

Fremman College

6th Form

2026-28

The Sixth Form team



Mr Abell



Mr Hemel



**Miss
Nicholson**



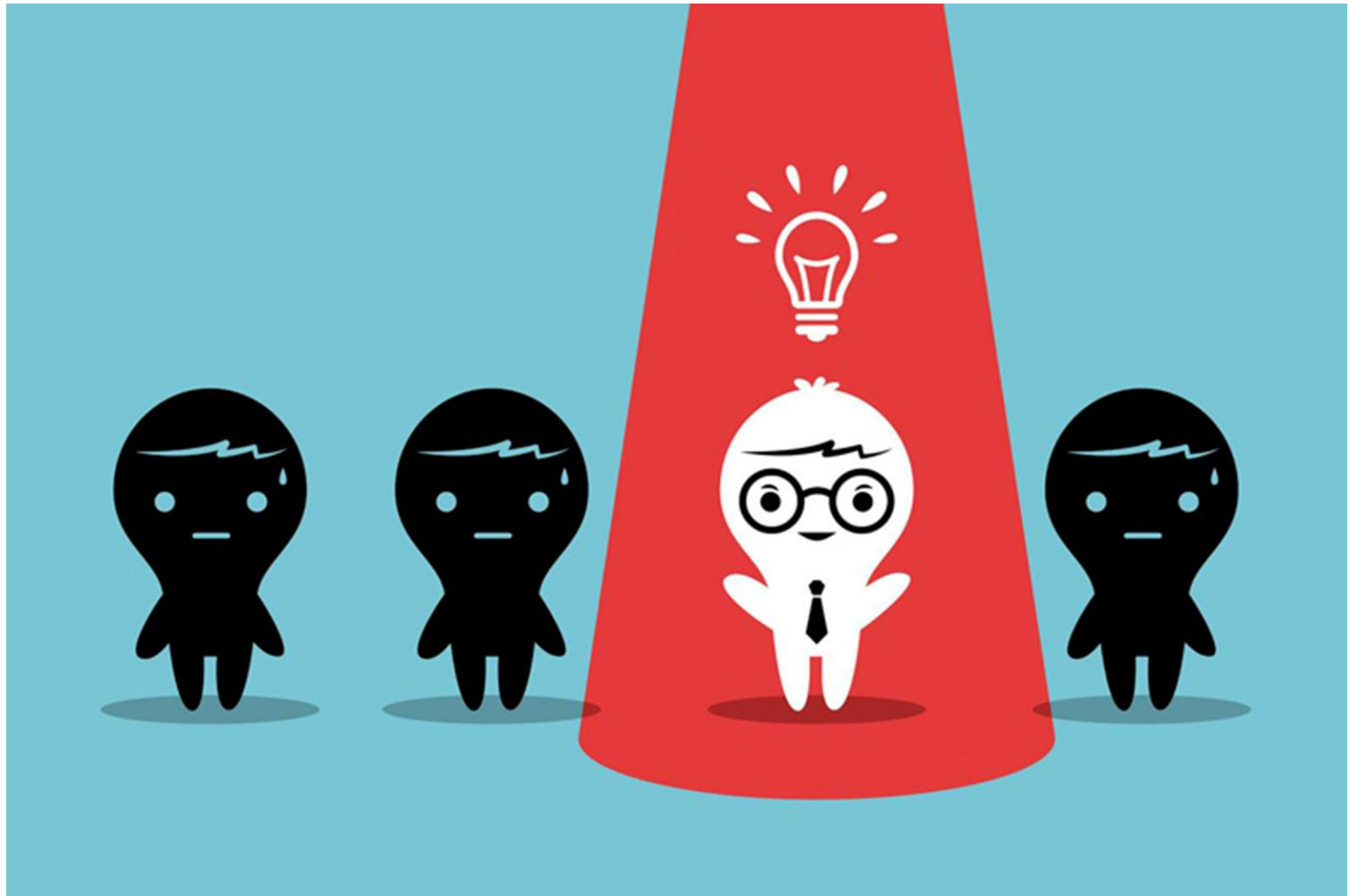
**Mrs
Herbert**

Aims of the evening:

- ☐ **New challenges and how to survive them**
- ☐ **Looking ahead – post 18 choices**







Remarkable people
make a habit of doing
things that most people
won't, don't or can't do"

Dan Chepstow

A typical timetable in Year 12

	Day1	Day2	Day3	Day4	Day5
1	Mathematic ADM FIB		Study Vith SGH LOF	Mathematic SCD ENI	Workshop WNA HAL
2	English Lite BDH MIL	Study Vith SGH LOF	English Lite HEC ARL	Mathematic ADM PAR	Mathematic SCD ENI
3	Psychology TWH Mg	English Lite BDH FRK		Study Vith SGH LOF	Study Vith SGH LOF
4	English Lite HEC MIL	Psychology ADP Mg	Study Vith SGH LOF	English Lite BDH MIL	Psychology TWH PAR
5		Study Vith SGH LOF	Psychology ADP Rb	Psychology TWH FER	

