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Sixth Form Bulletin

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News In Brief



Perseverance

By Umayah zaman

This Thursday, Mr Wood delivered an inspiring assembly on the subject of perseverance. As exam season approaches, it was particularly encouraging to think about how we can learn from, and build upon, set-backs to emerge stronger the other end. Using the example of Oprah Winfrey, he challenged us to think about how we can achieve our dreams provided we are willing to keep going.

"If you are going through hell, keep going."

Winston Churchill



New Drivers

We have seen a flurry of new drivers in our Sixth Form, as lock-down has been lifted and tests have resumed. Congratulations to anyone who has recently been able to get rid of their L-plates! Please could we ask any student in Sixth Form who drives to school to complete this quick [form](#) so we have details of the registration in case of emergency. Students are not permitted to park on the school site, and we would be grateful if consideration is given to local residents when parking on nearby roads.



The Lumière Film Society

May the 4th be with you! Our film recommendation this week [Star Wars: Episode I – The Phantom Menace \(U\)](#): shown to commemorate Star Wars Day – probably one of the film world’s best-known franchises.

Current Affairs



Johnny Depp and Amber Heard Trial

By Afrah Qamar

One major thing that has been in the news recently is the Amber Heard and Johnny Depp defamation trial, in which Depp has taken Heard to court over alleged false accusations, and is suing her for \$50 million.

This conflict started when Heard first publicly accused Depp of domestic violence in May 2016 when, days after filing for divorce, she requested and received a temporary restraining order on the grounds of domestic violence. Depp's lawyer promptly issued a statement saying that Heard was lying, "attempting to secure a premature financial resolution by alleging abuse." There were many things to follow that, including the ongoing trial that has been scheduled for five weeks, but one main topic surrounding this case is the domestic abuse allegation from both parties.

Depp was on the stand a week ago, and he testified to Heard physically abusing him, including an incident where she allegedly cut his finger off. The court was able to hear several recordings of the arguments the couple had when together and, most appalling, Heard actually verbally admitting to hitting Depp.

Heard is currently on the stand herself giving her testimony, but whilst we as the public might not ever know the full truth about their relationship, domestic abuse is a very serious allegation, that will most definitely ruin someone's life forever. It is not something to lie about because this takes away from actual victims of abuse and increases the amount of stigma around victims speaking out and getting help. There are many cases of domestic abuse, increasing each year so it is important we speak out against it, and if you do know anyone you might be in a situation like this, help them to get the support they need.

Refuge's National Domestic Abuse Helpline: 0808 2000 247



Calorie Counting

By Ciara McCann

Recently in the news, I read about the pros and cons to a calorie-count menu. The pros included the fact that customers are more informed, and also that healthier meals are becoming available: for some, seeing the calorie count may encourage them to choose a healthier option.

Cons, however, include the risk that such information could exacerbate eating disorders, and increase a fixation on restricting calories. Another con to these calorie-count menus is the financial pressure it puts on companies, as more and more people may feel less inclined to eat out because of these menus.

What do you think? Are there societal pressures to include calories-counts on menus, instigated by the vicious circle of weight loss and body image?

Green Thought for the Week

Discover



“I think sometimes we need to take a step back and just remember we have no greater right to be here than any other animal.”

—*David Attenborough*

Image: John Cairns / Creative Commons

Sixth Form Support



Loneliness

(Taken from The Mental Health Foundation)

Loneliness is the negative feeling we have when the relationships and connections we have with others are not what we want.

Loneliness is something that most of us will feel at some point in our lives, but there are certain factors that put some at a higher risk of loneliness than others.

Full-time students are among those at higher risk of feeling lonely: during the pandemic, 26% of students reported feeling lonely often or always, compared with 8% of the adult population.

Although that figure decreased as restrictions eased (22%), it still remained much higher than loneliness levels in adults (6%). Even before the pandemic, 88% of Britons aged from 18 to 24 said they experience loneliness to some degree, with 24% experiencing it often, and 7% saying they are lonely all of the time.

This '[Student Guide to Loneliness](#)' aims to provide young people with support and strategies to overcome loneliness if and when they face it.

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

Engineering Residential for Year 11

Engineering Experience offers Year 11 participants an opportunity to explore different engineering degrees in a two day residential at Loughborough's Campus in Leicestershire on 6th and 7th July. Interested students should submit their [application](#) by 2nd May.

M&G Apprenticeships

Apprenticeships with M&G are now open. You can [apply](#) for careers in Project Support, Sustainability, Risk, Investment Operations, Finance, Data, Technology and Client Relations until 9th May.

Apprenticeships with Mercedes

Mercedes-Benz are currently recruiting apprentices for Light Vehicle and Heavy Vehicle Technicians, Customer Service Experts and Retail Parts Advisors. You can apply [here](#).

Apprenticeship with Willis Towers Watson

WTW are recruiting apprentices for a range of roles in Business and Finance. Find your role and apply [here](#).

Vacancies at Heathrow Airport

For job and apprenticeship vacancies at Heathrow please have a look [here](#).

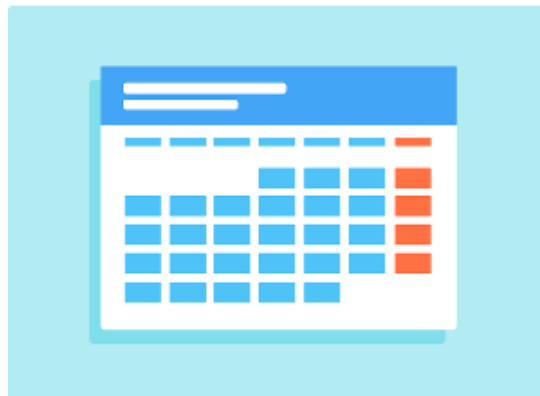
Careers at Specsavers

If you would like to find out more about careers in optometry, please have a look at [Starting a career as an Optician with Specsavers](#).

Apprenticeships to consider

[Forensic collision investigator apprenticeship](#)

[Apprenticeships to consider if your favourite subject is Science](#)



Events

Interactive university online events

Channel Talent offers a large range of online university taster sessions on different subjects. Please register your interest [here](#) to find out about upcoming events of interest to you.

Nailing Your Interviews

This hour-long Pathway session on 21st May, from 10am to 11am, will walk you through all things interviews. You can sign up [here](#).

[Contact Us](#)

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

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