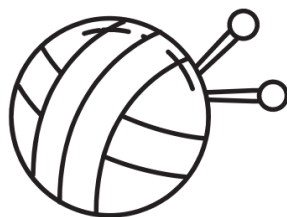
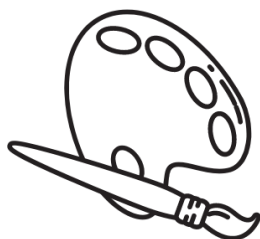
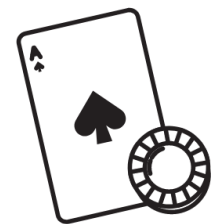
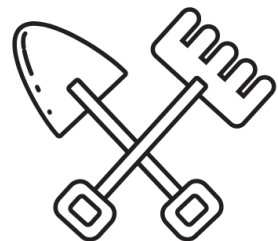
# ENRICHMENT

## Get involved in Sixth Form life

Engaging in a variety of enrichment activities during Sixth Form is a great way to develop valuable skills and enhance your personal growth. These activities – whether they involve sports, clubs, volunteering or creative projects – offer opportunities to explore your interests, build confidence, and develop leadership, teamwork, and communication skills: all of which are highly valued by universities and employers.

Balancing academics with enrichment activities can also improve your time management and wellbeing, making you a more well-rounded individual who can stand out in future applications. Plus, they provide a break from study, helping you stay motivated and energised!

All Sixth Form students are required to sign up for at least one enrichment activity. Any additional suggestions are always welcome, please share these with student leadership or a member of the Sixth Form team.



# REVISION

## Top Tips

### 1. Use Active Recall

*Try to remember information without looking at notes, then check for accuracy.*

Use flashcards, quizzes, or self-test after studying a topic.

Apps like Quizlet can help with spaced repetition and track your progress.

### 2. Practice Spaced Repetition

*Review material at increasing intervals over time, rather than cramming.*

Create a revision schedule that spaces out topics over days or weeks. Revisit each topic multiple times rather than in one long session.

### 3. Mix Up (Interleave) Your Subjects

*Study multiple topics or subjects in a single session, rather than focusing on one.*

Plan your study sessions to cover different subjects or topics in a rotation, rather than sticking to one subject all day.

### 4. Engage in Active Learning Techniques (e.g., Teaching or Summarising)

*Teach a concept to someone else or summarise complex ideas in your own words.*

Try explaining a concept to a friend, family member, or even out loud to yourself. Writing concise summaries, or teaching as if preparing someone for the exam, strengthens mastery.

### 5. Prioritise Practice Exams and Past Papers

*Simulate exam conditions by completing practice questions and past papers.*

Complete past papers under timed conditions to simulate the real exam environment. Review your answers critically, and use mark schemes to understand where you can improve.

Combining these techniques with proper rest, nutrition, and time management will optimise your revision and performance in examinations. Do feel free to ask for help with this from your teachers, Tutors or any member of the Sixth Form team, we're all very much here to help support you. Good luck.

# REVISION SUPPORT



## Year 13 revision sessions

	<b>Subject</b>	<b>Time</b>	<b>Room</b>
<b>Monday</b>	Economics (A week)	1.15–2pm	S106
<b>Thursday</b>	Psychology	1.30–2pm	S109
	Economics (B week)	1.15–2pm	S106
	Geography NEA advice	3.20–4.15pm	N105





**GIVE SOMETHING  
BACK**

# It's time for a Macmillan Coffee Morning and you're invited

Let's do whatever it takes  
to support people living with cancer.

**Place:** Lower Hex  
**Date:** Friday  
**Time:** Break  
**Contact:** The Charities team  
*Emily Kershaw and Lucie Reynolds*

You can read about the work that Macmillan do here;  
it's an amazing charity that supports families through  
the most difficult times:

