

THE SIXTH

“ THIS WEEK... ”

MENTAL HEALTH AWARENESS WEEK

10–14 May 2021

Dealing with stress

Are you prepared for your assessments? Year 13 assessments are next week and Year 12 mocks are next month.

Do you have strategies to enable you to cope effectively with stress? [Click here](#) for tips and advice for dealing with anxiety and stress. You can also check out our [Wellbeing hub on Teams](#) for strategies to support good mental health.

10-14th May

[Click here](#) to join Aston University's programme of events focussing on students' mental health.

11th May

Stepping up the fight for mental health

[Click here](#) to book onto this free event to hear from TV and radio presenter Roman Kemp about the importance of mental health.

Ever wanted to work in radio?

We are holding a meeting on Wednesday 12th May @12.10pm in N105 with Lymm Radio to discuss work experience opportunities. Not only are we looking for presenters and DJs, we need copy writers, composers, social media marketers and ideas for programmes. Full training will be provided. This is an excellent opportunity to get experience on-the-job and differentiate yourself from other candidates when applying for jobs and further education. Please do come along if you are interested!

Year 12 Discussion group

Join Dr Sharkey and students on Tuesdays after school in A206 for lively debate and discussion on a range of topics. Subjects for discussion are voted on at the start of each session. Next week could be: *Does one have a moral obligation to be vegan.* For topic suggestions or any questions, contact WSharkey@lymmhigh.org.uk

Year 12 IAG for parents

Wednesday 12th May @ 6pm

The Zoom link to attend will be emailed to parents on Tuesday.

Extra-curricular

Mondays, 3.15pm

- Hockey (astro)
- Football (3G)

WHATS ON THIS WEEK

CALENDAR

10–14 May 2021

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Life Programme – Relationships		
TUESDAY		Life Programme – Meningitis	12.10pm, EPQ Meeting N105
WEDNESDAY	Study skills – file checks		12.10pm, N105 – Lymm Radio Meeting (see News section)
THURSDAY		Assembly – see link in your calendar	
FRIDAY	Study skills – file checks Futures Friday – UCAS course searches		

REMINDERS

DONT FORGET TO:

Year 13

Next week is your final assessment week. Please make sure you are prepared and you have checked your [timetable](#) carefully.

Don't forget to reply to your UCAS offers in Track and apply for your student finance. The deadline is **21st May**.

Year 13 Prom

Don't forget to hand in your Prom consent form and medical form [HERE](#). Please also ensure you have paid for your ticket on Parent Pay.

Here is a copy of the [letter](#) sent home.

Year 12

Mock exams begin on the 21st June. You must start preparing for these now. Use the [study planner](#) given in form time last week to help you structure your time effectively.

Don't forget to bring your folders in for the file checks this week. Your tutor will need to see the main subject files for all of your subjects

Covid testing

Don't forget to complete your tests and log them every Wednesday and Sunday.

For further information on how to log your results, please [click here](#).

Student communication

Weekly reminders regarding attendance, staying late after school, SSP and ILC can be found by [clicking here](#).

Wellbeing

Don't forget to check out our [Wellbeing hub on Teams](#) for practical suggestions on how to keep mentally healthy and signposting to support.

REVISION SUPPORT



With exam season upon us, we thought we would start including revision tips and ideas to help you revise more effectively.

The skills to revise well include:

- Remembering
- Listening
- Reading
- Researching
- Writing
- Summarising



Memory hacks, including flash cards, mnemonics and mind maps can help you retain information. This [webpage](#) includes information on how to make good memory hacks.

These revision tips from Newcastle University have been backed up by scientific research:

- Don't keep re-reading – test yourself
- Use mnemonics
- Don't rely on cramming
- Use chunking

To read the full article, [click here](#).

Free maths revision workshops

These workshops are for students currently studying A' level Mathematics and Further Maths. Each session will entail a University of Huddersfield expert lecturer leading a guided learning tour of past paper questions, demonstrating ways in which to approach example questions and supporting students with their own work through chat. There will also be an opportunity to speak to an academic tutor on a one-to-one basis at the end.

Workshop 1 – Calculus, Differentiation and Integration

Wednesday 12th May, 1.15–2.15pm

To book [click here](#).

Workshop 2 – Geometry

Wednesday 19th May, 3–4pm

To book [click here](#).



Degree Apprenticeships

[Manchester Metropolitan University](#) – Introduction to degree apprenticeships (on demand).

This session outlines the benefits of degree apprenticeships, gives students an overview of the different apprenticeships available, including a detailed breakdown of the application process and the key skills required for a successful application.

[New Higher and Degree Apprenticeship Vacancy Listing 2021/22 Recruitment](#) – The Education Skills & Funding Agency (ESFA) has created this Vacancy Listing that showcases vacancies for higher and degree level apprenticeships starting in 2021/22.

[Astra Zeneca Apprenticeships](#) – Many Higher and Degree apprenticeship opportunities available including science, technical and business.

