

THE SIXTH “ THIS WEEK... ”

BRAIN FUEL WEEK

2-6 February 2026



Your brain needs the right fuel to perform at its best. Getting enough sleep, staying hydrated, eating balanced meals, and moving your body all help improve focus, mood and memory.

Taking regular breaks, managing stress, and limiting screen time can also protect your brain and help you learn more effectively.

UNIVERSITY FINANCE

In their assembly from Chester University, Year 13 students learned about different types of student finance available, how and when to apply, and what support exists to help manage the costs of university. They also gained a clearer understanding of loans, repayments, and budgeting for independent living.

An online Information, Advice and Guidance evening on this subject will be held for parents and carers on **Tuesday 24th March** at 7pm. A link will be sent nearer the time.

THE SIXTH

2-6 February 2026



YEAR 12 WORK EXPERIENCE

All students should have their work placement logged on Unifrog by no later than **Friday 13th February**. Please see p.13 for information and support finding placements.

SOLICITOR TALK

Myerson Solicitors will be in Sixth Form on **Thursday 12th February** to deliver a talk on applying for Solicitor Degree Apprenticeships at their firm in Altrincham. See p.7 for full details. Students should book their place by emailing Mrs Hughes lhughes@lymmhigh.org.uk

SAVE THE DATE

Year 12 Parents Evening will take place on **Thursday 12th March**. This will be held in school and students must attend with their parent / carer. This is an essential and important opportunity for students and parents/carers to discuss progress, set clear expectations and plan effectively for the crucial year ahead. More information will follow.

YEAR 12 ASSESSMENTS

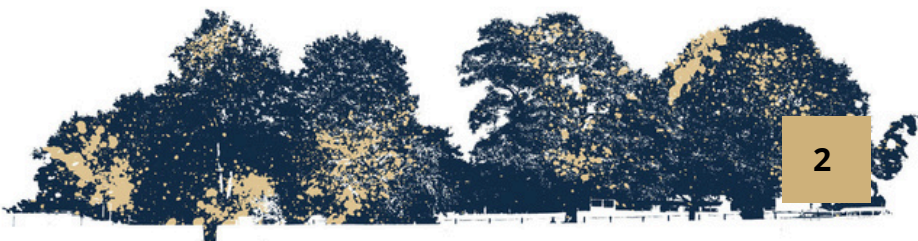
Year 12 Assessment Week is taking place this week. Students have been informed when their assessments will be held during lessons.

ROCKET CLUB

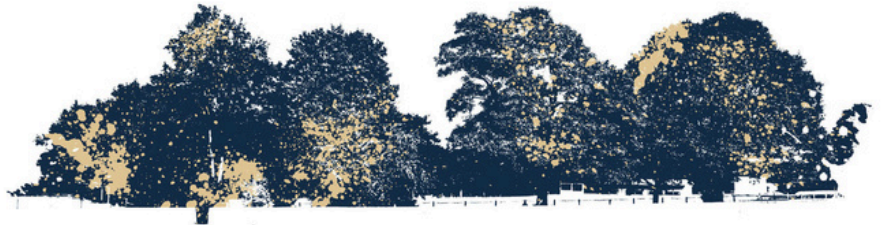
Year 12 Rocket Club will be on Mondays for the rest of this term at 1.30 pm in B202.



Lymm High School
Sixth Form



WHAT'S ON THIS WEEK



Please [click here](#)
to view the
Assessment calendar,
which includes key
dates for the year
ahead.

CALENDAR

2-6 February 2026

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Monday reset – <i>The Sixth</i>	Monday reset – <i>The Sixth</i>	
TUESDAY	Assembly – Lower Hex	RS	Careers Advisor
WEDNESDAY	Unifrog – Curating your online profile	Issue & Debates – Young drivers	Law Conference online 8.55– 12.25pm. Room TBC
THURSDAY	Study Skills – The Core Four: Brain Dump	Assembly	
FRIDAY	Futures Friday	Study Skills – Revision and Mind Maps	School Nurse, 10.45–11.15am

LYMM

Diner

ANY

MAIN MEAL

ONLY
£2.95



OR

ADD ONE OF THE FOLLOWING

CARTON OF WATER

OR

PIECE OF FRESH FRUIT

OR

SMALL DESSERT ITEM

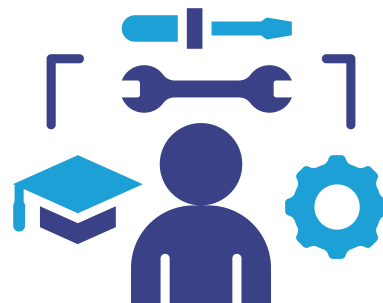
FOR
£3.25



NEWS



Year 13 Apprenticeship success



This week Year 13 students took part in an Apprenticeship Mock Assessment run by Warrington and Cheshire Pledge.