<https://www.macmillan.org.uk/about-us/what-we-do>



**MACMILLAN**  
CANCER SUPPORT

Registered with  
**FR** FUNDRAISING  
REGULATOR

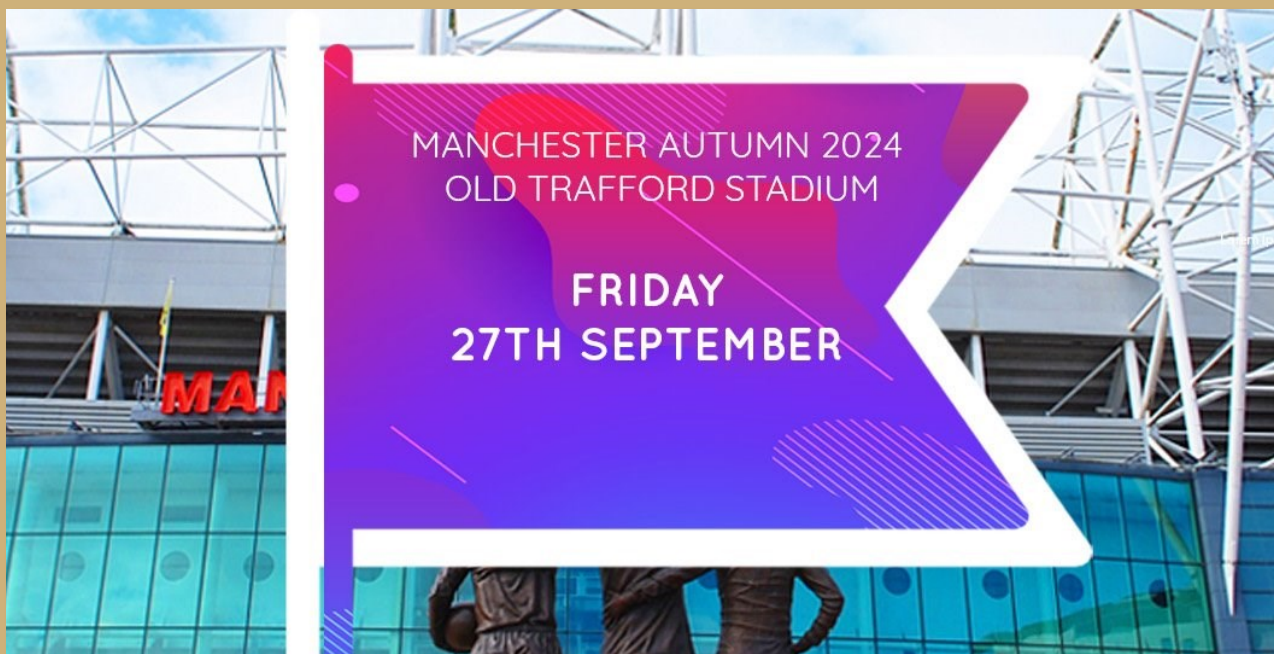
# FUTURES

# OPPORTUNITIES

**UK** university  
search

## Manchester Autumn 2024 Fair

*Friday 27th September, Old Trafford Stadium, 9.30–2.30pm*



This exciting and informative event will provide attendees with the opportunity to speak to a multitude of exhibiting universities and apprenticeship providers. These will include Russell Group, red brick and modern institutions.

The fair will feature a wide range of vital seminars including:

- UCAS Personal Statement and application advice
- Why take an Apprenticeship
- Choosing a University Course
- Higher and Degree Apprenticeships
- Student Finance

The event is ideal for Year 13s who will be applying for university, HE courses or apprenticeships. As well as Year 12s who will be starting to make decisions about their post-18 education and career choices. The fair is completely free to attend.

Please see full event details (including seminar timetable) by [clicking here](#).

# FUTURES

# OPPORTUNITIES



**Northumbria  
University**  
NEWCASTLE

## Northumbria University Events

Northumbria University has a variety of events and activities planned that students can attend to gain a greater understanding of university life and study, including on-campus days and virtual events.

### Open Days

- *Saturday 28th September, 9–3pm*
- *Saturday 26th October, 9–3pm*
- *Saturday 16th November, 9–3pm*

To find out more and to sign-up, click to visit the Open Day page [here](#).

### Virtual Events

These virtual events allow students to discover more about Northumbria.

- *Tuesday 24th September*  
Your Future (Employability), 4–5pm
- *Thursday 26th September*  
Your Home, 4–5pm
- *Tuesday 1st October*  
Your Wellbeing, 4–5pm
- *Wednesday 2nd October*  
Your Student Life, 4–5pm
- *Thursday 8th October*  
Why apply to Northumbria University, 4–5pm

To book onto a virtual event or an Open Day please [click here](#).



**NORTHUMBRIA UNIVERSITY**

# FUTURES

# OPPORTUNITIES

unifrog

## Thinking about a gap year?

*Tuesday 24th September, 5.30pm*



A gap year is a great option for you if you're not sure what you want to do after school and need more time to think about your options. In this webinar you will hear from Plan My Gap Year, Tilting Futures and Yipiyap. Together they will cover everything you'll need to know about all things gap year, including:

- What you can do during your gap year
- Finding the funds to live your gap year dreams
- What the pros and cons of taking a gap year are
- Whether taking a year out will affect university applications
- What a gap year with Yipiyap looks like

To sign up, [click here](#).



