

POST 16 BULLETIN (18)



Week Beginning 3rd June 2019

Well-being

We asked young people to give us some wellbeing advice for exam time, and this is what they told us:

1. Always take a moment just to breathe, whether in the exam, before or after.
2. Remember that school does offer support, just reach out and ask!
3. Keep your work balanced. Spend time revising, but socialise and relax too.
4. Keep a self-care routine so that your revision is the most productive it can be whilst you feel as good as possible.
5. Break up revision with food and exercise to make sure you stay energised.
6. Remember that results do not define you.
7. Find a revision space and style that works for you: silence, background chatter, music with or without lyrics.
8. Work to your own pace – everyone is different in how they work.
9. If you feel nervous about the time pressure of an exam, practice timing yourself when you revise, or try some test papers.
10. Plan in some treats to reward yourself, and celebrate when it's all over!

YEAR 12 MOCK Exam Timetable

	Monday 17th June	Tuesday 18th June	Wednesday 19th June	Thursday 20th June	Friday 21st June
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Periods 1 and 2	History	Psychology		Biology	Dance
		Maths			English
					Media (AV)
Periods 3 and 4	Product Design				
Periods 5 and 6			History	Maths	

UCAS 2020

The UCAS application system is now open and, to date, 7 of our Year 12 students have completed their applications up to the point of making choices and writing personal statements – well done!

I am available during any of my non-teaching periods to support you with your UCAS applications during your private study sessions. Please do not attempt to complete these on your own – there are aspects that you won't be able to complete and I would hate you to make any errors!

For those of you who have actively started thinking about University, please begin to make a table of information as you will, eventually, have to narrow your choices to 5 institutions (see below for an example):

Name of Institution	Course	Entry Requirements	Open Day

Remember, if you have booked an open day, please ensure that you have informed Mrs Allingham and she can amend your registers accordingly.

This is a time consuming process and open days are currently being advertised. Please don't leave this until the last minute.

If you have any questions, please don't hesitate to pop into the office to see me.

Mrs Johnson

UNIVERSITY OF HERTFORDSHIRE SCIENCE SUMMER SCHOOL, JUNE 2019

The Department of Clinical and Pharmaceutical Sciences, School of Life and Medical Sciences, at the University of Hertfordshire are running a series of Science Summer School days from 10-13th June 2019. We would like to invite Year 12 students to apply to attend one of these days. The event is free of charge. We particularly welcome applications from students who are thinking of applying to study science related degrees.

The number of places will be limited to 50 per day and will be allocated on a first come first serve basis; we therefore would encourage an early application by individual students or groups who may be accompanied by their teachers. Students coming on their own will require an authorization letter or an e-mail from their Head of Science or Form Tutor (email to Dr Paul Bassin at j.p.bassin@herts.ac.uk) confirming their attendance.

Applicants should provide the following details via email to Dr Paul Bassin at

j.p.bassin@herts.ac.uk

Name:

Date of Birth:

Day they would like to attend:

School:

Email address:

The programme for the day is as follows:

- 9.00-9.30 Arrival in New Science Building foyer
- 9.30-10.30 Microbiology laboratory (1J026): The students will learn about aseptic techniques and quantification of living bacterial cells through an exercise on diluting and culturing different food samples. The experimental results will be discussed as a group, including an appreciation of the impact of bacterial contamination levels found in different food types.
- 10.30-11.30 Pharmaceutics laboratory (3J001 and 3J002): The session will comprise a demonstration of the tablet manufacturing process using a bench-top single punch tablet press. The students will then conduct tests on the manufactured tablets (friability testing) to give an indication of how resistant the tablets would be to the abrasion and shock experienced in manufacturing, packing and shipping operations.
- 11.30-12.30 Pharmacology laboratory (Pharmacology floor): In this Pharmacology practical, students will learn about quantification of drug potency and efficacy through a computer simulation exercise diluting drug concentration and applying different drug concentrations to a 'biological tissue'. The experimental results will be discussed as a group, resulting in an appreciation of how drug potency and efficacy is quantified and the value of computer simulations in replacement science.
- 12.30-14.00 Lunch (£5 lunch voucher will be provided which the students can spend at any UH food outlet on campus except SUBWAY)

After lunch students will be split into two groups

Group A

- 14.00-15.00 Guided tour of instrumentation labs in the new science building
- 15.00-16.00 Speed meeting: the students will have an opportunity to talk in a one-to-one with researchers (PhD and Post-Doctoral students) and staff members regarding science career paths/studying at universities etc.