The event was designed to give students a real taste of a mock assessment to support their confidence to apply, and be successful, in securing an apprenticeship. The morning consisted of:

- **Team Building Task** – Working in small groups with students from other schools, students were set a task to build a marble run while being assessed on their engagement, communication and teamwork skills by a panel of employers. Afterwards, they were given feedback on their performance.
- **Speed Interview** – In front of a panel of employers, students answered strength and competency-based questions using the STAR technique to structure their responses.
- **Preparing for a presentation** – In groups, students chose a topic and worked together to prepare a presentation. They researched their business idea, set marketing strategies and discussed their target market.
- **Presentation** – Students delivered their business idea on stage, to a panel of employers. There were some fantastic ideas, delivered with confidence (and in some cases humour!). Employers gave the students feedback on their presentations, which were all very positive.

The students reported that the event had been enjoyable and helped increase their confidence. One student told us: “It was really good, I feel much better prepared for interviews and assessments now”; another said: “It was the first time I've had to present in front of people, it was nerve-wracking but I did it”.

Well done to all the students who attended, you all presented yourselves professionally and threw yourselves into the activities. We are very proud of you all!

NEWS



Law Court experience

We are looking for students interested in visiting the Warrington Law Courts in Half Term 4.

You will spend the morning watching real live court cases at the magistrates court in Warrington. You must be prepared to sit through short court cases with no access to your phones and with breaks taken at set times.

Please email Miss J Dixon if you would like to be involved in this trip.



BIRTHDAYS

I. Chang
A. Dyas
O. Parsonage
D. Raza
H. Viggars



myerson

SOLICITOR DEGREE APPRENTICESHIPS



Myerson Solicitors
Altrincham
www.myerson.co.uk

- Commercial Property
- Corporate Law
- Banking Services
- Commercial Property
- Dispute Resolution
- Employment Law



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★ INFORMATION TALK

- Lauren Brayshaw – Solicitor Apprentice and Ex-Lymm Student

Y12 and Y13 Students are invited to attend to learn about Solicitor Apprenticeships with Myerson.

THURS 12TH FEB 2026
1.25PM – 2.05PM
N206

Email Mrs Hughes to book your place
lhughes@lymmhigh.org.uk

REMINDERS

DONT FORGET TO:

YEAR 13 UCAS

A reminder that the equal opportunities deadline has now passed. Students previously received an assembly about how to make decisions on course offers. [Click here](#) to see guidance on the UCAS website about how to make decisions. Students can track their offers in their UCAS hub. [Click here](#) to read information about how 'track' works.

CAREERS ADVICE

A reminder that we have Ms Draper in school every Tuesday morning to give individual careers advice and guidance to Sixth Form students. To book an appointment, please email Mr Brown on nbrown@lymmhigh.org.uk

UNIFROG PARENT ACCOUNTS

All Sixth Form parents and carers have now had parental accounts activated on Unifrog. [Click here](#) to read the letter sent on Class Charts this week. [Click here](#) to see how Unifrog can support your child's career decisions.

SAVE THE DATE

The Year 13 Prom will be held on **Thursday 9th July** at Statham Lodge Hotel. More details will follow after the February half-term break.

EXAMS

YEAR 13

The Year 13 Mock exams will take place during the week commencing **23rd February**.
The timetable is below.

