

The Abbey Sixth Form Newsletter

Websites of the Week

Mental Health

ACTION FOR HAPPINESS

Website/app with ideas for staying calm, happy and resilient

Exercise and Wellbeing



Website to find out more about getting fit

Destinations



Careers profiles - not just university!

Study Support



Student forum based around sixth-form student issues

Hi all,

Welcome to the first 6th form newsletter! I hope that you and your families are well and that you are able to keep some normality during lockdown. We've been so lucky with the weather so I hope you've been able to go outside and top up on your vitamin D!

We know that it is a difficult time for you all and the staff are doing what we can to support. I cannot say this enough - ASK FOR HELP! Learning at home on your own can never be the same as lessons so email your teachers if you get stuck.

I have put together a suggested schedule (p2) for those of you struggling with motivation to complete your set tasks. The suggested daily number of hours to study is three so stick to this unless you absolutely can't. I will also include a destinations task to do each week and this is an excellent time to start investigating post-18 options.

Establishing a routine is really important as a way of keeping mentally and physically fit. Try and get some fresh air everyday and do some exercise, keep your sleep pattern regular and resist the urge to check your phone every two minutes!

We have been phoning and emailing you all over the last week and are so impressed with the resilience you are showing. We'll continue to contact you until school returns but always email us if you need support.

I will be sending out a newsletter weekly from now on so please let me know if you would like anything to be included. I would love to hear from you all!

Until next week, take care,

Ms Jones

Suggested Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8.45-9.00	Read the newsletter. Check VLE for work and make daily schedule.	Check VLE for work and make daily schedule.	Check VLE for work and make daily schedule.	Check VLE for work and make daily schedule.	Check VLE for work and make daily schedule.
9.00-10.00	Read an article about careers and next steps. Apprenticeship /employment/ Uni research.	Read an article about careers and next steps. Apprenticeship /employment/ Uni research.	Read an article about careers and next steps. Apprenticeship /employment/ Uni research.	Read an article about careers and next steps. Apprenticeship /employment/ Uni research.	Read an article about careers and next steps. Apprenticeship /employment/ Uni research.
10.00-11.00	Option 1	Option 2	Option 3	Option 1	Option 2
11.00-11.30	Break - catch up with friends, family	Break - catch up with friends, family	Break - catch up with friends, family	Break - catch up with friends, family	Break - catch up with friends, family
11.30-12.30	Option 2	Option 3	Option 1	Option 2	Option 3
12.30 - 1.30	Go for a walk, do some exercise, meditation etc	Go for a walk, do some exercise, meditation etc	Go for a walk, do some exercise, meditation etc	Go for a walk, do some exercise, meditation etc	Go for a walk, do some exercise, meditation etc
1.30 - 2.00	Lunch	Lunch	Lunch	Lunch	Lunch
2.00-3.00	Option 3	Option 1	Option 2	Option 3	Option 1

Destinations

Unifrog

Over the next few weeks I will be sending you resources to support with planning your post-18 destination, whether that be university, apprenticeship or employment. Much of this will be using Unifrog so it's important you know how to use it! (See my email for guidance on this.)

Unifrog is a one-stop-shop where you can easily explore your interests, then find and successfully apply for your next best step after school. Unifrog will help you to explore your key interests and what career paths you can take to reach your goals!

This week we are easing you in with a task on skills and competencies. You can also use this week to get yourself acquainted with the site and what it has to offer.

Task:

Whether you are certain of what your next step is or have no clue it is important to know what skills and competencies you have to offer and those needed for your chosen career. But why?

In life, you'll need to talk about and prove what you do well. No matter whether you go into an apprenticeship, a job, or further education – you'll need to sell yourself on your skills and abilities.

Being able to identify what competencies you might need and to confidently describe how you can demonstrate them are two great skills to develop in themselves, and the following two activities will help you do just that.

1. Log into Unifrog.
2. Find the Competencies tool on the Unifrog homepage.
3. Choose your skill from the list (choose 'Other' if it's not there), then name the situation in which it happened with a date and your description.
4. Next, using the Careers library and Subjects library tools, identify the key competencies that will be essential in your ideal job or subject area. If you are considering an apprenticeship, make note of any specific competencies that employers may typically outline as a requirement.
5. Finally, look at the competencies you've already recorded on Unifrog. Can you already demonstrate the skills you identified in the last activity?
6. What's missing? Make a note of it and think of 3 things you could do to improve this skill.
7. Consider what you could do to develop the skills and competencies needed by your ideal job/subject.

The logo for Unifrog, featuring the word "unifrog" in a bold, lowercase, green sans-serif font.