Apprenticeships

[Cheshire and Warrington Opportunities](#) – Visit to find out about local courses, apprenticeships or jobs

[Click here](#) to see this week's list of current apprenticeships in the Warrington area. For further details and to apply for any of these vacancies go to the [National Apprenticeship Website](#)

[Health Care Assistants for Warrington and Halton](#) – Need 'gap year' work experience in a health/care setting? Full time/part time hours and permanent contracts are available.

[Siemens apprenticeships](#) – Listing of opportunities worldwide.

[IBM apprenticeships](#) – Applications information.

[Barclays](#) – Information and details about latest opportunities.

[Waterside Training](#) – Waterside Training have a large number of vacancies available and are looking to recruit around 35 new apprentices for this year to commence September 2021.

Wednesday 12th May

[National Apprenticeship Service](#) – On International Nurses Day, why not investigate apprenticeship opportunities within NHS Healthcare?

These include:

- Apprentice ambulance practitioner
- Nursing degree apprenticeships
- Dietitian
- Occupational therapist
- Business administration and human resources
- Prosthetics & orthotics

Find out what it's like being a Nursing apprentice in these [case studies](#).



CAREERS

Take the [Buzz Quiz](#) to find out what types of jobs may suit you.

Explore the [UCAS Careers](#) website for ideas on Future Jobs.

[Career Days](#) – click here to search a range of career days online. Please note, there is a charge to attend these. If you are eligible for the bursary, we can reimburse you.

[Sign here](#) for Gapwhiz to get regular updates, free, and straight to your mailbox on the latest work, study, volunteer or internship opportunities (home or abroad).

[PWC: Let's Chat Careers Advice Podcast](#)

PWC have launched a podcast series discussing workplace-related topics and career top tips.

[Discover careers in the Civil Service](#)

Explore careers in the Civil Service, or try their 'career matcher' tool to generate ideas.

Career in logistics and transport

Opportunity to work for a highly successful forward-thinking Logistics and Warehousing Company.

Maxi Haulage is looking to recruit and nurture its next generation of colleagues. It has a comprehensive training and buddying scheme with a focus on finding people with the correct mindset, rather than skill set. You will learn the process from conception to completion, covering all aspects of the business and creating a fantastic career.

The right candidate will be based within a very busy Transport Office on the front line, will be calm, methodical, committed and have an excellent sense of humour, whilst experiencing the ups and downs of transport and logistics.

You will develop your skills and knowledge in these areas:

- Vehicle scheduling
- Dealing with drivers
- Load planning
- Route optimisation
- Records management
- Maintenance scheduling
- Maintaining delivery schedules and tracking deliveries
- Updating customers on deliveries
- Monitoring and reporting driver issues
- Handling customer complaints

If you think you have what it takes to become involved in an exciting industry, send your CV and a covering letter stating why Maxi Haulage should invest in you to rachelsutton@maxihaulage.co.uk
For an informal chat and more information, call Rachel on 07823 356282.

CAREERS

Monday 10th May

[Festival of Construction careers event](#) –

This free 5-day careers event will feature speakers from construction companies, sustainability specialists, product innovators, academia, the UN and NASA. The virtual conference will take place online, and each day addresses a specific climate theme.

Adaptation and Resilience

The climate emergency is shaping how the built environment needs to be planned and designed to prevent and survive climate impacts, i.e. floods, wildfires, extreme weather, materials shortage, population displacement.



Tuesday 11th May

[Festival of Construction careers event](#) – This free 5-day careers event will feature speakers from construction companies, sustainability specialists, product innovators, academia, the UN and NASA. The virtual conference will take place online, and each day addresses a specific climate theme.

Nature

Our speakers will be discussing some built environment solutions and technologies for protecting ecosystems, ensuring biodiversity, expanding food supply to growing populations while committing to wildlife protections.

Wednesday 12th May

[Insight to Careers in Property Development](#), 5–6.30pm – Throughout the evening, Berkeley St Edward will be taking us through the main components of their business: Property Development, Construction, Architecture and Interior Design.

Berkeley Group are a publicly-owned FTSE 100 company listed on the London Stock Exchange. They build beautiful, successful places, blending homes, parks and public realm with great facilities to create fantastic communities. They have built more than 19,200 homes in the last 5 years, across London, Birmingham and the South of England and have a very strong presence all across the UK.

[Festival of Construction careers event](#) – This free 5-day careers event will feature speakers from construction companies, sustainability specialists, product innovators, academia, the UN and NASA. The virtual conference will take place online, and each day addresses a specific climate theme.

Energy Transition

Clean and renewable energies are essential to reduce our dependency on fossil fuels, including the retrofit and integration of renewable technology, adoption schemes to encourage the public, waste management and energy from waste.

CAREERS


Thursday 13th May

[Festival of Construction careers event](#) – This free 5-day careers event will feature speakers from construction companies, sustainability specialists, product innovators, academia, the UN and NASA. The virtual conference will take place online, and each day addresses a specific climate theme.

Clean transport

Keeping our towns and cities moving is vital for healthy economies and zero-emissions vehicles will certainly reduce carbon emissions, smart cities use the Internet of Things for real-time traffic data, active transport keeps us healthier, 15-minute cities in a post-COVID world reduce the burden of commuting, and logistics and freight bring us goods and services.

