

# Sheldon Sixth Form

Mr Spiers  
Miss Frater  
@sheldonsixthform

# This evening



Welcome and the year ahead: Miss Frater

Wellbeing: Mr Spiers

Routines, expectations and opportunities: Miss Frater

PDC and Post-18 options: Mr Spiers

Some things you can do to help



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# The year ahead – key dates and events



Thursday 10<sup>th</sup> October – Young Minds #helloyellow

Monday 13<sup>th</sup> October – Year 12 “Settling in” report

Thursday 16<sup>th</sup> October – Sixth Form Open Evening

Wednesday 22<sup>nd</sup> October – Awards Evening (about Year 11)

15<sup>th</sup> December – week of internal assessments in lessons

December – Christmas events, inc. production, Carol Service, concert etc.



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# The year ahead – key dates



Monday 26<sup>th</sup> January – Year 12 reports

Thursday 26<sup>th</sup> February – Year 12 parents' evening

20<sup>th</sup> April – approx. 10 days of mocks in exam venues (no lessons)

April – UCAS Discovery Exhibition date tbc

Tuesday 19<sup>th</sup> May – Year 12 reports

Monday 8<sup>th</sup> June – approx. 10 days of Hardenhuish mocks



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# The year ahead – key dates



Tuesday 9<sup>th</sup> June – Parent Information Evening, post-18

Monday 6<sup>th</sup> July – week of work experience

NB:

15<sup>th</sup> October 2026 – early entrants deadline on UCAS

January 2027 – everyone else UCAS deadline

Apprenticeship deadlines through Year 13



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# The year ahead – key dates

Surfing for Schools tbc

Plenty of other trips, e.g. Politics to Parliament, ski trip, fieldwork, Duke of Edinburgh (meeting Tues lunch about this), Ten Tors etc.

Support for Wiltshire Air Ambulance



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# Wellbeing



<https://www.sheldonschool.co.uk/home/information/wellbeing/>



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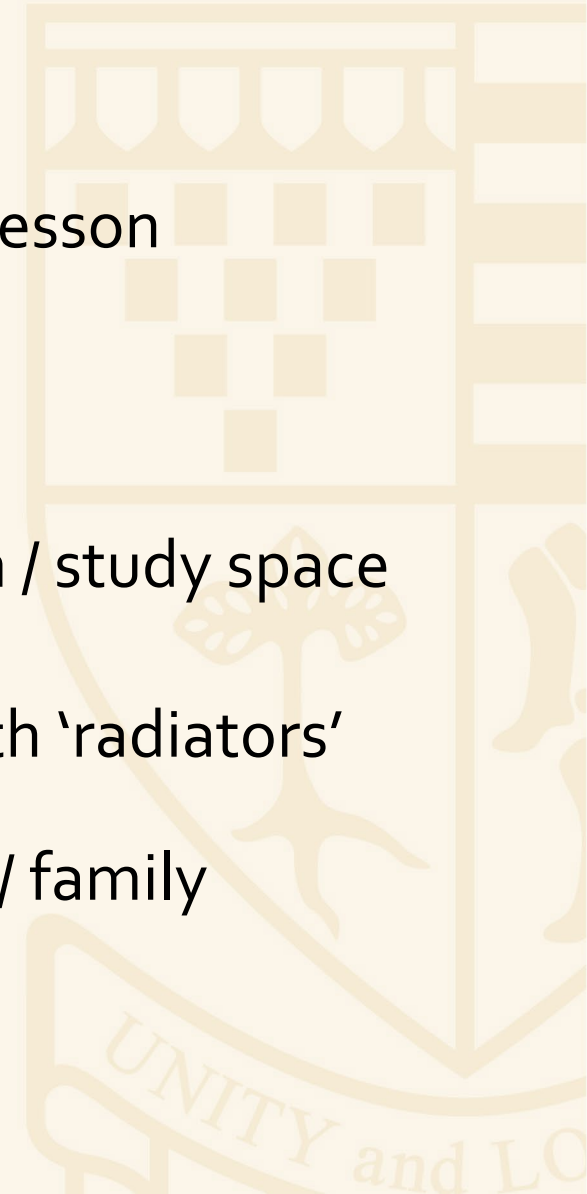
# Self-care checklist – do/check these things first!