	Day6	Day7	Day8	Day9	Da10
1	English Lite BDH MIL	Study Vith SGH LOF	Careers BDH LOV	Mathematic SCD ENI	Workshop WNA HAL
2	Psychology ADP Mg	Mathematic ADM FIB	Study Vith SGH LOF	Study Vith SGH LOF	Mathematic ADM FIB
3	Study Vith SGH LOF		Mathematic SCD ENI	Psychology TWH FIB	Psychology ADP Mg
4	Study Vith SGH LOF	Study Vith SGH LOF	Psychology ADP Mg	English Lite HEC ARL	Study Vith SGH LOF
5		Mathematic SCD ENI	English Lite HEC MIL		English Lite BDH MIL

Study periods

	Day1	Day2	Day3	Day4	Day5
1	Mathematic ADM FIB		Study Vith SGH LOF	Mathematic SCD ENI	Workshop WNA HAL
2	English Lite BDH MIL	Study Vith SGH LOF	English Lite HEC ARL	Mathematic ADM PAR	Mathematic SCD ENI
3	Psychology TWH Mg	English Lite BDH FRK		Study Vith SGH LOF	Study Vith SGH LOF
4	English Lite HEC MIL	Psychology ADP Mg	Study Vith SGH LOF	English Lite BDH MIL	Psychology TWH PAR
5		Study Vith SGH LOF	Psychology ADP Rb	Psychology TWH FER	

	Day6	Day7	Day8	Day9	Da10
1	English Lite BDH MIL	Study Vith SGH LOF	Careers BDH LOV	Mathematic SCD ENI	Workshop WNA HAL
2	Psychology ADP Mg	Mathematic ADM FIB	Study Vith SGH LOF	Study Vith SGH LOF	Mathematic ADM FIB
3	Study Vith SGH LOF		Mathematic SCD ENI	Psychology TWH FIB	Psychology ADP Mg
4	Study Vith SGH LOF	Study Vith SGH LOF	Psychology ADP Mg	English Lite HEC ARL	Study Vith SGH LOF
5		Mathematic SCD ENI	English Lite HEC MIL		English Lite BDH MIL

Study periods

- Working in the “Loft” to consolidate the learning done in lessons
- Students are supported by Study Supervisor
- Attendance is compulsory



Academic enrichment

- Extended Project Qualification
- Freman Scholar Project
- Online university courses

EPQ: Extended Project Qualification

- Academic research project
- 5000 word written report
- Commitment:
 - Fixed deadlines which must be met
 - Extra study times
 - Must attend meeting next week

FSP: Freman Scholar Project

- Academic research project
- Academic Poster
- Commitment:
 - Complete it anytime before Easter
 - Celebration event: Festival of Knowledge

Man to Machine: Can myoelectric upper limb prosthetics ever be fully biomimetic?

SIGNAL CAPTURE

Electromyography (EMG): Most myoelectric prosthetics work using EMG, where electrodes pick up neural signals and transmit data to the actuators in the prosthetic. The most common approach is surface electromyography (sEMG), which involves electrodes outside the limb to detect muscle activity and translate it into motor actuation.



Fig A: Bipolar Configuration - 2 on the muscle belly, a third for reference (pictured left)
HD-EMG - A sheet of around 125 micro-electrodes, with higher accuracy

Type	Name	Description	Issues
Surface	Agar/gel	Conductive gel	Drying out, skin irritation
Surface	Gold thread	Pure metal or alloy conductor	Interrupted by sweat
Surface	Buried	Woven into garments or liners	Lots of noise, moves from site
Surface	Microscale	Into epidermis	Invasive and painful
Invasive	Intramuscular	Two wires within muscles	Invasive and painful
Invasive	Extramuscular	Platches surgically sewn onto muscle surface	Requires surgery

Targeted Muscle Reinnervation (TMR): Targeted muscle reinnervation is the process of surgically rewiring residual nerves to new muscle targets; for example, connecting a residual nerve in the forearm to a denervated patch of muscle in the upper arm. This means that, when the user thinks of flexing their wrist, the nerve will trigger bicep contraction which the EMG is then able to convert into wrist movement. This allows for intuitive control, and for simultaneous control of different movements without having to change mode (Fig D). In a case study, a man who had bilateral amputations had TMR surgery and reported less pain from neuromas (painful bundles of disorganised nerve fibres after traumatic injury), intuitive control and independence in daily tasks. TMR means that the control of the prosthetic is more natural and requires less training, ultimately leading to greater biomimicry for the user.

Fig C: With TMR Fig D: Without TMR



Fig B: The surgical process of TMR

CONCLUSION:

Advantages:
Intuitive control
Simultaneous movement
Improved independence

Limitations:
Expensive
Requires surgery
Limited eligibility

The ultimate goal of robotic prosthetic technology is to regain the dexterity, strength, sensory input and aesthetics of a biological limb. Upper body prosthetics experience a wide variety of challenges in signal capture, motor actuation and sensory feedback. The focus of more recent technological developments has been in biomimicry - using the technology inherent in biological processes to inspire engineered solutions. This poster will explore these recent advances, as well as their pitfalls, and aim to answer the question: can myoelectric prosthetics ever become fully biomimetic - and is that the right goal to pursue?

