

# THE SIXTH

THIS WEEK...

OPTIMISE YOUR ENERGY

10–14 February 2025

## The Power of Sleep, Nutrition and Exercise

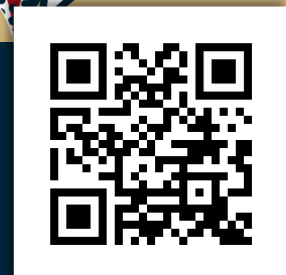
As your workload intensifies it's important to maintain your physical and mental wellbeing as this balance is essential for academic success.

This week focuses on how sleep, nutrition and exercise directly impact your concentration, memory, and overall performance.

We will be encouraging you to explore how much rest and sleep you are getting. It is also important to consider how you can maintain a healthy diet to provide you with a brain-boost,

as well as hydration strategies, and the effects of caffeine on productivity.

The benefits of exercise for mental clarity and stress relief will be highlighted, along with simple movement routines.



# THE SIXTH

10–14 February 2025



## APPRENTICESHIP WEEK

Next week is National Apprenticeship Week. Both Year 12 and 13 will have guest speakers during assemblies from ex-students who are currently undertaking Degree Apprenticeships. [Click here](#) for a helpful guide to apprenticeships.

## MOCK TIMETABLES

Year 13 students will receive their individual mock timetables this week. Students should keep these safe (take a photo!), check they are correct, and know when and where you are going each day.

## BUSINESS STUDIES TRIP

Year 13 Business Studies students have been invited to take part in a Business revision seminar on **Wednesday 12th March** at the Trafford Centre.

Please [click here](#) to read the letter sent home.

## EDGE HILL TRIP

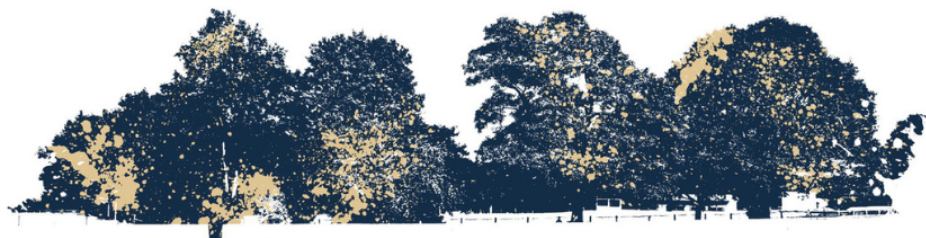
Year 12 students will be visiting Edge Hill University on **Wednesday 23rd April** as part of our Futures programme. [Click here](#) to see the letter sent home. All information is on ParentPay.

## SCHOOL NURSE

We have had a change of school nurse recently and from now on we will be supported by Louise Williams. [Click here](#) to see the services offered to our Lymm High students.

In addition, see p.4.

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

10–14 February 2025

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Mentoring and weekly reset	Mentoring and weekly reset	
TUESDAY	Assembly	Mock revision	Careers Advisor
WEDNESDAY	Life Programme – Assembly	Life Programme – Form	
THURSDAY	Issues, debates and current affairs	Assembly	
FRIDAY	Futures Friday	Futures Friday	School Nurse, 10.45–11.15am

# YOUR SCHOOL HEALTH TEAM



## Louise Williams

### School Nurse

I am a School Nurse who is responsible for the health and wellbeing of all pupils in your school. I work with other professionals to help you stay healthy and safe.

☎ Phone: 01925 946803

☎ Email: [bchft.0to19@nhs.net](mailto:bchft.0to19@nhs.net)

## Lymm High School

### Drop in information

Day: Friday

Drop In: 10.45am-11.15am – just turn up 😊

Room: Student Services

Booked appointments: via referral

Room: Student Services

Appointments/Referral: Make an appointment via the school nurse email address

- Keeping Healthy
- Immunisations
- Feeling Down
- Emotional Health
- Weight Management
- Sexual Health
- Drugs & Alcohol
- Smoking
- Relationships
- Family Problems
- Bereavement
- And loads more...

For more information visit: [www.bridgewater.nhs.uk/warrington/0-19-services/](http://www.bridgewater.nhs.uk/warrington/0-19-services/)



## Warrington ChatHealth Service

anonymous and confidential advice lines for:

- Parents and Carers of children aged 0-5: Text: 07507 327981
- Parents and Carers of children and young people aged 5-19: Text: 07480 635994
- Young People aged 11-19: Text: 07507 330101

# NEWS



## Lunchtime lecture series



Passionate about a particular topic, a subject you're studying, or want to pass on some invaluable revision tips? Here's your chance to share your knowledge and inspire the younger years at Lymm High School.

