

THE SIXTH

19–23 May 2025

“ THIS WEEK...
CONFIDENCE IN
DECISION
MAKING ”

Throughout Sixth Form and beyond, you'll face all kinds of choices – some small, others that could shape your future. Being able to make confident, informed decisions is a key part of building resilience. It shows that you trust yourself, are willing to take responsibility and can learn from whatever the outcome may be.

Start developing this skill by gathering the facts before making a decision: talk to people you trust, weigh up your options, and think about both short- and long-term consequences. Once you've made a choice, commit to it and reflect on the results, whether things go well or not. Every decision, big or small, is a chance to grow in confidence and independence.

YEAR 13 UCAS DEADLINE

A reminder that if students have received all their decisions by **Wednesday 14th May**, they **MUST** reply to select their Firm and Insurance choices by **Thursday 5th June**. Please [click here](#) for more information about this process.

TEFL OPPORTUNITY

A reminder of the Teaching English as a Foreign Language (TEFL) letter which was sent out last week. Training will take place on **15–16th July**. Register and make payment on ParentPay by **Monday 9th June**. Please [click here](#) to read the letter sent home.

YEAR 12 IAG

On **Tuesday 13th May**, Mr Mullin held a parental Information, Advice and Guidance (IAG) session all about UCAS. A link to the recording was shared on Class Charts. You can also view the slides used in the presentation [here](#) and we recommend you download this Parent Guide [here](#). If parents have any queries relating to the UCAS process, please contact Mrs Hughes (lhughes@lymmhigh.org.uk).

YEAR 12 MOCK EXAMS

Year 12 Mock Exams begin the week commencing **Monday 16th June**. You can see the timetable on p.5.

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

19–23 May 2025

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	<i>The Sixth</i> , mentoring and weekly reset	Study Leave	
TUESDAY	Assembly – UCAS / Apprenticeships	Study Leave	Careers Advisor
WEDNESDAY	UCAS – Personal Statement Introduction	Study Leave	EPQ meeting, period 5, S201
THURSDAY	UCAS – Personal Statement Question 1 & 2	Study Leave	
FRIDAY	UCAS – Personal Statement Question 3	Study Leave	School Nurse, 10.45–11.15am

NEWS

Drugs and addiction support

On **Thursday 15th May**, Sabina Gray spoke to our Year 12 students about her experience with drugs and addiction.

Sabina talks to schools throughout the UK about the causes and consequences of her experience, and addresses the wider issues that lead young people into substance abuse and addiction.

For more information, please [click here](#).



BIRTHDAYS

D. Baker

H. Phillpotts

J. Booth

H. Turner

N. Bramwell

A. Dewhurst

A. Leary

YEAR 13 LEAVERS' INFORMATION

- **Study leave phase two**

Week commencing Monday 19th May

Full study leave for all. Please [click here](#) to read the letter sent home.

Please remember to still sign in and out during study leave. Thank you for your support on this.

- **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.



EXAMS

Year 12 Mock Exams

Year 12 Mock Exams begin the week commencing **Monday 16th June**.

Please see the timetable below.

	Morning Exam	Afternoon Exam
Monday 16th June 2025		Sociology – 2hours Maths – 1hour 30
Tuesday 17th June 2025	History – 2hour 15 Dance – 2hours Music Tech – 1hour 45 (+10 set up) Physics -	Business – 1hour 30 German Listening, Reading & Translating – 2hour
Wednesday 18th June 2025	Psychology – 2hours Spanish Listening, Reading & Translating – 2hour Further Maths – 1hour 30	Economics – 2hours Religious Studies – 2hours PE – 2hour
Thursday 19th June 2025	Geography 2hours French Listening, Reading & Translating – 2hour	Biology – 2hours Media – 2hour 15 AUDIO
Friday 20th June 2025	Eng Language – 2hour 30 Chemistry -	English Literature – 2hour 30 Theatre -



How the right diet can help revision

There are plenty of revision-friendly superfoods that can help you get the edge on exams, such as fatty fish like tuna and salmon, avocados and walnuts. [This article](#) from Harvard University covers the research on these superfoods in more detail.

Kale? You'd better beleaf it

Leafy greens like kale, spinach and broccoli are chock-full of vitamin K, lutein, folate, and beta carotene: all of which are certified brain boosters that keep your grey matter in tip-top condition.

Thank you berry much!

Deeply coloured foods like strawberries and blueberries get their fantastic colours from pigments called flavonoids. These compounds power up your memory, which can only come in handy when you're cramming for your next exam. Dark chocolate, tea and coffee, and even red wine are other top flavonoid sources.

Fancy a cuppa?

Speaking of tea and coffee, in addition to those memory-boosting flavonoids, caffeine can help out when revising, and not just by keeping you awake! Studies have shown participants with higher caffeine consumption to have better cognitive function. Plus, caffeine may have a role to play in helping cement new memories. So if you're looking to learn, a latte might be just what the doctor ordered.

Water good idea!

