

THE SIXTH

6–10 October 2025

“ THIS WEEK...
BALANCE BUILDS
BRILLIANCE ”

Sixth form is busy, classes, revision, coursework, maybe even part-time jobs or university applications.

It's easy to feel like you need to push yourself non-stop. But working hard doesn't mean running yourself into the ground. The real key is balance: putting effort into your studies and looking after your mind and body. When you give yourself time to rest, move and recharge, you'll have more focus, more energy, and actually perform better.

This week, we're focusing on how to push forward without burning out.

WELLBEING WORKSHOP

Join us in the Main Hall on **Wednesday 8th October** (6–7pm) for tips, advice and guidance to support our students' wellbeing. The session will include information around managing anxiety, exam worries, body image, and self-esteem alongside information about our school nurse service. All parents and carers of Years 7–13 students are invited.

ILC CLOSURE

Please be aware that the ILC will be fully closed next week on **Monday 6th, Tuesday 7th, Wednesday 8th** and **Friday 10th**, as the nursing team will be in school administering flu vaccinations for younger students. It will be open as usual on **Thursday 9th October**.

GEOGRAPHY TRIP 2026

A trip to Sicily in October 2026 is open to current Year 12 Geography students. There are 36 spaces available and the cost is £1200. Requests for a place should be made to Mrs Rigby by **Monday 13th October** by returning the completed slip on the bottom of [this letter](#). Once a place has been confirmed, a non-refundable deposit of £150 must be paid on ParentPay.

LIFE PROGRAMME

Our next Life Programme session runs on **Wednesday 8th October** from 8.25–9.10am.

See p.4 for further details.

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

6–10 October 2025

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Monday Reset – <i>The Sixth</i>	Monday Reset – <i>The Sixth</i>	
TUESDAY	Life Programme topic	Assembly	Careers Advisor
WEDNESDAY	Life Programme assembly (see p.4)	Life Programme Form (see p.4)	Debate Club, 1.30pm, N103 Wellbeing Workshop (see p.1 & 6)
THURSDAY	Futures – Super Curricular	Futures – Post-18 next steps	Gateway Forum 1.30–2.10pm, N206
FRIDAY	World Mental Health Day	World Mental Health Day	School Nurse, 10.45–11.15am

NEWS

Macmillan Coffee Morning

Huge congratulations to the Charity Student Leaders for raising over £900 for Macmillan cancer support at their cake sale on **Friday 26th September**. This is the most we've ever raised for this deserving charity.

Thank you also to everyone who baked, donated or brought items along, and of course to all who purchased and enjoyed the treats.

Donations are still being accepted via Parent Pay.



BIRTHDAYS

H. Bishi	C. Robinson
C. Bower	L. Sheldon
D. Collinge	I. Tither
C. Cooper	
E. Preston	

LIFE PROGRAMME

Our next Life Programme session runs on **Wednesday 8th October** from 8.25–9.10am.

Year 12

Year 12 will have a talk from a representative from the Axess Liverpool Sexual Health team on sexually transmitted infections (STIs) and contraception.

Year 13

Year 13 will discuss relationships and consider how to know what they want and communicate this.

In Tutor time students have been discussing the law about sending nude images and the dangers of sextortion and deep fakes.

If you have concerns about online content that may have been shared or online behaviours that make you uncomfortable, please contact a member of our team. Childline also have many resources to support such as the [Report Remove tool](#).



For help and support about trusting others online, [click here](#).

The timings of the day will change very slightly as follows

Registration	8.25–9.10am
Period 1	9.10–10.05am
Period 2	10.05–11.00am
Break	11.00–11.30am
Period 3	11.30–12.25pm
Period 4	12.25–1.20pm
Lunch	1.20–2.15pm
Period 5	2.15–3.10pm

REMINDERS

DONT FORGET TO:

DofE PARENT EVENING

There will be an Information Evening at school on **Tuesday 7th October** in the Main Hall (5.30–6.30pm) for Year 9, 10 and 12 parents that are new to the Duke of Edinburgh's Award scheme.

GEOGRAPHY FIELDTRIPS

The two Year 12 geography fieldwork trips going to Liverpool in October are on:

- **Tuesday 14th October**
12B/Gg1 and 12D/Gg1
- **Thursday 16th October**
12A/Gg1 and 12C/Gg1

To read the full details, [click here](#).

KEY DATES AND ASSESSMENT CALENDAR

A reminder to check the [Key Dates and Assessment Calendar](#) for important dates throughout the academic year.

Please note that this link is also always on the 'What's on this week' page (p.2).