SIGNAL PROCESSING

Machine Learning: Once a signal has been gathered, cleaned and amplified, it then needs to be identified. Many studies use deep learning interfaces to develop pattern recognition of how certain EMG signals translate to the desired motion. Whilst more accurate and nuanced than typical myoelectric control, these technologies are often limited by the size and speed of their computers. Studies such as Neuroattend achieved 98% accuracy of motion in an average 7 milliseconds. They used an explainable AI (called SHAP) instead of Blackbox, meaning they were able to identify the information and processes used by the AI. Whilst using secondary data, this study suggests future AI models can be quicker and available on lighter, energy efficient devices.

Brain Computer Interfaces (BCI): BCIs can provide direct sensory feedback to the brain. These use tiny electrodes in the brain to both trigger movement (compatible with EMG), and to trigger intracortical micro stimulation - the same tactile sensation as any biological limb. This process is however very invasive and holds a great risk for infection.

CONCLUSION:

Advantages:
Reflexes
Improves with time
Low rejection rates

Limitations:
Cost
Battery power
Invasiveness

Fig E: Experimental BCI implantation for controlling robotic prosthetics for a patient with ALD



These technologies, used in parallel with each other, can get close to fully naturalistic upper limbs, improving mental image, functionality in daily life, and ease of use. An intriguing trend is that many of these techniques are inspired by biological processes, such as NTS and osseointegration. This applies across many fields, such as new developments in mimicry of photosynthesis for energy production. Ultimately, I believe future prosthetic systems may become fully indistinguishable from biological limbs for many users, although replicating all biological processes remains challenging. However, one must consider whether the overall goal should be a fully natural arm for a few or a functional and comfortable arm for many. There are approximately 60 million amputees worldwide, with up to 40 million living in developing countries. One must consider whether high tech prosthetics should be prioritised in research, or if finding cheap and easily made alternatives would lead to greater net benefit. Medecine Sans Frontières, for example, have created travelling 3D printing vans for warzones, printing simplistic passive limbs for those who have suffered traumatic amputations. Whilst solutions like this may not be biomimetic or advanced, they have an immense impact on users and therefore may be considered more important. I conclude, therefore, that whilst I believe we can make biomimetic limbs, I think the priority should first be in universal access to limbs with some functionality.

Technology	Biomimicry	Cost	Invasiveness	Maturity
EMG	Medium	Medium	Low	High
TMR	High	High	High	Medium
BCI	Very High	Very High	Very High	Low
NTS	High	High	Medium	Experimental

Fig F: A recipient of a 3D printed limb, with paintable nails



SENSORY FEEDBACK

OSSEointegration: This process involves surgically implanting a plasma coated titanium joint into the bone of the residual limb, allowing a prosthetic to be screwed on directly. The implant is biocompatible and encourages bone growth, leading to minimal rejection rates. This procedure eliminates socket chafing and the cost of repeated socket fittings, as well as providing osseoperception (sensory perception through bone vibrations).



Fig G: Cross-sectional view of an osseointegrated joint

EMG FEEDBACK: Some basic EMG systems can also provide sensory feedback. This is not biomimetic - it uses the same signalling process for both signal generation and feedback. Tactile sensors are placed on the opposite side of the torso from the prosthetic and give a small vibrotactile sensation when triggered. This means it does not feel the same as it would for a biological arm; for example, the sensation of your fingertips is redirected to your lats. But there is still some sensory feedback, using less mass and processing time than other methods.

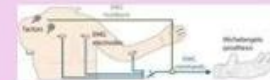


Fig H: The placement of electrodes and tasters

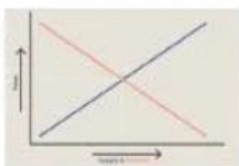
NEUROMORPHIC TACTILE SENSORS: These serve the opposite role to EMG - feeling the world through generating discrete signal spikes to mimic nerves' action potentials, feeding back to the residual limb, or perceived as from the phantom hand. This allows the body to naturally process the sensory information from the prosthetic, as the whole process is inspired by the biological mechanism - from the mechanoreceptors in skin to the neural action potentials. This means the user can feel a sensation as if it is from their missing limb. With up to a 98% accuracy in a texture identification task, NTS can allow amputees to fully feel the world around them, improving the mental recognition of the limb.

CONCLUSION:

Advantages:
Improves user's experience
Differentiation between textures and temperatures
Natural integration with the body

Limitations:
Manufacturers regard it as lower priority
Expensive

Challenge	Why	Best technologies
Cost	\$10-20,000 each	sEMG, passive
Real time control	Reflexes needed for safety	AI, BCI, TMR
Bidirectional	Touch and neural perception	NTS, BCI
Portability	Weight and battery life	TMR
Noise	Other nerves affect clarity	BCI, TMR
Testing Protocols	Not standardised, difficult to compare	N/A
Mental Health	High rejection rates	TMR, NTS



WHAT CAUSES FINANCIAL CRISES?

Introduction:

"A financial crisis is a disruption to financial markets in which adverse selection and moral hazard problems become much worse, so that financial markets are unable to efficiently channel funds to those who have the most productive investment opportunities." (Mishkin, 1991)

Factors that can subsequently cause a financial crisis are:

1. Negative disruptions in supply & demand (TED-Ed, 2019)
2. Asset bubbles- a willingness to pay higher prices for something lower in intrinsic value (TED-Ed, 2015)
3. Banks offering a higher number of high-risk loans.