# FUTURES

# OPPORTUNITIES



## Chester Zoo Youth Board Member

*Closing date: Sunday 6th October*

Chester Zoo is recruiting 18–26 year olds to join its Youth Board on a voluntary basis. The aim is to make sure that the next generation are represented in conversation, are engaged with the work of Chester Zoo, and are empowered to have an impact on the future of conservation, so that together we can all help to prevent extinction.

- Influence decision makers and Chester Zoo and beyond.
- Boost personal development – training, skills development and mentoring opportunities.
- Attend events in person/online and speak with the press or policy makers.
- Be part of a network and access a range of experts.

As a Youth Board member, you will be asked to attend and contribute to six Youth Board meetings each year (usually Saturdays); attend additional meetings as required; read relevant papers and complete required preparatory work in advance of meetings; attend and support the annual Youth Summit in the autumn term; contribute to relevant projects in support of the development of Chester Zoo's programme for 12–25 year olds; act as ambassadors of Chester Zoo, in particular its youth programmes, and attend events in this capacity. For further information, and to apply, [click here](#).



# FUTURES

# OPPORTUNITIES



## CyberFirst University Bursary

The CyberFirst University Bursary is a programme designed to support and develop the next generation of cyber security professionals. It offers students a £4000 annual grant while studying, paid cyber security work placements during holidays, and a potential job in the cyber security sector upon graduation. This is an incredible chance for students to gain real-world experience, develop key skills, and secure a strong foundation for a career in one of the fastest-growing industries.

### *Eligibility Criteria:*

- Students must have (or expect to have) three A' Levels at grade B or above (or equivalent).
- They should have an offer (or be applying) to study an undergraduate degree or integrated master's in any subject at a UK university from September 2025.

To apply and get more information, [click here](#).



# FUTURES OPPORTUNITIES

# APPLYING TO APPRENTICESHIPS



## Apprenticeships



- Please [click here](#) to see this week's list of current apprenticeships in the Warrington area.  
For further details and to apply for any of these vacancies go to the [National Apprenticeship Website](#).
- [Click here](#) for the 2022 Top 100 Apprenticeship Providers.
- Further opportunities in Cheshire and Warrington can be viewed [here](#) and [here](#).
- Don't forget to use [Unifrog](#) to search for Apprenticeship opportunities too!

unifrog





# Exploring a career in **Prosthetics** and **Orthotics**

»»» Are you **aged 14+** and considering a career in healthcare?

»»» Are you interested in **design, engineering, science and technology?**

»»» Would you like to find out more about **Prosthetics and Orthotics?**

Join us to learn more about the different roles and ways to get into the Prosthetic and Orthotic profession (including apprenticeships)