Group B

- 14.00-15.00 Speed meeting: the students will have an opportunity to talk in a one-to-one with researchers (PhD and Post-Doctoral students) and staff members regarding science career paths/studying at universities etc.
- 15.00-16.00 Guided tour of instrumentation labs in the new science building

The two groups will reunite for
16.00-16.30 Plenary discussions, conclusions, complete questionnaire
16.30 Departure

Although the event is free of charge, we would expect students to make their own travel arrangements. Parking is available but is subject to a day charge (usually a couple of pounds). Any questions or queries do not hesitate to contact me. We look forward to welcoming you to the University of Hertfordshire.

Your sincerely,



Dr Paul Bassin
School of Life and Medical Sciences
University of Hertfordshire
College Lane
Hatfield AL10 9AB
Hertfordshire, UK
Phone: 01707 285097
e-mail: j.p.bassin@herts.ac.uk

Taster Days – University of Hertfordshire

The University of Hertfordshire are offering the following taster days for Year 12 students:

Events coming up

- 14th June – [Open Day](#)**
- 19th June – [Law and Criminology Taster Day](#)**
- 20th June- [Hertfordshire Business School Taster Day](#)**
- 20th June- [Mass Communications Taster Day](#)**
- 20th June- [Languages Taster Day](#)**
- 26th June- [English Language and Linguistics Taster Day](#)**
- 26th June – [Politics and International Relations Taster Day](#)**
- 26th June- [Philosophy Taster Day](#)**
- 26th June – [History Taster Day](#)**
- 26th June – [Health and Social Work Taster Day](#)**

Please click on the hyperlinks for further details and to book you place.

Big Voice London

Big Voice London is a youth charity supported by, but independent from, the UK Supreme Court, which aims to help young people engage with the law and legal policy.

They are currently taking applications from A-Level students for places at three upcoming projects, namely:

1. Introduction to the Legal System Project: 6 June - 8 July 2019, every Thursday between 6-8pm. Location: University of Law, Moorgate.

The Introduction to the Legal System programme will give students a chance to look at the case of *Stocker v Stocker* [2019] UKSC 17, which was recently heard in the Supreme Court. Participants will review the decision made by the court, before coming to their own conclusions and writing a report outlining their thoughts and giving their own judgments. The project will also give the participants the opportunity to learn about the work of the Supreme Court - the highest court in England and Wales - and to engage with cutting edge legal policy, while at the same time learning about the role of our legal system more broadly. This is also a fantastic opportunity to meet leading lawyers, learn new research, critical thinking and presentation skills.

For more details see

here: <https://www.bigvoicelondon.co.uk/studentrecruitmentbigvoicelondon>. The deadline for applications is 7pm on Monday 3rd June 2019. To apply, you need to complete a brief application form by clicking [here](#).

2. Radcliffe Chambers Student Barrister Experience: All day on 8 and 9 July 2019. Location: Radcliffe Chambers, London.

For the second time, Radcliffe Chambers is partnering with Big Voice London on its award winning two-day legal work experience programme for Year 12 students. The programme aims to inspire and support young people considering a career in law, in an interactive, friendly and thought provoking environment. Participants will gain insight into the working lives of barristers specialising in business and private wealth disputes, as well as receive practical advice on pursuing a career as a barrister.

For more details see

here: <https://www.bigvoicelondon.co.uk/studentrecruitmentbigvoicelondon>. The programme is open to Year 12 students. Participants will be state school students, who are eligible for free school meals. The deadline for applications is 7pm on Monday 3 June 2019.

To apply you need to complete a brief application form by clicking [here](#).

3. White Collar Crime Summer School in association with Linklaters LLP: Between 6-8pm every evening between 12 - 16 August 2019. Location: Linklaters LLP, Silk Street, London.

In 2019, for the sixth year running, we are inviting students to take part in our Summer School. This year we will be spending a week exploring the issues within White Collar Crime (e.g. fraud, bribery, market abuse).

The students' task during the course of the Summer School will be to critique the current law and voice their opinion on whether it should be reformed.

During the sessions we will give the students the opportunity to engage with the law and cover this topic through workshops and guest lectures from experts in the area.

For more details see

here: <https://www.bigvoicelondon.co.uk/studentrecruitmentbigvoicelondon>. The

deadline for applications is 7pm on Monday 10th June 2019. To apply, you need to complete a brief application form by clicking [here](#).