CASE STUDY: 2008 US crisis

High return rates in US housing market

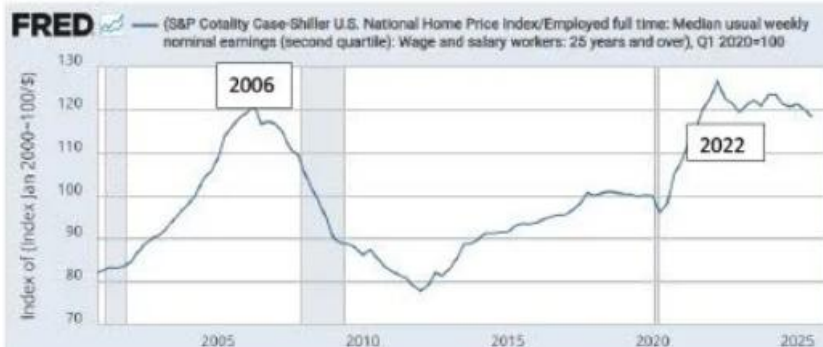
Housing demand increased

Lenders decided to expand subprime lending

Mortgage defaults increased and house prices collapsed

US economy in recession

Subprime lending:
lending to people with
low income and poor
credit histories



Sources: S&P Dow Jones Indices LLC; U.S. Bureau of Labor Statistics via FRED®

Shaded areas indicate U.S. recessions.

myf.red/g/1o1xx

Conclusion:

- Financial crises often result from excessive risk-taking
- Relaxed lending standards can create asset bubbles

References

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TED-Ed. (2015, May 4). Retrieved from YouTube: <https://www.youtube.com/watch?v=i5ZR0jMlxX0>

TED-Ed. (2019, October 15). Retrieved from YouTube: <https://www.youtube.com/watch?v=Swacg7Gwtzw>

BUILDING LIFE: EXPLORING BIOARTIFICIAL ORGANS

>12,000 people in the UK have died or been removed from the transplant waiting list over the past 10 years¹.

In the USA alone, 17 people die every single day waiting for a transplant² to replace one of the 78 main organs within the human body.

Organ Manufacturing can be defined as the production of (bioartificial) organs using living cells and other biomaterials (such as polymers, growth factors, bioactive agents or biochemical signals), and some advanced processing technologies³. There are 3 classes: biological, mechanical, and biomechanical.

Organs are biological structures composed of tissue with many intricately designed and interacting parts that function together. When cells within an organ die, mesenchymal stem cells (cells from blood stem cells) replenish them, not build, but aid in organ repair (bones & muscles).

WHEN MANUFACTURING ONE, THERE ARE FOUR KEY STEPS:

Predesign

To achieve a blueprint, computer-aided modelling can be utilised for a scaffold/design for the organ³. However, if the structure is known, manual cell seeding or perfusable decellularised organ regeneration technologies can be implemented. They either directly inject regenerative cells into the biological scaffold or strip away donor cells to leave behind the extracellular matrix (ECM) which is then modified into an organ by implementation of the new cells⁴. This recreates the multi-scale cell survival environments and integrates the different cell types.

The latter method involves pumping of fluids containing cells and can be hooked up to a bioreactor that supplies nutrients allowing the organ to mature⁴.

Post Multi-Tissue Maturation

Once the organ has been constructed in 3D, it needs to be stable for in vitro culture or in vivo implantation³. To achieve this, crosslinking strategies can be implemented to turn it into solid 3D networks and trap the cells in the mesh³. For example, ionic crosslinking, stereocomplex crosslinking (where polymer chains of opposite chirality stick together⁶), and the formation of strong covalent bonds between groups). The structural stability provided also ensures cell aggregation and the formation of functional tissues³. While the tissue matures, the developing living cells can respond to environmental signals, including bio physical changes. If the organ has more than 3 cell types (vast majority), the location of the cell, what it lives next to, signal's temporal introductions, and its extracellular matrix composition need to be considered³.

Biomaterials and Construction Tools

In terms of the types of cells that are used for manufacturing, those of the individual are recommended due to immune rejection³. Growth factors are also essential for stable growth. Examples include: basic fibroblast growth factor (FGF-2), vascular endothelial growth factor (VEGF), and brain-derived neurotrophic factor (BDNF)⁵, which are all responsible for the formation of the different tissues. This is executed by MRNP (3D bioprinting using many nozzles) and additive combined molding (3D printing according to stress vectors) technology³. Additionally, it also establishes a vascular/nervous network between cells in the ECM, ensuring the organ is functional.

Disadvantages of the technologies:

- 3D bioprinting disadvantage = machine dependent³
- Additive combined molding disadvantage = model dependent³
- Decellularised organ regeneration = difficult to regain the multicellular contents³

Progress within Organ Manufacturing Technology

In 2003, the first "Organ Manufacturing" centre was set up in Tsinghua University in 2003, accompanied by the creation of several series of automatic and half-automatic bioartificial organ manufacturing technologies³.

In recent times, a tracheal substitute used to replace the recipients' left main bronchus with a functional airway which proved to be successful³.

REFERENCES

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- Gilpin, A., & Yang, Y. (2017) 'Decellularization Strategies for Regenerative Medicine: From Processing Techniques to Applications' *BioMed Research International*, 2017, 9831534. <https://doi.org/10.1155/2017/9831534>
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- Wang, X. (2019) 'Bioartificial Organ Manufacturing Technologies' *Cell transplantation*, 28(1), pp. 5-17. <https://doi.org/10.1177/0963689718809918>

Vikings in England: How genuine was their conversion to Christianity?



