

THE SIXTH

THIS WEEK...

BODY LANGUAGE
AND NON-VERBAL
CONFIDENCE

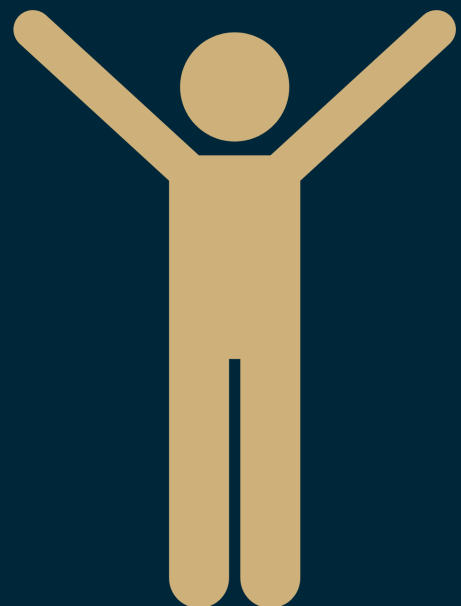
24–28 March 2025

HOW YOU CARRY YOURSELF MATTERS

Confidence isn't just about what you say: It's also about how you present yourself. Your body language can influence how others see you and, more importantly, how you see yourself. Standing tall, making eye contact, and maintaining an open posture can instantly make you appear more self-assured, even if you don't feel it yet. Small habits, like avoiding slouching or fidgeting when speaking, can help you feel more in control and command respect in conversations, presentations and interviews.

Science even shows that adopting a 'power pose' for just 2 minutes can boost feelings of confidence!

This week, focus on your non-verbal communication. Walk into a room with purpose, keep your head up, and notice how your posture influences your mindset. You'll be surprised at how much of a difference it makes!



THE SIXTH

24–28 March 2025



STUDENT FINANCE

Year 13 Students have received an assembly on applying for university student finance. The parental information, advice and guidance evening was held on **Tuesday 18th March**, please [click here](#) to access the recording.

GOLD DofE SUCCESS

Well done to our Gold DofE students who successfully completed their practice expedition. They hiked and camped in Derbyshire and were lucky to have sunny days, but the nights were cold. They all showed great perseverance, proving they are well-prepared for their final qualifying expedition.

HE+ CONFERENCE

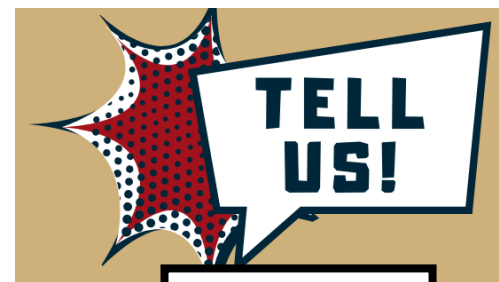
On **Monday 24th March** some of our Gateway students will attend a Cambridge Conference in Haydock. Attending students must register at 8.25am in Form as normal and attend period 1 to get the work until 9am, when they should meet at the Sixth Form Student Services desk to travel to the venue. Please see the letter on Class Charts for full information about the day.

YEAR 12 EPQ LAUNCH

The EPQ qualification will be launched to Year 12 on **Monday 31st March**. If you are interested in this then please attend a short meeting at 8.25am in the Lower Hex. [Click here](#) to read an outline of the EPQ course if you would like information in advance.

Y12 PARENTS' EVENING

Thank you to everyone who attended to speak with teachers. Your support during this crucial phase of education is very much appreciated. If anyone was unable to attend, please contact Mrs Hughes (lhughes@lymmhigh.org.uk) to arrange feedback from your child's teachers.