SIXTH FORM DRIVERS

If you wish to park in the Sixth Form car park, your car **must be registered with school [here](#)**. Please drive carefully at all times, keeping to the 5mph speed limit on site. Be especially mindful of pedestrians at the zebra crossing and ensure you park considerately so the space can be used safely by everyone.

Lynn High School
Sixth Form



Information evening for Parents and Carers

WELLBEING WORKSHOP

*Wednesday 8th October, 6-7pm
Lymm High School, Main Hall*

**Join us for tips, advice and guidance to support
our Year 7-13 students' wellbeing.**



This interactive session will explore:

- Strategies for managing anxiety
- Tips for exam worries
- Day-to-day coping skills
- Mindfulness techniques
- Self-esteem boosters!



LYMM
HIGH SCHOOL

SPORTS UPDATE



NATIONAL CUP ROUND 1

Lymm won 33/18 vs Bishop Heber:

- POM: Ava Kinsey
- CPOM: Jemima Klass

Round 2 vs Newcastle-under-Lyme is at home on **Wednesday 8th October** at 2pm.

NORTH WEST COLLEGES LEAGUE

Lymm won 28/10 vs Cheadle Hulme 2nds:

- POM: Sophia Schache
- CPOM: Sophie Poulton

NORTH WEST COLLEGES LEAGUE

Lymm won 42/19 vs Sandbach School:

- POM: Ava Kinsey
- CPOM: Ava Bellers and Darcey Burke

- **POM:** Player of the match from the opposition.
- **CPOM:** Coaches' player of the match.



FUTURES

OPPORTUNITIES



STEM Support from Cambridge University

Saturday 10th January 2026

Deadline to apply: Friday 31st October 2025

STEM SMART (Subject Mastery and Attainment Raising Tuition) is a free, 16-month programme to support students in raising their attainment at Sixth Form level and develop their confidence to apply to study physical, biological or behavioural sciences, engineering or computer science at top universities. The programme starts in the January of Year 12 and features the following three phases:

- Consolidating Knowledge and Building Problem-Solving Skills
- Preparing for Application to Competitive Universities
- Securing Strong Examination Performance and Achievement

This widening participation initiative from the University of Cambridge in association with Isaac Science provides free, complementary teaching and support to students who attend a non-fee paying school and:

- have either experienced educational disadvantage or belong to a group that is statistically less likely to progress to higher education, and
- are considering applying to Engineering, Computer Science, Physical Sciences (e.g., physics, chemistry, earth sciences, materials science) or Biological or Behavioural Sciences (e.g., plant sciences, pharmacology, physiology, evolution and behaviour, biochemistry) courses at university and are studying A' Levels in maths and science.

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



FUTURES

OPPORTUNITIES

University of Chester Experience Week

27–31st October: Health, Medicine and Society

This University Experience Week will focus on the Faculty of Health, Medicine and Society. The week of events are designed to provide a vibrant, hands-on insight into the world of university life at Chester, across a range of subject areas.

This event is suitable for anyone considering applying to University for either 2026 or 2027 entry, attendees can choose to book to attend each of the events throughout the whole week, or just book to attend a specific day:

- **Monday:** Dietetics and Social Work
- **Tuesday:** Adult Nursing and Child Nursing
- **Wednesday:** Biomedical Science and Sports Science
- **Thursday:** Learning Disability Nursing and Midwifery
- **Friday:** Psychology and Mental Health Nursing

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

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



HAVE YOU ENTERED YET?
ENTER OUR HALL TOGETHER
ONLINE RAFFLE

BIG PRIZE GIVEAWAY

CHECK CLASS CHARTS NOTIFICATIONS FOR MORE DETAILS AND
YOU COULD WIN

A HOT AIR BALLOON RIDE FOR 2

OTHER PRIZES INCLUDE:

- 1ST PRIZE £1000 CASH
- 2ND PRIZE £500 CASH
- 3RD PRIZE HOT AIR BALLOON RIDE FOR 2
- 4TH DELONGHI BEAN-TO-CUP COFFEE MACHINE
- 5TH FAMILY PORTRAIT PHOTOSHOOT

SCAN THE QR TO ENTER



LYMM
HIGH SCHOOL



HALL
TOGETHER

**Competition open to those aged 18 and over.*

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:

Company: **Balfour Beatty**

Balfour Beatty



Kickstart your career at Balfour Beatty, where you'll receive structured training and support from day one, and a formal qualification.

Qualification: **Apprentice Civil Engineers, Quantity Surveyors and Site Supervisor roles**

Location: **Nationwide**

Degree Provider: **Various**

Salary: **Various**

Start date: **2026 intake**

To find out more about the various roles, and to apply, [click here](#).



