

POST 16 BULLETIN (19)



Week Beginning 10th June 2019

Well-being

Many people experiencing a mental health problem will speak to friends and family before they speak to a health professional, so the support you offer can be really valuable.

What emotional support can you offer?

If someone lets you know that they are experiencing difficult thoughts and feelings, it's common to feel like you don't know what to do or say – but you don't need any special training to show someone you care about them. Often just being there for someone and doing small things can be really valuable. For example:

- **Listen.** Simply giving someone space to talk, and listening to how they're feeling, can be really helpful in itself. If they're finding it difficult, let them know that you're there when they are ready.
- **Offer reassurance.** Seeking help can feel lonely, and sometimes scary. You can reassure someone by letting them know that they are not alone, and that you will be there to help.
- **Stay calm.** Even though it might be upsetting to hear that someone you care about is distressed, try to stay calm. This will help your friend or family member feel calmer too and show them that they can talk to you openly without upsetting you.
- **Be patient.** You might want to know more details about their thoughts and feelings or want them to get help immediately. But it's important to let them set the pace for seeking support themselves.
- **Try not to make assumptions.** Your perspective might be useful to your friend or family member but try not to assume that you already know what may have caused their feelings, or what will help.
- **Keep social contact.** Part of the emotional support you offer could be to keep things as normal as possible. This could include involving your friend or family member in social events or chatting about other parts of your lives.

What practical support can you offer?

There are lots of practical things you can do to support someone who is ready to seek help. For example:

- **Look for information that might be helpful.** When someone is seeking help they may feel worried about making the right choice, or feel that they have no control over their situation. Our page on making yourself heard will give you some ideas on what research you can do, and ways you can help someone think about what might work for them.
- **Help to write down lists of questions** that the person you're supporting wants to ask their doctor, or help to put points into an order that makes sense (for example, most important point first).
- **Help to organise paperwork**, for example making sure that your friend or family member has somewhere safe to keep their notes, prescriptions and records of appointments.

- **Go to appointments with them**, if they want you to – even just being there in the waiting room can help someone feel reassured.
- **Ask them if there are any specific practical tasks you could help with**, and work on those. For example, this could include:
 - offering them a lift somewhere
 - taking over a chore or household task.
- **Learn more about the problem they experience**, to help you think about other ways you could support them. Our website provides lots of information about different types of mental health problems, including pages on what friends and family can do to help in each case.

What can you do if someone doesn't want my help?

If you feel that someone you care about is clearly struggling but can't or won't reach out for help, and won't accept any help you offer, it's understandable to feel frustrated, distressed and powerless. But it's important to accept that they are an individual, and that there are always limits to what you can do to support another person.

You can:

- **Be patient.** You won't always know the full story, and there may be reasons why they are finding it difficult to ask for help.
- **Offer emotional support and reassurance.** Let them know you care about them and you'll be there if they change their mind.
- **Inform them how to seek help when they're ready**
- **Look after yourself**, and make sure you don't become unwell yourself.

You can't:

- **Force someone to talk to you.** It can take time for someone to feel able to talk openly, and putting pressure on them to talk might make them feel less comfortable telling you about their experiences.
- **Force someone to get help** (if they're over 18, and it's not an emergency situation). As adults, we are all ultimately responsible for making our own decisions. This includes when – or if – we choose to seek help when we feel unwell.
- **See a doctor for someone else.** A doctor might give you general information about symptoms or diagnoses, but they won't be able to share any specific advice or details about someone else without their agreement.

YEAR 12 MOCK Exam
Timetable

Mon 17th June Tuesday 18th June Wed 19th June Thursday 20th June Friday 21st June

Periods 1 and 2	History	Psychology		Biology	Dance
		Maths			English
					Media (AV)
Periods 3 and 4	Product Design				
Periods 5 and 6			History	Maths	

Year 12 Employability Masterclass

A gentle reminder that on Friday 14th June, all Year 12 students will be participating in an 'Employability Masterclass' organised by Young Enterprise (there are no sixth form lessons for students and if you have lessons at a partnership school, they have been informed that you will not be attending on Friday and will be here, with us, instead).

The morning will commence, for all students, at **8.35am** in the common room.

PLEASE ENSURE YOU BRING A COPY OF YOUR CV WITH YOU

During the course of the day, all students will participate in 6 carousel activities which include:

1. Introduction
2. UCAS
3. Interview Skills
4. CV Writing
5. Brand 'Me'
6. Team Assessment

You must arrive to school in **full dress code** (including your ID badge) - you will be representing the school throughout the day and the sessions are being delivered and supported by external agencies, including two school governors.

It is expected that the day will end at approximately 2.30pm and students will be able to depart at this time.

All students will receive a certificate of participation.

If you have any further questions, please do not hesitate to ask.

Mrs Johnson

Conde Nast College of Fashion & Design Taster Day

We have secured a limited number of places to the Condé Nast College of Fashion & Design half day taster session in collaboration with MyBigCareer. The taster day is run by academics and industry experts, and the College is keen to extend the invitation to students who would like to apply for Bursaries for their BA

Please note that this opportunity is only open to students in receipt of free school meals, and to secure a place students must submit a 100 word (approx.) application expressing their interest to Deborah Streatfield deborah.streatfield@mybigcareer.org.

