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Sixth Form Bulletin

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News In Brief



End of Term

We want to take this opportunity to wish everyone a very happy Easter break. It has been a busy term, and students have been working extremely hard in preparation for their exams after the holiday. While it is important to do some revision over the next two weeks, it is equally important to take time to relax and enjoy some down-time. See you next term!



Sporting Success

By Umayah Zaman

After a tough battle in the semi-finals, which came down to penalty shuttles, on the 3rd April, Maidenhead U18s Squad competed in the EH Tier 2 Cup Final against Folkstone. Newlands' students Umayah Zaman, Annabel Jones and Hannah Donaldson all played a part in securing a 2:0 win, with Umayah scoring both goals! It was great to have the match so close to home, as we benefitted from the support of both our club and from a number of fellow students.



Helping Others

By Inika Nicholls

"Our *Thought for the Week* was 'Helping Others' which made me reflect on one of the things I've most enjoyed during my time in Sixth Form. I have mentored a number of younger pupils, and worked with several students to support them with their Maths. It is really rewarding seeing the difference that helping others can make."



Decision Fatigue

By Rebecca Anderson

Decision fatigue is a psychological phenomenon related to a person's ability or capacity to make decisions. The theory surrounding this is that a human's ability to make decisions can get worse after making many decisions, as their brain will be more fatigued. This can be worsened by huge amounts of stress and can cause impulse buying, avoidance and procrastination. This can be combatted by changing the patterns of belief surrounding willpower, removing distractions, simplifying your wardrobe, planning meals, creating routines, and taking breaks.



The Lumière Film Society

World Health Day is celebrated on 7th April each year, and draws attention to a specific health topic of concern to people all over the world. Our film recommendation this week is [The Sky is Pink \(12\)](#); after succumbing to her terminal illness, a teenager posthumously narrates her parents' tenacious relationship in this drama based on a true story.

Student Voice



Ramadan Kareem to everyone fasting this month! Ramadan is the ninth month of the Islamic calendar, in which the holy Quran was revealed. Fasting helps keep us away from the hustle bustle of everyday life, and spend some more time on our faith in whatever way we can. Some common assumptions as to why we fast are: to gain mental clarity, to relate to people who are less fortunate than us, and to learn how to have patience from not eating or drinking all day, but these are all just benefits of fasting. The real reason as to why we fast during Ramadan is because in the Quran we are instructed to fast, so that we may attain piety. Ramadan is not a bunch of actions, but a journey one takes with themselves and Allah. Here are some tips to help with revision during Ramadan:

- As soon as you arrive home, wait for the Asr prayer and then take a nap until Iftar, this way you can catch up on your sleep and can revise after Iftar with a fresh mind.
- If you do not have the option of taking a nap, make sure you take frequent breaks and do not overwork yourself.
- Keep hydrated between fasts.
- Eat dates – not only is this a Sunnah of the prophet (pbuh), but they also provide a boost of energy and are healthy for you.

