



| 2021/2022 | Term 6 | Issue 1 | 10th June | 2022 |

Sixth Form Bulletin

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

News In Brief



FOODSHARE
MAIDENHEAD

Maidenhead Foodbank

With the summer holidays just around the corner, many of you will be excited and happy in anticipation of spending time with friends and families, and having a break from school. For many people, however, this will be a difficult time during which they anticipate going hungry because they cannot afford food. If you think your family could benefit from the foodbank in Maidenhead, please speak to your Head of Year or visit their [website](#) for more information. Their primary focus is on providing nutritious food, including fresh food, fruit & vegetables, and they accommodate (as far as they can) particular dietary requirements, for example: vegetarian, gluten-free, and Halal.



Exam Stress

By Umayah Zaman

Exam season can be a very stressful and exhausting, which is why it is important to make sure we look after ourselves, mentally and physically, during this period. Here are some tips on how to deal with exam stress:

- Take regular breaks and schedule in fun things to look forward to: even the most intense exam timetables will allow a little time for a study break. This can include 20-minute breaks during your revision day, and longer activities that you can look forward to. Go out for dinner with friends, go to the cinema, attend a gig, anything that you like doing in your spare time that will take your mind off exams. Spending a little time away from the books will leave you feeling more refreshed and relaxed the next time you revise.
- Exercise and get outdoors: easily one of the most frustrating things about exam season is that it seems to occur just as the weather brightens up. Use this to your advantage and go out for a walk, a run, or head to the gym. As well as keeping you healthy, exercise is known to boost your mood, and can help to make you more productive while revising.
- Speak to someone: if the stress gets to a point where it is overwhelming, and is impacting your day-to-day life, try and talk to someone about it. Open up to a family member or a friend about the pressure you feel: you'll be amazed to know that you aren't alone in feeling like this.



How to Revise

By Emily Harvey

With the exam period having come upon us quicker than Mrs Bretherton shushing the QSA if it is noisy, many of you might be wondering what last minute revision techniques will score you the marks. I am a keen advocate for the blurting method: this is a process of active recall that has proved successful in revising for content heavy subjects. The process is simple: write everything you know about a topic, then check your notes and fill in what you have missed. Past exam questions are also a valuable revision resource, and websites such as Physics and Maths Tutor provide many resources. Good luck for your exams, and I wish you all the best.

Current Affairs



Pride Month

By Kai Siddiquei

Pride Month is an entire month dedicated to the uplifting of LGBTQ voices, celebrating LGBTQ culture, and the support of LGBTQ rights. Throughout the month of June, there have traditionally been parades, protests, drag performances, live theatre, and memorials and celebrations of life for members of the community who lost their lives to HIV/AIDS. It is part political activism, part celebration of all the LGBTQ community has achieved over the years.

Whilst pride month is now a celebration, it began as a protest: June 28th, 1969, marks the start of the Stonewall riots. The community responded to a police raid that began at the Stonewall Inn, which was a safe popular haven for the LGBTQ+ community.

At the time, homosexual acts were illegal, and bars and restaurants faced getting shut down for having gay employees or serving gay patrons. While police had raided gay establishments before that night, members of the LGBTQ+ community decided to fight back, which sparked a new era of resistance and protests which later became a celebration for our advancements.

Black people have always been at the centre of the LGBTQ+ liberation movement: Marsha P. Johnson and Stormé DeLarverie were major figures in the Stonewall, and modern-day LGBTQ+ leaders include

Munroe Bergdorf and Lady Phyll. They have brought light to and fought for POC queer rights. They changed the direction of the whole movement and began majority of the progression we have seen today.



Johnny Depp & Amber Heard Outcome

By Afrah Qamar

Johnny Depp emerged victorious in his defamation case against ex-wife Amber Heard following three days of deliberations by the jury, which also handed Heard a partial win in her countersuit. Depp sued Heard for \$50m for implying he abused her in a 2018 Washington post op-ed. Although she didn't name him, he claims her allegations impacted his ability to work. She pursued a \$100m counterclaim. The jury determined Heard defamed Depp on all three counts, and awarded him \$10m in compensatory damages, and \$5m in punitive damages. Heard was awarded \$2m compensatory damages.

Depp thanked the jury for giving him his life back. His lawyers gave their first interviews on Wednesday in which, when asked about the possibility of dropping damages, they said the case was never about money. In a statement, Heard expressed "disappointment beyond words" and said she was heartbroken, claiming the verdict was a "setback" for women. She has decided to appeal the verdict and is "unable to pay" the damages.

Whilst Amber Heard does raise a valid point about domestic violence against women, I think this case really highlighted how we need to raise more awareness about domestic violence against men. It is widely believed that domestic violence is less common against men, and whilst this may be true, it doesn't mean that it doesn't exist. Of domestic abuse crimes recorded by the police in the UK last year, 26% were committed against men. Men who experience domestic violence and abuse are not to blame, no matter what the perpetrator of the abuse may say. Men who are being abused may feel ashamed or afraid of judgment by others, but it does not make a man 'weak' or less 'manly' if they experience abuse. Domestic abuse is always a choice by the perpetrator, so anyone affected by this should speak up and get help.