Vikings were not how they were portrayed in media. Many were simple traders and farmers. The modern term 'Viking' translates to Scandinavian raider. Over time, with their conversion to Christianity, the Vikings were regarded as much more civilised than before.

Evidence for Paganism

Literature is the main evidence that the Old Norse religion existed. 'Prose Edda' was written by Snorri Sturluson, a Christian. The stories within were passed down through oral tradition and presented with enthusiasm of tradition. Since it was written after the conversion, Snorri addresses that these stories are not to be believed but are there for ancient tradition.



Early Viking Desecration

The first ever Viking attack in England was at Lindisfarne. Ecclesiastical sites were purposefully targeted for their wealth. Church and monastic records were lost and educational standards declined. Another example is the formidable Viking Ivar the Boneless who was buried at a site in Repton along with Mercian royals. Was this because it was a holy Christian site? Or was it to render it as a Pagan site?

Mixing beliefs

Medieval English Christianity made paganism unnecessary as it produced a parallel service. Christianity is regarded as having many different saints along with natural places being sacred to saint like Pagan deities.



Political Motivations

Danelaw - region of England under Viking control. This agreement was sealed after the Viking King Guthrum was baptised and promised to accept Christianity and was received as King Alfred's adoptive son. Primosigning - practice that involved a Christian priest's making the sign of the cross in the forehead of the person. This enabled a Viking to trade with Christians. Therefore, suited both sides as it promised economic benefits to both. Leadership disputes - Archbishops of York were found to be co-operating with Viking Kings which proves it was more important to develop a working relationship.

Integration

By the 11th Century, Vikings had begun to embrace Christianity. The first Viking King of England, Canute, issued law codes prohibiting the veneration of natural objects. In addition to this, public acts of atonement advertised Cnut's credentials as a Christian ruler.

References

www.gresham.ac.uk. (n.d.). How Pagan Was Medieval Britain? | Gresham College. [online] Available at: <https://www.gresham.ac.uk/watch-now/medieval-pagan>. [Accessed 27 Jun. 2026]
Snorri Sturluson and Gilchrist Brodeur, A. (2014). The prose edda. CreateSpace
Keynes, S. and Johannes Asser (2004). Alfred the great asser's life of Alfred and other contemporary sources. London [U.A.] Penguin Books.

Conclusion

Ultimately, it may seem that throughout the early Viking age their 'conversion' was only for their gain of material prosperities, it is clear to see that the Pagan conversion to Christianity was genuine through subjects like Canute who was the first Viking leader to be acknowledged by the Pope as a Christian king.



MOOC: Massive Online Open-access Course

Short online university course (free)

Commitment:

- Complete at any time in Lower Sixth year

From Crime to Punishment: an Introduction to Criminal Justice

What is crime? How does criminal justice work in England and Wales? Find out more by following a case through the system.

★★★★★ 4.8 (184 reviews) 44,675 enrolled on this course



From Crime to Punishment: an Introduction to Criminal Justice

★★★★★ 4.8 (184 reviews)

44,675 enrolled on this course

⌚ 4 weeks

🕒 4 hours per week

📜 Digital certificate when eligible

📌 Introductory level

Join course

[Find out more](#) about how to join this course

Free
periods

	Day1	Day2	Day3	Day4	Day5
1	Mathematic ADM FIB		Study Vith SGH LOF	Mathematic SCD ENI	Workshop WNA HAL
2	English Lite BDH MIL	Study Vith SGH LOF	English Lite HEC ARL	Mathematic ADM PAR	Mathematic SCD ENI
3	Psychology TWH Mg	English Lite BDH FR		Study Vith SGH LOF	Study Vith SGH LOF
4	English Lite HEC MIL	Psychology ADP Mg	Study Vith SGH LOF	English Lite BDH MIL	Psychology TWH PAR
5		Study Vith SGH LOF	Psychology ADP Rb	Psychology TWH FE	

	Day6	Day7	Day8	Day9	Da10
1	English Lite BDH MIL	Study Vith SGH LOF	Careers BDH LOV	Mathematic SCD ENI	Workshop WNA HAL
2	Psychology ADP Mg	Mathematic ADM FIB	Study Vith SGH LOF	Study Vith SGH LOF	Mathematic ADM FIB
3	Study Vith SGH LOF		Mathematic SCD ENI	Psychology TWH FIB	Psychology ADP Mg
4	Study Vith SGH LOF	Study Vith SGH LOF	Psychology ADP Mg	English Lite HEC ARL	Study Vith SGH LOF
5		Mathematic SCD ENI	English Lite HEC MIL		English Lite BDH MIL

Free periods

- Students can sign out of college if they wish. This is reviewed each half-term.
- **Period 1 free:** students do not need to attend morning registration but must sign in by 10:00
- **Period 5 frees:** students do not need to attend afternoon registration so can sign out at lunch and stay out

