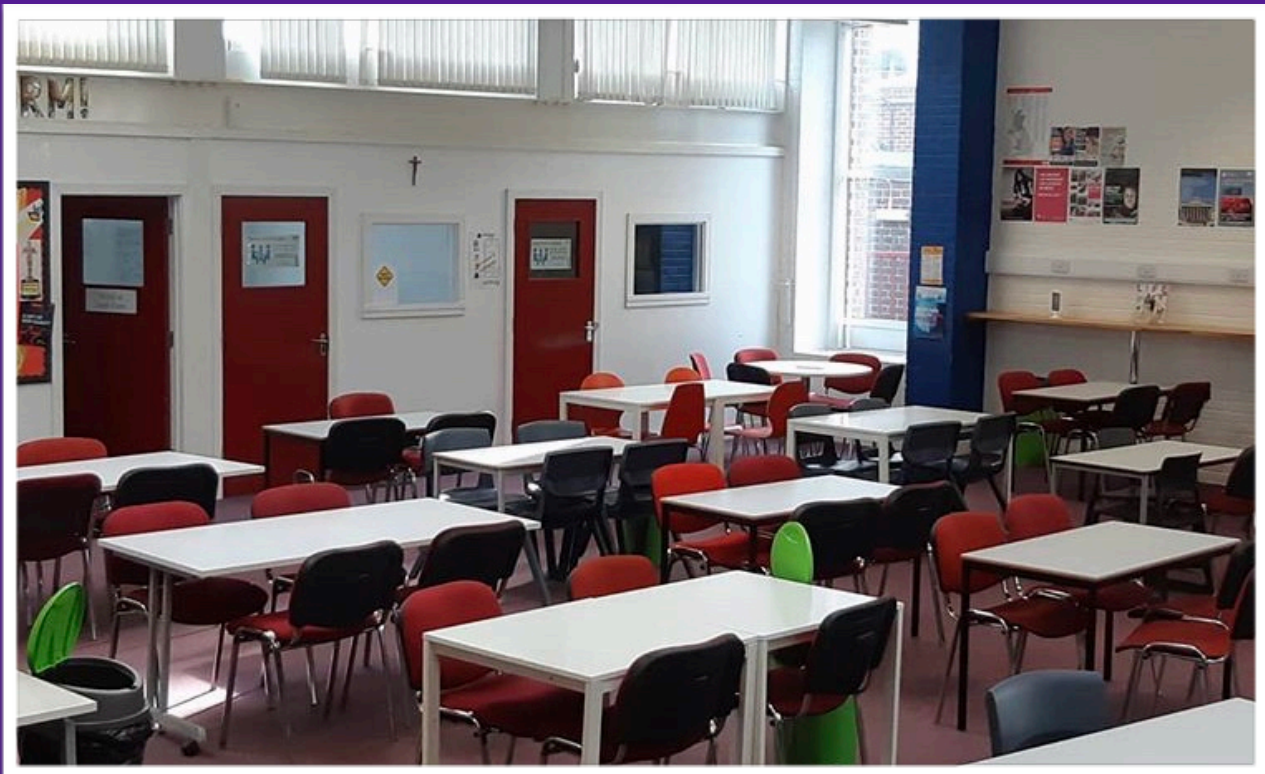


Philip Howard Insider



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Issue no.1

Welcome Back!

Written by Anais Austen Stanley

After a summer of relaxing, catching up with friends, spending time with family... and hopefully a bit of studying, it's time to return to SPH.

Some will already be used to the sixth form routine - complete with directed studies, period 11s and more responsibility - but for those of us who are not, it is important to remember that if you feel overwhelmed by or unsure about any aspect of sixth form life, academic or not, do not hesitate to speak to your form tutor, a member of SF leadership or a year 13 student - everyone is happy to help.

Whilst we are all here to do our very best in the A-Level exams (we've certainly got some good results to beat from last year!), we need to remember that sixth form is about having fun, too, and there will be many opportunities to do so. There's the Welcome Back Barbecue, Charity Day, Secret Santa, and many more events throughout the year!