- Have I had enough sleep?
- Have I had some healthy food? (especially breakfast)
- Have I had plenty of water? (and not loads of energy drinks)
- Have I done some exercise / physical activity?
- Have I spent some time outdoors / in nature?
- Have I taken a break from my phone / social media?
- Plan to be on time
- Plan to attend every lesson
- Plan your study time
- Try meditation
- Try tidying your room / study space
- Surround yourself with 'radiators' not 'drains'
- Connect with friends / family



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# Getting organised

- Pens
  - Paper
  - Organised folders
  - Books etc
  - Bursary
  - Lanyard
- 
- Dressed appropriately
  - Only use phone, airpods etc. in Sixth Form areas and not wandering around the site

Time	Session
8.30-8.55	Tutor Time
8.55-9.45	Lesson 1
9.45-10.35	Lesson 2
10.35-10.55	Break
10.55-11.45	Lesson 3
11.45-12.35	Lesson 4
12.35-1.15	Lunch
1.20-2.10	Lesson 5
2.10-3.00	Lesson 6

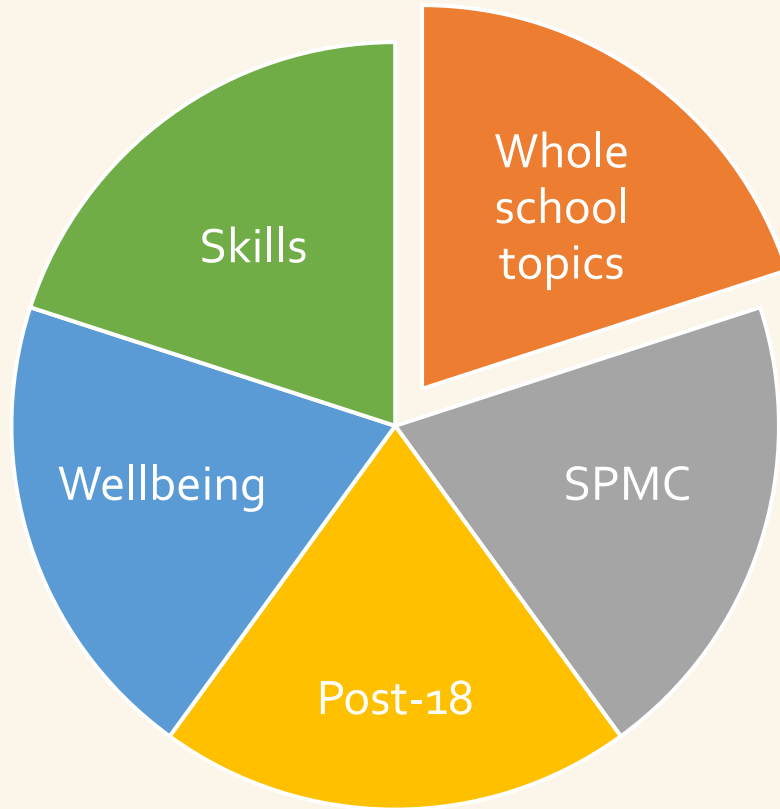


# Some key points / reminders:

- Tues, Weds and Thurs tutor time is compulsory for ALL students regardless of study time
- Assemblies are on Thurs Week 1 in the study room
- Weds PE is every other week
- If a student is studying in school, they need to sign-in
- Absence
- Bursary
- Students should check emails daily



# PDC = Personal Development Curriculum



1.5 hrs per week

External speakers

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The importance of Sixth Form Notes



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# Post-18



01

Kate Witchell

02

Pathway  
CTM; Uptree,  
Springpod

03

Unifrog

04

Access to  
Bristol:

