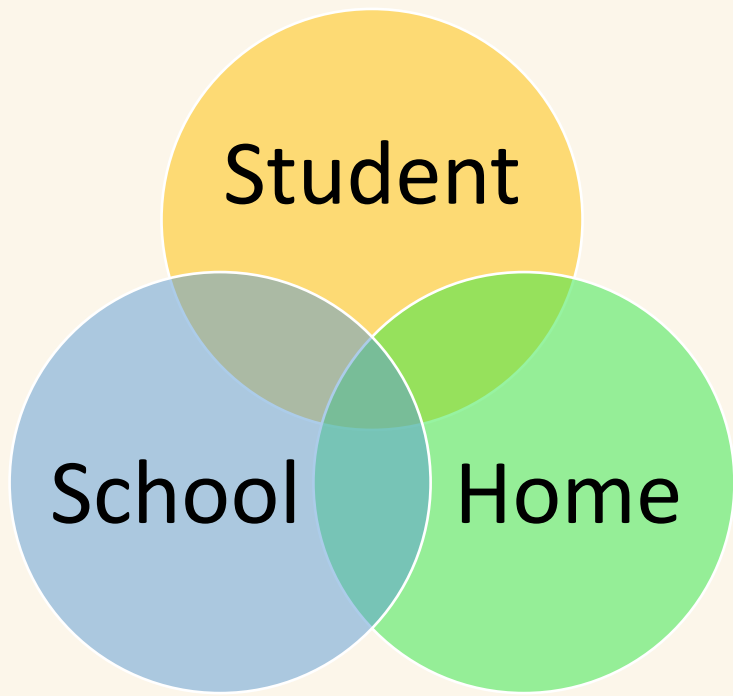




Sheldon Sixth Form

Mr Spiers
Mr Humphreys
@sheldonsixthform

This evening

Welcome and the year ahead

Wellbeing: Mr Spiers

Routines, expectations and opportunities – Mr Humphreys

PDC and Post-18 options: Mr Spiers

Some things you can do to help...



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The year ahead

This term: timetables, school day, routines, enrichment, settling in report etc

Fri 9th Oct – Young Minds - #helloyellow

Oct 14th – Sixth Form open evening

Oct 15th – UCAS early entry deadline (a heads-up for next year!)

Tues 20th Oct – Awards Evening

Dec 7th - Enrichment Day

Dec – Assessment weeks, Christmas carols, concert etc

Jan – interim report home

Year 12 exams 14th December (Classroom) and 26th April (exam conditions)