Insight into professional services with RSM

Thursday 9th October, 5–6.30pm (Zoom)

Are you interested in a career in Business, Finance or Accounting? Join us for an exclusive virtual event with RSM, one of the world's leading providers of audit, tax, and business consulting services. RSM operates in multiple locations across the UK, offering opportunities nationwide, and works with a diverse range of clients, from dynamic small businesses to global enterprises.

This is the perfect opportunity for Year 12 and 13 students to discover the world of business and accounting, learn more about apprenticeship, graduate and internship opportunities, and hear directly from senior professionals in the field.

- Understand what it's like to work at RSM, a firm known for empowering young talent and supporting their career growth.
- Hear from RSM employees about their journeys, experiences, and the skills needed to succeed in the world of business and accounting.
- Participate in an open Q&A session to get tailored advice and guidance.

To register, [click here](#).



Careers with Lloyds Banking Group

Tuesday 7th October, 5–6pm (virtual)

Are you ready to take your first step into the world of banking and finance? Whether you're considering apprenticeships, work experience, internships or graduate schemes, this session could be your launchpad. Lloyds Banking Group is one of the world's biggest financial services companies with over 30 million digital customers. Find out how they help Britain prosper, what makes their culture inclusive, and how their well-known brands are driving real change.

- We'll show you how to write applications that grab attention, ace assessment centres, and navigate the recruitment process with confidence.
- Learn how to make your CV pop, answer interview questions like a pro, and research companies so your application hits the mark.
- Hear from a current apprentice who's been through it all – sharing real stories and honest advice.
- Hints and tips on making an impactful application.
- How to prep for assessment centres.
- The recruitment process/dates

In addition, all who attend this virtual event will be the first to hear about and apply for over eight in-person events at their offices across the UK. These events take place on Saturdays, so they don't impact time out of school.

To register, [click here](#).





- > **Are you curious to learn what Virgin Media O2 is all about?**
- > **Are you passionate about STEM?**

Virtual Work Experience Week

27th – 30th October 2025



Apply now!

Click or scan the QR code to apply with code **VMO2C3**

Our four-day programme will immerse you in the world of telecoms, help boost your potential and enhance your knowledge of Virgin Media O2 and our offerings.

You'll hear from business leaders what it's like to work in a dynamic industry, learn the latest from the world of broadband, TV, fixed line and mobile and gain insight into our purpose 'See What You Can Do!'

Explore our graduate, industrial placement and apprenticeship opportunities whilst working on a dynamic project that will help you earn your Bronze Industrial Cadets accreditation.

Hear first-hand testimony and tips from graduates, interns, apprentices and STEM (Science, Technology, Engineering, Math) ambassadors! Delve into the importance of hands-on problem-solving and critical thinking skills, company and sector research.

Take control of your future and make a difference in the world around you.



CAREERS

INVESTIN

THE ULTIMATE WORK EXPERIENCE

Work experience opportunities

this autumn

Registration open



The Ultimate Career Taster

We're excited to let you know that our weekend programmes are now open for registration!

Taking place this November, our one-day masterclasses give students a practical, inside look of working in their chosen field. Students can choose from 15 different industries and spend the day discovering what it's really like to work in that field and, crucially, how to break in.



Meet and learn from experienced professionals



Take part in interactive career simulations



Receive expert career coaching



Gain a certificate and talking points to boost university applications



Taking place at UCL in London, our in-person programmes allow students to fully immerse themselves in the day in the life of a professional in London.



Our online programmes are delivered live by our industry experts. Nothing is pre-recorded and all our content is carefully curated to be interactive and engaging.

VIEW & REGISTER

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

- **Allied Healthcare virtual work experience**
Sunday 5th October, 9–5pm
- **Apprenticeships with Lloyds Banking Group**
Tuesday 7th October, 5–6pm (virtual)
- **Insight into professional services with RSM**
Thursday 9th October, 5–6.30pm (Zoom)
- **Cavendish Nuclear work experience**
Warrington, 27–30th October
Application deadline: Friday 3rd October
- **Virgin Media virtual work experience week**
27–30th October



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

APPLYING TO UNIVERSITY



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

- **University of Liverpool Open Day**
Saturday 11th October
- **Unifrog University Fair**
Tuesday 14th October
- **University of Chester Experience Week**
27–31st October: Health, Medicine and Society
- **STEM Support from Cambridge University**

Saturday 10th January 2026
Deadline to apply: Friday 31st October 2025

- **University of Manchester**
mA*ths online programme
October 2025 to February 2026
- **Chester University Open Days**
Saturday 18th October 2025
Saturday 15th November 2025
Saturday 6th December 2025

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