There's also plenty of opportunities - Enrichment is just one of them - to get involved with the Sixth Form and wrack up those activities to write about in your CV as well as your personal statement; speak to a member of the student leadership team to find out more.

This is the first edition of the newsletter since the loss of the previous year 13 writers, hence it's shorter than previous editions (the quality of articles is maintained though) so if you're interested in helping us make it longer, get in touch on instagram @sph6thform.

Environmental Checklist

Written by Phoebe Norman, Head Girl

You may be thinking to yourself that you alone cannot improve the current environmental problems the world is facing. But you can. This year, as a school, we are focusing on reducing our impact on the environment, and here are some simple steps we can all take to help:

- Bring your own reusable cup to the cafe.

- Have paper you don't need anymore? Put it in the recycling bin at the front of the sixth form centre.
- Use Ecosia instead of Google - same results but helps the planet!
- See a light left switched on in a classroom with no one in? Turn it off and save some energy.
- Be active! - do you have a boring 2 minute drive to school? Why not walk it, get some exercise and help reduce pollution.



- Give a friend a lift to school - you'll be saving a parent some hassle and you'll be helping the planet!

"Never doubt that a small group of thoughtful,

committed citizens can change the world; indeed, it is the only thing that ever has "

Foreshadowing One's Future

Written by — — —

With the new school year starting, your most immediate worry might be the new classes and regime of sixth form to get used to. However, while the next year or two are certainly important, getting ready for the next step is equally vital.

There are various options available for education and life after your time at SPH Sixth Form, and although the end of your A-Levels may seem like an event far in the future,

the reality is there isn't that much time between now and moving on to your next exploit.

The best course of action is to use the time you have now wisely, and begin thinking and researching about what you want to do next. Is there a particular University you want to go to? An apprenticeship you want to undertake? A dream job you hope to get? A bucket list for a possible gap year?

Although no-one is expecting you to have a perfect foolproof plan of exactly what you want to do, it's important to know what your options are now so you can make the right decisions in the future.

There are many services that can help you in this endeavour. The Unifrog website is a great place to find out about all sorts of possibilities and experiences one can exploit; as well as being a place to record activities, achievements and courses shortlists to aid oneself in writing CVs and/or personal statements. There is also a complete set of university prospectuses in the Sixth Form Centre, updated each year, and University websites are an excellent place to find out more information about both the establishments themselves and the various courses that are possible to take.

Remember to plan well in advance for opportunities like University Open Days, Work Experience placements and other practical career events. Not only are they extremely useful in giving you a better understand of your options and a feeling about what you want to do next, but with the busy year you have ahead of you, the sooner they are booked and organised the less likely you are to miss out on them.

The decisions you have to make in year 13 are foreboding, and it is understandable to be nervous about organising your future, but if you start preparing and thinking about those big decisions sooner rather than later, they're going to be a lot easier to make when the time comes.

A Letter to My Year 12 Self

Written by Eleanor Anglim

Dear Year 12 me,

*I wouldn't change you at all as a person, people grow over the years through experience and who they associate themselves with, that's completely normal.
But I may have changed the way you went about year 12...*

I highly recommend sleeping more so that your mind doesn't wander when you are meant to be revising for your period 11s or in class.

Also, I think you should bring a substantial lunch to school, so you have enough energy for your brain to work. It has been proven that eating healthy and nutritious food increases your concentration along with drinking lots of water which you usually to forget to do, too!

Get a timetable for writing notes, staying on top of your work and planning what you do with your time. This way, when you hit exam time you won't sit there 2 weeks before frantically catching up on

everything as well as trying to focus on exam questions which are vital when aiming for success - even if you know the content it doesn't mean much if you can't word it correctly.

One thing you're good at is having a social life, this is important as it's part of growing up, though make sure you don't get lost in your social life and forget to study!

Also, get the textbooks, not just the study guides, they're extremely useful. Or borrow them in your directed studies from classmates or teachers to make notes from.

Another top tip is getting an idea for your work experience early in September/October because if you are looking at a competitive area you will not get a good placement at the last minute, and this is a vital aspect to write about in your personal statement.

Last one is making the year memorable and enjoying your Sixth Form experience!