We're opening up the Lunchtime Lecture series to Sixth Formers, giving you the opportunity to deliver a 20-minute lecture to younger students. It can be on any topic at all –

whether it's a fascinating part of your A' Level studies, a personal interest, or even advice on effective revision techniques. Not only will this be a great chance to develop your presentation and public speaking skills, it's also a valuable way to reinforce your own learning: teaching a topic is a perfect way of cementing your understanding of it. If you're interested in applying to take part, or have any questions at all, please email Miss Cucuz ([acucuz@lymmhigh.org.uk](mailto:acucuz@lymmhigh.org.uk)) for more information.

## BIRTHDAYS



J. Cooke  
E. Dobson  
F. Price  
K. Vyas  
R. Waugh  
E. Woodward

# REVISION SUPPORT

YEAR 13

	Subject	Time	Room	Who
Monday	Economics (week A)	1.15–2pm	S106	Mrs Hill
	Maths	1.20–2pm	E103	Mrs Quilter
Tuesday	Biology	1.15–2.10pm	E306	Miss Farmer / Mr O’Flynn
	PE	1.30–2pm	S208	Mr Scott
Thursday	Sociology	1.30–2pm	S109	Mrs Edge
	Economics (week B)	1.15–2pm	S106	Mrs Hill
	English Lit (week A)	1.35pm	A121	Miss Penketh
	English Lit (week B)	1.35pm	A117	Mrs Hartley
	History (Paper 2 India)	1.30–2pm	A202	Mrs Douglas
Friday	History (revision and exam technique)	1.30–2pm	A201	Mr Wilde



# CONGRATULATIONS

## Success continues for Jack Marwood

Jack finished 7th in the U20s Belgium Cross Cup on **Sunday 26th January** in Hannut, Belgium.

Off the back of this race, he's been selected again for England for the Home Nations Cross Challenge in Leeds on **Saturday 8th February**.

We wish you the best of luck, Jack!



# FUTURES

# OPPORTUNITIES



## Health and Education events at ManMet

Year 12 students will get an understanding of what the courses involve, the support provided and an opportunity to take part in interactive workshops at the following Education and Health & Social Care Taster Days.

- **Education Taster Day**

*Wednesday 12th March, 10.30–2.45pm*

This Taster Day will also include an overview of the BA (Hons) Special and Inclusive Education course.

- **Health & Social Care Taster Day**

*Wednesday 26th March, 10–12.30pm*



- **Special and Inclusive Education webinar**

*Monday 24th February*

This webinar will inform students about the BA (Hons) Special and Inclusive Education degree, which teaches key concepts of inclusive learning, offers practical experience by completing placements in SEND settings, as well as professional certifications in Dyslexia and Irlen Syndrome.

Places on these sessions are limited. For more information, please email [subjectoutreach@mmu.ac.uk](mailto:subjectoutreach@mmu.ac.uk)



# FUTURES

# OPPORTUNITIES



## History, Law and Social Science Taster Sessions

*February and March 2025*

Thinking about university? Want a taste of what studying history, law or social sciences is really like? Bangor University's School of History, Law and Social Science is offering free online taster sessions covering everything from Vikings and Victorian death rituals to political dictators and scandalous celebrities.