	Morning	Afternoon
Monday 23rd February	Music Tech Paper 1 History Paper 1 Physics	German Writing Business Dance
Tuesday 24th February	English Literature Theatre Further Maths Paper 1 Biology Paper 1	History Paper 2 Chemistry Paper 1 Music Tech Paper 2 Geography Paper 1
Wednesday 25th February	English Language Chemistry Paper 2 German Listening/Reading/Translating French Listening/Reading/Writing	PE Economics R.S Paper 1
Thursday 26th February	Media Biology Paper 2 Further Maths paper 2	Spanish Listening/Reading/Writing Psychology Maths Paper 1
Friday 27th February	Geography Paper 2 French Writing R.S Paper 2	Maths Paper 2 Sociology Spanish Writing

Exam Etiquette

To ensure exams run smoothly, students must arrive 15 minutes before the scheduled start time:

- Morning exams: Arrive at 8.30am for an 8.45am start
- Afternoon exams: Arrive at 12.45pm for a 1.00pm start

Mobile phones must be switched off completely (not on 'Do Not Disturb') and stored as instructed. Students must also ensure they bring all required equipment to each exam.

EXAMS

YEAR 13

Study Leave

Study leave will begin on **Monday 23rd February** and end on **Friday 27th February**.

During this time, most lessons will not run, and there will be no Form Time or Supervised Study Periods in the Upper Hex.

Coursework Subjects – Alternative Arrangements

Students studying the following subjects should note the different arrangements during study leave week:

BTEC Sport
Photography

CTEC ICT
BTEC Fashion
BTEC Business

Art
3D Design

- Lessons will continue as normal throughout the study leave period.
- Students must attend their timetabled lessons unless they clash with an exam.
- If a student has an exam in the afternoon, they are permitted to miss timetabled lessons in the morning in order to prepare and revise.
- Where a morning lesson is missed due to an afternoon exam, students must check with their subject teacher in advance and follow instructions regarding catch-up work, homework or independent study.

Academic Support Plan Students – Alternative Arrangements

Students who are currently on Academic Support Plans will not be on study leave and must attend Sixth Form throughout this period. These students:

- Must attend school every day from 8.25am to 3.10pm.
- Must sign in and out at the Sixth Form desk each period.
- Will study in their allocated study rooms with a member of staff.
- Do not need to attend Form Time or other lessons (as these will not be running) unless they study one of the coursework subjects listed above.

We would like to thank Parents / carers in advance for their support in ensuring that students follow the arrangements that apply to them during the study leave period.

REVISION

YEAR 13

Revision Support Sessions

The following Revision Support Sessions are already up and running. See overleaf for the PE sessions.

SESSION	STAFF	TIME	VENUE
MONDAY			
Further Maths	AQU	1.15pm	S207
TUESDAY			
English Literature	JDC	1.15pm	A119
English Literature (13C)	LME	1.15pm	S205
Maths	AQU	1.15pm	S206
WEDNESDAY			
English Literature (13A) week A	CHR	1.15pm	A117
Geography (Human)	JDI	1.15pm	N206
History (USA knowledge boost)	BWI	1.15pm	A201
THURSDAY			
Biology	KED	3.10pm	E307
Economics	KHI	1.15pm	S106
English Literature (13A) week B	CHR	1.15pm	A117
History (India)	NDO	1.15pm	A204
Sociology	JED	1.15pm	S109
FRIDAY			
Chemistry week A	ACO	11.15am	E313
Chemistry week B	ACO	9.45am	E313
History (USA exam)	BWI	1.15pm	A201
Media	RDO	1.15pm	B206

REVISION

YEAR 13

PE Revision Support Sessions

A' Level PE students have now had their first drafts looked at and returned. They must ensure that they have spoken to their coursework mentor regarding further actions as a matter of urgency.

In order to support students further we expect them to attend the following sessions over the next few weeks:

- **Friday 30th January**
Afternoon support session, 12.15-4.15pm in E105
- **Tuesday 3rd February**
After-school support, 3.15-4.15pm in E105
- **Friday 6th February**
Lunchtime support session, 1.30-2pm in E105
- **Tuesday 10th February**
After-school support, 3.15-4.15pm in E105

The final deadline for all coursework completion to be submitted on TEAMS is Sunday 22nd February at 11.59pm.

Practical videos and timelines should all now be submitted ready for assessment (although we do know some students have additional games to play in the coming weeks).

These interventions will help maximise the scores attained for the NEA, contributing considerably to their final grade.



WORK EXPERIENCE

YEAR 12

Support finding and logging work experience

- **Unifrog Logging**

[Click here](#) to add your placement on Unifrog.

- **Work experience placements**

[Click here](#) to apply for Work experience opportunities held with Mrs Hughes.

- **Database of ideas**

[Click here](#) for a database of ideas for work experience within 5 miles of Lymm. Come and speak with Mrs Hughes if interested in any of these.

