

# THE SIXTH

12–16 May 2025

“ THIS WEEK...  
INTEGRITY AND  
ACCOUNTABILITY ”

Taking responsibility means being honest about your actions, owning your mistakes and learning from them – all signs of real maturity. These are the qualities that employers, universities and people around you will notice and respect. It's not about being perfect, but showing you can reflect, improve and stay accountable.

You can start building this habit by checking in with yourself regularly: ask what went well, what could have been better, and what you can do differently next time. If something doesn't go to plan, avoid blaming others and instead focus on what's within your control. Over time, this mindset will make you more confident, trustworthy, and ready for whatever's next.

## GOODLUCK YEAR 13

As you approach your upcoming exams, we want to wish you the very best of luck. Your hard work, determination and resilience have brought you this far, and we're confident you have what it takes to succeed. Please remember that you return next week for your usual scheduled lessons unless you are in an exam or attending a pre-exam session.

## WELLBEING WEEK

Next week is Wellbeing week. See p.10 for different suggestions and activities for the week.

In addition, On **Monday 12th May**, the school nurse will be at a stand at break time in the Lower Hex.

## PASSWORD RESET

From **Tuesday 13th May**, all students will be asked to change their passwords when logging-in to a school computer.

See p.6 for further details.

## YEAR 13 STUDY LEAVE

Please [click here](#) to read the letter sent home. It's really important for our Year 13 students to still sign in and out during study leave. Thank you for your support on this.

LEAVERS PHOTOS ON P. 3 & 4

Lynn 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

12–16 May 2025

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	<i>The Sixth</i> , mentoring and Mental Health Awareness Part 1	<i>The Sixth</i> , mentoring and weekly reset	School Nurse Lower Hex
TUESDAY	Assembly – UCAS	Revision / Partial Study Leave	Y12 work experience deadline Y12 IAG UCAS Parent Information Evening online, 6.30pm
WEDNESDAY	UCAS – Selecting a referee	Revision / Partial Study Leave	Y12 work experience support, Upper Hex, Period 5
THURSDAY	Life Programme	Revision / Partial Study Leave	
FRIDAY	Mental Health Awareness Part 2	Revision / Partial Study Leave	School Nurse, 10.45–11.15am

