



| 2021/2022 | Term 1 | Issue 7 | 22nd October | 2021 |

Sixth Form Bulletin

- [News in Brief](#)
- [Advice for Sixth Form](#)
- [Student Voice](#)
- [Current Affairs](#)
- [Broadening Horizons](#)
- [Green Thought for the Week](#)
- [Sixth Form Support](#)
- [Careers and Tertiary Education Spotlight](#)

News In Brief



Face Masks

Please remember that, unless you are exempt, face masks must be worn in all communal areas.

Students should bring in their own masks as the school is not in a position to supply them for everyone on a daily basis. Ideally, you should bring in more than one just in case you mislay yours, or it breaks. Thank you.



School Council

We were delighted to hear from five Year 12 students who had applied to stand for School Council last week: the ideas that all of them had for strengthening the school community were very impressive. Congratulations go to Jessica Hallam (12A) and Dzhamilya Timaeva (12C), who were elected by student vote.



Eco Committee

The Eco Committee will host its first meeting on Friday 12th November, at 12.25pm in the Wellbeing Hub. We are very proud of our Year 13 Eco Ambassadors for their commitment to this important work: Anjola Eke (13E), Anna Robinson (13C), and Lily Hall (13F). We would encourage any Year 12 students who are interested in joining the committee to email Mrs Robertson.



The Lumière Film Society

International Stuttering Awareness Day (ISAD) is an annual celebration held on October 22. The day is intended to raise public awareness about the issues faced by millions of people – one percent of the world's population – who stutter, or stammer. Our film recommendation this week is [The King's Speech](#) (12): Colin Firth gives a feted performance as King George VI in British director Tom Hooper's Oscar-winning film about the wartime monarch. Firth is certainly very sympathetic as the potential heir to the

throne, who forges a touching and funny relationship with speech therapist Lionel Logue, in an attempt to treat his stammer and fear of public speaking.

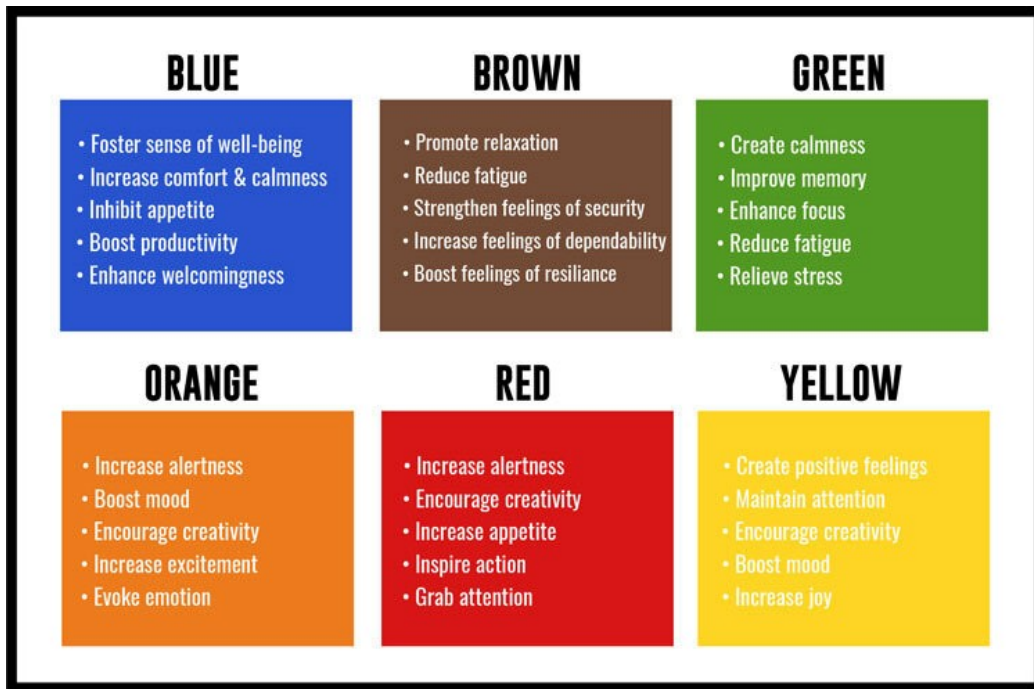
Advice for Sixth Form

Staying well during revision and exams



We asked young people to give us some wellbeing advice for exam time and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!