Post 18 evening 8th June

Parents Evening (F2F) 25 February

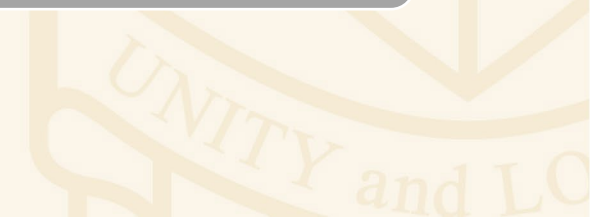
End of year report

w/b 5th July – work experience

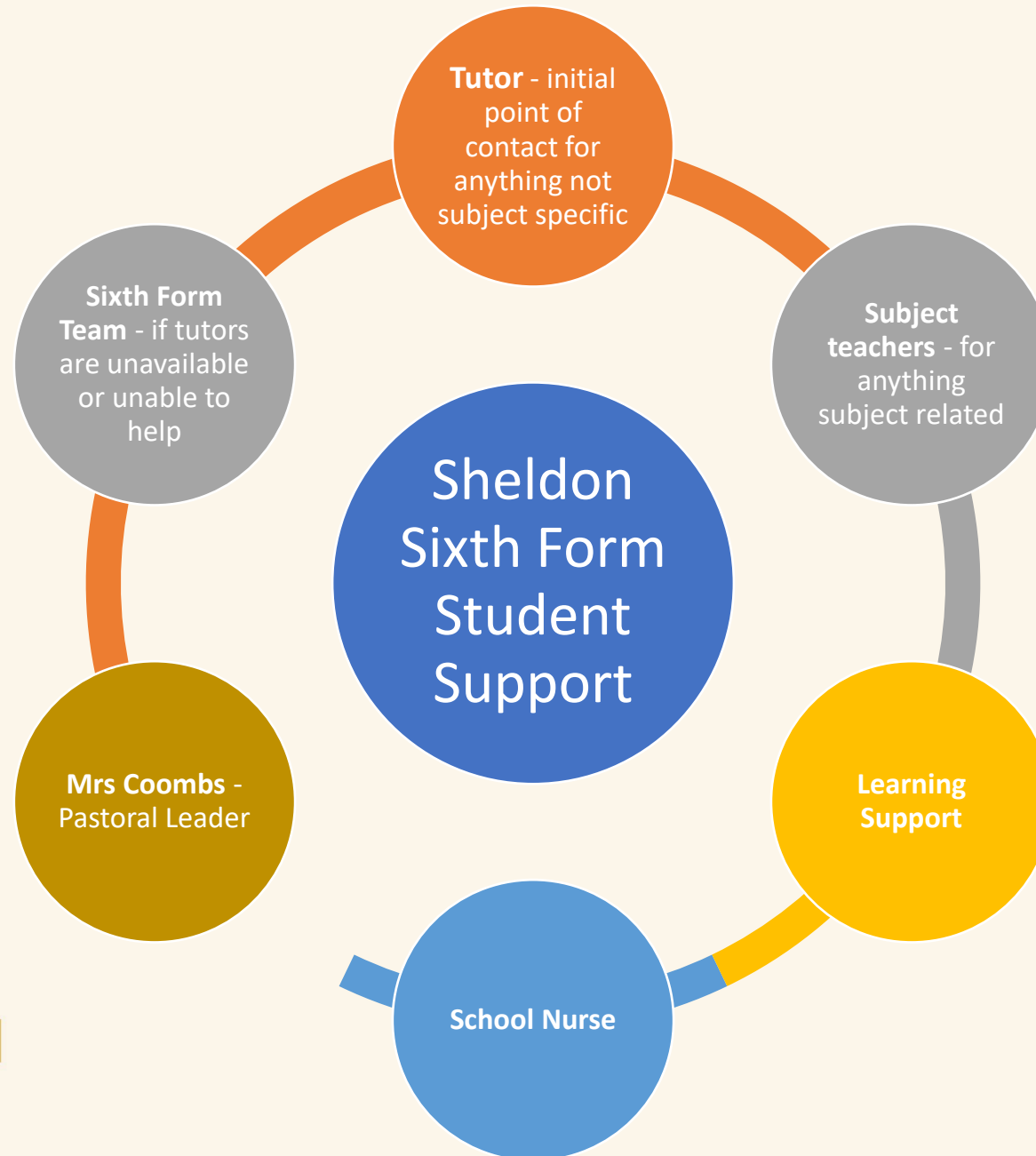


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Wellbeing



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

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

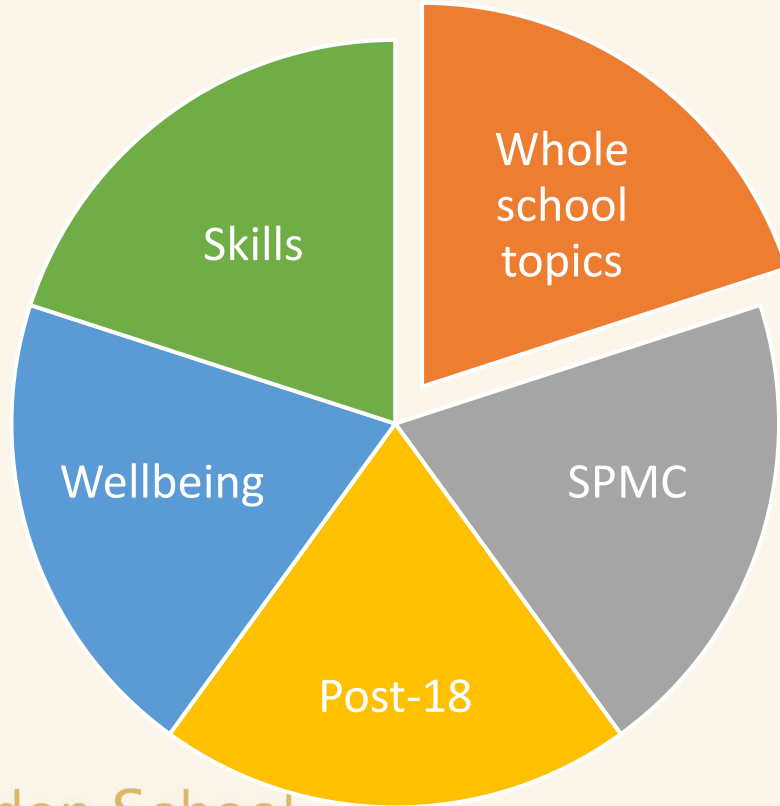


Some key reminders:

