



Parent Information Evening - Sept 26

Session Aims

- To introduce you to the Pastoral support structure in Sixth Form and key staff
- To clarify key attendance & punctuality expectations of students at Sixth Form
- To explain the key characteristics of a successful student and how you can support students at home
- To outline key events in Year 12 & 13 and support for Post 18 choices
- To highlight opportunities for students to participate in the school community and enrich their education
- To inform you of the support we offer for student wellbeing

The Sixth Form Team

Form Tutors

S	I	X	T	H	F	O	R	M	@
Mrs Kumar	Mr Hull/ Mrs Raza	Mr Ogiel da /Mr Try	Ms Popat / Mr Kreker	Ms Merchant	Ms Edwards / Mrs Arnold	Mrs Phaloura / Mrs Boyle	Mr Taylor	Ms Edo- Nanuck	Mr Damree

Sixth Form Admin Officer
Mrs Quick

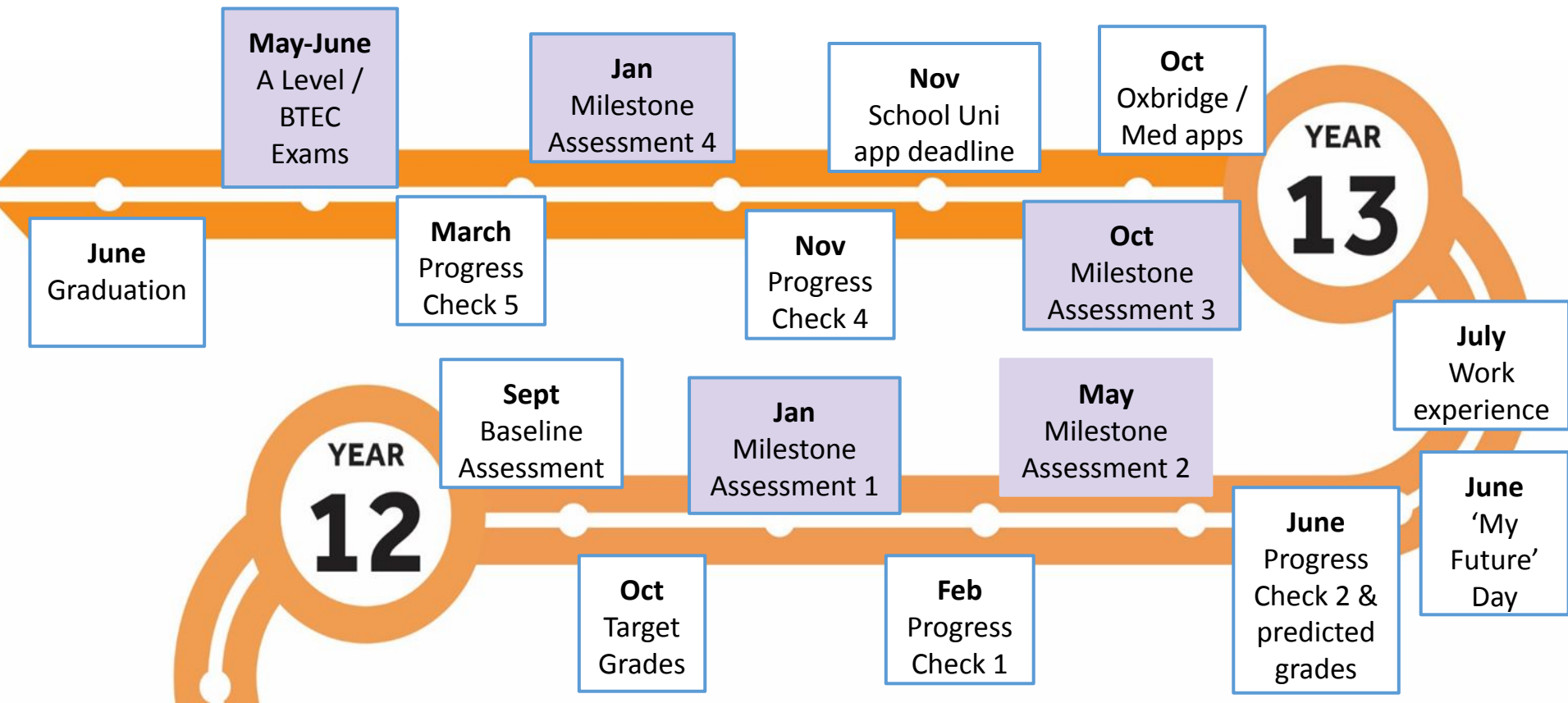
Sixth Form Administrator
Mrs Lee

**Sixth Form
Academic Lead**
Mrs Tooker

Head of Sixth Form
Mr Hayden

**Sixth Form Pastoral
Lead**
Mrs Cherry

Students Sixth Form Journey



CHARACTERISTICS FOR SUCCESS



EFFORT

Successful students put in many hours of proactive independent study



ATTITUDE

Successful students respond constructively to setback



VISION

Successful students they know what they want to achieve



SYSTEMS

Successful students organise their learning resources and their time



PRACTICE

Successful students practice and develop their skills

Sixth Form Student Timetable

Period	Mon	Tues	Wed	Thurs	Fri
1	HISTORY	RE	POLITICS	HISTORY	INDEPENDENT STUDY
2	POLITICS	SUPERVISED STUDY	SUPERVISED STUDY	RE	PSHCE
3	SUPERVISED STUDY	POLITICS	HISTORY	POLITICS	INDEPENDENT STUDY
4	RE	HISTORY	INDEPENDENT STUDY	INDEPENDENT STUDY	POLITICS
5	INDEPENDENT STUDY		RE	INDEPENDENT STUDY	INDEPENDENT STUDY

Students need to
be doing 15
hours of
independent
study per week

Supporting students with independent study

One of the key ways parents can support students is by keeping them accountable – Check in with them – what are they planning to do – what did they achieve?

Try to safeguard some time and a space for your daughter to study at home without other responsibilities

You can also help support your child in avoiding distractions, especially their phone. Students are encouraged to turn their phone off and keep it out of sight whilst studying. Putting the phone in a different room makes it less convenient to use.

