

Kimberley School
SIXTH FORM

BULLETIN

6th

“Minds are like
flowers, they want
to grow”



W/C Monday 22nd April – Week A



Sixth Form Printing – At the start of each school year, each student is allocated an allowance of £5 for the whole year. If for any reason you go over this balance and are no longer able to print, please come and speak to us. Remember, if printing in colour, this is more expensive.

Reminder: If you are going to be absent from school (illness or medical appointment), although great to receive the information from students, we do need to speak to parents/carers and this will be followed up. **DO NOT** just take yourself home during the day without informing Miss Marriott.

Motivation tokens are back!!

Bring your tokens to the Sixth Form Office
First prize, Year 13 is £100!! (Amazon voucher)
First prize Year 12 is £50 (Amazon voucher)

Please complete and return all Data Information sheets to Miss Marriott. These are required to keep all your details relevant and correct.



Year 12 – Interested in Oxford, Cambridge or a medical degree? Come to a meeting next Wednesday, 24th April at 12:40 in E3.

Dates for your diary:

Monday 6th May – Bank Holiday

Tuesday 7th May – Summer exam season

Friday 24th May – Break up for half term

Thursday 20th – Wednesday 26th June – Year 12 mocks

Mon 1st July to Friday 5th July – Year 12 Work Experience

Monday 8th July – Inset day

Monday 22nd July – Sports Day

Friday 26th July – Break up for summer, 12.30pm

Thursday 15th August 2024 – A-level results day

Joke of the day:

Why do maths books always look so sad?

They are full of problems.

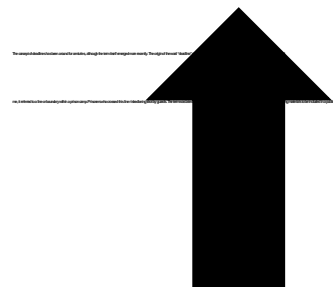
Weird things we say and why: Basket Case

Definition: Stressed out, unable to cope.

Origins: In WW1, tragically many soldiers lost limbs and had to be carried. They were put in a makeshift basket and referred to as 'basket cases'.



HAT





A big shout out to George and Luca who have shaved their hair ~~to look more like Mr Clemmet~~ for a really good cause. See them for more information .

What is a Careers appointment and how can it benefit you?

A careers appointment offers you the chance to speak to a Careers Consultant one-to-one to explore your career thinking, questions and goals. It can give you the space to explore your ideas, work through your thinking and decision making, and support you along your career journey. It will be of benefit to you no matter where you are in your journey – if you are just starting out (or are not even sure where to start!), if you have some ideas or if you have a clear idea and are looking to put your plan into action. It's a chance for you to take some space and time to gather your thoughts, and identify next steps you can take.

If you would like to make an appointment, please see Miss Marriott to get this arranged.

Appointments are Tuesdays.



To:

Grace Kirby – 25th April

Jack Kirby – 25th April

Olivia McHugh – 25th April

Good Attendance Matters

Do not book holidays during term time.

Year 12 do not break up for the summer until 26th July this year, and lessons will continue as normal until then.

Please ensure your parents know this so you do not miss any important content.

If you are ill and cannot come to school, please ask your parent or carer to telephone Miss Marriott (Mon-Thurs) or Mrs Pates (Fri) on extension 225 to confirm your absence.

If you have a lesson, DO NOT leave school without informing Miss Marriott. This will be followed up with a telephone call to parents/carers.

Searching Online For Degree Apprenticeships

Searching Online For Degree Apprenticeships

www.gov.uk/apply-apprenticeship

<https://careerfinder.ucas.com/jobs/degree/>

www.amazingapprenticeships.com/vacancies/

<https://amazingapprenticeships.com/app/uploads/2022/11/HigherDegree-Listing-NOV-2022.pdf>

www.notgoingtouni.co.uk

www.prospects.ac.uk

www.getmyfirstjob.co.uk

www.ratemyapprenticeship.co.uk

www.findapprenticeships.co.uk

www.future-talent.com

Don't forget, some large employers who run their own Apprenticeship programmes don't always advertise their vacancies externally. So if there is a company you really want to work for, check the careers page on their website. And check the regular jobs sites too eg Indeed or Reed, as you'll sometimes find opportunities on there that haven't been advertised elsewhere. www.mygreatfirstjob.com

A good website to help with exam stress:

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.