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

24–28 March 2025

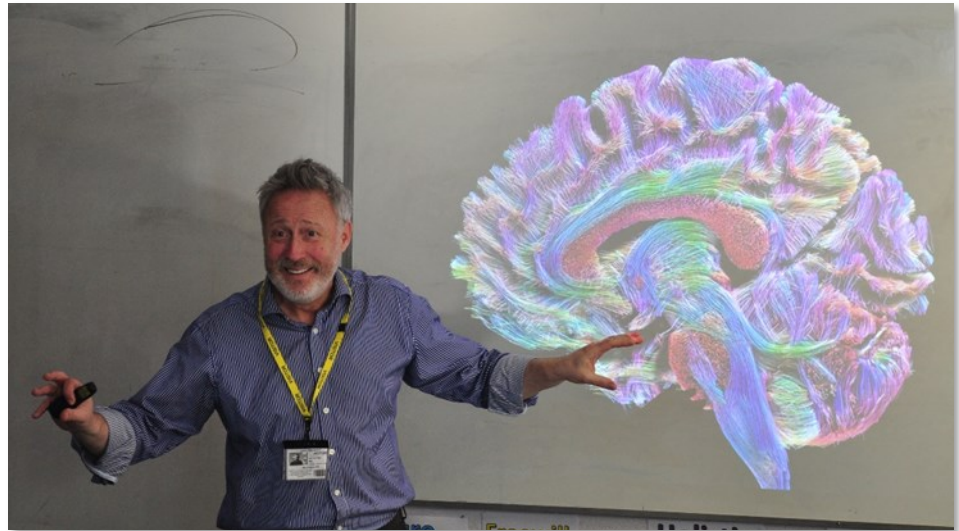
DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Mentoring and weekly reset	Mentoring and weekly reset	HE+ Cambridge Conference (see p.2)
TUESDAY	Assembly – World Water Day	Study Skills	Careers Advisor
WEDNESDAY	Debate/ Discussion	Debate/ Discussion	
THURSDAY	Study Skills	Assembly	
FRIDAY	Futures Friday – Work Experience	Futures Friday – Revision	School Nurse, 10.45–11.15am

NEWS



Brain Day

On **Monday 10th March**, we had the privilege of hosting Dr Guy Sutton, Director of Medical Biology Interactive, for a captivating neuroscience tutorial. The



event offered Psychology students a unique opportunity to explore the wonders of the human brain, learning from one of the most engaging experts in the field.

Dr Sutton delved into essential topics such as basic brain anatomy, nerve cells, synapses and brain-computer interfaces. Students were particularly fascinated by the discussion on innovative methods of studying the brain, ranging from open brain surgery to advanced neuroimaging techniques. Additionally, Dr Sutton touched on groundbreaking research on making human brain tissue in the laboratory and how neuroplasticity can be influenced by everyday factors like sleep, smartphone use and vaping.

The hands-on sheep brain dissection not only enhanced students' understanding of brain anatomy, it introduced fascinating concepts such as hemispherectomy – the removal of one hemisphere of the brain – and the extent of brain loss a person can survive. Dr Sutton also provided valuable insights into the relationship between mental disorders, criminality, and how brain damage from conditions like brain tumours or traumatic brain injuries can influence aggression.

“This event was an incredible experience for all who attended, providing invaluable knowledge for aspiring psychologists”, said Mrs Edge.



NEWS



Earn while you learn

'In their Introduction to Degree Apprenticeships' talk for Year 12 students on **Monday 17th March**, Manchester Metropolitan University highlighted the unique opportunity to combine full-time paid work with part-time study, leading to a Bachelor's or Master's degree.



They emphasised that apprentices receive a full-time salary – starting at least £16,000 annually – while gaining practical work experience with prestigious employers such as Amazon, AstraZeneca and Bentley.

Additionally, apprentices benefit from personal skills coaches, workplace mentors, and full access to university campus services and facilities.



BIRTHDAYS

J. Clarke

A. Smith

J. Exley

K. Tang

A. Freaney

I. Taylor

A. Jennings

A. Millachip

N. Regan-Pendlebury

REMINDERS

DONT FORGET TO:

Y12 WORK EXPERIENCE

The deadline for all students to have arranged work experience is **Friday 16th May**. All placements need to be added to Unifrog and authorised by the employer, parents and school by this date. We therefore strongly recommend that students log their placements now to allow enough time for all the paperwork to be completed.