Year 12 Workshop

	Day1	Day2	Day3	Day4	Day5
1	Mathematic ADM FIB		Study Vith SGH LOF	Mathematic SCD ENI	Workshop WNA HAL
2	English Lite BDH MIL	Study Vith SGH LOF	English Lite HEC ARL	Mathematic ADM PAR	Mathematic SCD ENI
3	Psychology TWH Mg	English Lite BDH FRK		Study Vith SGH LOF	Study Vith SGH LOF
4	English Lite HEC MIL	Psychology ADP Mg	Study Vith SGH LOF	English Lite BDH MIL	Psychology TWH PAR
5		Study Vith SGH LOF	Psychology ADP Rb	Psychology TWH FER	

	Day6	Day7	Day8	Day9	Da10
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2	Psychology ADP Mg	Mathematic ADM FIB	Study Vith SGH LOF	Study Vith SGH LOF	Mathematic ADM FIB
3	Study Vith SGH LOF		Mathematic SCD ENI	Psychology TWH FIB	Psychology ADP Mg
4	Study Vith SGH LOF	Study Vith SGH LOF	Psychology ADP Mg	English Lite HEC ARL	Study Vith SGH LOF
5		Mathematic SCD ENI	English Lite HEC MIL		English Lite BDH MIL

Workshops:

Life Skills Programme

Every Friday period 1

Programme of guest speakers

study skills

careers advice

employability skills

university preparation

apprenticeship opportunities

Sixth Form “Life Skills” programme

Half-term	Theme
1	Study skills
2	Personal Finance
3	Staying healthy
4	Social responsibility
5	World views
6	Post-18 applications

Careers lessons

	Day1	Day2	Day3	Day4	Day5
1	Mathematic ADM FIB		Study Vith SGH LOF	Mathematic SCD ENI	Workshop WNA HAL
2	English Lite BDH MIL	Study Vith SGH LOF	English Lite HEC ARL	Mathematic ADM PAR	Mathematic SCD ENI
3	Psychology TWH Mg	English Lite BDH FRK		Study Vith SGH LOF	Study Vith SGH LOF
4	English Lite HEC MIL	Psychology ADP Mg	Study Vith SGH LOF	English Lite BDH MIL	Psychology TWH PAR
5		Study Vith SGH LOF	Psychology ADP Rb	Psychology TWH FER	

	Day6	Day7	Day8	Day9	Da10
1	English Lite BDH MIL	Study Vith SGH LOF	Careers BDH LOF	Mathematic SCD ENI	Workshop WNA HAL
2	Psychology ADP Mg	Mathematic ADM FIB	Study Vith SGH LOF	Study Vith SGH LOF	Mathematic ADM FIB
3	Study Vith SGH LOF		Mathematic SCD ENI	Psychology TWH FIB	Psychology ADP Mg
4	Study Vith SGH LOF	Study Vith SGH LOF	Psychology ADP Mg	English Lite HEC ARL	Study Vith SGH LOF
5		Mathematic SCD ENI	English Lite HEC MIL		English Lite BDH MIL

Careers session

1 per fortnight

Interview skills

CV-building

Researching post-18 options

Off-timetable days

- 4 in the year
- First is “Get Work Ready” Day (Oct 7)
- Also ...
 - Trip to Houses of Parliament
 - UCAS university visit
 - Work shadowing day (Jan 26)
 - “Plan your future” day

Sixth Form Jollies



Studying in the Sixth Form



- no idea
- no idea
- no idea
- no idea
- no idea
- no idea
- no idea
- no idea
- no idea
- no idea
- not sure
- dunno
- dunno
- dunno





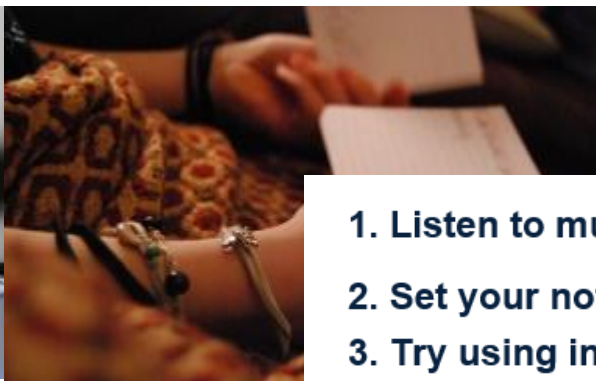
>> Somewhere between 75% and 85% of a child's waking hours are spent outside school

Six factors which affect achievement

- 1 **Expectations** - setting high and consistent standards
- 2 **Routines** - establishing ones which promote health, well-being and regular study
- 3 **Opportunity to learn** - creating a home learning environment that stimulates learning
- 4 **Support** - showing interest, giving specific praise and teaching social and learning skills
- 5 **Culture** - establishing a warm, cooperative, positive environment
- 6 **Role modelling** - demonstrating the habits of mind and behaviours of successful learners







1. Listen to music
2. Set your notes to music
3. Try using interactive learning materials
4. Use flashcards
5. Create posters
6. Make up some mnemonics
7. Use diagrams to illustrate what you're learning
8. Invest in some stationery you love using
9. Treat yourself
10. Read the book? Now watch the film...
11. Read Harry Potter in another language
12. A change of scene
13. Study in small bursts on each topic
14. Study with a friend
15. Start a study group



LOWER SIXTH COMMUNITY WORK (30 hours)

Assisting in specific subjects/departments

Paired Reading for students in A, I and E year.

Helping at a local primary school

IT support for A, I & E year.

