



Welcome!

Y12 Parent
Survival Guide
September 2023



@WhitSixthForm whitburnsixthform

'Excellence for All'



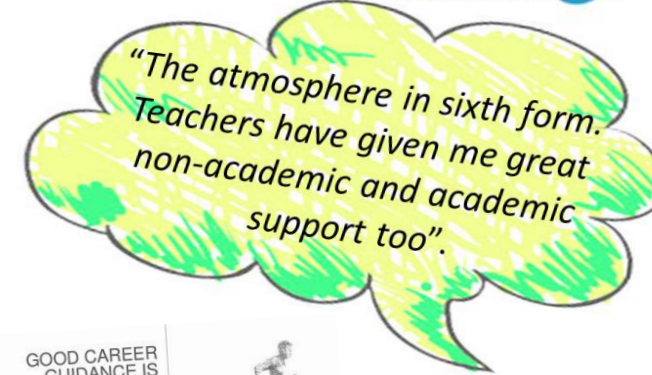
Who are we? What do we do?

Meet the Sixth Form Team

- Mr L Craggs, Assistant Head Teacher (Head of Sixth Form)
- Ms K Dickenson, Sixth Form Progress Lead
- Miss K Manning, Sixth Form Pastoral Lead
- Mrs R Townsley, Sixth Form Administrator
- Mr A Moore, Whole-school Careers Lead
- Mr J Crowe, Principal
- 10 x Form Tutors (5 in Y12, 5 in Y13)



@WhitSixthForm



Mr L Craggs
Assistant Head Teacher (Head of Sixth Form), Teacher of Biology, DSL



Ms K Dickenson
Sixth Form Progress Lead, Teacher of English



Miss K Manning
Sixth Form Pastoral Lead, DSL



Mrs R Townsley
Sixth Form Administrator



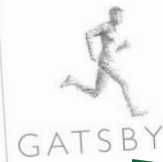
Mr A Moore
Careers Lead



Mr J Crowe
Principal



GOOD CAREER GUIDANCE IS CRITICAL IF YOUNG PEOPLE ARE TO RAISE THEIR ASPIRATIONS AND CAPITALISE ON THE OPPORTUNITIES AVAILABLE TO THEM.
The Research

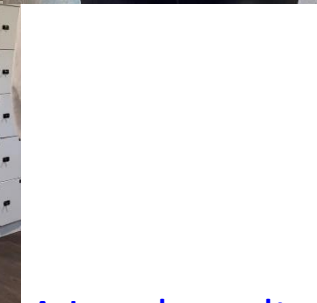
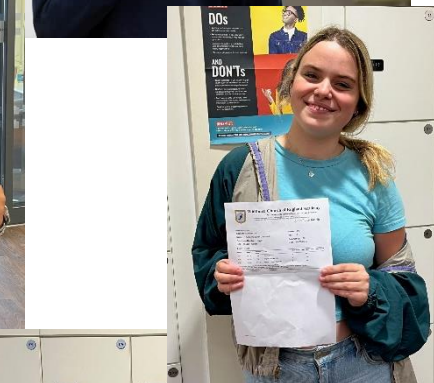
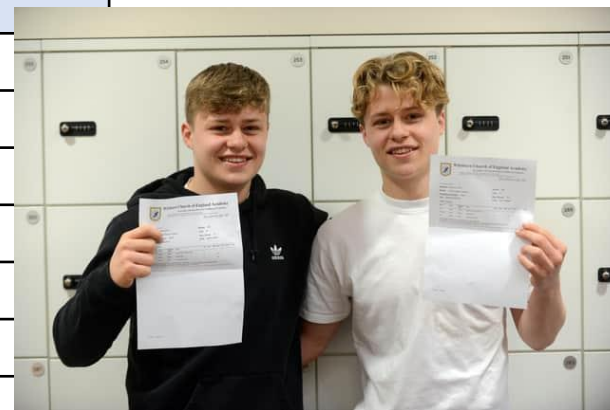


Gatsby



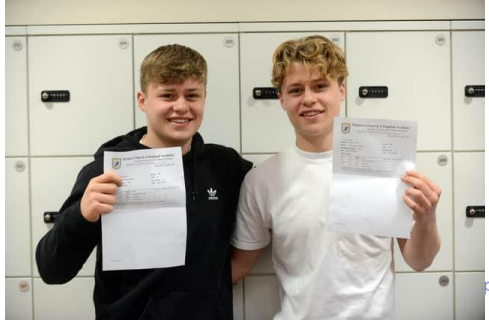
North East
Ambition

Students	Results	Destination
Ellen	A*A*A* a*	Dentistry, Newcastle
Andrew	A*AAA	Economics, York
Catherine	AAAA	Modern Languages, Bath
Jamie	A*A*A	Chemistry w. Year in Industry, Leeds
Robert	A*AA	Chemistry w. Year in Industry, Leeds
Alastair	A*AA	Medicine, Birmingham
Evie	A*AA	Mathematics, York
Morgan	AAA	History, York
Eve	AAA b	Psychology, QMUL
Kayla	AABB	Speech & Language Therapy, Newcastle
Ben	A*AB	Physiotherapy, York St John
Sophie	A*AB	Architecture, Newcastle
James	AAB	Biology, York
George	AAB	Mechanical Engineering, Newcastle
Jonny	AAB	Mechanical Engineering, Newcastle
Max	AAB	Degree Apprenticeship, Nuclear Submarine
Alex	AAB	Medicine, Nottingham
Joe	AAB	Computer Science w. Year in Industry, York
Katherine	AAB	English Literature, Leeds
Luke	AAB	Audit Apprentice, UNW Newcastle
Joseph	AAB	Computer Science, Newcastle
Mark	ABC a	Adult Nursing, Leeds Beckett
Taha	AAC	Computer Science, Newcastle
Matthew	AAC	Radiotherapy & Oncology, Sheffield Hallam



[Two are on to the same university \(sunderlandecho.com\)](http://sunderlandecho.com)

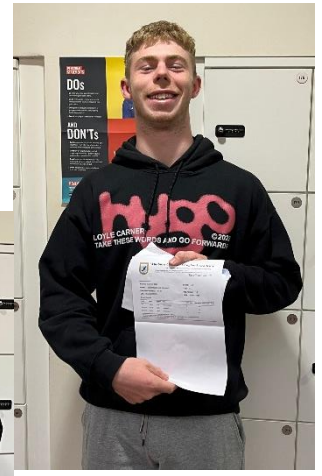
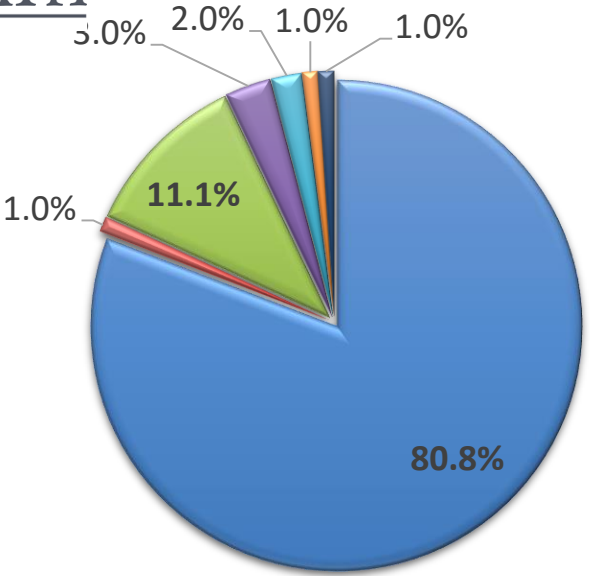
Our students gained places at...



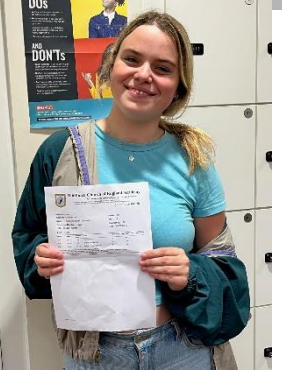
To study...