- *Let your trusted friends and family know if you are struggling, so they can be there to support you, encourage you and offer a listening ear. You don't have to go through this alone. Keeping it all in will only make things worse in the long run, so don't be afraid to open up*
- *Ask for help. Think about all the practical support you need and be honest with yourself about it. You are allowed to ask for help. Talk through your concerns with your teacher/tutor who can let you know They have spoken to lots of students before who are going through similar things.*
- *Try finding a study group, or start your own. Working through problems with other students can be a nice way to keep your social life going and boost your morale.*

If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

Think about all the things you have achieved so far. It can be helpful to write a list of all the things you like about yourself, and the things other people value about you too.

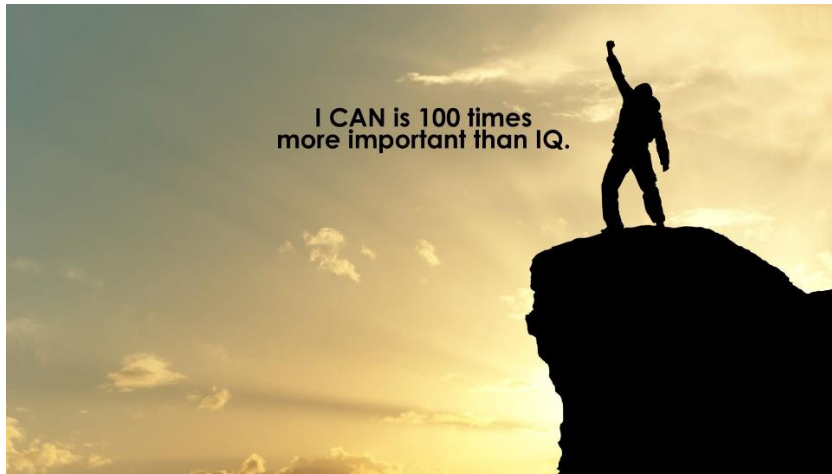
If people around you - like your parents or family - are putting pressure on you, it can help to tell them what you feel able to achieve, and let them know that your expectations are different to theirs. You could also talk to a teacher you trust about the pressure you are under at home

'Self-care' is a phrase you've probably come across, but what does it really mean? Simply put, self-care is the little things we do to look after our own mental health.

if you're worried about exams, you may feel like you don't have time for self-care, or that you need to spend all of your time revising. While it is of course important to revise, if you don't take the time to look after yourself by doing things like eating and sleeping well, and you don't give yourself time to unwind by doing something you enjoy like gaming or seeing your friends, you will find it harder to revise. We are not machines - we all need a break sometimes!

So make sure that when you're thinking about how to use your time before exams, you factor in time to look after yourself. You deserve it!

Please make sure your finger print has been taken for your dinner account and make sure that your account has been topped up. Speak to Andrea if you have any queries. If you wish to pre-order food for lunch, please speak to her at break and she can arrange this for you.



I CAN is 100 times more important than IQ.

Thought for the week:

JOIN THE TEAM! **S4K**

WE ARE HIRING

- ✓ SPORTS/ ARTS AND CRAFTS
- ✓ EDUCATION/SEN EXPERIENCE
- ✓ CHILDCARE EXPERIENCE

CHILDREN'S HOLIDAY CAMPS
@
CHILWELL
KIMBERLEY
CARLTON
OLLERTON
BEESTON
ILKESTON



Work at our holiday camps for children aged 5 - 12 years. Full Training Provided.

CONTACT
courtney.evans@sport4kids.biz
/liz.lamb@sport4kids.biz

News Item of the Week:



Protect children
from smacking in
England and
Northern Ireland,
say doctors

Smacking children should be made illegal in England and Northern Ireland, say children's doctors, calling current laws "unjust and dangerously vague".

Their report warns children suffer lasting mental and physical effects from being hit in the home.

