



| 2021/2022 | Term 1 | Issue 3 | 24th September | 2021 |

# Sixth Form Bulletin

- [News in brief](#)
- [Student Voice](#)
- [Women in Stem](#)
- [Broadening Horizons](#)
- [Green Thought for the Week](#)
- [Sixth Form Support](#)
- [Careers and Tertiary Education Spotlight](#)

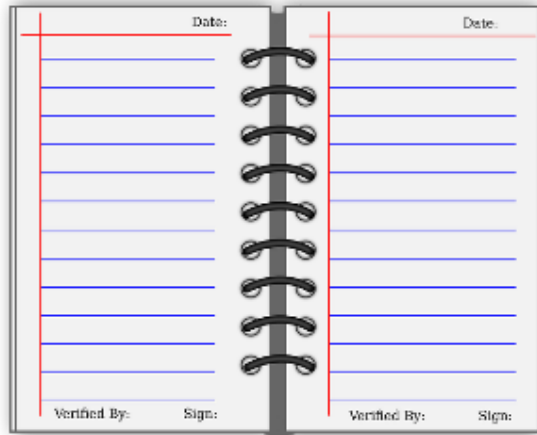
## News In Brief



### Sixth Form Bulletin Committee

We are delighted to introduce our new Sixth Form Bulletin Committee who will be responsible for producing content, editing and reviewing the weekly newsletter. Congratulations to: Alina Akhtar, Zoha Qureshi, Rebecca Anderson, Inika Nicholls, Luz Dance, Alice Stroud, Ciara McCann, Maisie Gibson and Jess Wilkins.

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#### Advice for Year 12

By Zoha Qureshi

"I wanted to share some ideas to help make writing your UCAS personal statement a little easier. Even though you will not have to do this for a while, I suggest starting to keep a log-book now as this will be very helpful in the future. A log-book is basically creating a list of the extracurricular activities you do, whether related to school or not. This can be from clubs you have participated in, to instruments you play, to books you have read. This will be perfect as you will have all your ideas in one place rather than only thinking about it all when the UCAS deadline is looming."

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#### The Lumière Film Society

World Alzheimer's Day is celebrated on 21st September each year. It provides an opportunity for health organisations across the globe focus their efforts on raising awareness about this disease. Our film recommendation this week is [Still Alice \(12A\)](#): an incredibly moving portrayal of the fast progression of early-onset Alzheimer's disease

Student Voice



### An Overview of Toxic Positivity

By Rebecca Armstrong

'Toxic positivity' can be defined as the assumption that we should always have a positive outlook, even if we are in emotional or physical pain. It is the unrealistic idea that acting more positive and happy will make us feel better. But in reality, it's a way of shutting down our very real and human feelings and can often make us feel worse.

#### What does positive toxicity look like?

- Brushing off problems rather than facing them.
- Feeling guilty about being sad, angry or disappointed.
- Hiding true feelings.
- Minimizing other people's feelings.
- Shaming other people for not having a positive attitude - shame is a horrible feeling for the human spirit.
- Saying to 'get over' painful emotions.

#### Why is it harmful?

- It causes guilt – you feel that if you aren't being positive, even in the face of tragedy, that you are doing something wrong.
- It is an avoidance mechanism to sidestep emotional situations that may make you feel uncomfortable, but the emotions bottle up and get worse.
- It prevents growth: you cannot learn if you don't face your problems.
- It prevents solving problems and shuts down opportunity for people to seek help for their mental health.
- Happiness is not black and white, therefore seeing things as either "positive" or "negative" is too simplistic and gives a false view of the world.
- Life is more boring because you have a less diverse range of emotions and experiences.

## How can you avoid it?

- Notice how things make you feel.
- Focus on listening and showing support to others.
- Know it's okay to feel these negative emotions.
- Manage your negative emotions.
- Notice when these signs start to arise.

## Women in STEM



### A Spotlight on Dawn Barry

By Inika Nicholls

Dawn Barry is a highly influential woman in genetics research, which is a largely male-dominated field. She has challenged the notion that women are not leaders by launching her own health research and genetics corporation, Luna PBC. It is the world's first genetic research corporation that incentivises DNA contributors by rewarding them with shares of ownership of the company. She is inspiring in that she started as an average student and has gone on to do revolutionary things, proving that any of us can do great things if we put our mind to it.

## Broadening Horizons



### Organ Donation Week

In 2020, legislation about organ donation in the UK changed. We changed from an 'opt in' decision to an 'opt out' decision, meaning that medical staff will presume a patient wants their organs donated unless

informed otherwise. The theme of this year's Organ Donation Week (20th to 26th September) is 'Leave Them Certain'. The theme stresses that family members will always be involved before organ donation goes ahead. Family members can override your decision if they aren't sure what you want so: leave them certain.

## Green Thought for the Week

# NEWLANDS ECO COMMITTEE

The Eco Committee are responsible for carrying out an environmental review of Newlands and preparing an action plan for the whole school to engage in.

Two representatives from each year will be elected to join the committee, who will meet up in the SFC Hub once every half-term.

Please let your form tutor know if you would like to be nominated by 29th Sept 2021.

Become a Eco Ambassador and make a positive change for our environment!



Sixth Form Support

# SOCIAL MEDIA SELF CARE



Follow inspiring accounts



Spend a day away from your phone



Turn off notifications



Post with empathy & kindness



Unfollow triggering accounts



Remind yourself social media is not reality

@theself\_carekit

## 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.



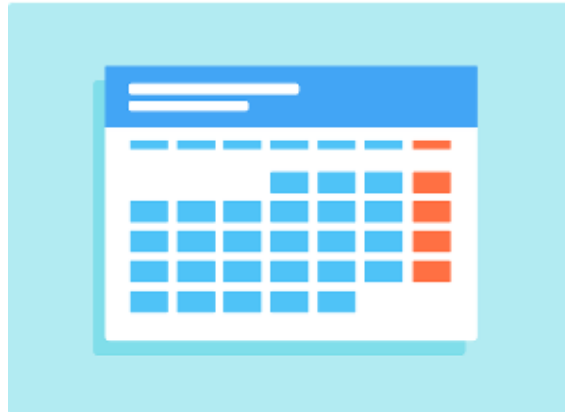
## Opportunities

### Medical Work Experience

Medic Mentor is offering virtual work experiences in medicine, dentistry and veterinary. Please find details and sign up [here](#).

### Springpod Work Experience

Springpod is offering a number of virtual work experiences on different sectors. Please explore and register for all the different opportunities [here](#).



## Events

### Interactive University Events

[Channel Talent](#) offer a wide range of virtual seminars in the coming months covering a large number of university subjects. Check their website for details or register your [interest](#). Please note that you can only attend seminars taking place outside of your lesson time.

### Oxford Brookes University

Oxford Brookes is offering a number of [Post-16 -Events](#) such as virtual lectures, subject taster sessions and a summer school. You can also book a space for one of their two [Open Days](#) this autumn.

### Women in Tech & Accounting with PwC

This virtual session will take place on Tuesday 28<sup>th</sup> September 6pm-7pm. You will hear from PwC employees/apprentices as well as their Flying Start Programme – a great route for those currently studying Maths or Computer Science. You can sign up [here](#).

Contact Us

Please feel free to email any suggestions for future bulletins to: [katebretherton@newlandsgirls.co.uk](mailto:katebretherton@newlandsgirls.co.uk)

### **Acknowledgements**

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