- **Futures For All**

[Click here](#) to access Futures for all and find work experience opportunities.



To read the Work Experience letter sent to parents and carers, please [click here](#).



WORK IN PROGRESS

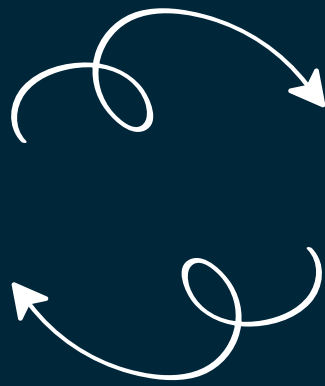


LYMM
SIXTH FORM

SIXTH FORM PHONE SWAP



**Swap your
phone**



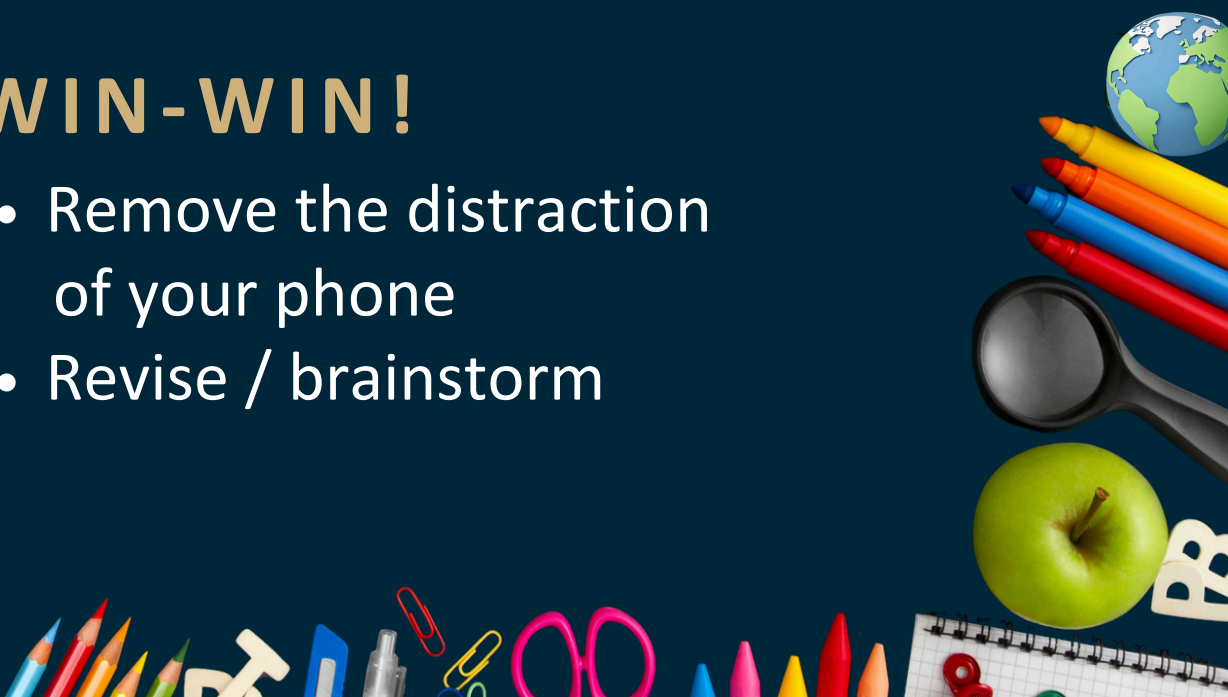
**For a
whiteboard**

at the Sixth Form desk
for 1 hour / full free
period (minimum).

Get a Freddo or Lollipop
with your phone when
you switch back!

WIN-WIN!

- Remove the distraction of your phone
- Revise / brainstorm



CAREERS

In Cheshire and Warrington, the industry sectors that are growing include life science, digital & technology, logistics & distribution, energy, zero carbon and clean growth. Find out more [here](#). Key sectors with significant levels of employment are: chemicals, manufacturing & engineering, finance & business services, and health & social care.



Our [careers website](#) includes a [calendar of events](#), [labour market information](#) and a link to [Unifrog](#).