Striking a child is already illegal in Scotland and Wales, and in many other countries around the world.

The government says parents are trusted to discipline their children.

A Department for Education spokesperson said: "Any form of violence towards a child is completely unacceptable and we have clear laws in place to prevent it."

But child health experts say children should be given the same protection as adults.

The Royal College of Paediatrics and Child Health's (RCPCH) report sets out why England and Northern Ireland should follow the example of Scotland and Wales in changing the law to make physical punishment of children illegal.

At present, if a child is smacked, hit or slapped in England and Northern Ireland, parents may be able to argue that this was "reasonable punishment" and avoid breaking the law.

The Children Act 2004 says it is unlawful to assault a child causing actual or grievous bodily harm, or cruelty.

But a review of studies by RCPCH found smacking can be damaging to children's behaviour, health and wellbeing.

It said, for example, children who experience physical punishment are nearly three times more likely to have poor mental health and twice as likely to be on the receiving end of serious physical assault and abuse.

Being smacked also increased the chances of having difficult relationships with family and being aggressive later in life.

'Violence is cyclical'

Prof Andrew Rowland, who leads on child protection at the college, said he was regularly faced with "extremely challenging" situations when he had to talk to families about the rules around physical punishment of children, where some forms of punishment are legal and some are not.

He said this created "a grey area" when there was "no need for any debate" on safeguarding children.

"Changing the laws in England and Northern Ireland will give us absolute clarity and ensure there are no instances where it is acceptable or lawful to smack a child," Prof Rowland said.

"Research and history show us that violence is often cyclical in nature, it is up to us as adults to break that cycle for our children."

Corporal punishment of children in Scotland was made illegal in 2020 and in Wales in 2022. Although it is too soon to say if there has been a reduction in physical punishment since, the experiences of countries such as Germany, Romania and Sweden suggest that changing the law can have a real impact.

According to the report, these countries have seen a tangible reduction in the number of children who report being hit at home.

There are more than 60 countries worldwide giving children the same protection as adults from assault and violence.

Child health experts say they want children across the UK to be given the same rights and they are urging all political parties to include a promise to remove the current reasonable punishment defence in their manifestos for the general election.

Joanna Barrett, associate head of policy at the NSPCC, said: "All children deserve the same protection from assault as adults. Yet in England and Northern Ireland, children continue to be exposed to a legal loophole that can undermine their basic right to protection under the guise of 'reasonable chastisement'.

"That's why we're calling on political leaders in England and Northern Ireland to commit to bringing an end to the physical punishment of children - as the rest of the UK have successfully done."

The UK government said there were no plans to change the law on smacking in England and said it would monitor the impact of law changes in Scotland and Wales.

"We are supporting teachers, social workers and all safeguarding professionals to spot the signs of abuse or neglect more quickly," a Department for Education spokesperson said.

They added: "Our statutory framework for safeguarding children in England makes clear what organisations should do to keep children safe."



The Kimberley School

Academic Year 2023–2024

August

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School Holidays

Public Holidays

INSET Day

Phased Return

Information available if you need it...



Bullying, self-harm, exam stress, cyber bullying, depression, feeling sad, abuse... if you need to talk to someone

Calls are free and confidential 0800 1111



Samaritans works to make sure there's always someone there for anyone who needs someone.

Non-judgemental, confidential, emotional support, 24 hours a day, 365 days a year

Calls are free 24/7 on 116 123



Beat provides helplines for people of all ages, offering support and information about eating disorders. If you or someone close to you has been affected there is someone to talk to.

**This helpline is free from all phones
0808 801 0677**



Brook offers both clinical sexual health services (pregnancy, contraception, sex & relationships, STIs) as well as education and wellbeing services for young people aged 11-25

Ask Brook on 0808 802 1234



Shout is a **free, confidential, 24/7 text messaging support service** for anyone who is struggling to cope

Text 85258



Harmless is a local Nottinghamshire charity that works to address and overcome issues related to self-harm, and to promote recovery amongst individuals affected by it

**Call on 0115 880 0280 or visit
<https://harmless.org.uk/>**