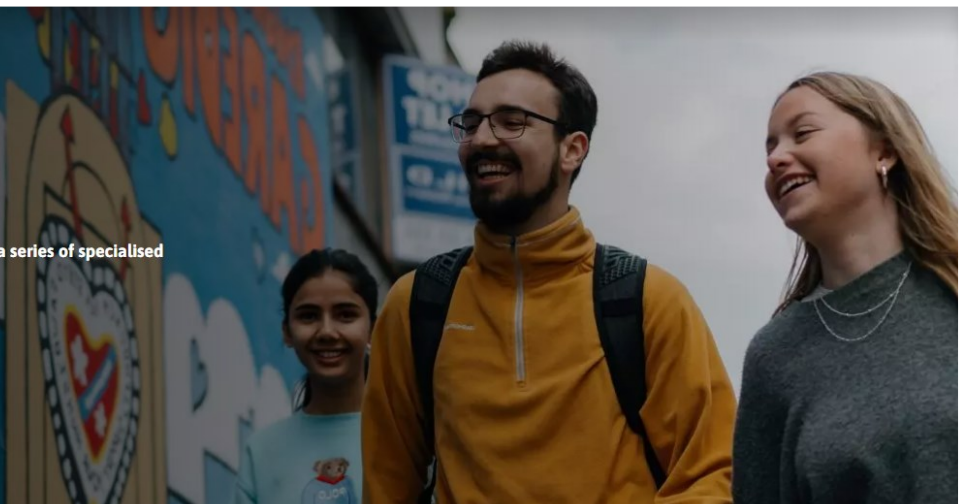
These lectures are tailored for students thinking about studying at University. Designed to give you a taste of what it's like to study at University level, they are a great way to get to know a subject area better and get a taste of what's to come! All are delivered virtually through Microsoft Teams. Throughout the sessions students are encouraged to partake and engage in debates and discussions.

- Live online lectures (via Microsoft Teams)
- Various dates from February – March 2025
- Engaging discussions and debates
- Great for personal statements and UCAS applications

To sign up, or get more information, [click here](#).

### TASTER SESSIONS

Join the School of History, Law and Social Science for a series of specialised hour talks on various fascinating subject areas...



# UNIFROG



## Unifrog – the complete destinations platform

Lymm Sixth Form uses the Unifrog platform as a comprehensive tool to support students in exploring and planning their future education and career pathways.

Parents accessing Unifrog can be a valuable way to support their Sixth Form child in making informed decisions about their future. Please refer to the [letter sent out on Class Charts](#) which provides a unique parent login code.

Unifrog provides a comprehensive platform where parents can explore university courses, apprenticeships and career pathways alongside their child, helping them navigate post-16 education and career planning. By gaining insight into available opportunities, entry requirements and deadlines, parents can offer informed guidance and encouragement. Additionally, Unifrog's resources on personal statements, CV building and interview preparation enable parents to actively support their child's development of key skills for higher education and employment.



## 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:

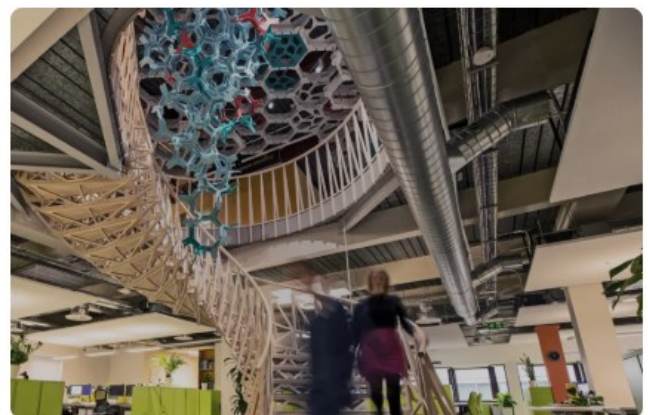
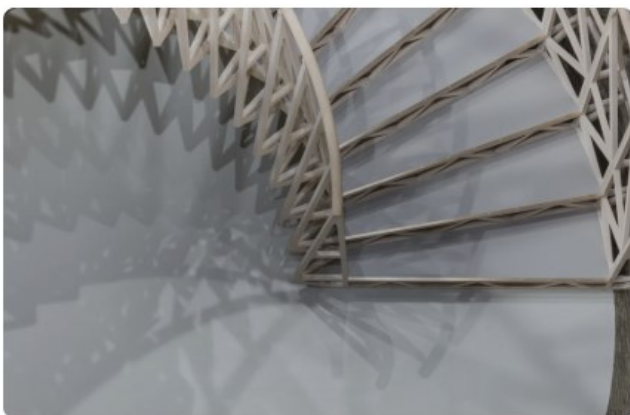
- [Indeed](#)
- [Total Jobs](#)
- [Rate My Apprenticeship](#)
- [Prospects](#)

## Apprenticeship Spotlight

# CUNDALL



Job title:	<b>Building Services Design Engineer (Level 6)</b>
Company:	Cundall
Location:	Manchester
Degree Provider:	Leeds Beckett University
Entry requirements:	Have at least three A levels at Grades A* – C (104 UCAS points) in STEM-related subjects (Science/Technology/Engineering/Mathematics)
Salary:	Unknown
Start Date:	Unknown
Application	Sunday 23rd February 2025
Link:	<a href="#">Apprentice - Mechanical - Level 6 - Available Roles -</a>



## STEM Apprenticeships & Careers

*Monday 10th February, 5–6.30pm*



At this virtual STEM event during National Apprenticeship Week, students can discover exciting apprenticeship opportunities with some of the world's leading STEM employers across multiple industries, including Spectris, Legal & General, National Grid and Wates.