The Psychology of Colours

By Rebecca Anderson

Colour psychology is the study of how colours affect your behaviour, mood, and impression on others. Research shows that colors can greatly affect our moods and the way other people respond to us. Amazingly, colours can even change our heart rate, blood pressure, and respiration. I thought the image above beautifully summed up some of the research findings about the subject.

Current Affairs



A Detox from Social Media

by Ciara McCann

"To the heartbreak of many, Instagram, Facebook and WhatsApp were all down for a whole afternoon!. Although there was mass hysteria, with people even making TikToks about our lives ending, I think we all learnt an important lesson. We all subconsciously rely on social media: it is there when we are bored, and when we are busy. Everyone is guilty of picking up and checking their phone regardless of whether you have something to reply to or not. Even though it was just for one afternoon, the slight detox from Instagram, Facebook and WhatsApp was all something we needed. It made us realise that it is not the end of the world, although I must say seeing my Instagram working again the next morning was a sigh of relief despite the fact I knew deep down it wasn't gone forever."



Women in STEM



Denise Giddy

By Jessica Wilkins

"A few weeks ago I interviewed Denise Giddy, Senior Engineering Manager at Air Products, who gave me lots of advice and insight into Engineering post-degree. After completing her degree, Denise progressed quickly at the well-known automotive company, Rolls Royce, where she was trusted to assess aero engine quality. Her current job began as a 2-week consultation and led to a 4-year project, where she is the Head Engineer of a Nitrogen plant in Holland. She designed plants for nitrogen production globally, and over the past three years these plans have come to life in India, China, America and Holland. The project in Holland should be completed by late 2022. For any students who want a career with travel opportunities, engineering can be incredibly enticing. Her advice to young people choosing degrees or careers is to choose what you love, she has never spent a day not loving Engineering."

Broadening Horizons

TOUCH YOUR BREASTS Can you feel anything new or unusual?

LOOK FOR CHANGES Does anything look different?

CHECK ANY CHANGES WITH YOUR GP



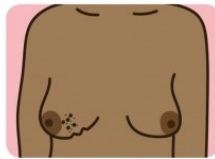
Check all parts of your breasts, your armpits and up to your collarbone (upper chest) for **changes**.

No matter what size or shape your breasts are, **check them regularly**.

COMMON SIGNS OF BREAST CANCER INCLUDE...



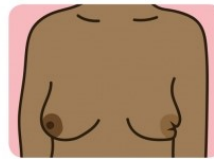
A **lump or swelling** in the breast, upper chest or armpit



A **change to the skin**, such as puckering or dimpling



A change in the **colour** of the breast – the breast may look red or inflamed



A **nipple change**, for example it has become pulled in (inverted)



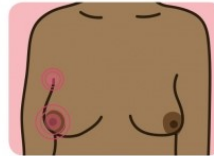
Rash or crusting around the nipple



Unusual liquid (discharge) from either nipple



Changes in size or shape of the breast



Pain in your breast or armpit that's there all or almost all the time



Breast Cancer Now is a company limited by guarantee registered in England (9347608) and a charity registered in England and Wales (1160558), Scotland (SC045584) and Isle of Man (1200). Registered Office: Fifth Floor, Ixex House, 42-47 Minorities, London EC3N 1DY.

Breast Cancer Awareness Day

By Luz Dance

As many of you already know, today is Breast Cancer Awareness and Wear it Pink Day. Miss Capon and Mr Henshaw are encouraging everyone to wear at least one pink accessory, whether that be a scrunchie, headband, or socks! As shown in the statistics and figures below, Breast Cancer is still incredibly prevalent today. Breast cancer survival rates, however, have increased by almost double in the past 40 years, and that is solely down to people raising awareness, recognising the symptoms, and getting checked.