Places are limited and it's first come first served so please do apply promptly.

This is a unique opportunity for students to find out how the fashion and media industries work, what skill sets are in demand and what pathways they should take into to the industry.

Date: Monday 8th July 2019, 10am -1pm

Venue: Condé Nast College of Fashion & Design, London

Session highlights :

- Welcome from the Head of the College, Angela Jones
- Short talk from the Miss Vogue Editor, Naomi Pike
- Hands-on workshop creating mock cover of Miss Vogue

University of Buckingham



Law Taster Careers & Courtroom drama 16 July 2019

Come to this exciting day of insights into careers in law and courtroom drama!

The event will start with an opportunity for you to hear from our guest speakers from a wide variety of roles within the legal profession including a Barrister, Solicitor and CEO of Table Tennis England.

You will then bear witness to a courtroom drama, listen to the mooting and take part as juror to see for yourself how the legal process works, including deciding as a jury whether to find the defendant guilty or not guilty.

There will be the chance for you to meet staff and students from the Law School to find out more about the variety of careers that can follow an LLB degree.

This event is open to both school groups and individuals and can also be used to enhance your UCAS personal statement.

Register your interest and we'll get in touch with more information: www.buckingham.ac.uk/tasters



THE UNIVERSITY OF
BUCKINGHAM

University of Plymouth – Year 12 Students

JUNE OPEN DAY

With our Undergraduate Open Day coming up on Wednesday 26th June, we're offering a tailored School's Welcome to get your students thinking about their post-18 options.

These events are the perfect way to see what the University of Plymouth has to offer your students, it will also give them a great insight into the facilities on offer

2019-2020 EVENTS

We have many exciting events upcoming in the 2019-20 academic year, below are some useful dates for your diaries. Additional event and booking details will be sent out in September.

Health Showcase

Tuesday 15th October 2019

Year 12 and 13 Christmas Conferences

Tuesday 17th December 2019

Thursday 19th December 2019

Science and Technology Showcase

Wednesday 22nd January 2020 (Primary Schools)

Thursday 23rd January 2020 (Secondary and Sixth Form)

To find out more and to see other exciting opportunities, click the button below.

[DISCOVER OUR UPCOMING EVENTS](#)

Year 13 Students

CLEARING

If you are worried about results day, or if you're still considering whether to start university this September, Clearing could be the perfect opportunity to find your place at Plymouth.

[PRE-REGISTER FOR CLEARING](#)

Students can pre-register their interest today and we'll call them on results day to help them find their place.

Apprenticeship Opportunities

Apprentice Bricklayer

<https://t.co/01tc9ZK7ey>

Accountancy

<https://t.co/uFVSwCMEqD>

Land Based Service Technician

<https://t.co/32BJW7GxN6>

Bricklaying

<https://t.co/c42d7oZjWt>

Apprentice Chef

<https://t.co/tbinJDSqHx>

Apprentice Precision Machinist

<https://t.co/5arR1nsxkH>

Lifeguarding Apprentice

<https://t.co/gWwSRMY9IN>

Business Administrator

<https://t.co/hHgXieCKA8>

L2 Customer Services Apprenticeship

<https://t.co/BL4NzU6eku>

Bar/ Restaurant Supervisor Apprenticeship

<https://t.co/FZdJxxKmqk>

Apprentice Cinema Team Member

<https://t.co/C6xxlud89w>

Sports Apprenticeship - Waltham Cross

<https://t.co/d4r31yVkeV>

Apprentice Dental Nurse

<https://t.co/GalwBcqa0Y>

Level 3 IT Support & Networking

<https://t.co/PaTAm3FWv8>

Apprentice Arborist

<https://t.co/F9qJdgFIJ2>

Customer In-Home Apprenticeship

<https://t.co/VzRy1KpoUL>

Finance Analyst Apprenticeship

<https://t.co/fhrOG56Wy2>

Business Administrator

<https://t.co/1vXDHF7uSQ>

Level 2 Butchery

<https://t.co/gXCalQgUyu>

Level 3 HR Administrator

<https://t.co/bcPKbctcER>

Apprentice Engineering Technician

<https://t.co/mMNHET4vxo>

Apprentice Lifeguard / Leisure Assistant

<https://t.co/85zVzZTaWV>

Office Sales Administrator Apprenticeship

<https://t.co/pFKnVQdj3m>

Science Manufacturing Technician Apprenticeship

<https://t.co/l2YzkcgrnN>

Level 2 & 3 Vehicle Parts Technician

<https://t.co/36lV4iNMYz>

Accountant Apprenticeship

<https://t.co/DhJkrXE9n4>

Business Administration

<https://t.co/9M7nVXViie>

Fire Service Apprenticeship - Stanstead Airport

<https://t.co/44TsJ6lYvM>

Dental Nurse - Stevenage

<https://t.co/n2llkJa47L>

Light Vehicle Motor Service and Maintenance Apprenticeship

<https://t.co/8KSydbbgdp>

Apprentice Gardner

<https://t.co/FSHTqfETZd>

Furniture Upholstery

<https://t.co/jKAZqWHMpt>

Apprentice Mechanical Engineer (Fork Lift Engineer)

<https://t.co/Oum02nG3S1>

Field Service Engineer Apprentice

<https://t.co/kze0xcCOonM>

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