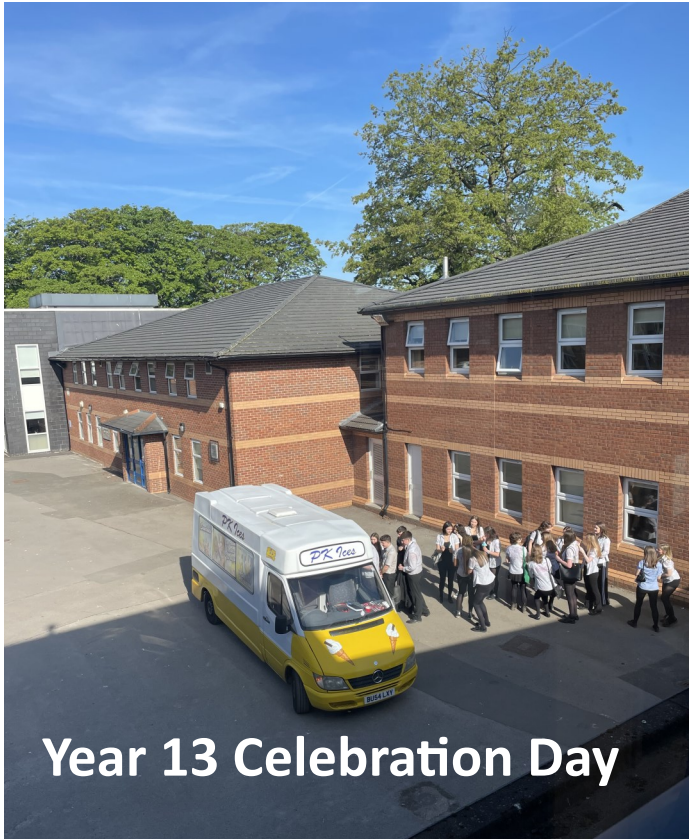


# NEWS



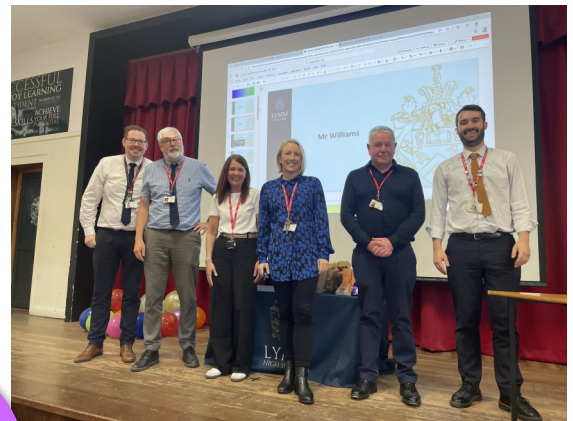
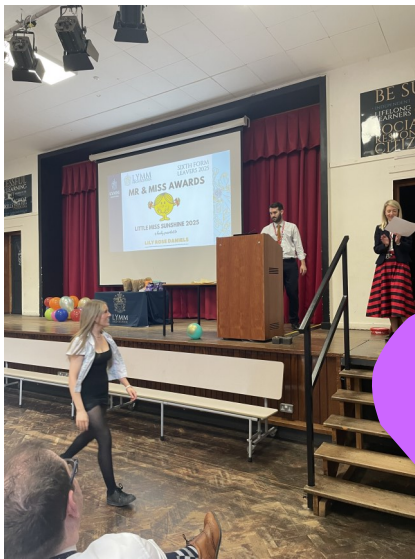
Congratulations to our incredible Year 13 students!

It was wonderful to celebrate with you all this morning. It was a brilliant and well-deserved send-off!





# NEWS



Class of  
2025

## BIRTHDAYS



A. Gillingham

L. Graham

A. Gulapally

R. Spencer

J. Taylor-Booth

B. Tyerman

# NEWS

## Bake sale helps bring clean water to Rwanda

Year 13 Emily Buckthorpe recently held a hugely successful cake sale to raise money for Amor Europe, a Christian charity working to lift people out of poverty. She spent a full day baking lemon drizzle cake, coconut cookies, brownies and more – and thanks to the generosity of students, everything sold out quickly! In total, Emily raised an amazing £104.62.

The money will go towards Pure WaSH (Water, Sanitation and Hygiene), a project that provides long-lasting water filters to communities in Rwanda. These filters can provide clean water for over 10 years, which is vital in areas where 94% of people often feel ill from dirty water, and where 1000 children die each day from related diseases.

Even more inspiring, in July, Emily will be joining a mission trip with Amor Europe to Rwanda to help deliver these water filters directly to local tribes.

If you missed the cake sale, it's not too late to support this life-changing mission. Please consider [donating here](#) to help fund more filters and support the work being done in Rwanda. Every bit helps!





# NEWS

## Resetting passwords

All students are being asked to change their passwords when logging-in to a school computer. If you've already changed your password recently you will not be asked to do it again but you can reset it in advance (details below).

### Password Rules

When choosing a new password, make sure it:

- Is **at least 12 characters** long
- Includes **three of the following**:
  - A **capital letter** (A–Z)
  - A **lowercase letter** (a–z)
  - A **number** (0–9)
  - A **special character** (! @ # \$ %)
- **Does not include your username** or your display name
- **Is not one of your last eight passwords**

### How to Change Your Password in Advance

On a school Windows computer:

1. Press **Ctrl + Alt + Delete**
2. Click Change a password
3. Follow the steps

On Office 365 / Web:

1. Go to <https://portal.office.com> and sign in
2. Click your **profile icon** (top right)
3. Select **“View account”** > **“Security info”**

Click **“Change password”** and follow the steps.

If you have any trouble  
or forget your password  
come up to B208.





# YEAR 13 LEAVERS' INFORMATION

- **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.



# 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





# REMINDERS

DONT FORGET TO:

## YEAR 12 UCAS IAG

The Year 12 IAG for parents and carers about UCAS will take place online at 6.30pm on **Tuesday 13th May**. Please see Class Charts for the link.

### UCAS – a parent's guide

To access a guide for parents, please [click here](#).

## SIXTH FORM DRIVERS

A reminder to let Sixth Form Reception know your car registration number if you're parking in the Sixth Form car park.

Please also be a considerate driver and be aware of students moving around the area.

## 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 **Tuesday 13<sup>th</sup> 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!**



# WELLBEING

Wellbeing Week 12th to 18th MAY 2025

A POSITIVE COMMUNITY CAN HELP US FEEL SUPPORTED

This week your challenge is to perform a random act of kindness to promote belonging. Let's make someone feel special and support someone within your community!