Upcoming Events

- **Lloyds Banking Group Work Experience Day**
Leeds, Saturday 31st January
- **NHS Work Experience**
Sunday 1st February, 9.30–5pm
- **Get Into Law Virtual Work Experience Evening**
Monday 9th February, 5–6.30pm (Zoom)
- **In-person insight event with Forvis Mazars**
Manchester, Monday 9th February, 5–7pm
- **Unifrog Apprenticeship Fair**
Wednesday 11th February
- **Careers with Zurich Insurance**
11–12th February, 10–2pm
- **Apprenticeship and Jobs Fair**
Warrington, Thursday 12th February
- **Business, Finance and Accounting careers**
Thursday 12th February, 5–6.30pm (Zoom)
- **Explore the STEM world of defence & technology**
16–18th February 2026, 10–3pm (Teams)
- **Curious about a career in policing?**
Wednesday 18th February, 1.30–2.30pm (Teams)
- **Tech-driven retail careers**
Thursday 19th February, 10–12.30pm (virtual)

For details of all these events and more, [click here](#).

Curious about a career in policing?

Wednesday 18th February 2026, 1.30–2.30pm (Teams)

At this live webinar, *Discover your future in Policing*, the British Transport Police (BTP) will answer questions about the recruitment process, roles, and life as part of the team.

- Get insights into the recruitment process.
- Learn more about unique roles and responsibilities.
- Ask your burning questions directly to the recruitment team.
- Find out how candidates are supported through every step of the journey.

To sign up and secure your spot, [click here](#).

To view the recruitment information pack, [click here](#).



CAREERS

INVESTIN

Future of Work Webinar Series

ARE YOU PREPARED FOR LIFE AFTER SCHOOL?

The world of work is changing fast. Join our series of free workshops to explore what the future of work could look like and how you can start to prepare for it.

3rd Feb 6pm Uk Time

Will AI Take My Dream Job?

- How AI is impacting jobs now and in the future
- The opportunities and challenges that AI could bring you
- How AI affects subject choices, university decisions and career planning
- Live Q&A

10th Feb 6pm Uk Time

How to Futureproof Your Career (interactive workshop)

- Learn how to prepare for changing career paths
- Identify what matters most to you
- Practise building key transferable skills
- Explore how work experience supports career planning

Receive a certificate of completion

INVESTIN

REGISTER NOW



Business, Finance and Accounting careers

Thursday 12th February, 5–6.30pm (Zoom)

At this exclusive virtual event, students will gain insights from top employers and discover exciting apprenticeship and graduate opportunities with some of the world's leading employers. There will also be workshop rooms you can go into to delve deeper into some specific organisations and business sectors.

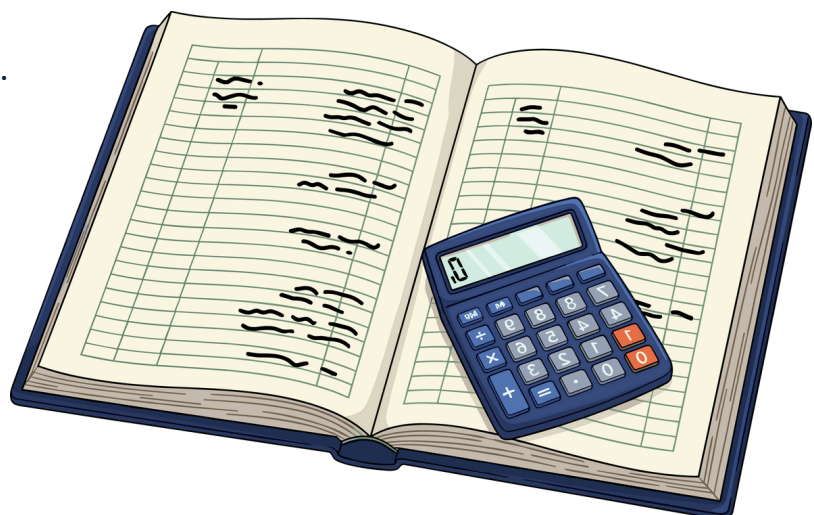
This event is your chance to learn about various pathways into finance and business, where you can earn while you learn – gaining real-world experience with some of the biggest names in the industry.

This is your chance to explore careers across multiple industries, gain insights from professionals, and learn how you can start your career through an apprenticeship.

