

Kimberley School

SIXTH FORM

BULLETIN

6th

“Minds are like
flowers, they want
to grow”



W/C Monday 12th May – Week B

E4 to be used during exam season. Please keep an eye out for when it is being used. You will be able to use the SILENT common room during these times.

Please remember to be quiet around the WHOLE school and sixth form centre during exam season.

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!

UCAS – the journey begins

Year 12 parents have been emailed information regarding the UCAS Higher Education trip and a Higher Education information evening. Please make sure that you have:

- read and returned the parental consent form (paper copies are available in the sixth form office if required).
- registered for the event using the email you have been sent – if you do not register you will not be able to enter the conference!



The Sixth form common room is open for students to use up until 5pm each week night.

If you have lost your ID badge there has been a change in who it needs reporting to. Please email h.desk@kimberleyschool.co.uk or visit the IT gentlemen to arrange a new one and please sign in/out on the screen by the main reception desk. Also sign in on the screen if you have left it at home.



Always remember that you will have the first lost card replaced but after that it will come at a cost of £3.50 which will need to be paid via ParentPay

Personal Development topics – Tuesday 13 th May	
Year 12	
In the common room 'Pornography 2'	

Tokens are back!!

If you are succeeding in your independent study or we feel you are going over and above, you will receive a token which you need to pop into the tray in the 6th form office.

amazon.co.uk

Year 12 - £50 Amazon voucher

Year 13 - £100 Amazon voucher

Don't forget to check your emails regularly (make sure that your notifications are switched on) as this is how most staff will communicate with you outside of lessons.



Joke of the day:

Just cost me £1. Yes, One English Pound, to put air in my tyres. Used to be 20p. Suppose that's inflation for you.



To:

**TJ Booth – 12th May
Lukas Hudson – 13th May**

Dates for your diary:

Friday 23rd May

Monday 2nd June

Wednesday 18th June – 6pm-7pm

Monday 23rd June – Friday 27th June

Thursday 26th June

Monday 30th June – Friday 4th July

Monday 21st July (reserve – 23rd)

Friday 25th July – 12:30

Thursday 14th August

Thursday 21st August

Break up for half term

Return to school

Year 12 - University Info Evening

Year 12 mock exams

UCAS Trip to Lincoln

Year 12 work experience

Sport's day

Break up for summer

A-Level results day

GCSE results day

Year 12 Work Experience: Monday 30 June-Friday – 4th July

Weird things we say and why: Dog-eared

Definition: Shabby, run-down, worn-out

Origins: The phrase 'dog-eared' describes a book or page with the corners folded down, a common way to mark a place or page, and the term likely came about because the folded corners resemble the floppy ears of a certain dog.



**Thought
for the
week:**

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 Tuesday.

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.

Good Attendance Matters

Do not book holidays during term time.

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

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

News Item of the Week:



**GCSE results
day to change
for thousands
of students
with new app**

Tens of thousands of GCSE students will get their grades in an app on their phones on results day this summer.

The government is trialling the Education Record app with 95,000 students in Manchester and the West Midlands, ahead of a national rollout.

Ministers say they hope it will save money for college admissions teams, while school leaders say students and schools will need "seamless support" to ensure the app works properly.

Students involved in the pilot will still be able to go to school to get their paper results and do the traditional opening of the envelope on results day in August.

Under the plans, students' results will be made available on the app at 11:00 on results day, which is Thursday 21 August.

Students collecting their results in person can do so from 08:00.

In Scotland, the Scottish Qualifications Authority (SQA) has enabled students to get their results in an online app since 2019. In Wales and Northern Ireland, results are usually distributed by schools and colleges.

This year's first GCSE exams began on Monday 5 May in England, and will last until Wednesday 25 June.

The government's plan is to bring each student's exam results and certificates into one online set of digital education records.

Students who are under 18 after finishing their GCSEs have to stay in full-time education, start an apprenticeship or work while studying part-time.

The government says the new app will mean further education colleges no longer have to hire extra staff to photocopy results or chase missing paperwork from prospective students.

Education minister Stephen Morgan said it was "high time exam records were brought into the 21st century" and that it would stop schools and colleges being "bogged down in bureaucracy".

Mark Giles, principal at The Hathershaw College in Oldham, said the app was "accurate and verifiable" after conducting a local trial at his school since last spring.

Other school leaders have welcomed the pilot. James Bowen, assistant general secretary of the National Association of Head Teachers (NAHT) said his union was "pleased the app is being piloted".

"It makes a lot of sense to look into modernising how exam results are handled and any moves to cut bureaucracy and costs are welcome," he said.

But he said it would be important that the app's rollout is done carefully, with "seamless support" for students and schools if issues arise.

"When we are dealing with something as important as exam results it is crucial that the government gets this absolutely right," he said.

Pepe Di'lasio, general secretary of the Association of School and College Leaders (ASCL) also welcomed the move, and called for the use of digital technology in education to go even further.

He said the digital approach should be extended to exams themselves, which are still done using pen and paper and can create a "massive burden" for schools who are required to securely transport thousands of exam papers.

He said the development of education technology had so far been "frustratingly piecemeal", adding that the government should "invest in creating the infrastructure schools and colleges need to make this a reality".

Workshops to support your Post 16 students

With Spring approaching, we want to help keep your students informed and excited about their journey to Higher Education. To support this, we have a range of engaging events available at your institution and on our campuses.

On-campus events:

Year 12 Campus Visit: We know the importance and impact on-campus events can have for students. On a visit your students will, tour the campus, interact with current NTU students and find out why university could be an option for them.

Experience Days & Twilight Talks – Free taster lectures and interactive sessions to help students explore their interests and enhance their personal statements. For all our events [see here](#)

To book any of these events or activities just reply to this email.

We're looking forward to hearing from you.

The Schools and Colleges Liaison Team

Nottingham Trent University

Open Days at NTU



Visiting us is the perfect way to see what makes life and learning at NTU so special

Saturday 28 June

[Click here](#) to book your spot



The
Kimberley
School

Academic Year
2024–2025

August

M	T	W	T	F	S	S
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April

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May

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June

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July

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28	29	30	31			



School Holidays



Public Holidays



Administration Days

www.kimberleyschool.co.uk

NG16 2NJ office@kimberleyschool.co.uk 0115 938 7000

Please note: an additional Admin day is currently planned for the 7th or 8th of July. TBC in due course.

East Midlands
Education Trust



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/>**