Proper hydration will improve your mood, your focus and your short-term memory, by flushing out toxins and promoting the creation of new neurons. Your brain is 73% water, so if you want it to keep it running well, make sure to balance out all that caffeine with plenty of the wet stuff.

Considering a Gap Year with Yipiyap?

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



REMINDERS

DONT FORGET TO:

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.

SIXTH FORM DRIVERS

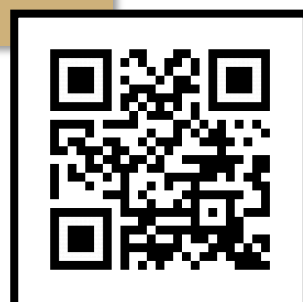
A reminder to let Sixth Form Reception know your car registration number if you're parking in the Sixth Form car park. Please also be a considerate driver and be aware of students moving around the area.

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.

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.





WANDS

Warrington Autistic Neuro Diverse Support

We are a support group for adults aged 18 and older who identify as neurodiverse or believe they might be on the spectrum, such as those with autism, Asperger's, ASD, ASC, ADHD, ADD, or sensory processing disorder. We welcome younger individuals aged 16 and above to join us, provided they are accompanied by a parent or guardian. Our goal is to create an environment where you can feel accepted, supported, and free from judgment. Our primary focus is to foster friendships, encourage creativity, enjoy ourselves, and, above all, promote relaxation and authenticity. A formal diagnosis is not required to participate.



What to anticipate during our sessions..

The session runs from 6 PM to 8 PM (feel free to come and go as you please). Refreshments are always provided. The tables are arranged in a café style, so if you'd prefer to sit alone while still being around others, that's perfectly acceptable. There's a jigsaw puzzle available that you can engage with. We offer sensory items and books about autism that can be checked out. We also have craft supplies, Lego, Scrabble, and a variety of games.



Every other Wednesday
starting 11th June 2025

6-8pm



07889265358/07708599276



wandsgroup2018@gmail.com

Living well Hub 26-30 Horse market Street, Warrington WA1 1XL
Free Parking available Located in Golden Square shopping centre 2-42 Legh St, Warrington WA1 1QE

CAREERS FAIR

Years 12 & 13

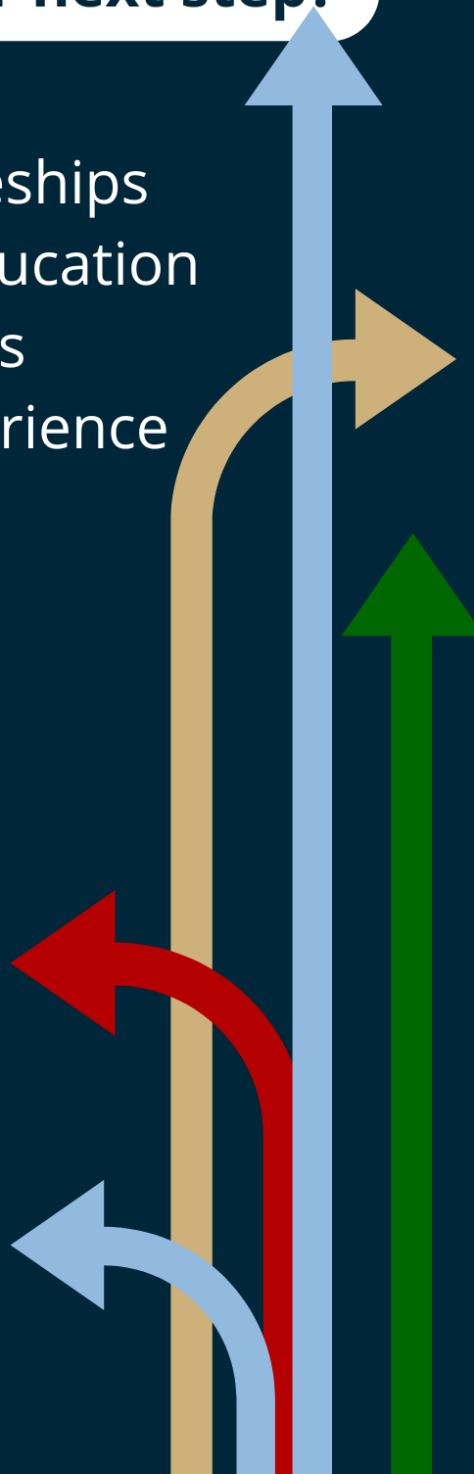
Tuesday 8th July 2025
5.00pm - 7.00pm

LHS Sports Hall

Scan here to book tickets

What's your next step?

- Jobs
- Apprenticeships
- Further education
- Universities
- Work experience



FUTURES

OPPORTUNITIES

Applying to uni: Ask us anything

Thursday 22nd May, 4–4.30pm



This event forms part of the UCAS Applicant week, which runs from **19–23rd May**. Students can join UCAS on socials for a week of inspiration, advice and resources to support them on their application journey. Everything from student stories, to personal statement support and the chance to get their questions answered.