2023 Destinations



- University
- Employment
- Degree Apprenticeships
- Gap Year
- Military
- Apprenticeship
- NEET

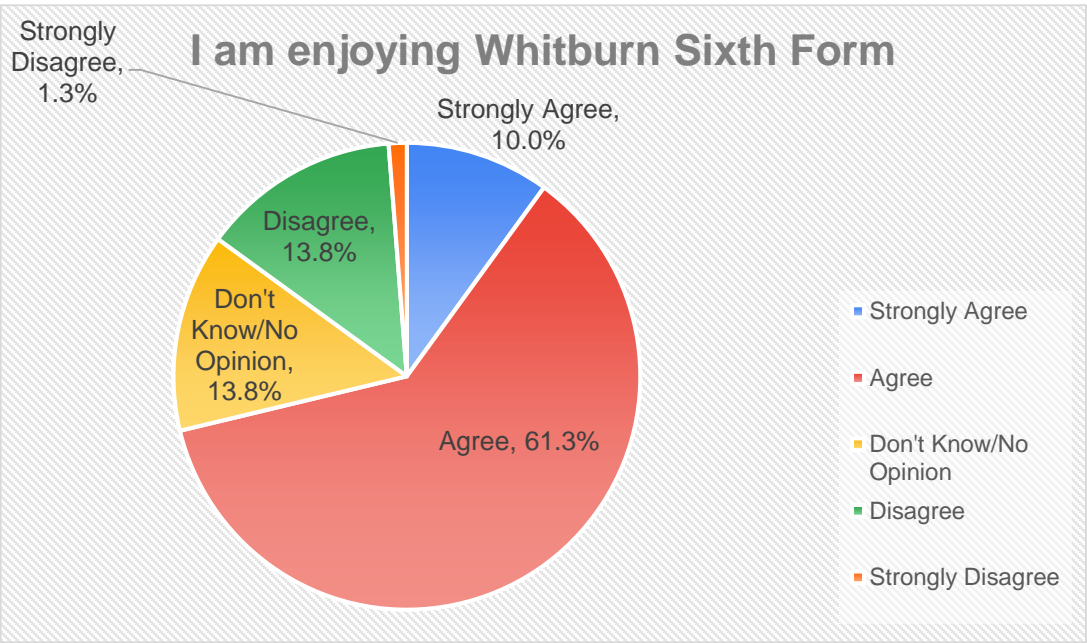


Our students gained positions with...



Whitburn CofE Academy Sixth Form





2023 – 71.3% (Y12 87% / 57%)

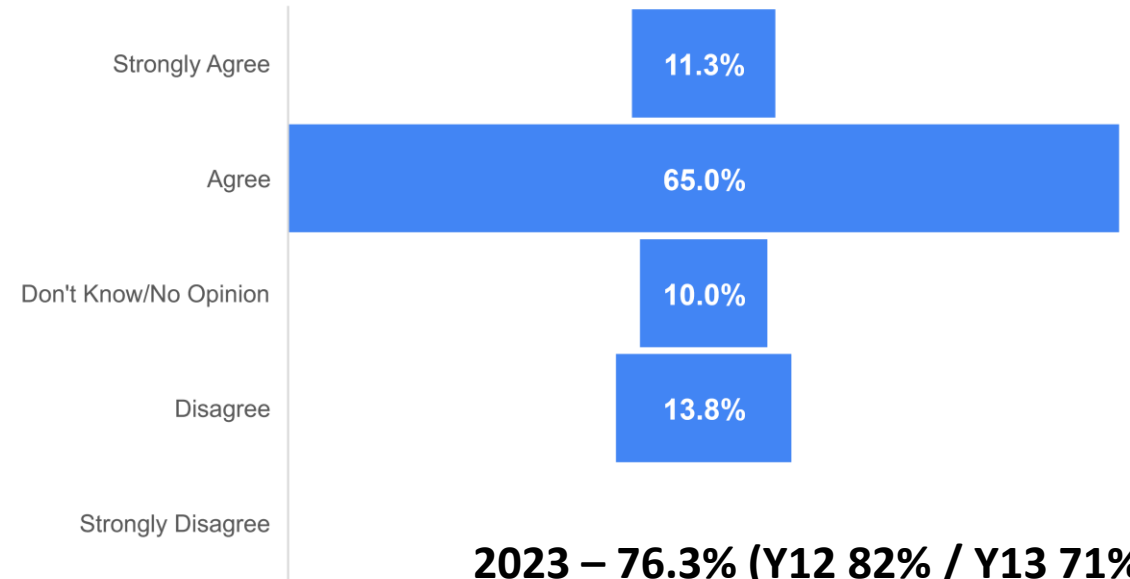
2022 – 80% (Y12 83% / Y13 74%)

2021 – 89%

2020 – 86%

2019 – 84%

There is a positive ethos within Whitburn Sixth Form which encourages personal responsibility, maturity, good manners and self-discipline.



2023 – 76.3% (Y12 82% / Y13 71%)

2022 – 73% (Y12 81% / Y13 71%)

2021 – 89%

2020 – 89%

2019 – 85%

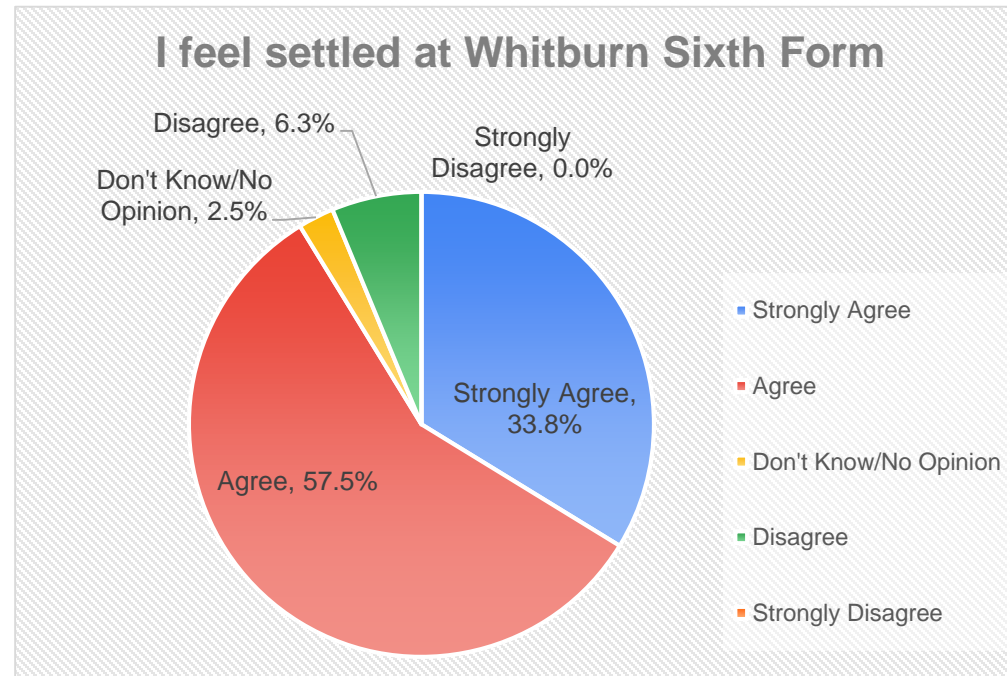
2023 – 91.3% (Y12 95% / 88%)

2022 – 90% (Y12 93% / Y13 84%)

2021 – 94%

2020 – 97%

2019 – 98%



"Creating a really warm and welcoming environment for me as I joined the school, I always felt at ease here."

"Teachers have always been more than willing to support whenever needed with issues both academic and stress related".

"the teachers treating us as adults."

"I have enjoyed the social aspect of sixth form and the friends I've made"

"Study periods as they allowed me to be responsible with my time"

"Teachers wanting to help in any way they can, offering good experiences, enrichment program offering stress relief."

"I have enjoyed being part of a community."

"The freedom that we have to work as we wish in study periods, and the way that staff treat us very differently to secondary school."

"staff genuinely want to see students reach their potential"

"Social Aspect is great and support from sixth form staff"

"All teachers I have had have been really good"

"Enrichment options - good break from lessons and a chance to do something enjoyable with friends rather than work."

"i have enjoyed how sociable sixform has been and how friendly miss townsley is."



The Provision



1	2	3	4	5
Ec NC S12	Bi LC S3	Hi SJO S7	Hi SL S7	Ec CS S12
Ch LK 16	Hi SL S7	Ec CS S12	Ec NC S12	Bi HT 12
St LIB	Bi LC S3	Ch MTN 13	E CWR	E CWR
Ch MTN S2	Bi HT 12	Bi LC S3	Hi SL S7	Bi LC S3
Bi HT 12	Ch LK 16	Ch LK 16	Hi SL S7	Ec NC S12

Enrichment

Notes: To reduce crowding in study spaces during 2021-22 we successfully trialled a later start for **Year 13** students with study periods P1&2.

Notes: Apart from the above, students at Whitburn Sixth Form are expected to remain on site, all day, every day from 8.50-3.30. The building is open 8.30-4.30 for students who wish to study before/after school.

Self-regulated Study (these are *not* 'frees'!)

Consolidating in-class learning by...

- Reading around the subject
- Tidying notes and diagrams
- Adding depth to notes
- Reading articles, journals, text books
- Seeking support from peers or teachers
- Completing past papers

Students cannot do the expected 15 hours self-regulated learning during 'frees', they must also be working at home!

Enrichment

1	2	3	4	5
Bi HT 12	Ch LK 16	Bi LC S3	St LIB	Ec NC S12
Ch MTN S2	Ec NC S12	Ec CS S12	Hi SJO S7	Hi SL S7
Ec S12	Hi SJO S7	Ch MTN 17	E CWR	E CWR
S2	St LIB	St 6th Fo:	Ec CS S12	St 6th Fo:
S1	Hi SJO S7	Hi SL S7	Ch LK 16	Bi HT 12



'2+5'

Notes:
Our 5+2 Model describes our expectations for students' working hours.