[IBM Insight Evening](#), 5–6pm



IBM Insight Evening
13th May 5pm - 6pm

An evening with some of IBM's most senior Technology & Business Leaders! Come and see what it's like working for one of the world's biggest Tech companies and the exciting work they are doing across the globe!

Hear about their school leaver opportunities, summer insight days and gap year placements. Open to all students in school / college aged 15 - 18 & interested in technology or business

Sign up via the link provided!

This is the first time that we've been able to bring together some of IBM's most senior figures within the business to come and talk to us all about what it's like working for one of the world's largest tech companies.

Hear about some of the exciting projects they are working on as well as their school leaver opportunities, summer insight days and gap year placements.

Friday 14th May

[Festival of Construction careers event](#) – This free 5-day careers event will feature speakers from construction companies, sustainability specialists, product innovators, academia, the UN and NASA. The virtual conference will take place online, and each day addresses a specific climate theme.

Finance

The construction industry makes up 7% of UK GDP and investment in property and construction is always lucrative, financial incentives help inspire and ensure that future developments prioritise climate actions, sustainable procurement and corporate social responsibility are essential for a healthy industry, and creating tools to value the built environment as a social asset.

FUTURES

OPPORTUNITIES

UNIVERSITIES

Saturday 8th May

[University of Exeter](#) – Considering university as your next step?

[Universities of Bath, Cardiff, Exeter, Lancaster and Warwick](#) –

Considering university as your next step?

The Universities of Bath, Cardiff, Exeter, Lancaster and Warwick are hosting a series of online conferences aimed at providing information, advice and guidance on what is available and how to apply.

Saturday 24th April 13:00 – 15:30
Conference includes sessions on:
Applying to a competitive university, UCAS Process, Choosing a course, Personal statements & how to make the most of virtual open days

Saturday 8th May 13:00 – 15:30
Conference includes sessions on:
A range of subject specific sessions that will provide an opportunity to learn about the broad range of subjects on offer at University

UNIVERSITY OF BATH | CARDIFF UNIVERSITY PRIFYSGOL CYMRU | UNIVERSITY OF EXETER | Lancaster University | WARWICK

Register at: exeter.ac.uk/lagconferences

Accessing new subjects - joint conference providing information, advice and guidance.

[University of Exeter](#) - Studying Religion at University conference

[University of Greenwich](#) – Money management webinar

Monday 10th May

[Liverpool John Moores University](#) –

Faculty of Engineering & Technology Q&A

Tuesday 11th May

[University of Exeter](#) – Developing effective study skills for university

[University of Hertfordshire](#) – Study Skills: Research Methods

[University of Sheffield](#) – Mechanical Engineering, 3.45–5pm

FUTURES

OPPORTUNITIES

UNIVERSITIES

Wednesday 12th May

[Aberystwyth University](#) – Online open day, 5–8pm

[Edge Hill University](#) – Student Finance, 5–6pm

[University of Bradford](#) – Business Management 101: Employee engagement in a pandemic

[University of Greenwich](#) – Student finance explained: bursaries and scholarships

[University of Hertfordshire](#) – Language Taster Session: Beginners Japanese

[Teesside University Career Compass](#) – Computer games, 2–3pm

[University of Warwick](#) – Student life: living at Warwick. Join interactive panel sessions where you can hear from and chat to current students and staff. Come ready with any questions you might want to ask!

Thursday 13th May

[Liverpool John Moores University](#) – Computer science: emerging technologies, 12pm

[University of Bradford](#) – Plan B: Preparing an alternative route to University

[University of Exeter](#) – Making an effective course choice for University

[Falmouth University](#) – Future Proof: Introducing Creative Careers, 4–5pm

[University of Liverpool](#) – Why Liverpool? Webinar and Q&A, 4.30–5.30pm

[Teesside University Career Compass](#) – Computer games, 6–7pm

[University of Wolverhampton](#) – How to choose a course and the benefits of university

[University of Wolverhampton](#) – Accounting & finance discovery day

Friday 14th May

[University of Sunderland](#) – Feel the HEAT! An insight into Hospitality, Events, Aviation and Tourism, 12–2pm

StudentStream



Search, Spot & Stream
through hundreds of
UK University Videos

Search, spot and stream videos to help you make the right university choices. This website is designed to support you as you continue to make important decisions about your next steps. StudentStream brings together video content featuring vital advice and expert knowledge from universities across the UK in one place.

Whether you need help and advice regarding UCAS personal statements, interviews, choosing courses, work experience, student finance, uni campus tours, or open days, StudentStream has it all.

On demand webinars

[Manchester Metropolitan University](#) – Introduction to university life, Personal statement sessions, Student finance & budgeting, Interview techniques and Student life.

[Staffordshire University](#) – Student finance

[Staffordshire University](#) – Sports journalism

[Staffordshire University](#) – Employability webinar

[Staffordshire University](#) – UCAS process webinar

Want to see examples of subject-relevant personal statements? Click [here](#)

BIRTHDAYS

Chiorando, S

Klein, S

Mason, G

Aspinall, S

Chadwick, A

Relph, M

Waldron, A

Hutchison, S