This live Question & Answer session on TikTok takes place on the Thursday with an admission expert and a UCAS expert. This is your chance to get all your questions answered about applying to university.

FUTURES

OPPORTUNITIES

Design Engineering with STEM

This new course for students interested in design engineering, written in partnership with The Engineering and Design Institute (TEDI) London, is perfect for anyone who loves the idea of mixing creativity with STEM and wants to design awesome solutions for the future!

Students will discover what design engineers really do, the cool industries they work in, and how they solve real-world problems. Plus, they can explore how to kickstart their own career in this exciting field.

- **Design choices**
Explore how thoughtful design choices shape the way we see and interact with the world.
- **Prototypes and 3D design**
Discover how prototypes and 3D design help turn ideas into practical solutions.
- **Designing with users in mind**
Learn about how good design stays focused on its intended user and communicates its purpose clearly.
- **Careers in design engineering**
Uncover a world of design engineering, where diverse skills combine to create real-world impact.

For further information, [click here](#).



ManMet's French and Spanish Film Festival

3–5th June, SODA Building (Manchester Met) and Instituto Cervantes in Manchester

The Beyond Babel Multilingual Film Festival offers a free programme of films for French and Spanish Year 12 students. Each screening includes expert introductions and post-film Q&As. This edition focuses on the language of food as a core theme, exploring the multifaceted connection between food and cultural identity.

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

Wednesday 4th June

10–12.30pm

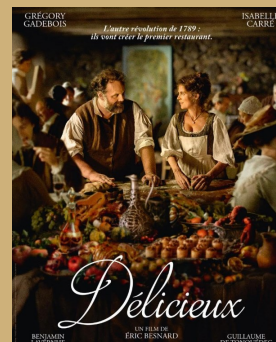
- A selection of Spanish and Latin American Short Films (My Spanish Film Festival).
- Introduction by Carmen Herrero and filmmaker Farah Kahil.
- Screening of three short films (in Spanish with English subtitles).
- Activities for the short film review competition by Dr Carmen Herrero.



Thursday 5th June

10–12.30pm

- Délicieux / Delicious (Dir. Éric Besnard, 2021) France, Belgium.
- Drama, Historical. Certificate: 15. Language: French with English subtitles. 112 mins. (Age rating: 15+).
- Screening, intro and Q&A activities by Dr Isabelle Vanderschelden.



FUTURES

OPPORTUNITIES



Psychology Taster Days

Wednesday 18th June and Thursday 26th June, 10–2pm

Year 12 and 13 students are invited to the University of Chester's upcoming Psychology Taster Days.

These interactive events introduce students to the study of psychology at university. They will include a series of taster lectures, demonstrating the research equipment (and inviting students to have a go!), and talking about life as an undergraduate in Psychology at Chester. Students will gain an understanding of what it is like to study Psychology at university, and will have the opportunity to experience a taste of life as a student at the University of Chester.

For more information, and to book, [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](#)

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

- **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
- **Business & Accounting Work Experience**
26–29 August 2025

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

Your future in law

With so many law firms to choose from, it can be difficult for students to find the right one. To help you decide, RateMyPlacement and RateMyApprenticeship have teamed up with three leading law firms to give you an inside look at what makes them unique.

Open to all students, this interactive experience features video Question & Answer sessions with trainees, insider tips and mentorship opportunities. The companies involved are Ashurst, Clyde & Co and Shoosmiths.

In addition, students will also have the chance to win prizes to support your future career, including a MacBook Air, A £150 train gift card, an office outfit worth £350 and an iPad.

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

**YOUR FUTURE
IN LAW**

*Get to know each firm.
Find your perfect fit.*

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INVESTIN

THE ULTIMATE WORK EXPERIENCE

Gain the ultimate work experience **this summer**

1 and 2-week programmes for students aged 15-18 in London



Work with top professionals and explore real workplaces



Experience university life on-campus at UCL



Gain a qualification in work experience to boost your university application

Choose from 15 different careers

Art • Architecture •
Computer Science •
Dentistry • Engineering •
Entrepreneurship • Fashion
Design • Filmmaking
• Forensic Science •
International Politics •
Investment Banking • Law
• Medicine • Psychology •
Veterinary Science

Last chance to register for summer 2025 - some programmes are now fully booked!

REGISTER NOW!

UCAS

Gain UCAS
points for Work
Experience



Work towards
your Gold
Residential
DofE Award

info@investin.org

+44 (0) 203 488 5089

www.investin.org



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
- **Get Into Dentistry conference**
Saturday 17th May, 9.30–3.30pm
- **Applying to uni: Ask us anything**
Thursday 22nd May, 4–4.30pm
- **ManMet’s French and Spanish Film Festival**
3–5th June
- **North West Festival of Languages**
16 June – 4 July
- **Psychology Taster Days**
Wednesday 18th June and Thursday 26th June, 10–2pm
- **ManMet Open Day**
Wednesday 18th June
- **PlayStation Careers Summer School**
15–17 July

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