We used the 2019 Student Survey to find out more about set work (or '*homework*') and self-regulated learning.

We discovered this was a bit patchy and have devised our '2+5' guidelines.

As these are only guidelines, you may experience some deviation at times.

On a weekly basis, staff should aim to set, and students should expect to receive:



Set Work – this may be teacher-marked, self-marked or peer-marked. It could involve a range of types of activity. There will be a strict deadline to meet. Typically, you can expect one hour from each teacher.

SRL (Self-Regulated Learning) – this will not be marked although we will ask you to keep a journal. Course staff will guide you with the kinds of activities you can be doing to develop independence, take control of your learning, extend your knowledge and develop skills for beyond Sixth Form.



Swapping subjects – the ‘transfer window’

- Not yet! Wait and give it time.
- Needs to be a clear rationale.
- You still need to have met the entry criteria.
- The blocks, and space available in classes will be limiting factors.

We have set you a high bar:

Continuation Requirements

It is envisaged that all students admitted to Year 12 will continue until the end of Year 13. Students intending to leave after Year 12 should talk to the Head of Sixth Form at the earliest opportunity to discuss possible AS entry, which may or may not be possible depending on coverage of the AS content.

The following criteria must be met in order to secure progression to Year 13:

- Students must achieve at least a D grade in any subject in which they wish to progress to Year 2 in the internal mock exams which take place at the end of Year 12. This is to ensure students have a reasonable chance of success in the full A level exam.
- Students must make a concerted effort to develop skills of independence such that they are seen to be managing independent study periods effectively.
- Students must demonstrate their commitment by maintaining a minimum 90% attendance.
- Students must meet our high expectations, uphold the ethos of the Academy and adhere to the terms of the learner agreement.
- Students will be treated as individuals and all circumstances will be considered when decisions are taken about continuation in Sixth Form.



Targets, UCAS and next steps

Notes: These are the three different grades your young person will have against their name for each subject as they move through Sixth Form.

Target Grade

- this grade is calculated by DfE and comes from FFT and GCSE APS.
- **These are released in January.**
- It is essentially the **most likely A Level grade** for someone of this academic profile.

Y12 Mock Grade

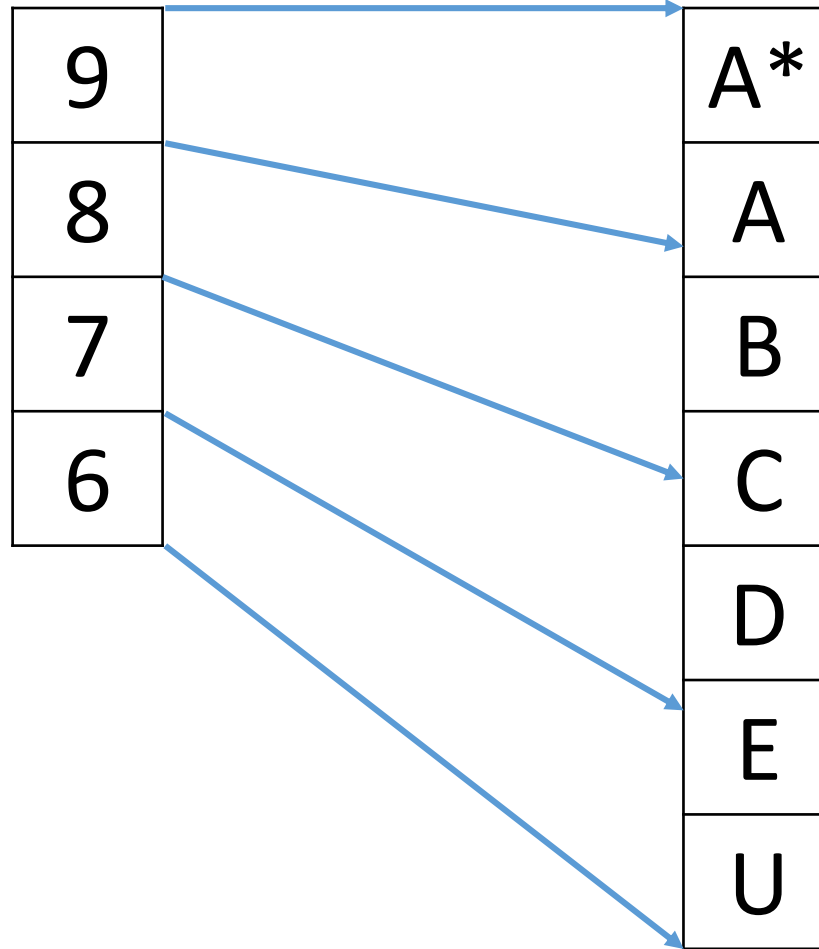
- This will be awarded following mock exams in April 2024.

Predicted Grade

- This is the **only grade that goes on the UCAS form** (apart from GCSE results) and will be determined by subject staff, primarily using the grades from the Year 12 Mock exam.
- It will not be (much) different from the Y12 mock grade.



GCSE
Starting
Point



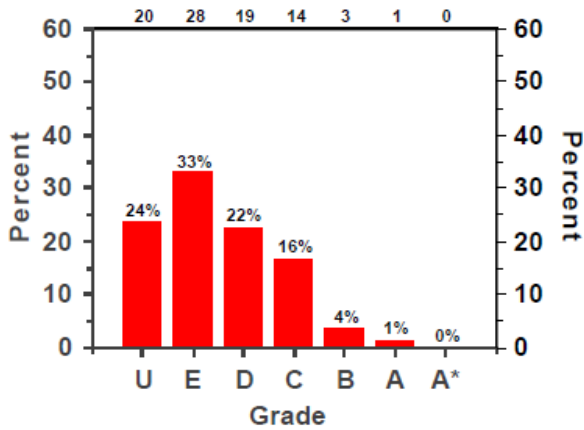
A Level
End
Point

Notes: It is a normal part of the adjustment process for students who are used to achieving high grades to see their grades drop.

A Level Biology

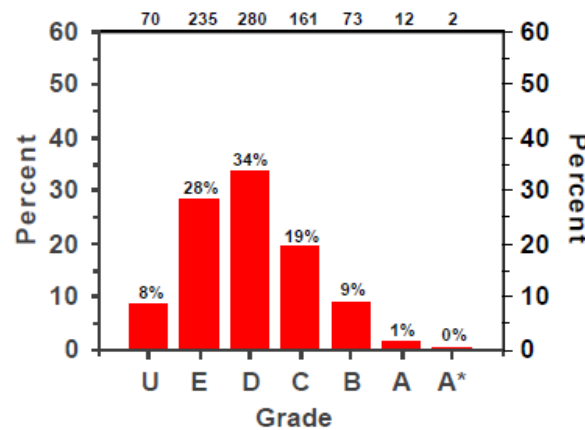
Notes: These graphs will help you anticipate your target grade – your most likely outcome based on your GCSE starting point. With effort and determination you can exceed that!

GCSE Grade 5-6



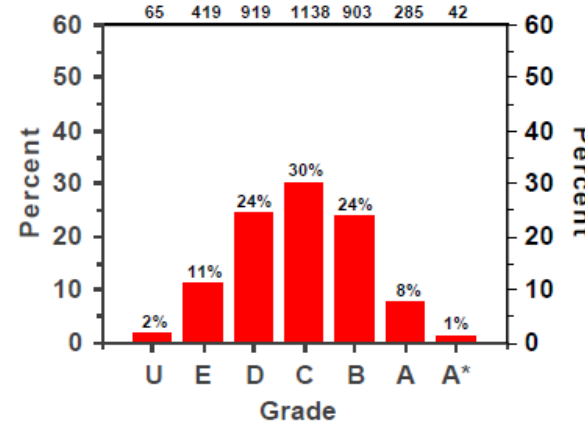
- Most likely grade is E
- This is why entrance criteria set at 6
- 5% chance of A-B so access to courses such as medicine unlikely

GCSE Grade 6-7



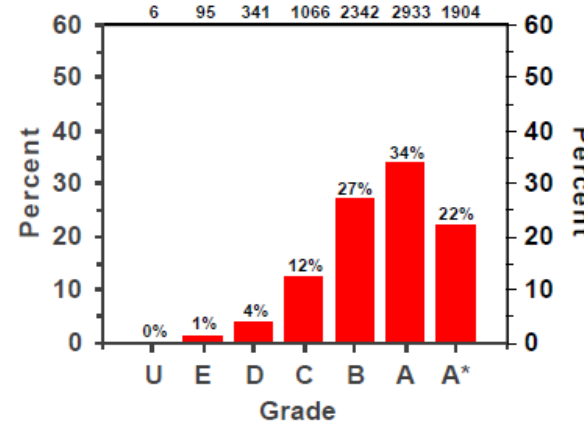
- Most likely grade is D
- Want higher? Work harder/smarter!
- Do less than the average – expect lower!

