

THE SIXTH

THIS WEEK...

STAYING
FOCUSSED

22–25 April 2025

MAKING EVERY MOMENT COUNT

As the summer term begins, it's time to make every moment count. Whether you're in Year 12 laying the groundwork for Year 13, or in Year 13 approaching final exams, staying focused and organised is key.

Prioritise revision, refine your study techniques, and take care of your wellbeing.

For Year 12 students, this is your chance to consolidate learning and begin to refine and channel your thoughts about university or career plans. Securing your work experience is a very important part of this process.

For Year 13 students, it's about stepping into exams with confidence and preparing for life beyond Sixth Form.

Stay motivated, stay balanced, and give it your best! We wish everyone a successful and enjoyable term ahead.



THE SIXTH

22–25 April 2025



Y12 EDGE HILL UNI TRIP

On **Wednesday 23rd April**, students should register in Form as usual and then come to the Lower Hex. They need to bring a packed lunch or money to purchase food. They should wear their own clothes. Students not going on the trip should attend Sixth Form from 8.25–1.15pm and will need to study in the Lower or Upper Hex.

YEAR 12 UCAS IAG

On **Tuesday 13th May**, Mr Mullin will be hosting an online IAG on the UCAS process for parents of Year 12 students. This will take place on Teams from 6.30–7.30pm (please see Class Charts for the link). The session will also be recorded for any parents unable to attend.

N BLOCK STUDY ROOMS

N block study rooms will be designated to Year 13 students only after the Easter break, until further notice. Year 12 students will still be able to use the Lower Hex, Upper Hex and the Library for studying.

From **23–30th April**, N201/ N205 will not be available between 8.30–3.10 due to GCSE Speaking Exams taking place.

YEAR 13 RESULTS DAY

This week in assembly, Year 13 students received an assembly about Results Day (**Thursday 14th August**). A parental Information, Advice and Guidance evening will be scheduled for the summer term and full details also sent in a letter in due course.

VOLUNTEERS WANTED

Can you help with Lymm's Transport Day on **Sunday 22nd June**? In return for 3 hours of your time, you'll get free entry to the festival for two people, PTA will get some funds, and you can bank some DofE volunteering hours!

Y13 EXAM TIMETABLES

Exam timetables are now available to collect from Sixth Form Student Services. Students should keep theirs safe and check all details are correct. Any issues, please see Mrs Hughes or Mrs Lambert.

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

22–25 April 2025

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Bank Holiday		
TUESDAY	Mentoring and weekly reset	Mentoring and weekly reset	Careers Advisor
WEDNESDAY	Assembly – Welcome Back	Silent Revision	Edge Hill University Trip (see p.2)
THURSDAY	UCAS launch	Assembly – Welcome Back	Year 12 Gateway meeting 1.30pm, N206
FRIDAY	Futures Friday	Futures Friday	School Nurse, 10.45–11.15am

NEWS



Easter Egg Hunt

On **Thursday 3rd April**, the Sixth Form was buzzing with excitement as students took part in our much-anticipated Easter Egg Hunt. This year, the challenge was even bigger than before – more clues, more competition and over 120 chocolate eggs up for grabs!

Throughout breaktime, students raced around trying to track down our mystery clue holders, solving riddles and puzzles in exchange for paper eggs, which they then swapped for delicious chocolate prizes. The enthusiasm was fantastic, with Sixth Formers proving once again that they're never too cool for a bit of friendly competition!



NEWS



Easter Egg Hunt

A huge thank you to all the staff volunteers who helped make the event such a success. Your support in keeping the clues secret and handing out the challenges made the game all the more exciting.

We hope everyone enjoyed the fun before heading off for a well-deserved Easter break. See you next term!



BIRTHDAYS

M. Abdullah	S. Ottiwell
N. Chadwick	B. Steel
F. Crow	W. Steel
M. Dutton	S. Wall
C. McNicholas	
M. Moreton	

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.



REVISION SUPPORT

Managing exam stress



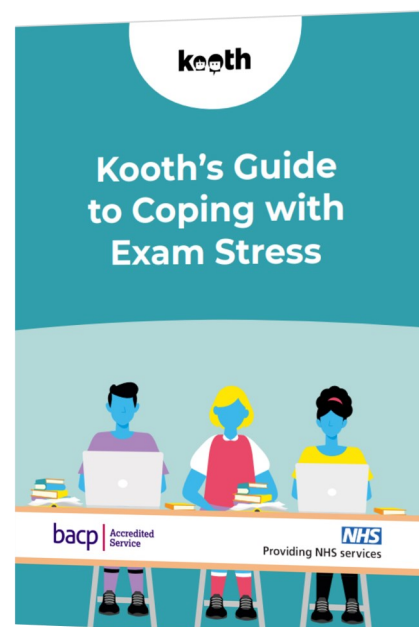
In the lead up to the exams we would like to share some information around normalising and managing exam stress for Year 13 students.