- **Tues, Weds and Thurs tutor time is compulsory for ALL students regardless of study time**
- There is no tutor time on Mon and Fri – this time may be used for 1-2-1s
- Assemblies are on alternate weeks on Weds in the Study Room: Yr12 W1
- Weds PE is every week unless there is a medical exemption
- Students can leave site at lunch time but not at break time
- Students do not need to study in school but if they do...
- ...they need to sign-in in the office
- Absence / illness
- 16-19 Bursary



PDC = Personal Development Curriculum



The why?

1.5 hrs per week

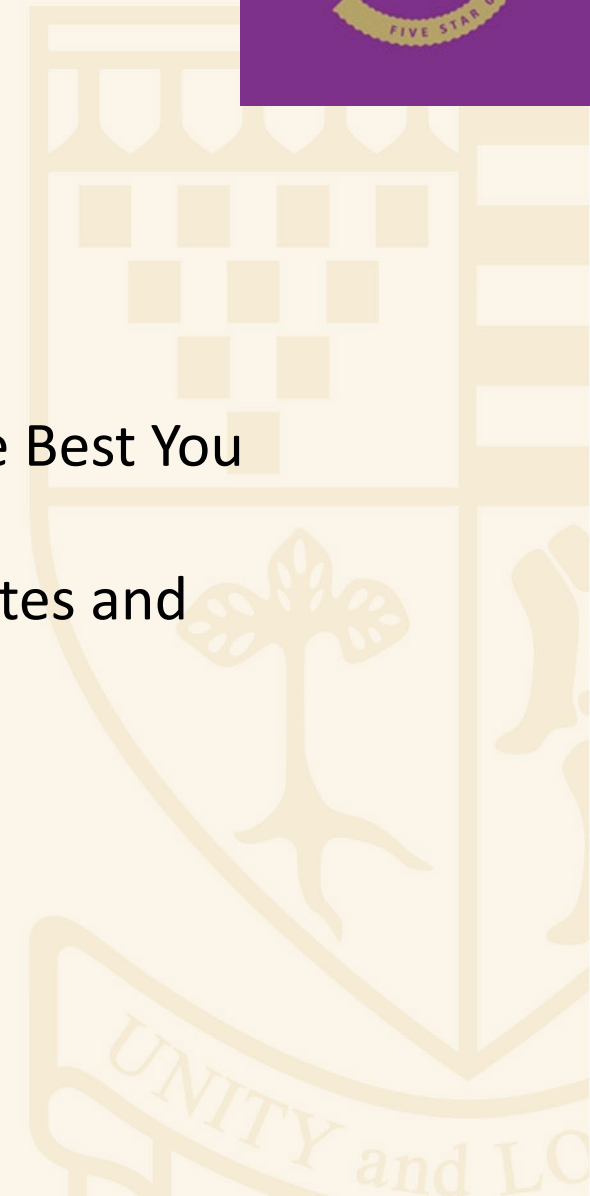
Be Kind, Be Brave, Be the Best You

The importance of SF Notes and checking emails



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Post-18



01

Kate Witchell

02

Unifrog;
Pathway CTM;
Uptree,
Springpod etc
etc

03

WEX – w/b 5th
July

04

Access to
Bristol:

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



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UNITY and LO

- Degree Apprenticeships - What Are They All About?

-

**FREE BROADCAST - TUESDAY
SEPTEMBER 22ND: 6.30PM - 7.30PM**

What!! So some people go to university and get their degree.....but don't have to repay a student loan **AND** get paid at the same time? How does THAT work?!

Tuesday night's webinar from My Great First Job CIC is all about Degree Apprenticeships, which can sometimes feel like the secret no one has let you in on!

Book your FREE ticket here:

<https://www.eventbrite.co.uk/e/degree-apprenticeships-so-what-are-they-all-about-tickets-2000009159234?aff=oddtcreator>



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A-List **OXBRIDGE APPLICATIONS** **The Lawyer Portal** **The Medic Portal**

Got questions about applying to university?