GCSE Grade 7-8



- Most likely grade is C
- Want higher? Work harder/smarter!
- Do less than the average – expect lower!

GCSE Grade 8-9



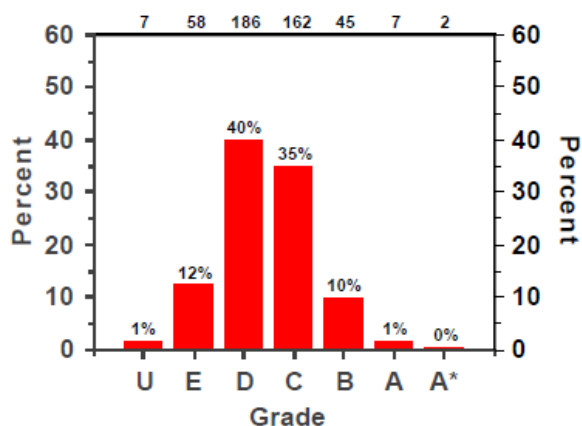
- Your 9 guarantees you nothing!
- Most likely grade is A
- 5% chance of D or E from this starting point though!
- No room for complacency.



A Level Literature

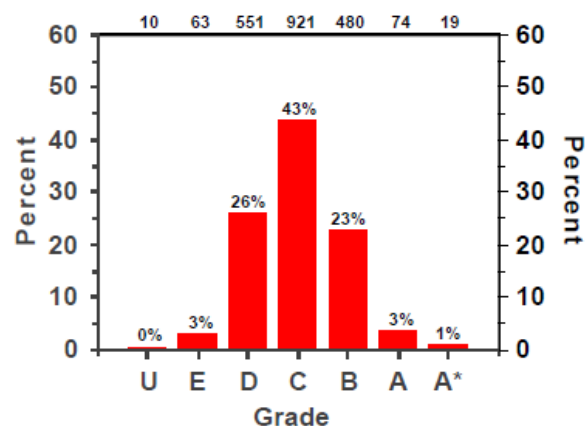
Notes: These graphs will help you anticipate your target grade – your most likely outcome based on your GCSE starting point. With effort and determination you can exceed that!

GCSE Grade 5-6



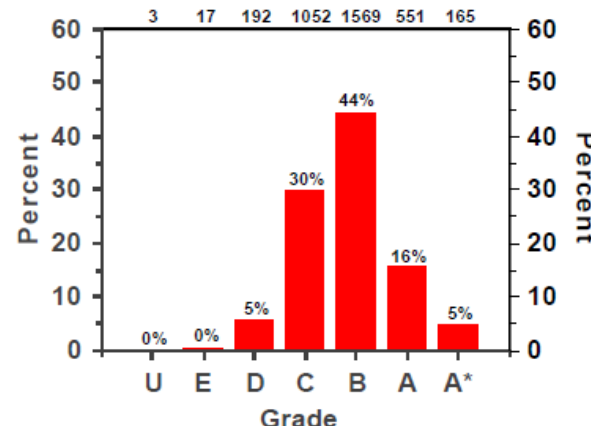
- Most likely grade is D
- This is why entrance criteria set at 6

GCSE Grade 6-7



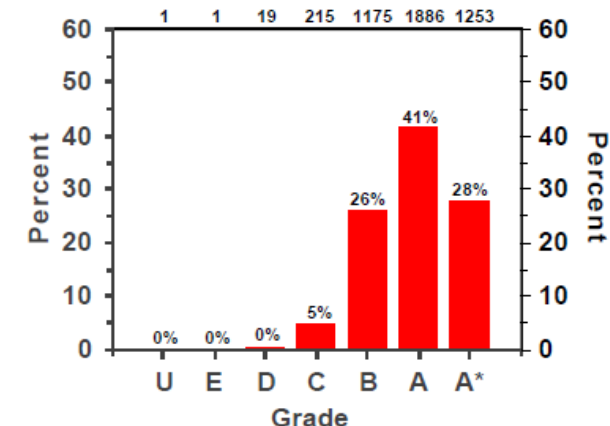
- Most likely grade is C
- Want higher? Work harder/smarter!
- Do less than the average – expect lower!

GCSE Grade 7-8



- Most likely grade is B
- Want higher? Work harder/smarter!
- Do less than the average – expect lower!

GCSE Grade 8-9



- Your 9 guarantees you nothing!
- Most likely grade is A
- 5% chance of C from this starting point though!
- No room for complacency.





Unlikely or impossible?

Optimistic vs Realistic

Use the language of Unifrog –
safe, solid, aspirational

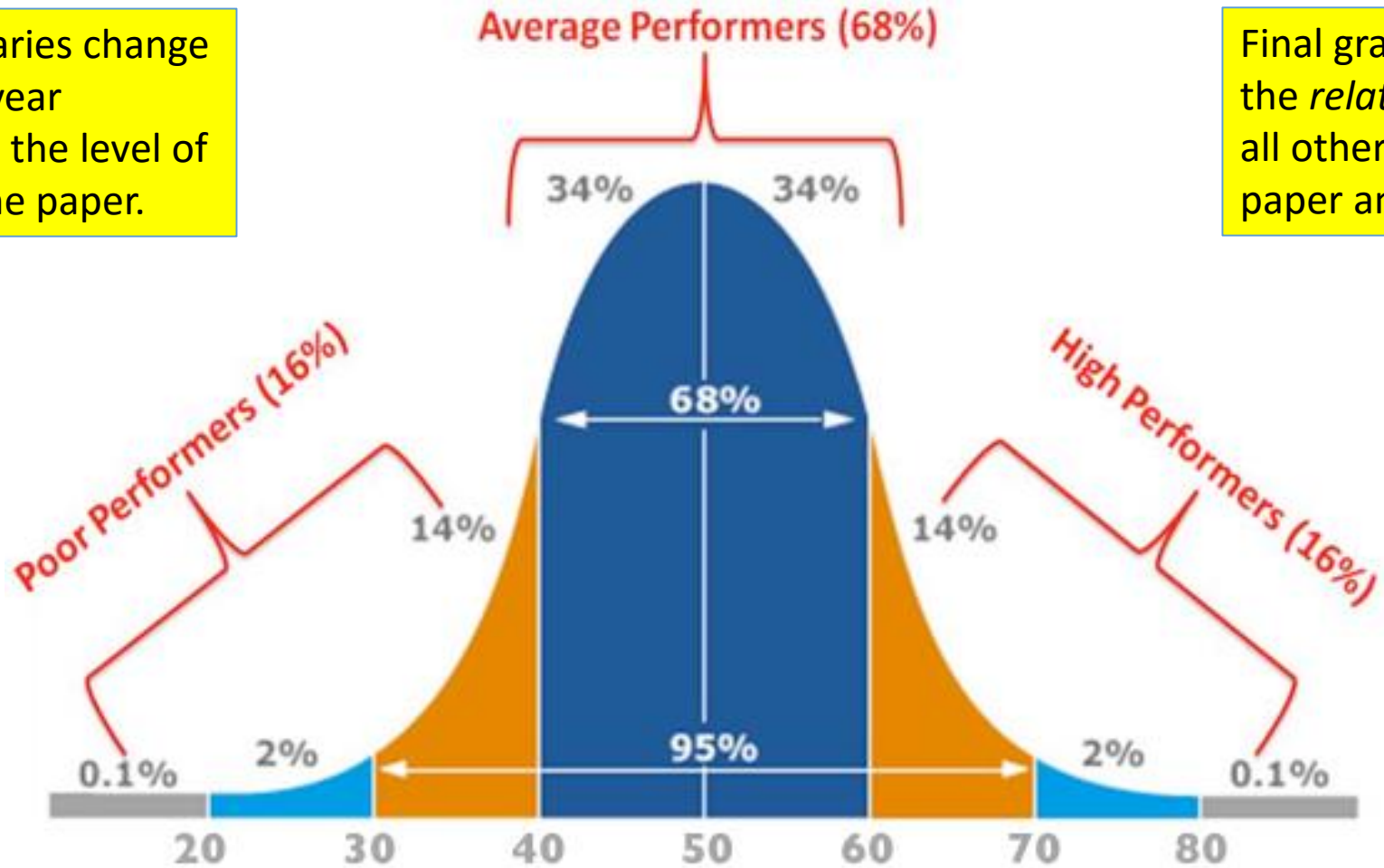


Target & predicted grades – beware!

Notes: This graph describes how GCSE grades are derived but A Level grades work in the same way. If students wish to improve their grade *they need to 'overtake' some of their peers, not simply get closer to a fixed boundary.*

Grade Boundaries change from year to year depending on the level of difficulty of the paper.

Final grades are based on the *relative position* against all other entries for that paper and exam board.