- Explore STEM Apprenticeships and Work Experience – Learn how apprenticeships offer an alternative to university while providing hands-on experience and a continuously increasing salary.
- Meet Industry Professionals – Hear from experts working in STEM careers across different industries.
- Get Application Tips – Understand what top STEM employers look for in apprentices.
- Future-Proof Your Career – Gain insights into how STEM careers are evolving and how you can be part of the next generation of innovators.

This is a fantastic opportunity to explore career pathways in engineering, technology, and data science while connecting with industry leaders.

To register, [click here](#).

# YOUNG PROFESSIONALS



## Apprenticeships at HM Treasury

*Wednesday 12th February, 5–6pm (Zoom)*

This is a fantastic opportunity for students interested in economics, finance and business to get a greater understanding on how the UK economy works and how they could be part of managing budgets that are set for the UK economy.



HM Treasury is at the heart of government decision-making, driving policies that impact businesses, individuals and the economy. As an apprentice, you'll gain hands-on experience, work on real government projects, and develop skills that will set you up for a successful career in public policy, finance, and economic strategy. This event is aimed at Year 12 and 13 students who want to explore a career in business, finance, policy or economics while earning a salary through an apprenticeship role.

- Learn about opportunities in business administration, finance, HR, management and policy.
- Discover the Government Economics Service Degree Apprenticeship Programme (GES DAP) – A unique opportunity to earn a degree in economics while working in government.
- Hear directly from HM Treasury professionals about their work and career journeys.
- Learn how to stand out in the recruitment process and secure a role in a competitive sector.
- Ask your questions and receive tailored advice from the HM Treasury team.

To register, [click here](#).





# Apprenticeship Open Evening

## Wednesday 19th March 2025

### 5.00PM - 7.00PM

**Are you interested in an apprenticeship in Electrical, Mechanical, Multi Skilled or Manufacturing Engineering?**





Come along to our open evening to hear from industry professionals, speak to current apprentices and find out how to fire up your career with an apprenticeship!



**Where to find us:**

Waterside Training  
Technology Campus,  
Pocket Nook Street  
St Helens  
WA9 1TW

**Contact us:**

 @watersideT  
 01744 616837  
 [www.waterside-training.co.uk](http://www.waterside-training.co.uk)  
 [info@waterside-training.co.uk](mailto:info@waterside-training.co.uk)

# INVESTIN

THE

# CAREER QUIZ

## Find out what career is right for you

We know that preparing for a future beyond school can feel overwhelming, especially when you are expected to make decisions about your next steps at a young age.

At InvestIN, we believe it's critical students are armed with relevant and insightful resources to navigate their futures with confidence – whilst enjoying the process!

That's why we've launched our latest free tool to guide you on this exciting adventure.

By answering a series of questions, you will unlock a personalised report that unveils an industry aligned with your skills and interests, alongside advice on what you can be doing now to support your career journey.

### Take the Quiz



#### Includes:

A breakdown of the industry we believe you are best suited to

A detailed skills review

Advice from our professionals

Links to further resources which will enhance your career journey



Now includes:  
Recommended GCSE, A  
Level & University Choices



[info@investin.org](mailto:info@investin.org)

+44 (0) 203 488 5089

[www.investin.org](http://www.investin.org)



# CAREERS

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



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.