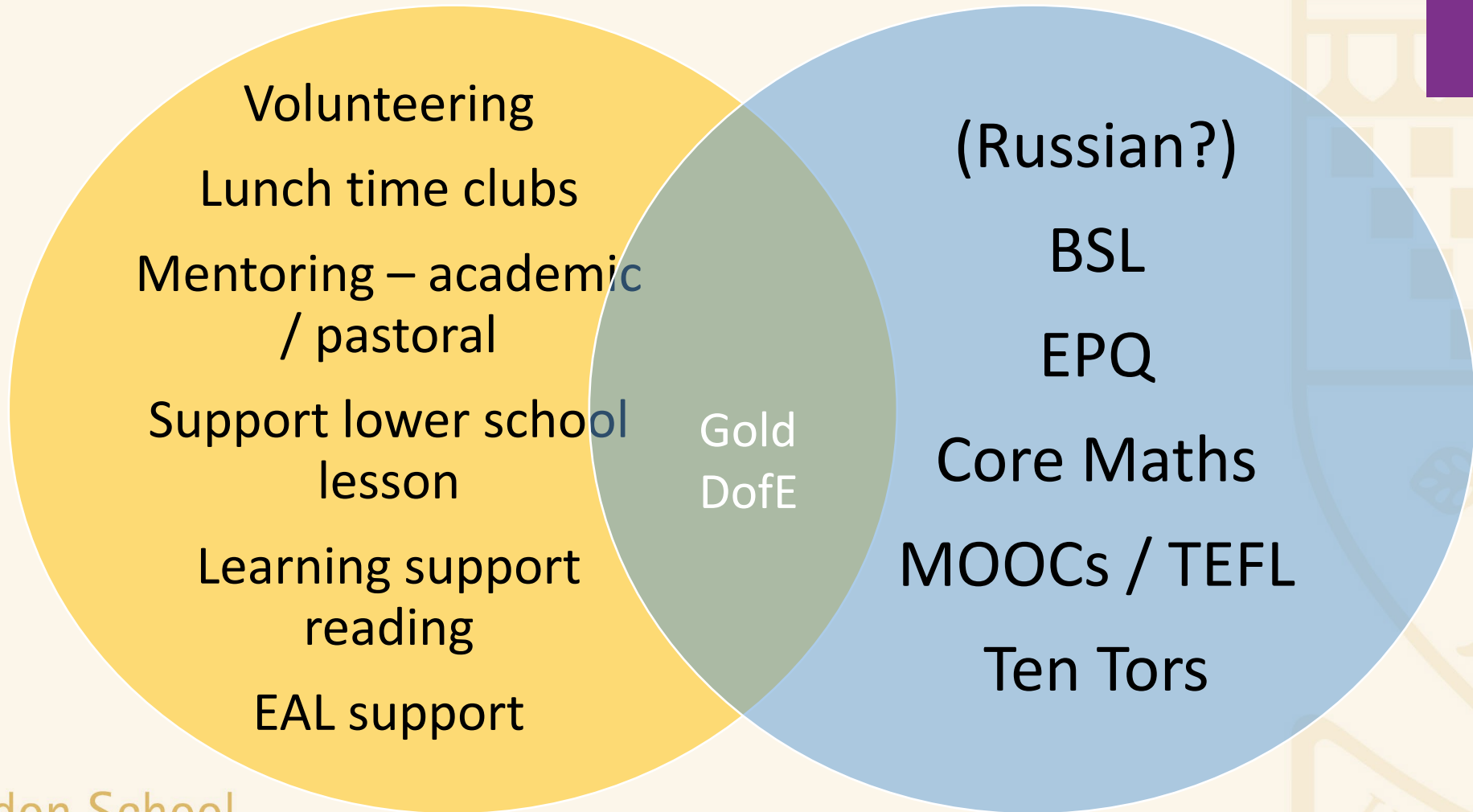
Check out our free webinars

2 September 6pm Oxbridge Admissions Tests: Key Strategies & Expert Advice	10 September 6pm Personal Statement: From Draft to Outstanding Application
16 September 6pm Beyond 1500: The Strategies of Top SAT Scorers	24 September 6pm Preparing for Oxbridge in Years 10 & 11
1 October 6pm Applying to Oxbridge & Navigating US Early Applications	21 October 6pm How to Think Out Loud and Impress Oxbridge Interviewers
29 October 6pm Hot Topics & Big Questions: Medicine Interview Strategies	5 November 6pm Mastering Tricky MMI Stations: Step-by-Step Breakdowns
11 November 6pm Inside an Oxbridge Interview: Live Mock & Feedback	18 November 6pm Oxford, Cambridge, and Competitive Law Interviews
2 December 6pm How to Choose A-Levels That Maximize Your University Options	10 December 6pm Beyond GCSEs: Building a Standout US University Profile