Help in Food Technology

Amnesty (see Dr Glassmith)

Assisting with D of E – Training Bronze D of E

Assisting with School productions –

Stage management, lighting, costumes, front of house etc. (See Drama dept/music dept)

Geography Leaders (don't have to be doing A level Geography) – see Ms Cadman

Working with local scouts/guides groups – if they already do this, your hours can be counted towards this scheme

Buntingford Youth Council.

Working with the elderly

Working for Buntingford council on their holiday projects.

Arranging music for school assemblies

Voluntary work in local charity shops



Sixth Form Community Service



**All things are
difficult before
they become
easy**



Keeping an eye on progress

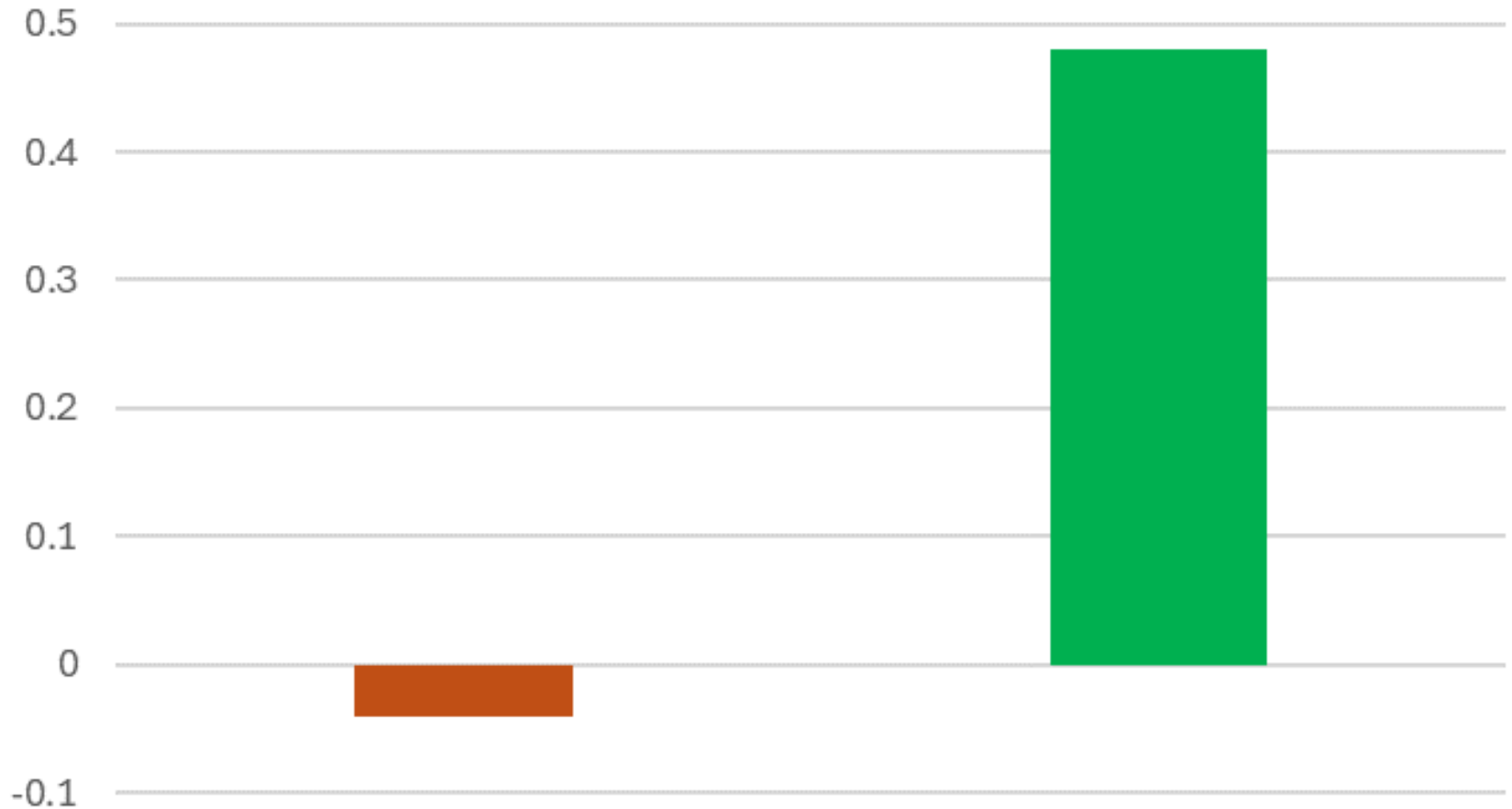
- Half-termly assessments
- Trial Exams: February 8-10
June 16-23
January (U6th)
- Parents' Consultation Evening: March 17
- Progress Reports: October, February, July

What could get in the way of success in the Sixth Form?

- Absence (at least 95% attendance is needed)

The impact of less than full attendance

Grade score compared to national



**Students who
attended less
than 90%**

**Students who
attended over
95%**

Illness – what to do

If students ...

- ...are ill in the morning and cannot come into college?
= **parent contacts the college**
- ...become ill during the day and need to go home?
= **go to the office**
- ...know in advance that they will be absent? (eg driving test)
= **tell Sixth Form staff and tutor**

What could get in the way of success in the Sixth Form?