- Breast cancer is the most common cancer in women the UK with one woman diagnosed every 10 minutes.
- Around 55,000 women and 370 men are diagnosed with breast cancer every year in the UK.

- A further 7,000 people are diagnosed with DCIS (ductal carcinoma in situ), an early form of breast cancer, in the UK every year.
- One in seven women in the UK will develop breast cancer in their lifetime.
- This Breast Cancer Awareness Month nearly 5,000 people will be diagnosed with breast cancer.'

Green Thought for the Week



Earthshot Prize

By Lily Hall

The first ever Earthshot Prize took place last Sunday, at Alexandra Palace in London. Hosted by members of the Royal Family, the prize aims to reward people for their innovative ideas for solving some of the greatest environmental challenges facing our planet. Five awards were given out across different categories: Nature, Air, Oceans, Waste-Free and Climate. Each winner will receive £1 million plus a network of professional and technical support to accelerate their impact. Amongst the winners were start-ups, cutting edge technologists, a city and an entire country. Guests were encouraged to consider the environment when choosing their attire, and a performance by Coldplay was powered entirely by 60 people riding bicycles. To find out more about the prize winners and their remarkable innovations visit the Earthshot Prize [website](#).

Sixth Form Support

Mental health is not a destination, but a process. It's about how you drive, not where you're going

HealthyPlace.com

Careers and Tertiary Education Spotlight



Careers Information

Please note that we will be saving any careers information that we include in the bulletin in a file called 'Careers Information' on the public drive for students to access. Only new opportunities will be included in the weekly bulletin but you can still find the information from the past bulletins in the folder.



Opportunities

Nuffield Placement

Applications for Nuffield Research Placements are now open. This opportunity is aimed at students in Year 12. Please check [eligibility criteria](#) before applying on www.nuffieldresearchplacements.org and find further information [here](#).

Medical Work Experience

Education Projects Group offers a virtual medical work experience on 27th October at 7pm. You can [register](#) for free or watch the recording afterwards on [Medical Projects - YouTube](#).

Science Essay Competition

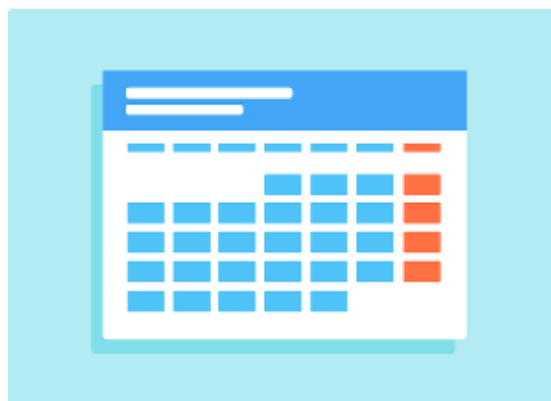
All students applying to study medicine in 2022 or 2023 can participate by addressing the question "How will doctors practice medicine in 2031?" in 600 words. There is a financial reward for the winners! Read all the details [here](#).

Apprenticeship vacancies

CGI are advertising for a [Cyber Analyst Degree Apprenticeship](#) as well as a [Digital and Technology Degree Apprenticeship](#). Both are due to start in September 2022.

Thales are looking for a [Cyber Security Apprentice](#). This is also a degree level apprenticeship starting in September 2022.

If you are in Year 13 and looking for a degree apprenticeship, please start to check vacancies on [Find an apprenticeship](#) regularly.



Events

Oxford Brookes University Open Day

Oxford Brookes is holding their next Open Day on 13th November with a campus tour and taster sessions.

You can register [here](#).

Contact Us

Please feel free to email any suggestions for future bulletins to: katebretherton@newlandsgirls.co.uk

Acknowledgements

Newlands Girls' School either owns the copyright for the images used in this bulletin, and/or has obtained the necessary permissions from the copyright-holder, and/or has used images with a Pixabay License which means they are free for commercial use and no attribution is required.