## Upcoming Events

- **STEM Apprenticeships & Careers**  
*Monday 10th February, 5–6.30pm (Zoom)*
- **NHS Apprenticeship opportunities**  
*Tuesday 11th February, 6.30pm (virtual)*
- **Virtual Apprenticeship Fair**  
*Wednesday 12th February 2025, 4–6.30pm*
- **Explore Apprenticeships at HM Treasury**  
*Wednesday 12th February, 5–6pm (Zoom)*
- **Explore a Legal Career with Freeths**  
*Wednesday 12th February, 5–6pm (Zoom)*
- **Get Into Law Virtual Work Experience Evening**  
*Thursday 13th February, 5–7pm (Zoom)*
- **PwC virtual experience programme for Year 12**  
*Tuesday 18th February, 10–3pm*

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

## Horticultural Industry Taster Sessions and work experience



Discover the exciting world of careers in horticulture through a Taster Session at one of the Royal Horticultural Society (RHS) gardens. Students can gain first-hand experiences of the workplace through:

- Attending a bespoke taster day  
For further information, [click here](#).
- Shadowing employees during a 1-week work experience placement  
For further information, [click here](#).
- Signing up for regular youth volunteering sessions to gain practical skills and a better understanding of how a public garden and visitor attraction is run.  
For further information, [click here](#).
- In addition, the RHS offers a number of apprenticeship opportunities.  
For further information, [click here](#).



## PwC virtual experience programme for Year 12

*Tuesday 18th February, 10–3pm*

Join the PwC Virtual Experience Day during February half term to explore career opportunities in business, finance, accounting and professional services while developing key employability skills.

- Learn about PwC's early career pathways in consulting, audit and tax.
- Take part in interactive sessions and real-world business case studies.
- Gain insights into careers in finance, tax, consulting and accounting.
- Hear from current apprentices, graduates and senior professionals about their experiences at PwC.

Whether you are considering an apprenticeship, exploring work experience or simply want to learn more about the industry, this event will provide first-hand insights and career advice to help you take the next step.

To register, [click here](#).



## Get Into Law Virtual Work Experience Evening

Thursday 13th February, 5–7pm (Zoom)

This Virtual Law Careers Evening includes three Magic Circle Law Firms, a world leading university in law and three mid-tier international law firms. The event is designed for students exploring options such as legal apprenticeships, solicitor training contracts and university pathways. Whether you are looking for an alternative to university or seeking clarity on the legal profession, this session will give you the information you need to make an informed decision about your future.

- Insights into solicitor apprenticeships, training programmes and work experience schemes.
- First-hand experiences from current legal apprentices and trainees
- Advice on applications and securing work experience.
- Interactive sessions with Early Careers teams and senior lawyers from top firms.
- The opportunity to ask questions and network with legal professionals.

To register and secure your place, [click here](#).



# Unlock Your Cyber Security Potential!

## Inspire Cyber – Unlocking Pathways to Cyber Careers with digiDNA

Code Nation is proud to bring *digiDNA* to residents across the **North West**, helping you identify and unlock career opportunities in cyber security.

### How It Works

#### 1 Complete digiDNA

Get started at your convenience!  
*(The sooner you complete it, the more opportunities you can unlock!)*

#### 2 Receive Your Personalised Dashboard

Gain insights into:

- How your attributes align with in-demand cyber roles.
- Tailored career pathways, including **local training courses and job opportunities**.

#### 3 Exclusive Opportunity

If your skills align with cyber roles, you'll be invited to:

- A **FREE Inspire Cyber Security session**.
- A **1-to-1 employability advice and guidance session** to kickstart your cyber career!

### To take part you must:

- ✓ Live in Greater Manchester, Liverpool City Region, Cheshire, Warrington, Cumbria or Lancashire
- ✓ Be unemployed and aged 19 years+
- ✓ Be in full or part time education aged 14-18 years old

### What is digiDNA?

- ✓ A 30-minute, non-technical online tool designed to uncover how **your unique attributes** align with cyber security roles.
- ✓ **No previous technical knowledge needed!**

### Why Cyber Security?

- ✓ The cyber industry is booming across the **North West**, with growing demand for skilled professionals.
- ✓ **Take the First Step – Complete digiDNA Today!**

### Scan Me



*All questionnaires must be completed by  
25th March 2025.*

# digiDNA

Discovering your future.



[enquiries@digidna.ai](mailto:enquiries@digidna.ai)



**0161 533 0541**



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.

## UCAS

- **Year 12 Dental Summer Schools**  
*Deadline to apply: Sunday 9th February 2025*
- **Engineering at Cambridge University**  
*17–21st February 2025*  
*Deadline for applications: Friday 7th February 2025*
- **Education Taster Day at ManMet**  
*Wednesday 12th March*

- **Health and Social Care Taster Day at ManMet**  
*Wednesday 26th March, 10–12.30pm*
- **Humanities, Cultures and Environment Experience Day**  
*Wednesday 19th March, Exton Park Campus, Chester, 10–2pm*

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