To sign up for any of our free webinars, visit dukesplus.com/events-webinars or scan the QR code

Contact us:
Email: hello@dukesplus.com
Phone: 0207 499 2394

Enrichment = Project 5000 – Electives

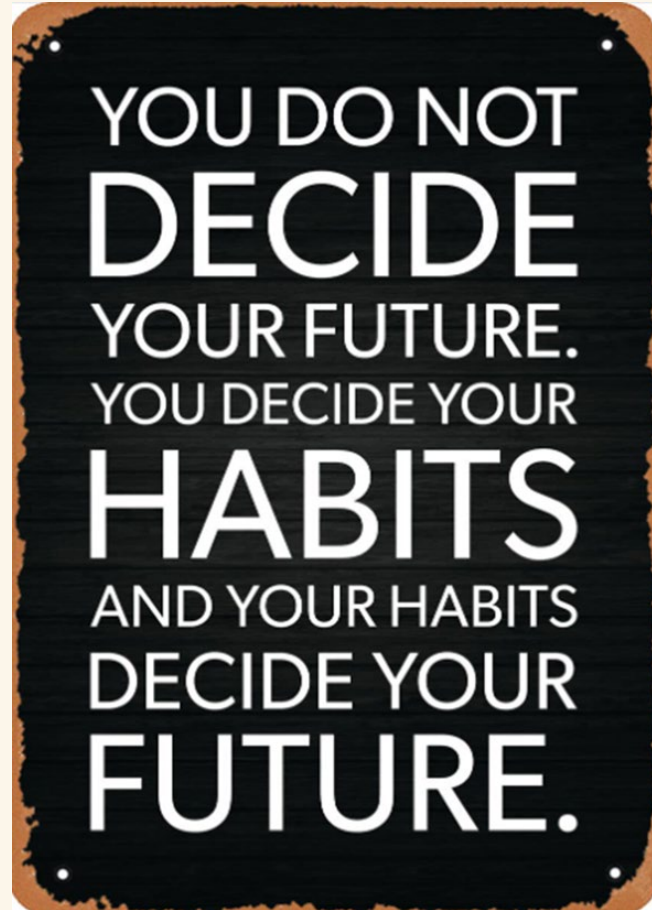


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5hrs in...



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45 minutes consolidation

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

3 hours reactive

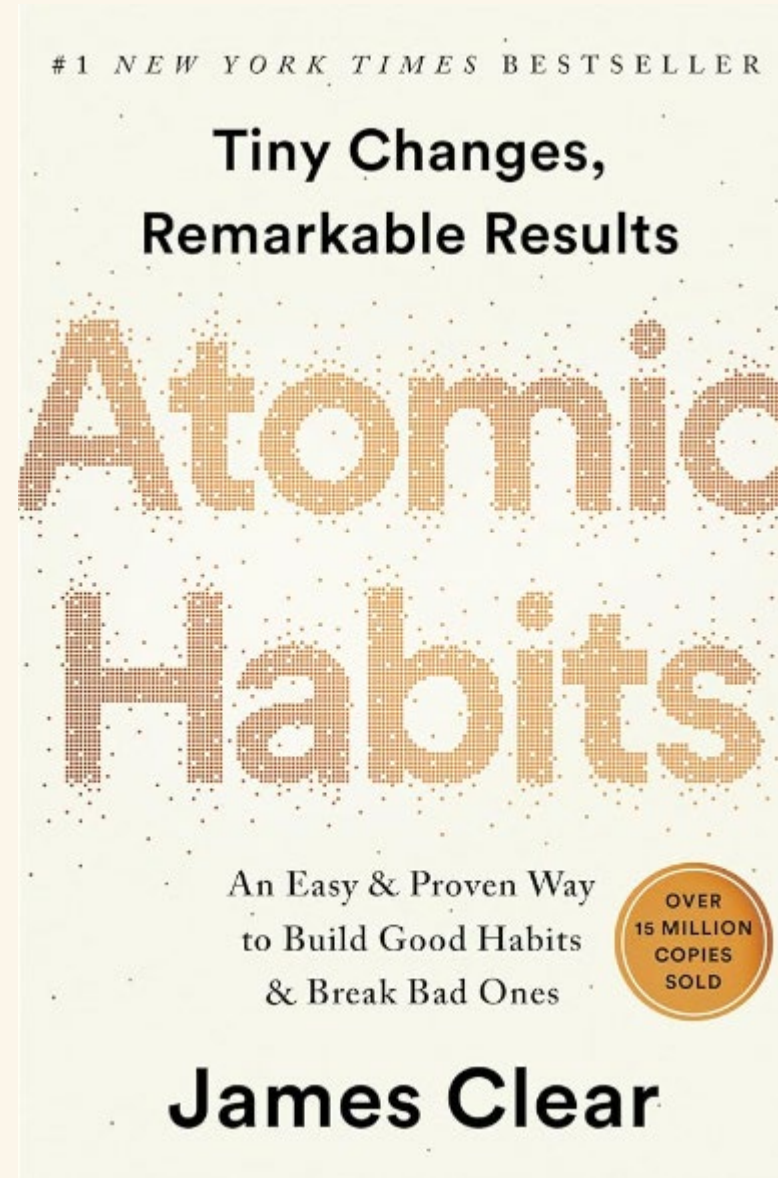
- Specific homework tasks set by teacher