Personal Development, Enrichment and PSHE

Academic: We offer 3 A-Levels/BTEC (or 4 including Further Maths) with EPQ and/or Core Maths in addition

Other non-Qual activity: PSHE, Enrichment, daily Form activities

Study programme principles

All 16 to 19 study programmes should be designed to provide students with a structured and challenging learning programme that supports their development and progression in line with their career plans. Study programmes should be **individually tailored**, but will typically combine the elements below:

1. substantial qualifications that stretch students and prepare them for education at the next level or for employment, although this is not a requirement for the [T Level Transition Programme],
2. **English and maths, where students have not yet achieved a GCSE grade 4,**
3. **work experience** to give students the opportunity to develop their career choices and to apply their skills in real working conditions, and
4. **other non-qualification activity to develop students' character, broader skills, attitudes and confidence, and support progression**

Other non-qualification activity

All students are **expected to take part in other meaningful non-qualification activity** alongside work experience. This should **take account of their needs and career plans**, as well as **preparation for adult life more generally**. For example:

- **activities to develop confidence, character and resilience,**
- **group work to develop team working, communications skills, leadership and problem solving** – skills that employers often say are lacking in school and college leavers,
- **tutorials and seminars, including careers education, and life skills, such as travelling independently, cooking and eating healthily, staying safe, making sustainable choices, managing personal finances, and preparing for adult or university life.**

Such activities should also help students to build experience for their CV and personal statement.

The Mini EPQ Transition Project

Notes: We are guiding all students through the production of a 'mini EPQ' by half term with the aim of building skills.

- 1) **Critical thinking, problem-solving skills**, and applied knowledge for practical results.
- 2) Mastery of **rigorous academic content**.
- 3) **Innovative and creative thinking**.
- 4) **Time-management**, keeping to deadlines, balancing workload.
- 5) **Selecting and retrieving relevant information** from a range of **academic sources**.
- 6) **'Proper' referencing** of sources using Harvard referencing system.

Skills for
A Level
Success!!

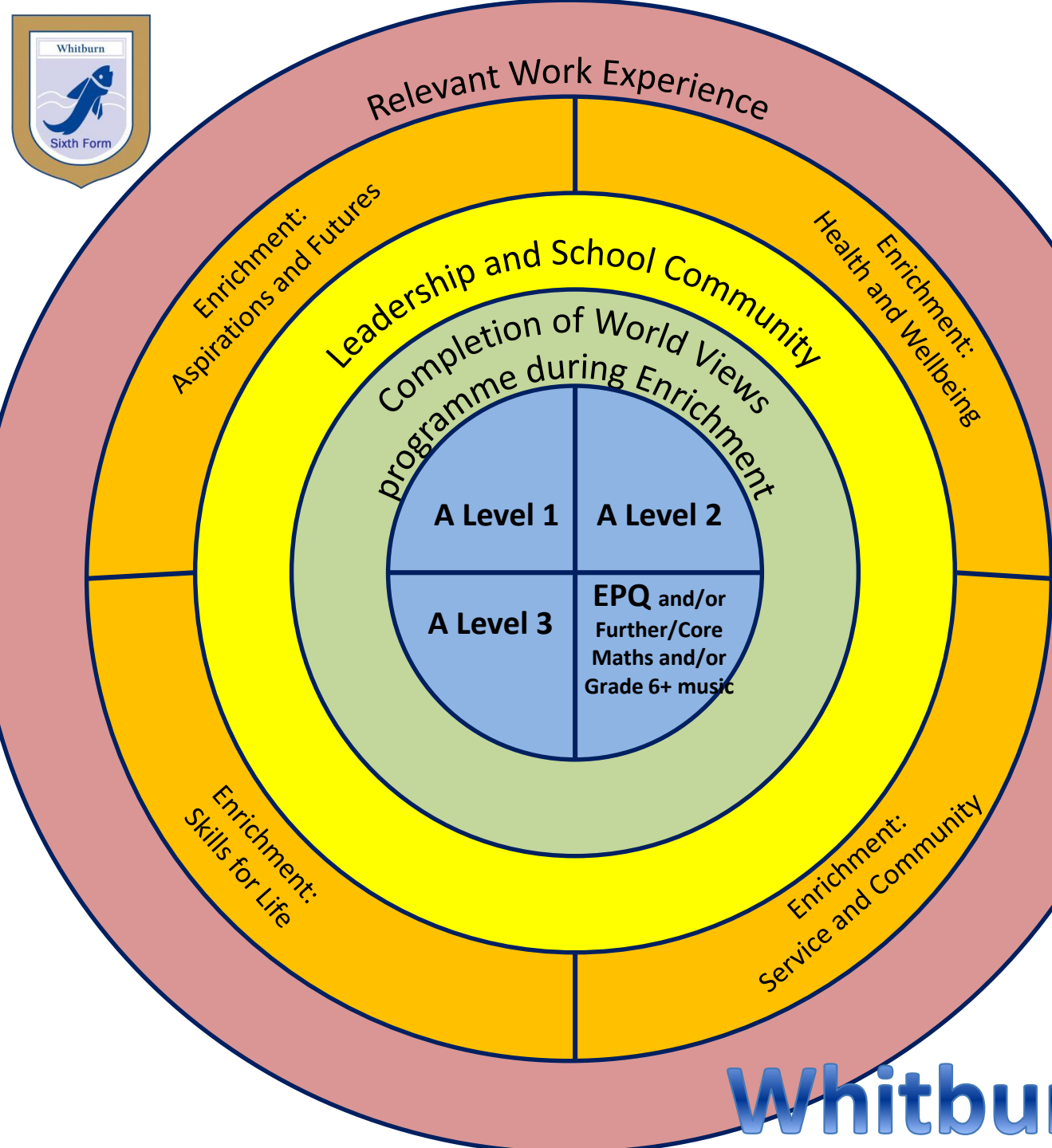
Skills
for
life!!



The Mini EPQ Transition Project for 2023

Session	When?
What is an EPQ?	Induction Day P3
Choosing a title	
Action Planning	Thursday 14 th September
Reading for Info	Thursday 21 st September
Academic Research	
Including a Survey	Thursday 28 th September
Developing your project	Thursday 5 th October
Reaching conclusions	Thursday 12 th October
Planning your poster presentation	Thursday 19 th October
Poster Presentation Event	Wednesday 26 th October





Enrichment: Aspirations & Futures
e.g. Aspiring to Oxbridge, MOOCs, LawSoc, MedSoc, observing in the public gallery at a law court, Journalism, Reading & Popular culture

Enrichment: Health & Wellbeing
e.g. Sports, Crafts, Board Games etc

Enrichment: Skills for Life
e.g. Duolingo, British Sign Language, Driving Lessons, Cooking

Enrichment: Service and Community
e.g. volunteering in charity shop, care home, local primary school or church, in-class support

World Views Programme
3 x sessions with speakers to challenge students' thinking on a topic

Leadership and School Community
Sustained participation in at least one of:

- Student Leadership Team
- Subject Reps Scheme
- Peer Support Programme
- Mental Health Ambassadors
- Revision Buddies Scheme
- In-class support within the Academy
- Reading buddies

Notes:
We encourage all of our students to strive to 'tick off' all aspects of our 'Whitburn Diploma' model during their time in Sixth Form.

Those that do leave with the strongest applications and the best references to support them in the next steps of their careers, be that University, Apprenticeships, School Leaver Programmes or Employment.

We are looking at ways to better recognise those that tick off all aspects of our Diploma model.

Whitburn Diploma

	Aspirations and Futures Choose these activities to boost your UCAS form and create a competitive application	Health and Wellbeing Choose these activities to support your health and wellbeing, socialise and achieve a healthy work-life balance	Skills for Life Choose these activities to help prepare you for future life and independent living	Service & Community Choose these activities to boost your UCAS form creating a competitive application, for DoFE, or to build transferrable skills
On-site Activities Led by Staff <i>These will have limited places.</i>	Civil Engineering Competition <i>The national Institute of Civil Engineers 'CityZen' competition encourages budding Civil Engineers to find solutions to local issues. There are good prizes on offer! Needs teams of 4.</i>	Football Squad Training/matches <i>Those students in the squad will train or have matches on Wednesday afternoons.</i>	Mandarin <i>If you did GCSE, but don't do A Level there is an opportunity to study for the HSK qualification.</i>	In-class support <i>Develop your communication skills by helping out a member of staff in their P4&5 lessons. Talk to a teacher and ask what they have at that time.</i>
	MOOCs <i>Massive Open Online Courses will help you go deeper in any area of interest and will support your uni application. Search for interesting ones using Unifrog.</i>	Netball Squad Training/matches <i>Those students in the squad will train or have matches on Wednesday afternoons.</i>	British Sign Language <i>Join our fantastic tutor, Sonia to learn the basics in British Sign Language. Great for any career that involves communicating with others!</i>	Peer Mentors – Y13 Only <i>Train to become a peer-mentor and work to prepare five PSHE lessons on mental health to Year 7 form classes.</i>
Off-site Activities <i>Parents will need to authorise these.</i>	Law Courts <i>Visit the courts at South Shields, Sunderland or Newcastle Quayside and sit in the Public Gallery to watch the court in session. We will ask you about the case!</i>	Sunderland Climbing Wall <i>If you're a member of Sunderland Wall you can use Enrichment time to go there. We will want to see your booking!</i>	Cooking <i>Plan and cost out a dish during Week 1 and prepare it in our kitchens in week 2. Small cost for ingredients.</i>	Placement off site <i>You may be able to secure a placement in healthcare, or a primary school. It is not every week, just the five dates listed.</i>
		Swimming – Haven Point/Sunderland Aquatic Centre <i>You can use this time to go swimming. Just show us your booking.</i>	Driving Lessons <i>You can use this time to book 5 lessons. It is not every week, just the five dates listed. You will need to prove your booking.</i>	Food Bank/ Soup Kitchen/ Charity Shop <i>You may be able to volunteer somewhere – try the new animal charity shop in the village.</i>
		Gym <i>You can use this time to visit a gym. Just show us your booking.</i>	Beach Clean <i>Get a group together to go down to the beach and pick up litter and plastic items.</i>	