Norfolk & Waveney  
AHP  
Faculty



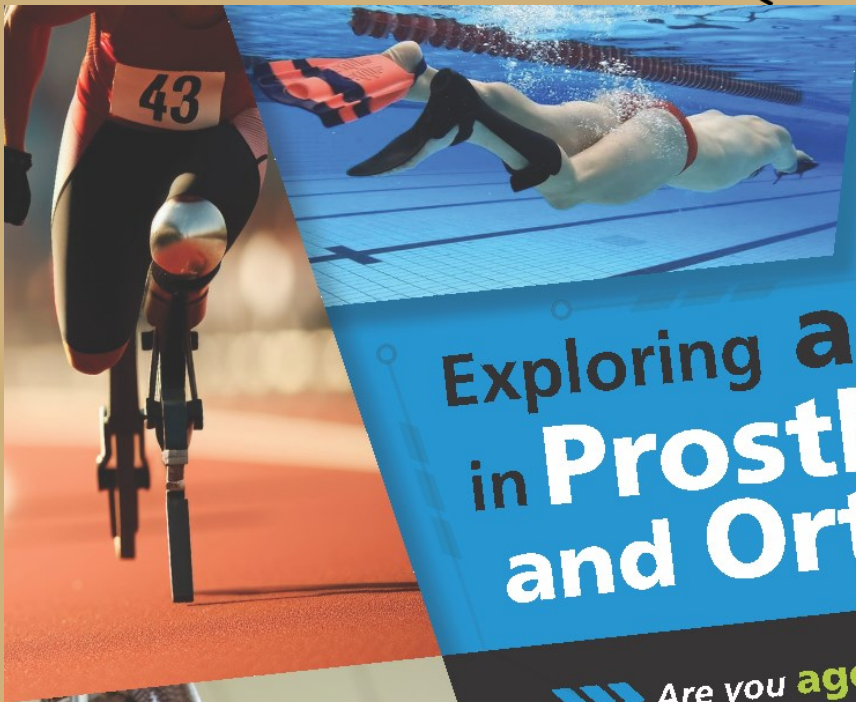
Online via  
**Microsoft Teams**



**Tuesday October  
15th 2024  
5pm - 6pm**



Scan the QR to  
register your interest





# 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

- **Construction Careers Fair**  
*Friday 27th September, Haydock Park*
- **Lloyds Banking Group and UCAS Virtual Event**  
*Tuesday 1st October, 5–6pm*
- **Solicitor Apprenticeship & Work Experience Event**  
*Wednesday 2nd October, 5–6.30pm*
- **Careers Days**  
Midwifery – *Saturday 21st September*  
Medicine – *Saturday 5th October*  
Dentistry – *Sunday 6th October*  
Business – *Saturday 12th October*  
Psychology – *Saturday 19th October*  
Architecture – *Saturday 26th October*
- **Meta online career challenge**  
*Wednesday 16th October, 5pm*

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



## Lloyds Banking Group and UCAS Virtual Event

*Tuesday 1st October, 5–6pm*

During this session, Lloyds Banking Group, the UK's biggest bank will share tips on applying for apprenticeships, making good applications and the recruitment process. UCAS will also give you important details about key deadlines and timelines for university and apprenticeship applications. It will help you stay on track as you plan your next steps.

There will be a live chat available throughout the event, allowing you to ask any questions and get real-time answers from Lloyds colleagues and UCAS representatives.

This is a fantastic opportunity to get insights from experts and apprentices alike, build your network, and gain valuable skills to help you navigate your final year and beyond. As a participant, you'll also gain access to Lloyds' World of Work experience. This is a learning resource that will help you develop your CV, interviewing skills and more.

To register, [click here](#).



## Solicitor Apprenticeship & Work Experience Event

*Wednesday 2nd October, 5–6.30pm*



Linklaters is one of the world's leading global law firms and forms part of the Magic Circle group (top 5 firms in the UK). Linklaters strongly believes in empowering the next generation of legal professionals and they want to give you an incredible insight to the workings of their global corporate law firm.

This insight event is designed to give you a taste of the exciting opportunities available in the dynamic realm of the law industry as well as show you first-hand what it's like working for a full-service corporate law firm.

During the event you will have the opportunity to gain valuable insights, network with industry professionals, engage in interactive sessions and uncover future opportunities Linklaters has on offer for you. You will get to hear about their work experience schemes, internships and solicitor apprenticeships on offer for this year.

To secure your spot, please [click here](#) to register.



Funded by  
UK Government

# Your Future, Your Choice, Move On - Careers Fair

Warrington Youth Zone (WA2 7NG)

Wednesday 13th November 2024 - 15:30 - 19:00

Free and open to all in the local area, especially those in Year 9 – 13 including parents/ carers.

With over 50 stands, meet with; employers, colleges, universities, training providers and voluntary organisations from varying sectors, including digital, healthcare, finance and the services.

Whether you are deciding on subjects to study or careers to pursue, this is a great step to help you to explore your options.

- Learn about apprenticeships, T-Levels and A Level progression routes

- Find out more about going to university and interact with local universities

- Seek out part time jobs, volunteering placements or work experience opportunities.

Register now to confirm your place.

Register  
Today

Scan below



THE  
CHESHIRE AND  
WARRINGTON  
PLEDGE



WARRINGTON  
Borough Council





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

- **University of Liverpool Open Day**  
*Saturday 21st September*  
*Saturday 12th October*  
For further information, [click here](#).
- **Manchester Autumn 2024 Fair**  
*Friday 27th September, Old Trafford Stadium, 9.30–2.30pm*  
For further information, [click here](#).
- **University of Salford Open Day**  
*Saturday 12th October*  
*Saturday 9th November*  
For further information, [click here](#).
- **Manchester Metropolitan University**  
*Saturday 12th October*  
*Saturday 19th October*  
*Saturday 23rd November*  
For further information, [click here](#).
- **Liverpool John Moores University Open Day**  
*Saturday 12th October*  
For further information, [click here](#).