Please [click here](#) to watch a short video that has been developed by Kooth.com, which is a free, anonymous, online counselling and mental health service.

It includes information about how exam stress can cause some difficult issues, such as sleeping problems and anxiety. It also explains how stress can actually be helpful at certain times, by helping to motivate you to do your best.

As well as providing some top tips, the video also reminds us all that exam stress doesn't last forever!

Further information on how to cope with exam stress can be found in [this booklet](#).



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





Are you getting enough rest?

The Easter break is the perfect opportunity to stay motivated and relax. But do you know how to get the best quality rest? Dr Sandra Dalton-Smith is an expert on rest, and has worked with the Yipiyap Team to identify seven key types of rest we all need to properly recharge.

1. Physical rest

You can get physical rest passively by sleeping or napping. However, you can also actively revitalise your body with restorative activities like yoga, stretching and massage.

2. Mental rest

Mental rest comes from taking time to clear your head, and it's not all about holidays. Scheduling in short breaks every 2 hours you're working or revising, and using a notepad or journal to clear your head of any nagging thoughts before you down tools for the day, can be all it takes to do the trick.

3. Sensory rest

Our bodies are constantly bombarded with sensory information, and even if we don't do it consciously, all the music, bright light from screens, and phone notifications are taking our energy to process. Try taking a minute in the middle of the day to close your eyes and get a break from processing the busy world around you. A walk in nature is even better.

4. Creative rest

Inspiration feeds your motivation. This includes being awed by a hike or nature documentary or visiting an art gallery. And you can get a mini boost of inspiration throughout the day by putting up pictures of things you love at your workstation.

5. Emotional rest

Emotional rest means having the freedom to drop barriers, say what you think, and be who you are. We all (very wisely) put on our best behaviour around others, but it's important to find the people you can just be yourself around too!

6. Social rest

This is similar to emotional rest – it's all about spending time with the people who energise you, not just the people who drain you. Balance is key

7. Spiritual rest

Spiritual rest is all about being part of something that's bigger than yourself. That might mean meditation, prayer, volunteering or political engagement – whatever it is that lets you step outside your own head and connect to a wider cause.



REVISION SUPPORT

UPDATED 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
	Psychology	9.30-12.30pm	A210	Mrs Edge
Wednesday 16th April	French	9.30–1pm	A211	Mrs S Power
	Biology	10.30–2pm	A210	Mr O'Flynn



REMINDERS

DONT FORGET TO:

YEAR 13 PROM

This will take place on **Thursday 10th July**. The deadline for payment and consent is on **Friday 2nd May**. Please ensure parents / carers have logged in to ParentPay by this date in order to secure a place at this fantastic event. Please [click here](#) to read the letter sent out.

EASTER SCHOOL

A reminder of our Year 13 Easter Revision sessions is on p.10.

If students would like to work in the library for silent revision, please [click here](#) to book a space.

YEAR 12 FUTURES

Please [click here](#) to read the letter regarding the Year 12 Futures Programme, which contains important information about University Open Days, Degree Apprenticeships, Work Experience and how to support your child.

Y12 WORK EXPERIENCE

All placements need to be added to Unifrog and authorised by the employer, parents and school by **Friday 16th May**. We 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.

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.



TELL US!

FUTURES

OPPORTUNITIES



Come dance at Chester!

Wednesday 14th May, 10–2pm



Students are invited to a day of dance at the University of Chester's Creative Campus. During the day, they will participate in a contemporary dance workshop where they will learn phrase-based movements and have the opportunity to engage in creative choreographic exploration. They will also receive a campus tour, information about Chester's dance programme as well as information about applying for and studying at the university.

There is no charge for the event and free parking is available on campus.

To book a place, [click here](#).