Employers Leading the event:

- KPMG – One of the 'Big Four' professional services firms
- BDO – An international accounting firm offering diverse apprenticeship routes
- Grant Thornton – A global leader in finance, tax and advisory services
- RSM – Leading audit, tax and consulting adviser for mid-market business leaders worldwide
- CIMA – Discover how professional qualifications can boost your career
- Fidelity – Offering investment management, retirement solutions, and brokerage service

To register to attend, [click here](#).



In-person insight event with Forvis Mazars

Manchester, Monday 9th February, 5–7pm

This event is aimed at female Year 12 or 13 students thinking about a future in business, finance or professional services. The exclusive in-person event will be held at the Forvis Mazars Manchester office – a global professional services firm operating in over 100 countries, working with some of the world's biggest organisations. The aim is to make attendees application-ready and confident in applying for fantastic apprenticeships and early career roles. The event will help you understand:

- What employers really look for
- How to stand out in applications
- What it's like working at a top professional services firm

Attendees will also receive a certificate of completion.

To apply, please [click here](#).



CAREERS



Job Vacancy

Fundraising Assistant

Are you an ambitious team player, looking to grow in a role and make a positive difference in the daily work you do?

CAFT is looking for an organised, flexible and reliable person to join our small friendly fundraising team.

Full time, 35 hours over 5 days – from £24,500 plus benefits
Booth Bank Farm, Reddy Lane, Millington, Cheshire, WA14 3RE

The Role

A great opportunity to grow and develop working alongside an established team helping to support and build our marketing and fundraising, while bringing your own ideas to help create positive change to support our strategic aims of raising the profile of the charity and increasing fundraising to support visit opportunities for more children and families.

The Organisation

We are passionate about providing a safe, inclusive, non-judgemental space for everyone who needs it. Visits to CAFT provide a fun, lively, supportive, caring, and warm environment to enhance children's self-esteem and confidence through their experiences and interactions. We support our staff and volunteers with a friendly, caring and nurturing culture.



Apply

Please email your CV and covering statement telling us why you are the perfect fit for CAFT and this role to ian.eccles@caft.co.uk by 3rd February 2026

Key Requirements:

- To be enthusiastic, energetic, friendly and have a positive attitude
- Good administrative and organisational skills
- Good verbal and written communication skills
- Good working knowledge of Microsoft, Canva and other office systems
- Good knowledge of all social media platforms

An enhanced DBS check and references will be required for all successful applicants.
Due to location, you would need access to your own transport.

The Children's Adventure Farm Trust is committed to safeguarding and promoting the welfare of children & young people and expects all staff and volunteers to share this commitment.

APPRENTICESHIPS

Key Apprenticeship Links

- [Current apprenticeships in the Warrington area](#)
- [Higher & Degree Apprenticeship Vacancies -](#)
- [October 2024](#)
- [Cheshire and West Apprenticeship Opportunities](#)
- [Search for an apprenticeship – GOV.UK](#)
- [A Guide to Traineeships and Apprenticeships - Lymm Sixth Form](#)
- [Not Going To Uni - Search for Opportunities](#)
- [Liverpool John Moores University - Apprenticeships Courses](#)
- [Manchester Metropolitan University - Become A Degree Apprentice](#)
- [Apprenticeships | University of Salford](#)
- [Programmes - Apprenticeships - The University of Manchester](#)
- [Search apprenticeships | UCAS](#)
- [NHS Apprenticeships](#)
- [Linkedin - Degree Apprenticeships](#)

Need More Help?

Our Careers Advisor, Ms Draper, is available for one-on-one support. Contact Mr Brown at Sixth Form Student Services to book an appointment (nbrown@lymmhigh.org.uk).

Register for New Degree Apprenticeship Alerts:

- [Indeed](#)
- [Total Jobs](#)
- [Rate My Apprenticeship](#)
- [Prospects](#)

APPRENTICESHIPS

Apprenticeship spotlight:

United Utilities



Water for the North West

United Utilities (UU) provides water and sewage services to seven million people across the North West of England. From operating pipes and improving water quality, to embracing new technologies and safeguarding the local environment – in the head office or out on site – there are plenty of roles available.




This year's apprenticeship roles have now gone live. Students are invited to explore the available opportunities and submit an application through [this link](#).

In addition, as part of National Apprenticeship Week 2026, UU will be taking part in a live webinar with other employers to discuss apprenticeships in the water industry.