[Click here](#) for a reminder of the original letter.

Students can contact Mrs Hughes if they are struggling to find a placement.

YEAR 13 REWARDS TRIP

Thank you to all the students who expressed an interest in going on this Alton Towers trip on **Friday 4th April**. A random draw for places has taken place and students will be contacted via email to advise if they have secured a place! Details will be added on to ParentPay next week.

YEAR 13 LEAVERS

[Click here](#) for a reminder of the arrangements for our Year 13 Leavers.

The ParentPay deadlines are:

- Leavers Hoodies: **Friday 4th April**
- Prom: **Friday 2nd May**

See also p.7.



YEAR 13 LEAVERS' INFORMATION

- **Year 13 Celebration Day – Friday 9th May**
This celebration day, beginning at 8.25am, will include a breakfast treat, followed by time to sign shirts, ice cream and a final celebration assembly. More details to follow.
- **Study Leave Phase One – Week commencing Monday 12th May**
(Part study/lesson): Lessons as normal, unless you have a morning exam, you can take the previous afternoon off (leave at lunch); or an afternoon exam, and you have permission to take the morning off prior to the exam.
- **Study leave phase two – Week commencing Monday 19th May**
Full study leave for all.
- **A' Level and BTEC Exams – Week commencing Thursday 1st May**
If you wish to see an overview of the dates you can find these [here](#). Students will be issued with their individual timetables in due course.
- **Year 13 Prom – Thursday 10th July**
The Year 13 Prom at Walton Hall and Gardens will allow our students to celebrate in style and say their final goodbyes. Tickets are £45, payable now on ParentPay.



Leavers' Hoodies are now available to purchase for £21 on ParentPay. They are available in grey featuring the Lymm Sixth Form Logo on the chest with infilled names in the numerical digits 25 on the back.

GIVE SOMETHING BACK



World Down Syndrome Day

Our Year 12 students came together to raise money for Down Syndrome Cheshire on World Down Syndrome Day (**Friday 21st March**) by selling gingerbreads for £1 each. In just 30 minutes, they managed to sell an incredible 200 gingerbreads – a fantastic effort!



There was fierce competition among students to sell their box of gingerbread the fastest, with Jack Griffin taking the crown for the quickest seller – well done, Jack! It was great to see so many students getting involved, eagerly donating in exchange for a sweet treat. Many also showed their support by wearing odd socks, a tradition on this day that symbolises celebrating differences and promoting inclusion for people with Down Syndrome. The idea behind odd socks is to show that even though we may all be different, we are all equally valuable.

A huge thank you to everyone who took part, especially the students who helped sell the gingerbread (Abi Ewings, Betsy Shelton, Megan Bell, Maddie Breeze, Emma Brew, Alexa Bibby, Nassir Koromia, Jack Griffin, Olivia Soar, Ruby Tarling, Josh Grace, Lexie Garner, Ava Leary) and anyone else who was involved!



REVISION SUPPORT

YEAR 13

	Subject	Time	Room	Who
Monday	Economics (week A&B)	1.15–2pm	S106	Mrs Hill
	Maths	1.20–2pm	E103	Mrs Quilter
	Psychology (invitation only)	1.30–2pm	S109	Mrs Edge
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 A&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





REVISION SUPPORT

Easter Holiday Revision Sessions

WEEK 1	Subject	Time	Room	Who
Monday 7th April	Geography	10–12.30pm	A217	Mrs Rigby
Tuesday 8th April	Art	9–3pm	E208/9	Mrs S Taylor
Wednesday 9th April	Art	9–3pm	E208/9	Mrs S Taylor
	Biology	10.30–2pm	A210	Mr O’Flynn

WEEK 2	Subject	Time	Room	Who
Monday 14th April	Media	1–3pm	A114	Mrs Lorenzelli
	RE	9.30–1.30pm	A206	Mrs Bissett-Mahon
Tuesday 15th April	3D Design	9.30–2.30pm	E110	Mr Beardsall
	Maths	9.30–12.30pm	A211	Mr Mullin
Wednesday 16th April	French	9.30–1pm	A211	Mrs S Power
	Biology	10.30–2pm	A210	Mr O’Flynn



FUTURES

OPPORTUNITIES



North-West University & Apprenticeship events

- *Old Trafford Stadium, Manchester*
Friday 26th September
For further information, [click here](#).
- *Anfield Stadium, Liverpool*
Friday 7th November
For further information, [click here](#).