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.

5hrs in...

- I will...
- At...
- In...



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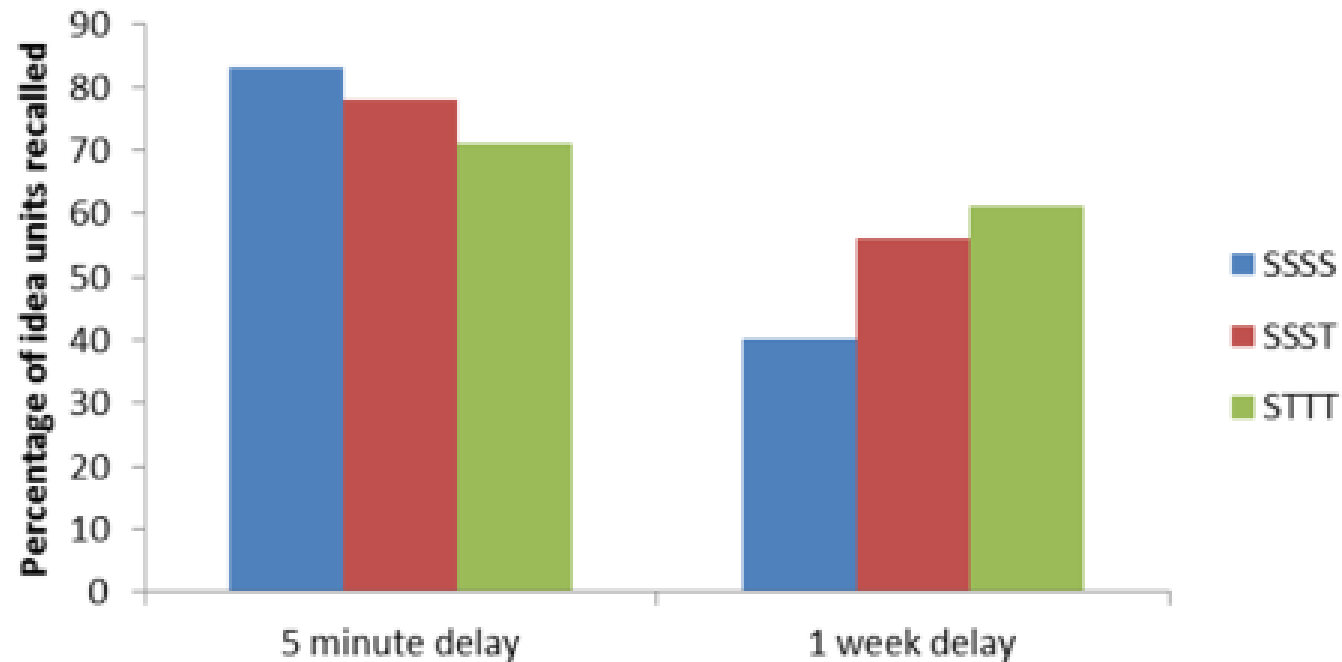


Marginal Gains +

<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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