- Absence (at least 95% attendance is needed)
- Too much paid work (no more than 10 hours)
- Not working enough between lessons

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- Not working enough between lessons
- **Not accepting support**

What support is available?

- Subject teachers
- Sixth Form Team
- Tutor & Head of House

How can parents help?

- Provide study space at home
- Help with attendance & punctuality
- Take a look at “review notes” from lessons
- Help with planning revision timetables
- Keep us informed

A sense of direction



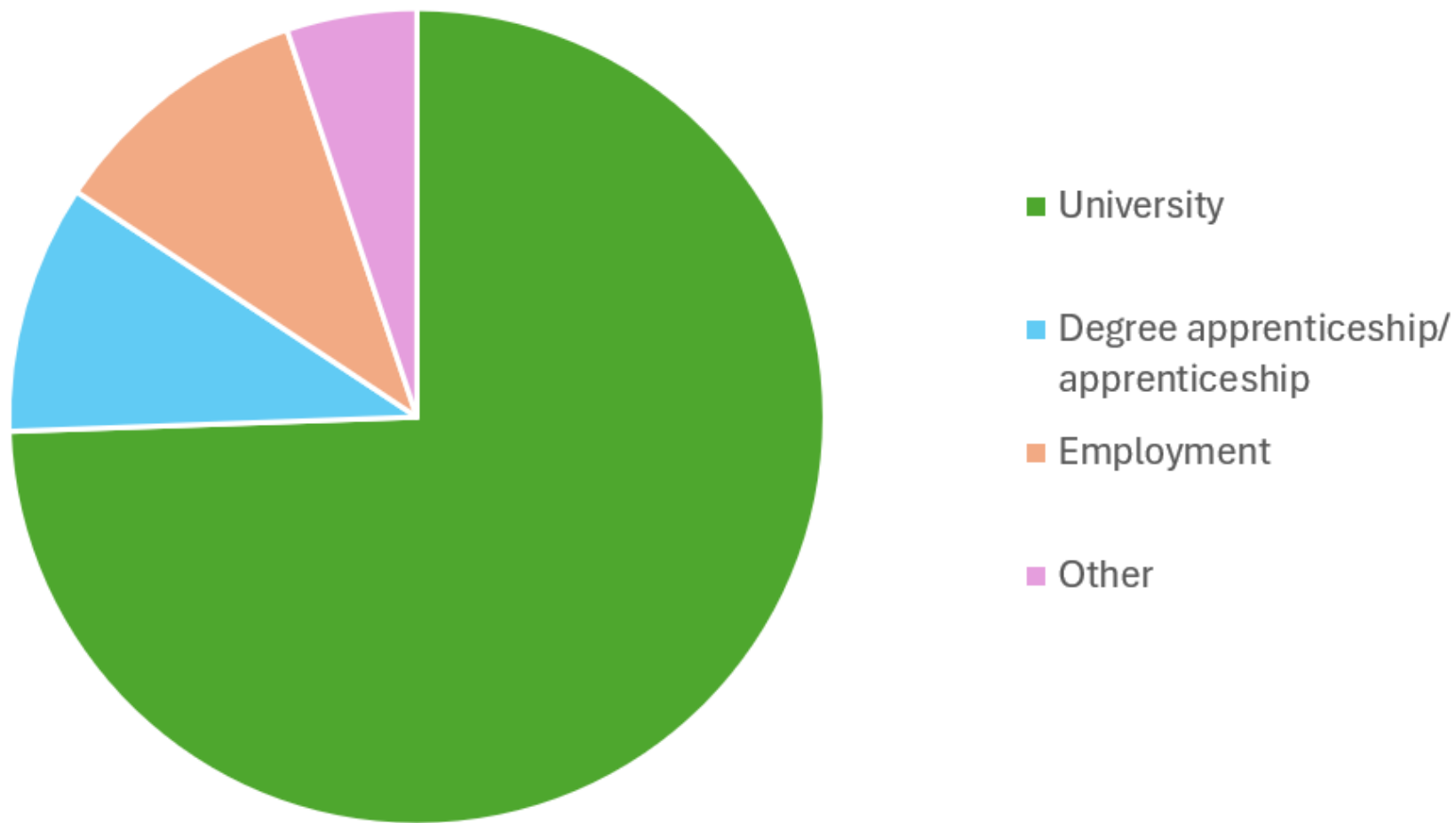
University

Apprenticeship

**Further
Education**

Employment

Upper Sixth Destinations 2024-2026



How do we support Sixth Formers in their Post-18 plans?

Email contact groups

Uni & apprenticeship speakers in Friday Workshops

Fortnightly Careers lessons

“Get Work Ready” day in October

CV and interview skills

Pairing students with alumni

Displays and prospectuses in Loft & Library

Independent careers advisor

Early Applicant Group

Work shadowing / work experience

Parents’ Information Evening

UCAS Exhibition in June

Ex-student advice day in July

Local employer careers fair

Mock interviews

“Preparing for Independence” Day

Work experience

- **All students:** 1 day of relevant work shadowing January 26
- **Teaching** ... 2 weeks' experience in 1 or 2 schools
- **Medicine & nursing** ... minimum 2 weeks' experience in 2 health-related jobs
- **Vet** ... minimum 2 weeks' experience in 2 animal-related jobs

unifrog



Springpod



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