<https://www.bristol.ac.uk/study/outreach/post-16/access/apply/>

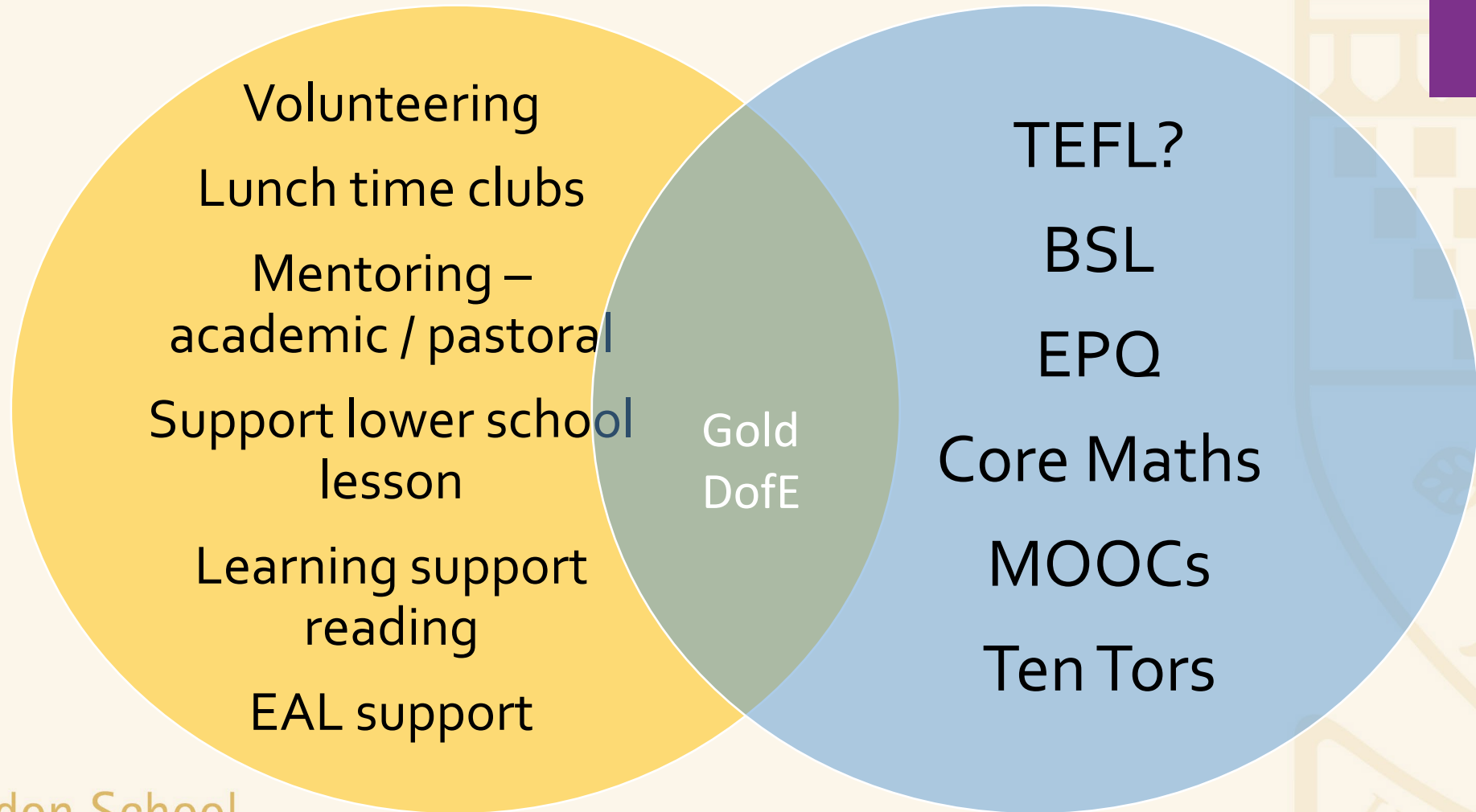


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# Project 5000 – Electives

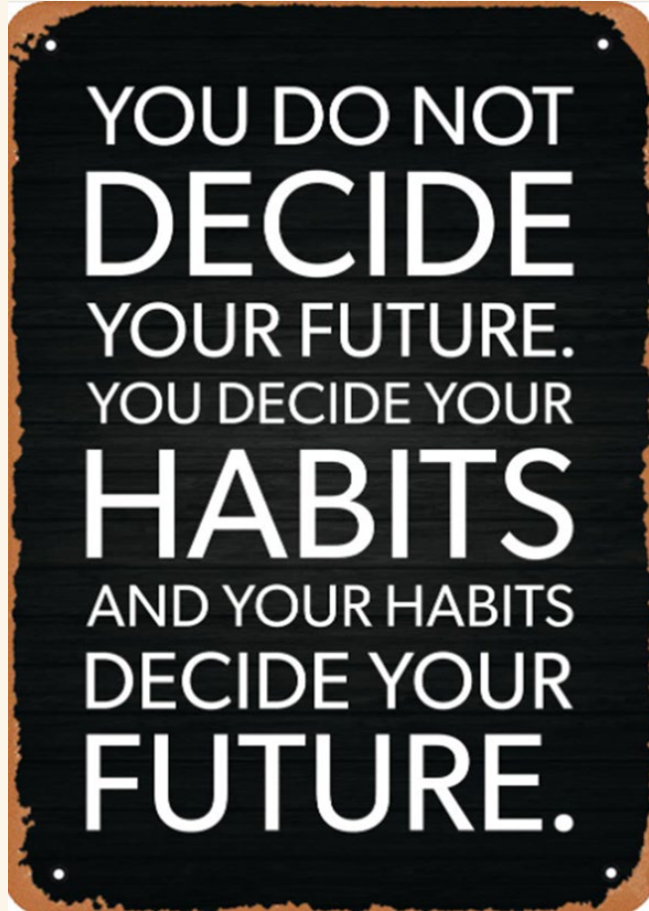


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# 5 hours in...



## 45 minutes consolidation

- e.g. making a mind map, flash