We will be accepting applications for these opportunities on a first come, first served basis. All projects are completely free of charge, and all applications remain confidential. We would be grateful if you could please circulate these opportunities to your A-Level students at the earliest opportunity.

For the avoidance of doubt, students are welcome to apply for all three opportunities and may be accepted on to more than one.

If you have any questions, please do not hesitate to get in touch.

Kind regards,

Victoria Anderson
Big Voice London Team
info@bigvoicelondon.co.uk

www.bigvoicelondon.co.uk

Engaging young people in law and legal policy

Big Voice London is a registered charity in England and Wales (1169238)

Oxford Brookes University Summer Schools

Oxford Brookes University are offering Year 12 students the opportunity to participate in their subject-based summer schools which are taking place over 4 different dates in July depending on which of the 16 subjects on offer students wish to study.

10th – 12th July

Education / Teaching
English Literature
Geography
History

15th – 17th July

Business, to include:
Business Management
Events Management
International Hospitality Management
Marketing Management

17th -19th July

Engineering
Built Environment
Creative Arts:
(Including Music, Fine Art, Film and
Digital Media Production)

24th – 26th July

Children's Nursing
Midwifery
Paramedic Science
Physiotherapy
Sport & Exercise Science
Biology

The deadline for applications is **6th June** and applications can be made via the link below:

www.brookes.ac.uk/summerschools

Apprenticeship Opportunities

Mercedes -Benz, Stevenage

We are looking to recruit Apprentice Retail Parts Advisors to join our busy team here at Mercedes-Benz in Stevenage, Hertfordshire. This is an excellent opportunity for an outgoing, enthusiastic and proactive individual with fantastic communication skills who strives to progress on the career ladder. These positions will offer the right candidate the chance to work for one of the world's most prestigious automotive companies.

You will be working in a busy environment, constantly representing the brand and its values by exceeding our customer's expectations and delivering an unparalleled level of service and quality.

The role of an Apprentice Retail Parts Advisor:

- Building and maintaining relationships with internal and external customers both in person and over the phone
- Developing relationships with other departments
- Preparing orders
- Meeting deadlines
- Stock Control/ Management
- Processing Warranty Claims and Payments
- Identifying Parts
- Business development/ Planning
- Marketing and Visual Merchandising
- Forecasting and Budgeting
- Managing logistics including organising and arranging deliveries

Desired Skills and Personal Qualities

- Customer service skills
- Sales Skills
- Organisational skills
- ICT Skills
- Complaint resolution skills
- Problem solving abilities
- Ability to work independently and as part of a team
- Flexibility
- An interest in motor vehicles

Entry Qualifications (Preferable)

GCSE grades (or equivalent) A*-C in:

- Mathematics
- English Language

Future Career opportunities

- Parts Process Specialist
- Parts Supervisor
- Parts Manager

- After Sales Manager

For more information or to apply, please click the link below: https://www.mercedes-benztraining.co.uk/mercedes-benz_academy_programme.aspx

If you would like to discuss further, please do not hesitate to contact Christopher Perrotton (Group HR Manager) on 01992 514444 or 07384 510 623

Student Volunteer Programme at Lister Hospital

The aim of the programme is to show the reality of working in a busy NHS acute hospital. Staff have a wealth of knowledge and there is always something to do and plenty to learn!

The Medicine / Nursing Programme is for students aged 16-18, in full time education and working towards a career in medicine or adult nursing. The Maternity programme is aimed at people over 16 who are looking for a career in Midwifery.

Each placement is 15 weeks long and we provide one shift of 3 hours per week. You'll help with meal times, keeping patients company and seeing how a ward is managed.

Visit www.enherts-tr.nhs.uk/get-involved/student-volunteer-programme-2/ for more information and intake dates.

Start your career in the NHS today and gain valuable experience!

Private Study

All students in private study during am sessions must register with the supervising member of staff in the sixth form study area who will have the signing in sheets.

Forthcoming Important Dates

Year 12 Employability Skills Day – Friday 14th June (all Year 12 students off timetable to participate in event)

Year 12 Work Experience – week commencing 15th July 2019

Post 16 Contact Details

Mrs Jackie Johnson j.johnson@barnwell.herts.sch.uk 01438 222500

Mrs Maria Chapman m.chapman@barnwell.herts.sch.uk 01438 744411

SCHOOL ABSENCE LINE 01438 744416