Encourage them to be active in their study, such as recall activities or exam practice

Mrs Tooker

Sixth Form Academic Lead

Post 18 Support



University

- This is likely to be the destination for most students.
- Support for Widening Participation Programmes
- In Year 12 in PSHCE / Assemblies students will be taught about University pathway and application process.

This will include support with Personal Statements

- Further parental webinar before Easter outlining the process for parents.
- Summer term - all students will complete a draft of their personal statement and begin the UCAS online application - Futures Day.
- The Internal Deadline for University applications for current Year 13 students will be Nov 20th (Oxbridge/Med - 25th Sept)

Post 18 Support



Apprenticeships (and workplace)

- Again students will be introduced to this Pathway after Christmas
- Workshops and one-to-one meetings with our in school careers advisor - including guidance and resources on how to create a CV
- School Careers Fair - January
- Access to work experience programmes through Speaker4Schools, Springpod and Upskill
- [Online Student Opportunities board](#)

Apprenticeship Type	Equivalent to academic study
Degree Apprenticeship	Bachelors degree or Masters degree
Higher Apprenticeship	Certificate of Higher education or Diploma of Higher Education

Super-Curricular Activities

What does '*super-curricular*' mean? Taking your knowledge and engagement above and beyond what you do in school.

Super-curricular learning includes any activities you do outside of school / lessons that directly relate to your subjects:

Reading Books / articles



Completing a MOOC
(massive open online course)



Listening to Podcasts



Completing Super curricular activities helps students to:

- Achieve greater academic progress
- Be more competitive in **university applications**
- Be more engaged in your subjects

All Year 12 students should spend one hour per week completing **super-curricular activities and keep a log of the activities they complete.**

Watching lectures / TED talks



Following academics on
social media



Entering Academic
Competitions



Extra Curricular activities

In order for students to enjoy their time here and feel a part of our community we expect everyone to play a role in the life of the wider school.