Meet the Russell Group webinars

29th April, 30th April and 1st May

A promotional poster for the Russell Group webinars. The poster has a white background with a blue and black geometric design on the right side. At the top, it says '29th - 1st April - May' and '2025'. The main text reads 'Meet the RUSSELL GROUP' with a small arrow icon to the left. On the right side, there are two session details: 'Afternoon Session: 12:00 - 13:30' and 'Evening Session: 16:30 - 18:00'.

29th - 1st
April - May

2025

Meet the
**RUSSELL
GROUP**

Afternoon
Session: 12:00 -
13:30

Evening
Session: 16:30 -
18:00

This is incredibly informative for students considering applying for Russell Group universities such as Cambridge, LSE, Bristol, Glasgow or Cardiff. The webinars will cover topics such as Personal Statements, Applying, Researching University Options and Student life.

To sign up, [click here](#).

FUTURES

OPPORTUNITIES

unifrog

‘Meet the Students’ virtual University fair

Wednesday 26th March, 4–6.30pm

If Year 12 and 13 students have any questions about life at university, who better to answer than current undergraduates? This virtual fair brings together both student ambassadors and admissions staff from 30 universities across the UK. If students can't make it for the whole event, they are welcome to drop in whenever they can.

There will be live sessions on Open Days, accommodation, societies, extra-curricular activities, student finances, and other topics that most influence the choices that students make about university. Parents and Carers are welcome too! Find out about:

- What university is really like.
- How to ace your Personal Statement.
- Preparing for University.
- How to choose between university offers.
- Accommodation options.
- Extra-curricular activities.
- Open Days.
- Student Finance.

unifrog

MEET THE STUDENTS:
WHAT IS UNIVERSITY
REALLY LIKE?





LEADING
EDUCATION

Free Oxbridge & Top University Application Support

Year 12: How to Become
a Successful Candidate

Programme Summary

Free support for Year 12 students submitting their applications to highly competitive universities and medical schools including Oxford, Cambridge, LSE, UCL and Imperial.



Focus on high-impact tips that can be used to get students ahead at these early stages of the process.



Help choosing which supercurriculars will have the most impact on student's applications.



Double your chances of success; 43% of our students get an offer from Oxbridge.



Understand changes to the 2025 Personal Statement and how to best represent yourself in the new format.



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](#)

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.

- **Get Into Medicine** conferences:
Sunday 23rd March, 9.30–3.30pm
Sunday 30th March, 9.30–3.30pm
- **PwC Parent Information Session**
Wednesday 26th March, 3.30–4.30pm
- **Banking & Finance Event with Lloyds Banking Group**
Tuesday 1st April, 5–6pm (Zoom)
- **Get Into Dentistry** conference:
Sunday 6th April, 10.30–4.30pm
- **KPMG virtual experience day**
Monday 14th April, 10–3pm
- **Easter STEM work experience with Spectris plc**
Wednesday 16th April, 9–3pm
- **Sellafield Engineering work experience**
July to October 2025
Closing date for applications: Sunday 6th April

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

KPMG virtual experience day

Monday 14th April, 10–3pm

The KPMG Virtual Work Experience Day during the Easter Break is a chance for students to explore career opportunities in business, finance, accounting and professional services while developing key employability skills.

- Learn about KPMG's early career pathways
- Take part in interactive sessions and real-world business case studies
- Gain insights into careers in professional services
- Hear from current apprentices and senior professionals about their experiences at KPMG

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](#).