cards, talking a topic through with someone immediately after a lesson

## 3 hours reactive

- Specific homework tasks set by teacher

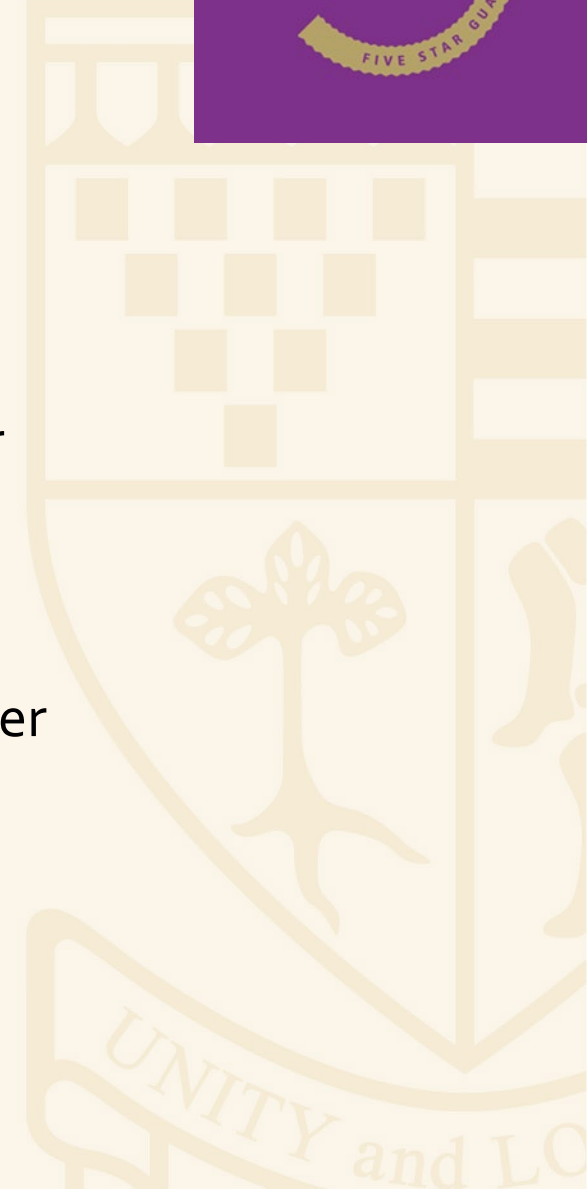
## 1 hour 15 minutes hour proactive

- Extra tasks, individually chosen from a selection available to students, e.g. wider reading/watching/listening, exam question planning etc.



