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News In Brief



Study Space

Please remember that, if you are in school for any reason other than a taught lesson, you can use either the Library QSA, Sixth Form Common Room or Sixth Form QSA for private study. The mezzanine in the canteen is closed.



The Lumière Film Society

In December 2015, the UN General Assembly designated 5th November as World Tsunami Awareness Day, calling on countries, international bodies and civil society to raise tsunami awareness and share innovative approaches to risk reduction. Our film recommendation this week is [The Impossible \(12\)](#): an emotionally harrowing disaster drama that sees a couple and their three sons embark on a holiday in Thailand, looking forward to a break in a tropical paradise. But on the morning after Christmas, while they are relaxing around the pool, a huge roar heralds the onset of a tsunami.

Advice for Sixth Form



Internet and Social Media Safety

By Ciara McCann

As a reminder to those using social media, here are ways you can keep safe:

- Be careful with online purchasing: if you ever have any doubts with a website, you can put it into 'Trustpilot', and it will tell you how reliable the website is.
- I would advise you to keep any accounts on social media private to prevent strangers from discovering your location, age, name etc.
- If you see any signs of cyber bullying, report the account!
- DO NOT send any explicit images to anyone regardless of whether you know them or not.
- Do not give anyone your passwords.



France's Decades-long Feud Over The Hijab Takes Centre Stage

Zoha Qureshi

A European Union-funded campaign promoting the freedom to wear the Muslim headscarf has been shelved after an official complaint from France this week. In 2011, France became the first European country to ban the full-face Islamic veil (niqab) in public. In April, French president Emmanuel Macron issued a hijab ban in French schools and public workplaces: if you wear the niqab, you could be fined £133. He commented in an interview: "I am not especially happy that some women choose to wear the headscarf when out in public, but it must be tolerated". He speaks as if the hijab is a nuisance: if a woman can wear and show whatever she wants, surely she can cover up whatever she wants too?

Broadening Horizons



International Stress Awareness Week

By Rebecca Anderson

International Stress Awareness Week was created in 2018 to raise awareness about stress prevention. It has developed as a major annual event focusing on stress management, and campaigns against the stigma associated with stress and mental health issues. It took place this week: as Covid-19 has caused an increase in mental health issues, particularly loneliness and grief, this year's focus was on emotional management.

Green Thought for the Week



Documentaries To Get You Thinking

By Lily Hall

- The True Cost: a documentary about fast fashion and the damage it can cause to the environment.
- A Plastic Ocean: a documentary about plastic in our oceans.
- Minimalism: a documentary about how consumerism is impacting the environment and our mental health.
- Kiss the Ground: a documentary about people who are making the most of the earth's soil which may be the key to combat climate change.

Sixth Form Support

Tips to Manage Anxiety Surrounding the Coronavirus (COVID-19) Outbreak



Minimise what you watch and read on the news and social media. Being on the receiving end of repeated news can be overwhelming.



You can effectively reduce the risk of passing on an infection by washing your hands with soap and water.



Aim for a balance in safety behaviours. Though it is not effective to ignore activities (such as hand washing) overdoing anything traps you in a negative spiral.



Aim to get adequate rest. Sleep is important for maintaining positive mental health.



Make a list of fun indoor plans, ensuring some of them include things you can do on your own - in case you need to self distance.



Eat well and regularly. We use more energy when we are anxious.



Remember, parents get anxious too but that doesn't mean the world is unsafe - it just means that they may need to read and apply some of these tips too.



'Take Five' to manage the physical symptoms of anxiety. Stretch out your hand and trace your thumb with a finger from the other hand. Breathe in as you move upwards and out as you move downwards. Repeat for each finger.



Focus on the facts rather than on any 'catastrophic' thoughts you may have. The health risk of coronavirus is very low for most teens.

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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



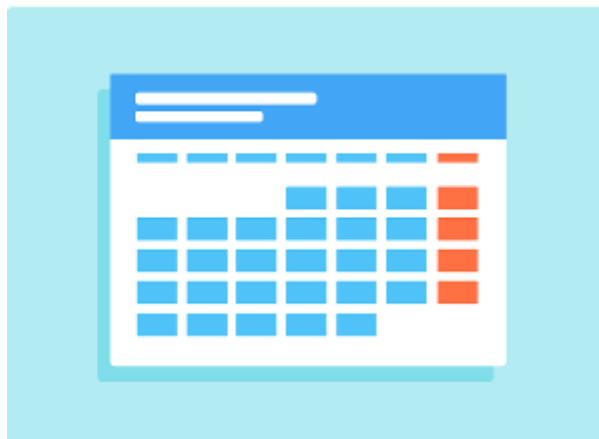
find the information from the past bulletins in the folder.



Opportunities

Apprenticeship vacancies

- [Network Rail](#): Finance, Engineering, IT and Business
- [XPS Pensions Group](#): Actuarial Analyst Apprentice (**closes soon!**)
- [HMGCC](#): IT, Software, Engineering
- [Deloitte](#): Cyber, Technology, Finance, Legal and others



Events

Escape Studios Open Day

Pearson College London is holding an Open Day on Saturday 6th November 10am to 12.30pm where you

can get an insight into creative careers. Please book your space [here](#).

Pilot Careers Live

Europe's largest independent flight training exhibition takes place on 6th November 9am-5pm at Sofitel Hotel Heathrow. Virtual attendance is free and you can register [here](#).

Taste of Frimley & Wexham

Frimley Health is holding a Teams live event on 11th November 5pm to 6.30pm. If you are interested in a medical career within the NHS, this event will be of interest to you. Just [Click here to join the meeting](#).

Deloitte BrightStart Webinars

A series of hour-long virtual sessions will inform about and showcase the opportunities available at Deloitte. Register for webinar on [10th November 4-5pm](#) or on [8th December 4-5pm](#).

PwC Career insight

PwC are offering several virtual events where you can find out about their apprenticeships, Flying Start degree programmes and Virtual Insight Week. You can find all the dates and register [here](#).

Contact Us

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

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