	Aspirations and Futures Choose these activities to boost your UCAS form and create a competitive application	Health and Wellbeing Choose these activities to support your health and wellbeing, socialise and achieve a healthy work-life balance	Skills for Life Choose these activities to help prepare you for future life and independent living	Service & Community Choose these activities to boost your UCAS form creating a competitive application, for DoFE, or to build transferrable skills
Student-led or remotely supervised by staff.	Debating Group <i>Agree a topic, research it and host a debate.</i>	Board Games <i>You can spend time with others playing board games from our selection, or bring your own. No online gaming though!</i>	Duolingo <i>Could you start to learn, or continue to learn a language using the free Duolingo app? You can use Enrichment time to work on this.</i>	After-School Club <i>Could you – maybe with some friends – run an after-school club or help a staff member to run one? e.g. students have helped run a KS3 coding club previously.</i>
	MedSoc <i>Work together to research UCAT test, med school requirements and share experiences.</i>	LawSoc <i>Work together to investigate & practice the LNAT, research law schools.</i>	Music <i>You can work alone, or with peers to develop your musical talent.</i>	
	Aspiring to Oxbridge <i>Use the time to work with others on super-curricular activities to boost your application.</i>	Film Group <i>You can spend time with others watching a film if you can access it for free. The group would have to agree each week's title.</i>		
	Journalism/Blogging <i>Build yourself a portfolio of work by using Enrichment time to curate your own blog.</i>	Crafting, upcycling <i>You could upcycle clothes, knit, crochet or try other crafts with some staff support in Week 2</i>		

- Enrichment runs in 5-week blocks of options.
- In between the blocks we might have all students together for a speaker to deliver a talk.
- We offered students 32 options for this first block – a genuine opportunity to personalise their programme to meet their own interests and ambitions.



Support



16-19 Bursary at-a-glance

Notes:
 The 16-19 bursary exists to support eligible students with the costs associated with attending Sixth Form. Please apply early to receive maximum benefit.

Bursary	Amount of payment	Criteria for eligibility	Criteria for continued payment of bursary
Bursaries for young people in defined vulnerable groups	Variable, based upon assessed need. <i>There is a possibility of no award or a limited award.</i>	<ul style="list-style-type: none"> • in care* • care leavers • student is receiving Income Support (IS), or Universal Credit (UC) because they are financially supporting themselves or financially supporting themselves and someone who is dependent on them and living with them, such as a child or partner • receiving Disability Living Allowance (DLA) or Personal Independence Payments (PIP) in their own right as well as Employment and Support Allowance (ESA) or UC in their own right 	<ul style="list-style-type: none"> • No change in household financial circumstances. • Minimum of 95% attendance at Whitburn Sixth Form. • Adhere to the Sixth Form Learner Agreement ('contract'), see website. • Be punctual to all lessons and registration. • Attend all assemblies and enrichment sessions. • Follow absence procedures as laid out in the Learner Agreement.
Discretionary bursaries	Variable, based upon assessed need. <i>There is a possibility of no award or a limited award.</i>	<ul style="list-style-type: none"> • Students who were eligible for free school meals throughout Year 11 (whether or not they claimed them) or are eligible for FSM on starting Sixth Form. Eligibility can be checked here. • If funds remain, other students identified based on need by completion of this form. 	

[Full bursary guidance and application form available here.](#)



Illness and Absence Procedure

Known Absence

e.g. University Open Day, Driving Test, Funeral, Orthodontist appt

Appointment card required for medical appointments.

Collect a 'Leave of Absence' Form, complete and return 24hrs in advance to apply for authorisation to miss Sixth Form. Give in appropriate documentation e.g. appointment letter.

You must speak to teaching staff for the lessons you will miss to see if there is any work you can take in advance of the lesson.

Unexpected Absence

e.g. Illness, Personal Circumstances.

Your **parent or carer must ring or text the absence line, or notify via MyEd App on the first morning of the absence.** Lines open from 8.00am

It is your responsibility to see teaching staff for the lessons missed and make arrangements to catch up the work missed.

NB Totals for attendance and punctuality will be recorded and may be asked for by employers seeking a reference. Attendance may also be commented upon as part of a reference in support of a UCAS application.

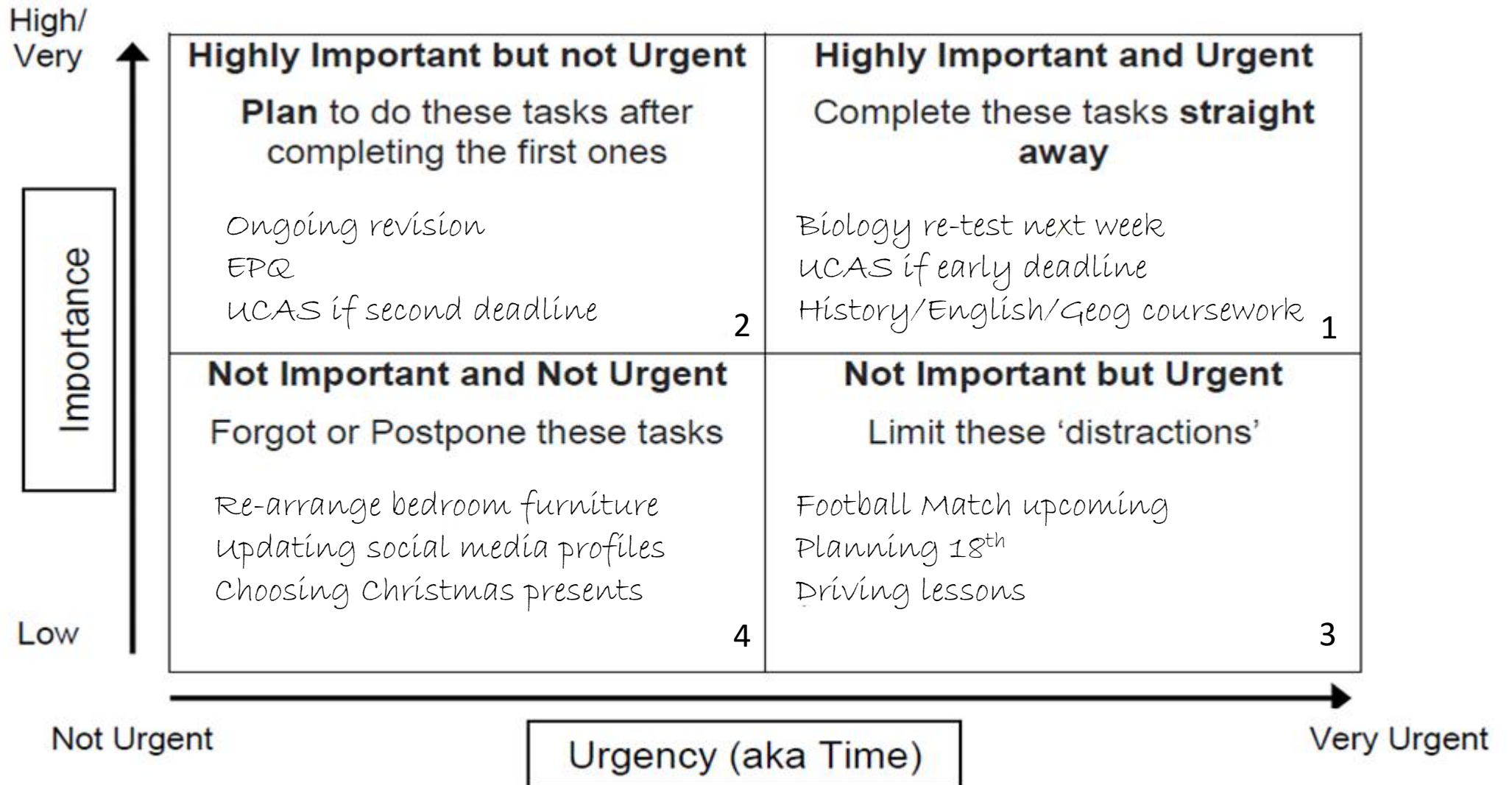


How you can support your young person during their time in Sixth Form?