## Mindful Monday

Please visit our Wellbeing Champions Stall on Monday break time for tips to help with wellbeing and positive thinking!

School nurse stall in Sixth Form break time

## Time to talk Tuesday

Call or visit someone you haven't spoken to in a while.

Use Kooth.com to reach out for support for you or others

## Wellness Wednesday

Take some time for you - do something you love.

Why not take a visit to the 'our space' lunch club in A215

## Thoughtful Thursday

Write a note for a friend to let them know you are thinking of them.

Have you completed your random act of kindness yet?

## Friendship Friday

Invite someone who usually eats alone to join your group for lunch.

School Nurse Stall - Breaktime



## Exercise can boost mental wellbeing and productivity during exam season

Balancing effective revision with self-care can seem impossible right now, but there is a way to boost both: exercise.

In Latin, we'd be saying "Anima Sana In Corpore Sano" – that is, "healthy body, healthy mind". (Fitness brand ASICS even took their name from it!).

Here are three ways that getting some exercise can help your grey matter:

### Leg day, arm day – just don't forget brain day!

The hippocampus is right at the centre of the brain's learning and memory apparatus – and the fitter you are, the stronger it grows. It's not just long-term brain building though; German researchers found that walking or cycling while revising helps the material to stick.

### Mind wandering? Get your legs wandering instead.

Multiple studies of schoolchildren around the world have found that interspersing learning with aerobic exercise boosts attention span and executive control. So if you find you just can't focus when you sit down to revise, exercise may be the answer!

### Get that runner's high

It's well known that exercise boosts your mood. Exercise triggers the release of serotonin and dopamine, hormones that can boost your mood and attention span. Recent studies even suggest it might activate your brain's endocannabinoid system, which pumps out pleasure and kills pain.



*"And you're sure this will help with Paper 2?"*

Considering a Gap Year with Yipiyap?

Read more, or apply now by  
[clicking here.](#)

# FUTURES

# OPPORTUNITIES

## Get Into Medicine and Dentistry events

Get Into Medicine conference

*Sunday 11th May, 9.30–3.30pm*

[Click here](#) to register.

MEDIC  
MENTOR  
YOUR MEDIC FAMILY

Get Into Dentistry conference

*Saturday 17th May, 9.30–3.30pm*

[Click here](#) to register.

DENTAL  
MENTOR  
MAKE A DIFFERENCE

These free, live, virtual conferences will provide full clarity on UCAS and the medical and dental application process, so that students can concentrate on their exams. Topics include:

- UCAT Entrance Exam
- Exam techniques and sample questions from each UCAT section
- UCAT shortcuts and timeline
- Tactically choosing universities
- Personal statements
- Medical & Dental school interview skills
- Medical Leadership Programmes
- Awards Programmes
- Extra-curricular activities
- Work experience
- Applying for scholarships





# FUTURES

# OPPORTUNITIES

## UK University & Apprenticeship Search events

- *Old Trafford Stadium, Manchester, Friday 26th September, 9.30–2.30pm. [Click here](#) for details.*
- *Anfield Stadium, Liverpool, Friday 7th November, 9.30–2.30pm. [Click here](#) for details.*

The UK University & Apprenticeship Search fair will feature:

- A multitude of exhibitors including: Russell Group, red brick, modern institutions and apprenticeship providers from top UK companies.
- An extensive selection of seminars including: UCAS personal statement, Higher and Degree Apprenticeships, Life at University and Student Finance.
- Interactive demonstrations.
- Free student advice brochure and access to recorded seminars.



# FUTURES

# OPPORTUNITIES



University of  
Sheffield

## Sheffield Subject Tasters

*Starting May 2025*

This summer term, there are a number of free opportunities for students to experience what it is like to study different subjects at the University of Sheffield. All of the activities are completely free of charge and will provide students with a good insight into their chosen subject or area of interest at university.

There is a wide range of subjects to choose from and sessions are delivered both online and on-campus. During the session you'll learn more about your chosen subject, speak to academic and teaching staff, and experience what it's like to be a University of Sheffield student.

Science, engineering, geography and history talks are taking place this month, which will be good to help you develop your personal statements.

To view the online sessions, [click here](#).

To view the on-campus sessions, [click here](#).