- Hear from real apprentices about their experiences
- Learn about roles, pathways and how to apply
- Ask your questions live and connect with employers

To register, [click here](#).

Some of the benefits of being a UU Apprentice are outlined below.

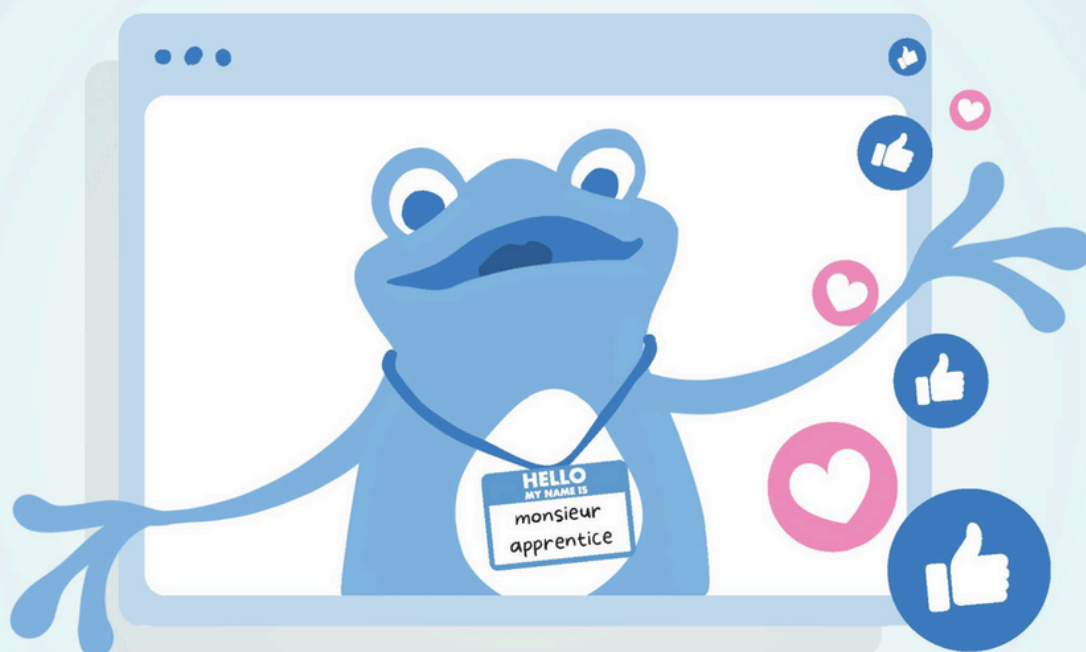
 Physical Wellbeing	 Financial Wellbeing	 Mental Wellbeing
26 days annual leave (increasing to 30 days after four years)	£20,000 - £21,000 salary and annual bonus of up to 7.5%	Buy or sell up to five days holiday
Company funded healthcare. Top-up your own cover and cover your family, too!	Access to our award-winning pensions scheme	Employee Assistance Programme
Virtual GP service for you and your family	Financial education and support with debt consolidation	Mental Health Navigator service
Up to 25% off gym memberships	Deals and discounts platform ShareBuy scheme	Free Will-writing service
Second medical opinion service	Payroll Giving scheme	Support from our Mental Health First Aiders
	Electric car and Cycle to Work schemes	Dedicated mentors and managers who will support you every step of the way
	We'll contribute up to £500 towards driving lessons and tests	

APPRENTICESHIPS

unifrog

APPRENTICESHIP FAIR

Wednesday 11 February 4pm - 6pm



Join our virtual fair to learn all
about the world of apprenticeships.



scan
here to
sign up

Get your questions answered by the experts.

Join live sessions with employers from across the UK and speak directly to their representatives to achieve your dream apprenticeship!

UCAS



To view the latest online University events, [click here](#).

These are listed in chronological order and include Open Days (in-person and virtual), online chats and webinars. Students can browse these events and engage with higher education from the comfort of their mobile, tablet or computer.

- **Get Into Medicine conference**
Saturday 24th January, 9–1.30pm
- **University of Manchester mA*ths online programme**
January to May 2026
- **Unifrog Subject Discovery Fair**
Wednesday 18th March, 4–6.30pm
- **STEM Summer Residentials**
June and August 2026

For details of these events and more, [click here](#) to access our dedicated UCAS webpage, and click the button 'What's on this month'.