1. *Revision support – planning and organising goal-orientated revision, quiet place to study, managing distraction, encouragement, rewards.*
2. *Lifts to local lectures and events/encouraging virtual attendance.*
3. *Purchase of text books and revision guides.*
4. *Emotional support.*
5. *Monitoring 2+5.*
6. *Monitoring work-life balance.*
7. *Fostering academic curiosity.*
8. *Being open-minded during conversations on ‘next steps’ – we will encourage them to keep their options open!*



A detailed version, with examples, of the 'Eisenhower matrix', named after former US President Eisenhower's quote *'What is important is seldom urgent and what is urgent is seldom important'*.



Access to Newcastle University Robinson Library

Sixth Form students are able to [apply for a pass](#) to be able to use this first-class research facility.

This will be essential if you are doing an EPQ but also very useful for anyone completing individual research e.g. History projects in Year 13.

Newcastle University

Visiting the Library

Borrow, Reserve & Return

Resources & Study Support

Academics & Researchers

Special Collections & Archives

Library in the Community

My Account

Joining the Library

All of our libraries are available not only to our staff and students but other members of the community can also join including SCOUNL, schools students and teachers, NHS and more.

Teachers and sixth form access

Sixth form access

The University Library offers reference facilities to sixth form schools and sixth form colleges in the North East of England. Students can access the library's wide range of information resources as well as use the library's study spaces. Access is available during Library Help Desk [opening hours](#) except for University exam and revision periods.

**App Forms are available from the same place as
Leave of Absence Forms.**

Notes:

We publicise local lectures to our students which can help them sample university learning, extend learning in their current A Levels, support University applications and help build a love of their subject. As parents you can support and encourage attendance at these.

Many have recordings of past events available.



[Public Lectures - University Events - Newcastle University \(ncl.ac.uk\)](#)





Resources for emotional support of Sixth Form students



- **Charlie Waller Memorial Trust** - CWMT.org.uk – advice and support on spotting warning signs of depression/section on exam wellbeing (aimed at GCSEs but will still be useful)



Raising awareness fighting depression

- **Young Minds** – youngminds.org.uk – support for young people with a section for parents too – general mental health



- **Kooth** – kooth.com – ST's online counselling for young people



- **CAHMS** - <https://bit.ly/2k94isZ> - Child and adolescent mental health services information for parents and carers



- **The Mix** - themix.org.uk - has 1-2-1 chats, crisis line

- **Teen Sleep Hub** - <https://teensleephub.org.uk/>





OUR A - Z OF SUPPORT RESOURCES

WHITBURN SIXTH FORM

Link on
website:
[Sixth Form/](#)
[Help, Advice](#)
[and Support](#)

Our A - Z of Support Resources

Click the topic to navigate to the relevant page

[Anger](#)

[Anxiety](#)

[Black, Asian and minority ethnic \(BAME\) communities](#)

[Bullying, harassment and hate crime](#)

[Careers and next steps](#)

[Confidence and self esteem](#)

[Domestic violence](#)

[Drugs, alcohol and gambling](#)

[Food and hygiene poverty](#)

[Healthy Eating](#)

[LGBTQ+](#)

[Loneliness](#)

[Loss and Bereavement](#)

[Low Mood](#)

[Medical](#)

[Mental Health](#)

[Online safety and digital citizenship](#)

[Online Trading](#)

[Perfectionism](#)

[Pregnancy](#)

[Procrastinating](#)

[Relationships and Sexual Health](#)

[Refugee and Asylum Seekers](#)

[Safeguarding concern](#)

[SEN](#)

[Sexual assault](#)

[Sexism and gender equality](#)

[Sleep](#)

[Stress](#)

[Study Skills](#)

[Time Management](#)

[Trans Issues](#)

[Young carers](#)

Online Trading:

Online trading such as Forex trading is becoming increasingly popular with young people. Forex trading is the buying and selling of currencies in the foreign exchange market. It can be done through a forex broker who provides a platform for traders to access the market. Forex trading can be highly profitable, but it also carries significant risks. Therefore, forex brokers have age restrictions on who can open an account with them. Most forex brokers require traders to be at least 18 years old to open an account. This is because forex trading involves a high degree of risk and requires a level of financial maturity and responsibility that may not be present in younger traders.

You can find more information about what Forex Trading is online here: [What Is Forex Trading? - Forbes Advisor UK](#)

Help yourself:

Anyone who is thinking about investing in the cryptocurrency and stock markets has to be aware of the risks involved. The following are some significant concerns to be aware of:

1. **Volatility:** Stocks and cryptocurrencies both have a high level of volatility and are prone to sudden, dramatic price changes. This implies that the value of your investment may increase or decrease quickly, which could cause substantial losses if you are not prepared.
2. **Market risks:** Investor mood and market forces, which may change quickly and without warning are a major driving force behind the cryptocurrency and stock markets. As a result, there is always a chance that the state of the market could abruptly shift and harm your investment.
3. **Regulatory risks:** The regulatory landscape for stocks and cryptocurrencies is always changing, and new rules and regulations may be passed that could have an impact on the value of your investment.
4. **Technology risks:** Because cryptocurrencies and stocks rely on intricate technological networks and systems, there is always a chance that there will be security flaws or technological breakdowns that can lead to the loss of money.

Before engaging in cryptocurrency or stock trading, it's vital to be completely informed of these risks. If you have any questions, you should seek external professional banking advice.

Online trading can also be addictive and this article has information about how to recognise trading addiction: [Am I Addicted To Day Trading? - 10 Signs You Are Addicted To Day Trading and What To Do To Stop: Family Addiction Specialist: Addiction Counselor](#)

If you are worried about online trading or think you or someone you know may need support please talk to Miss Manning or Mr Craggs in Sixth Form.

External Support:

You may also find support through the following services:

Safer Gambling Advice from Gambling Commission: [Gambling and young people \(gamblingcommission.gov.uk\)](#)

The National Problem Gambling Clinic is a specialist NHS clinic for problem gamblers. The clinic accepts referrals for people aged 13 or over, with complex problems relating to gambling, living in England or Wales. Email: gambling.cnwl@nhs.net Phone: 020 7381 7722

National Gambling Helpline 0808 8020 133 Free of charge, 24 hours a day, 7 days a week.

GamCare's Young People's Service can support anyone aged 18 or under who is either 'at risk' of or experiencing harm because of gambling.

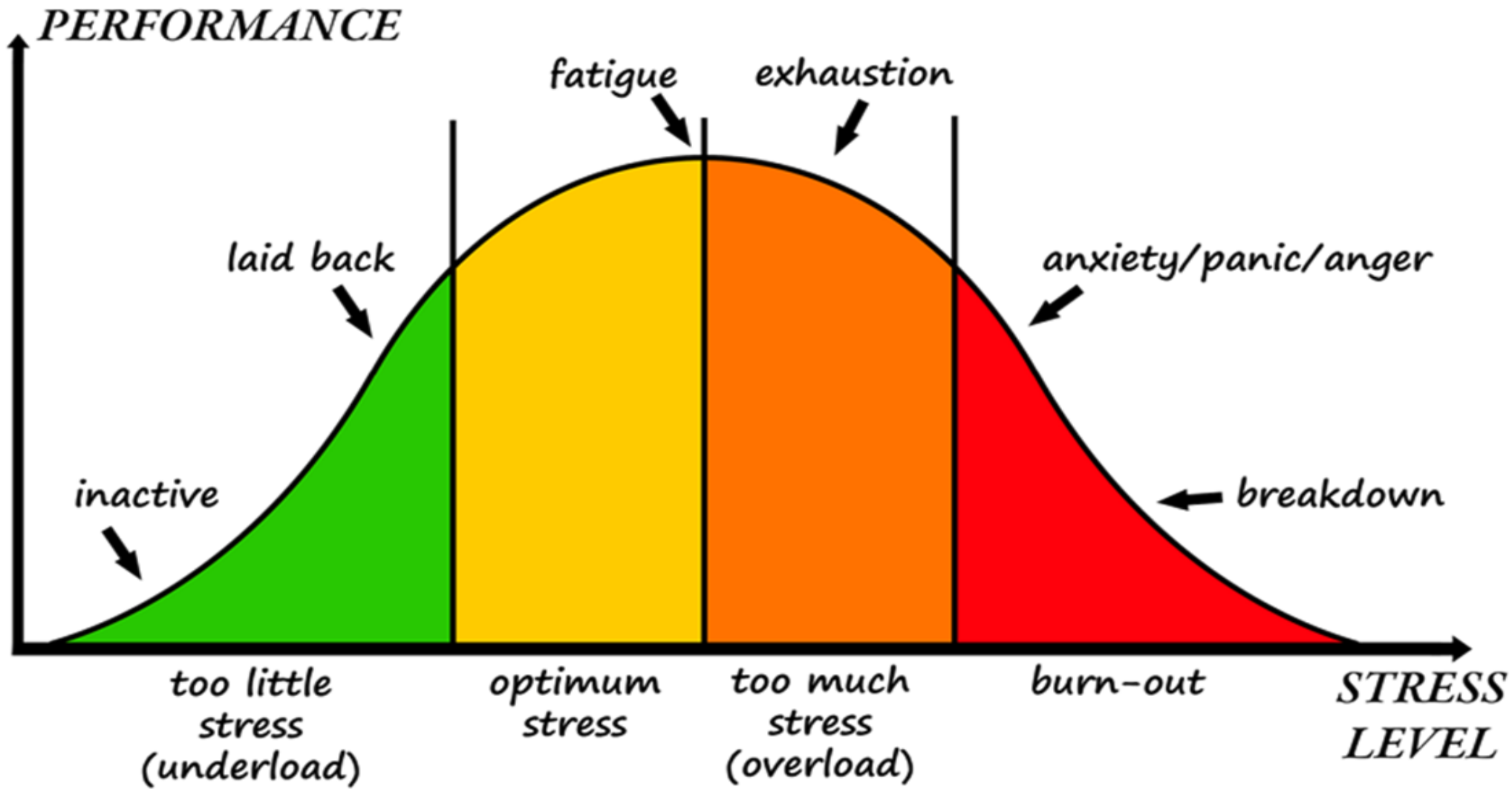
This can be if they are gambling themselves or if they are affected by someone else's gambling. Young people, and anyone worried about a young person and gambling, can get in touch:

- via the National Gambling Helpline – 24 hours a day on Freephone 0808 8020 133, or via live chat – this can be accessed [here](#), or via their dedicated website for young people, parents and teachers at [BigDeal.org.uk](#)
- by emailing YoungPeopleService@gamcare.org.uk
- through the use of their self help toolkit - [Recovery toolkit - GamCare](#)

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Notes: We try to encourage students to be working within the 'optimum stress' sector and encourage parents to get in touch if you see evidence they are not!



How to Deal With Stress

- Plan and organise your work
- Work regularly and steadily
- Get fresh air and exercise
- Do not cut yourself off
- Eat regularly and sensibly
- Get plenty of sleep
- Have some fun
- Cut down on alcohol and drink plenty of water to avoid dehydration
- Talk to parents, friends, teachers if things are getting you down
- Get academic work in perspective. It is not all there is to life!





2023-24 Key Dates

24 th November	Northumbria Uni Visit
Mid-November	Y12 Written Reports
Mid-January	Target Grades issued
27 th March	Sunderland Uni Visit
w/c 15 th April	Y12 Mock Examinations
8 th May	Newcastle Uni Visit
4 th June	Y12 Student Consultation Evening
w/c 15 th July	Work Experience Week – start planning now!



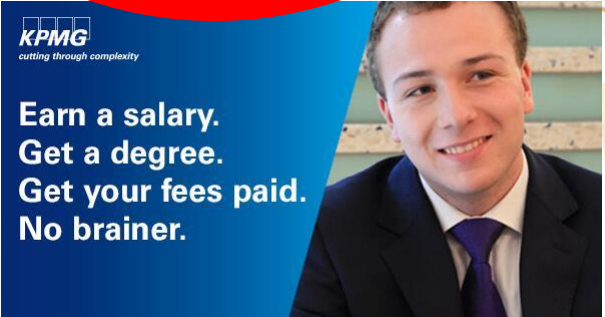
Routes after A-Levels

- University – Degrees?
- Advanced Apprenticeships?
- Degree Apprenticeships?
- School Leaver Programmes?
- Employment?
- Gap Year?

Notes: We always encourage students to keep their option open, and to have 'several irons in the fire'. Our work introduces them to each of their Post-18 options.

'Next Steps'
Event 3rd
October

This annual event has introduced students and parents to these Post-18 routes.



Durham Supported Progression



- Programme for those who have the potential to study at Durham and to gain a guaranteed, conditional offer
- Structured 2 year programme which includes an assessed summer school
- Support on personal statements/UCAS and also student finance
- Launch was virtual via Form Times. More info on Teams.
[Supported Progression - Durham University](#)

Notes: We advertise these Widening Participation schemes via Teams when news comes in to school. All students are encouraged to check their eligibility and apply if applicable.

Several Universities also have similar schemes e.g. York, Lancaster and Leeds. Details will always be posted via Teams. Please check regularly and keep alerts switched on!

Sunderland University – First Choice Scheme

- 2 Year programme of activities and support aimed at developing key skills to succeed at A-Level and at university
- This year all sessions will be on line
- Must be able to achieve at least 96 UCAS points from A-Level/BTEC study (CCC)
- Gain 16 UCAS tariff points towards eligible Sunderland university Courses and they must be your firm choice
- Launch for year 12 – January 2024
[First Choice | The University of Sunderland](#)



HE+ Scheme

- Programme run by Cambridge university in the North East
- Aimed at those Year 12 students who have the academic potential to make applications to Oxbridge/ Russell Group/Research intensive universities
- 3 main activity sessions for students to attend – this year all sessions and workshops will be delivered on line with a timetable to be confirmed.
- We have 10 places allocated for students and places depend upon Cambridge University Widening participation criteria



Newcastle Partners Scheme

- Scheme offers a range of support and opportunities to make a successful application to Newcastle University
- Apply in Year 13 when UCAS application is submitted
- Gain a lower conditional offer for all 200+Newcastle University degree programmes
- There is a range of eligibility criteria to be met
- Aim of programme is to develop the skills necessary to be a successful student at A-Level
[Access Schemes & Pathway Programmes | Newcastle University](#)



NU Entry – Northumbria University

- Widening Participation Scheme for Year 12 Students who meet certain academic and background criteria
- Opportunity to gain 16 UCAS tariff points when applying to Northumbria University – students must attend an Open Day at Northumbria in Year 12 (may be virtual this year) and produce a reflective essay on their subject area of choice to gain the 16 points.
- Benefit from e-mentoring from current undergraduates in Year 13
- Launched before Christmas. More details on Teams.
[NU Entry \(northumbria.ac.uk\)](#)





Advice and Support

- Personal – tutors, Mr Craggs, Ms Dickenson, Mr Moore, Mrs Townsley, Miss Manning
- Attendance – tutors, Mrs Townsley, Mr Craggs, Ms Dickenson
- Careers – Mr Moore, Mr Craggs, Ms Dickenson
- Academic – Subject teachers, Miss Manning, Mr Craggs
- Student Voice – led by Ms Dickenson and student Presidents
- Day-to-day (lanyards, illness, returning forms etc) – Mrs Townsley



Mr L Craggs
Assistant Head
Teacher (Head of
Sixth Form), Teacher
of Biology, DSL



Ms K Dickenson
Sixth Form Progress
Lead, Teacher of
English



Miss K Manning
Sixth Form Pastoral
Lead, DSL



Mrs R Townsley
Sixth Form
Administrator



Mr A Moore
Careers Lead



Open Evening.

Thursday 9th November 2023

- Do you have a child in Year 11?
- Friends with Year 11 children?
- Please encourage them to come along and visit us on Thursday 9th November 6-8pm

Whitburn CofE Academy Sixth Form

Open Evening

Thursday 9th November 6pm - 8pm





Any questions?

Please feel free to get in touch via the Academy office or directly to Mr Craggs, Assistant Head Teacher (Head of Sixth Form) on lcraggs@whitburncofeacademy.org

Don't miss our fortnightly parent news bulletins to keep up to date with events, activities and tips on how to support your young person to make the most of their time in Sixth Form.



Whitburn Church Of England Academy Sixth Form

Parent Bulletin

Issue 31. 15th September 2023

Welcome to our first parent and carer news bulletin of 2023-24, and a particular welcome to our 'new' families joining us as their young person starts Year 12. These newsletters will be sent out fortnightly on a Friday and we would hope you find them useful in keeping you informed about what is going on in Sixth Form. A number of our parents say to us 'they don't tell me much' so we hope these bulletins will keep you 'in the loop'! As always, the Sixth Form team can be contacted via the usual channels if you wish to discuss any aspect of your young person's time in Sixth Form.

We had a fantastic summer with excellent sets of results at both GCSE and A Level. Students had worked exceptionally hard to overcome difficulties posed by the COVID-19 pandemic on top of the usual stresses and strains faced by 16-19 year olds in any 'ordinary' year. Press coverage of our Year 13 [A Level results can be viewed here](#) and we even made the BBC Look North bulletins this year! Coverage of