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## 5 HOURS IN...

### CONSOLIDATE

secure new knowledge  
soon after a lesson

### REACTIVE

react to homework your  
teachers set – get it done!

### PROACTIVE

wider reading, watching and  
listening that deepens and  
broadens knowledge and  
understanding



Research shows that the most successful students do between 20 and 25 hours of independent study per week by the end of Year 13. That may seem a lot, but it's something that you will build up to over the course of your A-Levels. In Year 12, you may begin with 15 hours per week. This is roughly 5 hours of independent study per A-Level.



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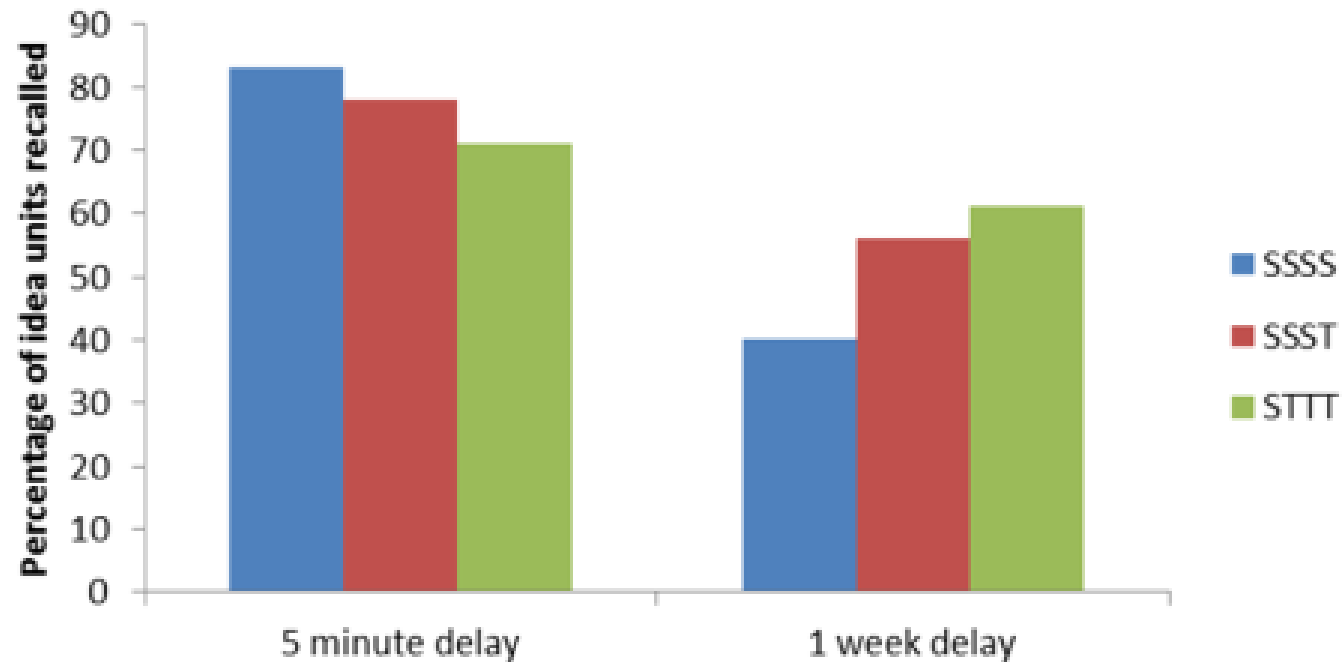
- In Yr12 you are expected to do **at least** 1hr of Seneca per week in total. Some of this will be set homework (reactive) and some of this should be what you do in addition as independent learning (proactive)
- In Yr13 you are expected to do **at least** 1hr of Seneca **per subject each week**. Some of this will be set homework (reactive) and some of this should be what you do in addition as independent learning (proactive)

# Marginal Gains +

<https://www.netsixthform.co.uk/resources/view/video-for-parents-independence-and-communication>



**Figure 2. Effects of repeated studying versus repeated retrieval practice. Derived from Roediger and Karpicke, 2006.**



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