Literacy and Numeracy mentoring
First Aid Club
Duke of Edinburgh
Mark Evison Award
Halloween dress up day ·
Sixth Form Sports Club
Winter Bazar / Open evenings
Sixth form Christmas Movie afternoon
Sports Day & Sixth Form sports afternoon
Gender & Sexuality Alliance

Science Astronomy Club
Islamic Society
Subject Ambassadors
Debates Club
Music clubs (drumming / guitar/vocal)
Mindfulness club
Big Sister (supporting students in younger year groups)
Music Evening and School Show
Law society

Community Champion Award

Bronze award – a student has completed 10 hours of volunteering in the school

Silver award – a student has completed 20 hours of volunteering in the school

Gold award – a student has completed 35 hours of volunteering in the school

We would hope that all Year 12 students will be able to achieve **at least a bronze award**.



Work Experience

Year 12s are expected to complete a week's work experience:

28th June - 2nd July

- Opportunity to **experience the world of work** and **gain insight into possible career pathways.**
- *Start thinking about possible placements now!*



(Any student without a placement will be required to attend school)

Parents will have to agree to the placement and that they will take responsibility for the student during this week.

The employer must have employers liability insurance.

Mrs Cherry

Sixth Form Pastoral Lead

Attendance

We know through experience that there is a strong link between attendance and academic progress.

The Sixth Form attendance expectation is that it should remain above 95%

If it falls below this (without a known good reason) students move on to monitoring report.

Students can be withdrawn from subjects if attendance is persistently below 85%

- Parents/ carers must call in if their child is absent for EVERY day of absence to avoid a truancy call. **Please dial option 4**

- If we don't hear from you for 5 days in a row then a home visit will be triggered as part of the safeguarding policy.

- If your child is due to miss school for any other reason other than illness then please let the sixth form office know.

Medical appointments should be avoided during timetabled lessons

If your child had a medical condition that will impact on attendance then please let me know.

Supporting students wellbeing

We take student wellbeing very seriously and have a range of support structures in place

- Mrs Cherry is the DSL for sixth form and Mental health First Aid trained
- Mental health first aid station in the sixth form.
- Access to place2talk and place2be counselling service
- Peer mentoring
- PSHCE lessons on coping mechanisms and dealing with exam stress
- Workshops from outside organisations
- Wellbeing Wednesdays
- Rewards



PSHCE

This is a tailored programme with a range of taught sessions and visiting speakers to prepare students for living more independently.

Fortnightly lessons

DATE	Year 12
14th Sept	Study skills for success in Sixth Form (notes & active reading)
28th Sept	Study skills for success in Sixth Form (managing time & workload)
12th Oct	Super-curricular in Sixth Form
2nd Nov	Exam stress
16th Nov	Drugs and alcohol Daniel Sparago. Lessons start 9.10
30th Nov	Sexual health, Split Banana
14th Dec	Revision methods and evaluation
11th Jan	Milestones in lesson. Future – what do you want to do? - Unifrog
25th jan	Employability skills
8th feb	Uni app process
1st March	Apprenticeships
15th March	7 habits of highly successful people - Krasi Toneva.
12th April	Training day. No lesson
26th April	Personal statements
10th May	Milestones - study leave. No lesson
24th May	British values
14th June	Social media addiction & digital footprint
28th June	Work experience week. No lesson
12th July	Driver safety talk

Supporting students mental health

Advice for Parents

Children and young people who are stressed may:

worry a lot

feel tense / be irritable

have headaches and stomach pains

not sleep well

lose interest in food or eat more than normal

not enjoy activities they previously enjoyed

be negative and have a low mood / feel hopeless about the future

- Make time to talk
- Encourage your child to talk to a trusted adult in school
- Make sure your son/daughter is eating well
- Make sure your son/daughter is getting enough sleep (8-10 hours)
- Help with study
- Remind your son/daughter it is normal to feel anxious and stressed at points
- Encourage exercise
- Be positive and encourage resilience
- Make time for treats / rewards

YOUNG MINDS

The voice for young people's mental health and wellbeing

<https://www.youngminds.org.uk/>

NHS

Hillingdon 24/7 Crisis line - 0800 0234 650

Communication

Sixth Form Office - 6thform@swakeleys.org.uk

Half termly updates

Progress Check reports - Oct / Feb / June / November / March

Parent Consultation evening - 11th March

Videos - Supporting with revision / preparing for future options

Questions and feedback