Year 12 Cavendish Nuclear work experience

Warrington, 15–19th July

Deadline to apply: Friday 9th May

The Young Professionals Network at Cavendish Nuclear Ltd are running a Work Experience placement over a 4-day period that will cover Mechanical and Electrical Design Engineering as well as Project Management and Business winning activities.

It will take place at the Cavendish Nuclear Warrington office (106 Dalton Avenue, Birchwood, Warrington, WA3 6YF).

There are opportunities for students to be directly recruited to the Apprenticeship scheme off the back of this placement.

Interested students should send an email to ypn@cavendishnuclear.com with their completed [application form](#) and up-to-date CV with the email subject 'Work Experience July 25'.



NHS work experience programme open for spring

This virtual programme is brought to you by Birmingham Universities Hospitals Trust in collaboration with Medic Mentor, and it is completely free. Not only is this a reliable alternative to in-person shadowing, but it also plays a significant role in preparing students for their in-person work placements with structured teaching and opportunities to speak directly with healthcare professionals.

Students need to firstly attend one of the upcoming Get Into Medicine or Get Into Dentistry conference, granting them immediate access to the Virtual Work Experience programmes. Students and parents can register for free at the links below.

For aspiring Doctors: FREE LIVE VIRTUAL **Get Into Medicine** conference dates:

- *Sunday 23rd March, 9.30–3.30pm*
 - *Sunday 30th March, 9.30–3.30pm*
- To register, [click here](#).



For aspiring Dentists: FREE LIVE VIRTUAL **Get Into Dentistry** conference date:

- *Sunday 6th April, 10.30–4.30pm*
- To register, [click here](#).

This thoughtfully curated 6-month medical and 4-month dental programme provides a unique glimpse into the medical and dental fields. The E-learning format enables students to fulfil their placements at their own pace, covering ethics, procedures, broader team roles, and fostering direct dialogues with doctors and dentists. This virtual experience creates a strong foundation for students' future careers, not only enhancing their UCAS applications but also strategically preparing them for practical work experience opportunities.

Students can learn more about our Virtual Work Experience by [clicking here](#).

PwC Parent Information Session

Wednesday 26th March, 3.30–4.30pm (virtual)

Helping students make informed career choices can be challenging, especially with so many opportunities available. This PwC Parent Information Session is so you can gain valuable insights into PwC's career pathways and how you can support students in their journey.

PwC is one of the world's leading professional services firms, offering exceptional career pathways for students through Flying Start Degree Programmes, Apprenticeships, Work Experience and Graduate opportunities. This session is designed to provide parents with valuable insights into:

- The range of career opportunities available at PwC
- How students can stand out in the application process
- The skills and attributes PwC looks for in future talent
- How PwC supports young professionals in their career development.

To register, [click here](#).



Easter STEM work experience with Spectris plc

Wednesday 16th April, 9–3pm

This is a virtual work experience day with FTSE company Spectris and its Malvern Panalytical, HBK and Servomex companies. Collectively they operate in over 30 countries and employ over 7500 people. Each of the companies Spectris owns specialises in a very specific areas of science and engineering and during this work experience day you will get the opportunity to take part in workshops and network with each of them.

Participating in an event such as this will not only allow you to learn more about industry, but it will also give you a unique opportunity to gain valuable experience that will be beneficial for adding value to your CV and LinkedIn profile. This will show employers (including Spectris) that you are proactive and looking to develop your skillset before entering the workplace, which can help you to be recognised as an ambitious and motivated individual as well as allowing you to stand out from other students.

After the event you will receive a certificate that you can use on your CVs and any job applications that you make.

To register, [click here](#).





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

- **Health and Social Care Taster Day at ManMet**
Wednesday 26th March, 10–12.30pm
- **‘Meet the Students’ virtual University fair**
Wednesday 26th March, 4–6.30pm

- **Nottingham Trent University Open Day**
Saturday 26th April
- **Meet the Russell Group webinars**
29th April, 30th April and 1st May
- **ManMet Open Day**
Wednesday 18th June

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