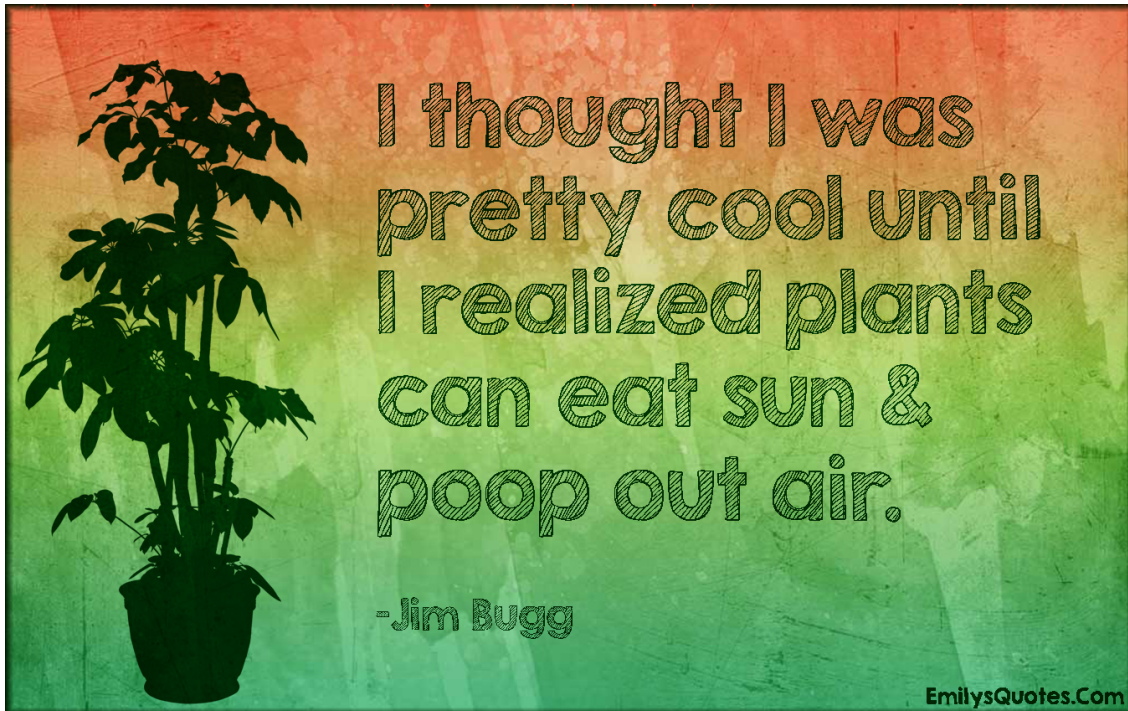
Current Affairs



Slap-Gate

By Emily Harvey

On the 28th March 2022, the actor Will Smith made a controversial move when he slapped Chris Rock at the Oscars. This came after Rock made a insensitive joke about Jada Smith's alopecia, calling her G.I Jane. The outburst has sparked a debate over whether Smith should be commended for defending his wife, or condemned for his use of force. While alopecia is a chronic health condition resulting in hair loss which can make people feel very insecure, we don't condone violence. What are your thoughts on the situation?



I thought I was
pretty cool until
I realized plants
can eat sun &
poop out air.

-Jim Bugg

EmilysQuotes.Com

3 things to do Today for your WELLBEING

one: eat something
don't forget to fuel your beautiful body today, your brain functions better when your body is nourished & hydrated.

two: move your body
scientists & psychologists tell us repeatedly that one of the best things we can do for our health is a little exercise everyday.

three: rest
if you've been feeling drained lately make it a priority to get to bed early & work on improving your sleep routines.

 laurajaneillustrations

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

Broadcast Production Assistant Apprenticeship

Actors Studio, based at Pinewood Studios, is looking for a Production Assistant Apprentice. You can apply [here](#) by 19th April.

Technology Work Experience Event

Young Professionals are hosting a virtual technology work experience with PwC, World Wide Technology, Capgemini, IBM, Virgin Media and QA on 13th April 9am to 4pm. To sign up use this [link](#).

Work Experience with Kuehne + Nagel

Young Professionals are hosting Kuehne + Nagel's first ever Virtual Work Experience on 12th April, 9am to 4pm, which will provide an insight into the logistics industry and life at Kuehne+Nagel, a global transport and logistics company. You can register [here](#).

Deloitte Early Careers Programme

To apply for Deloitte's BrightStart Apprenticeships have a look [here](#). You can register for their information webinar on 27th April at 4pm [here](#).

National Work Experience Week

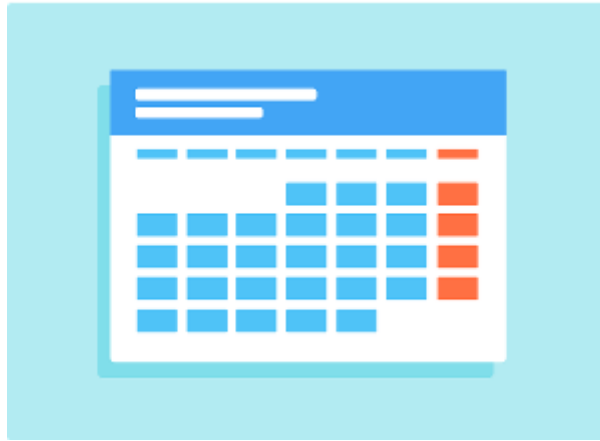
Careermap is hosting a work experience week from 25th to 29th April. Please [sign up](#) to receive programme updates.

Life as an entrepreneur

Pearson Business School have made an [Enterprise Guide](#) available for everyone who is interested in becoming an entrepreneur.

Springpod

Regularly check [Springpod](#) to keep up to date with work experience opportunities and University Open Days.



Events

Careers Jam

The F4S virtual Careers Jam takes place on 3rd May , 10am to 4pm. You will connect with the likes of Google, Workfinder, The Career Coach and Tate & Lyle through live panel sessions and workshops. Please note that you can only attend if you do not have lessons, however the whole platform, including recordings of the sessions, will be available on-demand throughout the summer until September. You can register [here](#).

Contact Us

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

Acknowledgements

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