VOLUNTEERS NEEDED



DOWN SYNDROME
CHESHIRE

FLEXIBLE VOLUNTEERING TO SUIT YOU

SATURDAYS 10am - 2pm

Support the delivery of
our Learning Lab programme

Where people with Down syndrome
learn Life Skills such as:

- ✧ Cooking ✧
- ✧ Digital Skills ✧
- ✧ Communication Skills ✧
- ✧ Time Management ✧
- ✧ Living Independent ✧
- ✧ Interview Preparation ✧
- ✧ Teamwork ✧



DOWN SYNDROME CHESHIRE HUB

DENTON DRIVE, NORTHWICH, CW9 7LU

Email volunteer@dscheshire.org.uk for more information

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

Data Science Degree Apprenticeship

HITACHI
Inspire the Next



Company: [Hitachi Rail](#)

Qualification: BSc in Digital and Technology Solutions at Manchester Metropolitan University following the Data Science pathway

Location: Manchester

Degree provider: Manchester Metropolitan University

Entry requirements: Applicants should have a minimum of 104 points at A2 (grades BCC) or an equivalent (e.g. BTEC DMM).

Salary: Unknown

Start date: September 2025

Application deadline: Saturday 31st May 2025

To find out more
and apply,
[click here.](#)



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

- **Get Into Dentistry** conference:
Sunday 6th April, 10.30–4.30pm
- **Lloyds Banking Group Business WEX**
8–9th April, 10–2pm
- **Lloyds Banking Group Technology and Data WEX**
15–16th April, 10–2pm
- **KPMG virtual experience day**
Monday 14th April, 10–3pm
- **Easter Law Work Experience**
Tuesday 15th April, 10–3pm (Zoom)
- **Easter STEM work experience with Spectris plc**
Wednesday 16th April, 9–3pm
- **Easter Business & Accounting work experience**
Thursday 17th April, 10–3pm (online)
- **Virtual work Experience week**
Monday 30th June to Friday 4th July
- **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](#).

CAREERS

The InvestIN Scholarship Scheme

The InvestIN Summer Scholarship Scheme 2025 offers eligible students a fully funded place on a 1-week InvestIN Summer Experience in London. InvestIN provides immersive career experiences for students, working with industry professionals across fields like medicine, law, engineering and banking. You'll engage in real-world simulations, meet experts and develop key career skills.

Even if you don't secure a scholarship, applying is still a valuable experience. All applicants will receive tailored career resources, expert guidance and employability skills webinars.

The scholarship covers the full programme cost, including lunch and travel within London's TFL zones. It's open to students aged 15–18 who need financial support and meet at least one of the [eligibility criteria](#).

This is a fantastic way to make the most of your summer. To find out more and apply, please [click here](#). See also p.18.



INVESTIN THE ULTIMATE WORK EXPERIENCE

The InvestIN Scholarship Scheme

Experience your dream career

Are you ready for an unforgettable experience this summer?

The InvestIN Summer Scholarship Scheme 2025 offers fully funded places for eligible students to take part in a one-week InvestIN Summer Experience in London.



InvestIN provides immersive career experiences for students aged 15-18. You'll be able to visit real work places and gain hands on experience in careers across fields like medicine, law, engineering and banking.

Even if you don't secure a scholarship, applying gives you access to career resources, guidance and employability webinars to help you stand out in future opportunities.



This is your chance to make the most of your summer holidays. Apply now and take the first step towards an exciting future!



Apply now

info@investin.org

+44 (0) 203 488 5089

www.investin.org

Lloyds Banking Group Virtual work experience

These two virtual work experience programmes with Lloyds Banking Group are for students looking to up-skill, learn new things about the industry and get a real understanding to what it's like working within the industry. At the 2-day events, you will get to spend time with professionals from the Banking & Finance sector, take part in workshops, engage in real world projects and networking with representatives from across the bank. There are two different work experiences to choose from, or you can apply to both.

- **Lloyds Banking Group Business WEX**

Tuesday 8th April and Wednesday 9th April, 10–2pm

Learn practical business skills, take part in projects, and learn the art of mastering the corporate application process with a mock assessment centre.

To apply, [click here](#).

- **Lloyds Banking Group Technology and Data WEX**

Tuesday 15th and Wednesday 16th April, 10–2pm

Learn the basics of data, how to use it and why it's so important. There will be lots of activities using Excel or Google Sheets to manipulate data and present results as well as getting to grips with analysing complex data sets and case scenarios.

To apply, [click here](#).

By attending these Work Experience Days, you will gain invaluable knowledge from the industry, be able to put something meaningful on your CVs from an internationally recognised business as well as getting a certificate you can use on your LinkedIn profiles and future job / university applications.





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

- **Nottingham Trent University
Open Day**
Saturday 26th April
- **Meet the Russell Group webinars**
29th April, 30th April and 1st May
- **University of Chester**
Theology and Religious Studies

Webinars: 'Can we call God 'Mother'
Tuesday 6th May

- **Come dance at Chester!**
Wednesday 14th May, 10–2pm
- **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**'.