Green Thought for the Week

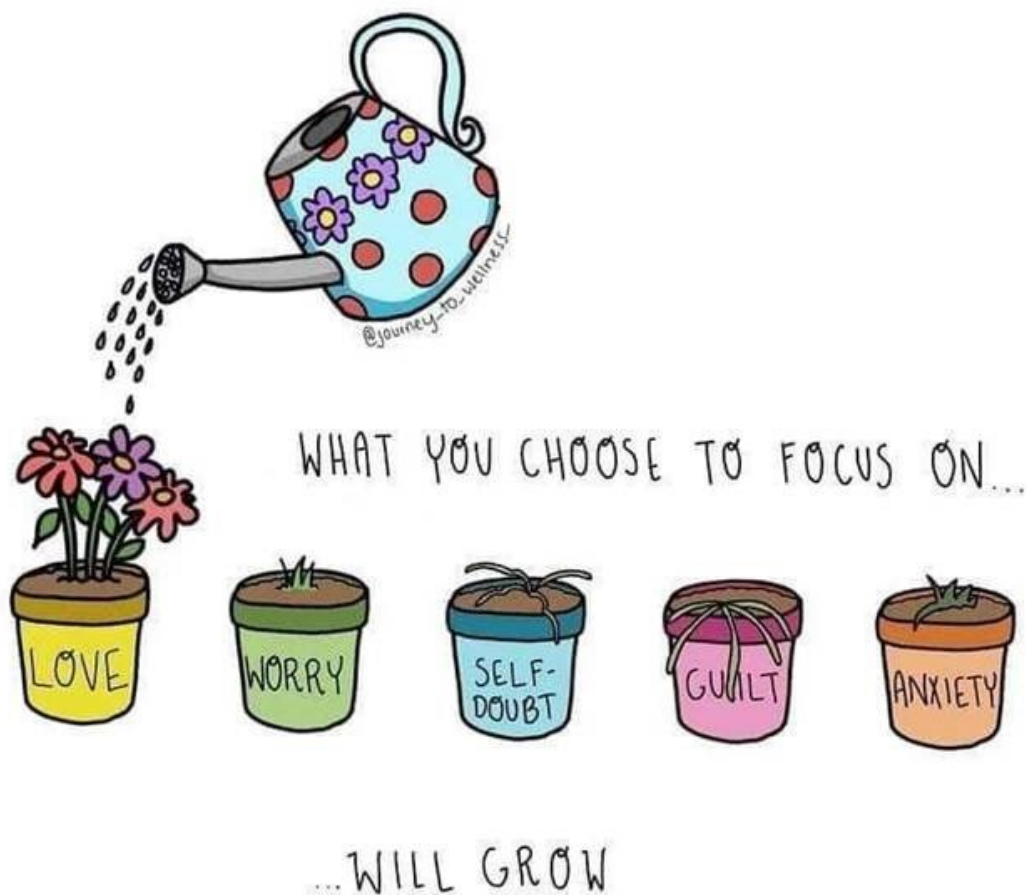


"The greatest threat
to **OUR PLANET** is the
belief that someone
else will save it."

~ Robert Swan ~
www.EcoGentleman.com



Sixth Form Support



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

Horticulture Apprenticeship

The Crown Estate has a vacancy for a Horticulture Apprenticeship starting on 1st August. Please find details and apply [here](#).

University taster days

Inspiring Minds is Loughborough University's series of taster days for Year 12 students. The Art and Design event, taking place on 17th June, is aimed at students interested in the creative arts and design subjects. You can register [here](#).

Apprenticeships

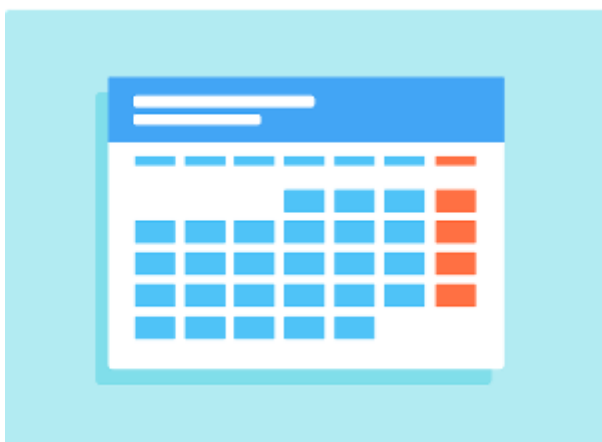
[IBM](#)

[Volkswagen](#)

[BT](#)

[PwC](#)

[Janus Henderson](#)



Events

Escape Studios Open Day

Escape Studios are opening their doors on 25th June, 10.30 to 2pm. You can book your space [here](#).

There is also the option of an online livestream.

Save the Date!

Thames Valley Police will be holding a Jobs Fair in Slough on 25th June (details to follow soon). In the meantime, you might like to look at their [Thames Valley Police Jobs Fair in Oxford](#) taking place this Saturday.

University Open Day

Swansea University is having an Open Day this Saturday, 11th June. You can find out more [here](#).

Contact Us

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

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