## 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](#)

INVESTIN | THE ULTIMATE WORK EXPERIENCE



## Free Webinar: How To Find Work Experience



Work experience is an essential step towards building your confidence, developing practical skills and exploring potential career paths. **However, finding meaningful opportunities can be challenging.**

InvestIN are running a **free webinar for students and parents** on how to find and make the most of work experience. They'll be exploring different types of opportunities available and share practical ways to secure work experience that will actually make your university application and CV stand out.

If you can't attend live, you can still register to receive the event recording.

**REGISTER NOW!**

**ONLINE**

## HOW TO FIND WORK EXPERIENCE

May 20, 2025 06:00 PM BST



info@investin.org

+44 (0) 203 488 5089

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

- **Green Careers Open Day**  
*Saturday 10th May, 10–3pm, RHS Garden Bridgewater*
- **Virtual work experience with Experian**  
*Wednesday 14th May, 5pm (online)*
- **Finance and wealth management work experience**  
*Thursday 29th May, 10–3pm*
- **Unifrog virtual work experience week**  
*Monday 30th June to Friday 4th July*
- **Year 12 Cavendish Nuclear work experience**  
*Warrington, 15–19th July*  
*Deadline to apply: Friday 9th May*
- **PwC Virtual Insight Programme**  
*29–31st July*
- **Sellafield Engineering work experience**  
*July to October*

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



## Green Careers Open Day

*Saturday 10th May, 10–3pm, RHS Garden Bridgewater*

Passionate about nature? Curious about careers in horticulture, conservation or the environment? Looking for more information on how to get started?

This free event designed to inspire, inform and connect you with the world of green careers!

- Connect with national and local organisations offering careers and training in the green sector.
- Hear from professionals making a difference in areas such as horticulture, conservation and environmental work.
- Take part in interactive tours, live demonstrations and activities to experience the industry firsthand.
- Discover the many routes into rewarding green careers, from apprenticeships to university courses and beyond.

To find out more,  
and reserve a place,  
[click here](#).



### Finance and wealth management work experience

*Thursday 29th May, 10–3pm*



Join St. James's Place, a FTSE 100 company, for an exclusive full-day virtual work experience. St. James's Place is one of the UK's largest advice-led wealth management firms, managing over £190 billion in client assets. With more than 20 offices across the UK, they offer outstanding graduate, apprenticeship and internship opportunities for future talent.

- Gain valuable advice from a range of industry leaders and top financial professionals.
- Develop insights and skills that will set you apart when applying for apprenticeships, internships or graduate roles.
- Hear about exciting routes into St. James's Place through their highly regarded programmes.

During this event, you'll uncover how leading advisers shape the financial futures of their clients, step into the world of high-level investment management and strategic financial planning, and gain powerful insights from industry experts on how to build a standout career in the world of finance and wealth management.

To register, [click here](#).

## Business & Accounting Work Experience

*Birmingham, Manchester, Liverpool, London, Leeds, Gatwick, Glasgow, Oxford, Cambridge, Reading, Bristol, Milton Keynes*

*26–29 August 2025*

Grant Thornton's Ignite Work Experience programme is now open for applications. Ignite is a 1-week, in-person work experience programme designed to give students valuable, hands-on insight into the world of professional services. You'll gain real-world experience, network with professionals, and discover what a career at Grant Thornton could look like.

Standout students on the Ignite programme may even be offered a place on the Grant Thornton apprenticeship scheme before applications officially open.

- **Get Ahead Early:** Potential to secure your apprenticeship before finishing your studies.
- **Hands-On Experience:** Work on real tasks and explore life in a professional services firm.
- **Make Connections:** Meet experienced professionals and start building your network.
- **Boost Your CV:** Stand out when applying for future opportunities in the sector.

To find out more and apply, [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

- **Sheffield Subject Tasters**  
*Starting May 2025*
- **Come dance at Chester!**  
*Wednesday 14th May, 10–2pm*
- **Get Into Medicine conference**  
*Sunday 11th May, 9.30–3.30pm*
- **Get Into Dentistry conference**  
*Saturday 17th May, 9.30–3.30pm*

**North West Festival of Languages**

*16 June – 4 July*

- **PlayStation Careers Summer School**  
*15–17 July*
- **ManMet Open Days**  
*Wednesday 18th June*  
*Saturday 11th October*  
*Saturday 18th October*  
*Saturday 22nd November*

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