

Sixth Form - News and Update

University Online Open Events

The summer term is the time we would begin to look at your Post 18 options and in particular university choices. Many universities are providing students with the opportunity of virtual tours and open days. There are a large number of organisations and websites available to help you with all aspects of applying to university. Use the links below to begin to think about your Post 18 options.

[The Complete University Guide](#)

[Take Your Place](#)

[Writing personal statements](#)

UCAS Hub Registration

The activities that have been uploaded to SMHW have been based around getting you ready to register on the UCAS website to begin your application and your personal statement. Please ensure that you look through these to help guide you with your application.

UCAS Hub registration. Please log on and create a UCAS Hub account. This will provide you with access to all of the university courses available to you. There are so many useful resources that will help you decide on the right university for you. It is free to register!



UCAS Applications

You will receive a school communication email with a letter explaining the process and a step-by-step guide on how to access and begin the UCAS application process.

To access the application page simply search: UCAS Apply or use the link below

<https://www.ucas.com/ucas-undergraduate-apply-and-track>

Sign in/register to apply 2021

SCHOOL BUZZWORD: SirHarrySmith21

(Ensure capital letters **SHS**)



University not for you? Thinking of Modern Apprenticeships?

In essence, an apprenticeship is a job. You'll spend 80% of the working week at your place of employment, and 20% at your place of study.

You'll earn a salary, and your course fees will be covered by your employer and the Government. You just need to be willing to manage your time between work and study.

There are many different apprenticeships you can apply for, depending on your existing qualifications across a broad range of different industries.

Create a UCAS Hub account to explore the apprenticeships guide and to find out everything you need to know.

The link below will provide you with lots of information regarding modern apprenticeships.

<https://www.ucas.com/alternatives/apprenticeships/apprenticeships-england/whats-involved-apprenticeship-england>

The not going to uni website is also a fantastic place to gain a better understanding of what modern day apprenticeships look like. They also list thousands of apprenticeship opportunities for school and college leavers. Sign up and create a free account for further information.

<https://www.notgoingtouni.co.uk/applicant/dashboard>

In School Sessions

Monday 6th July	10.15 - 12.15	Student Finance, Student Loans and Maintenance Loans	Mr Smith	Sixth Form
Wednesday 8th July	10.15 - 12.15	Student Finance, Student Loans and Maintenance Loans	Mr Smith	Sixth Form
Friday 10th July	10.15 - 12.15	Student Finance, Student Loans and Maintenance Loans	Mr Smith	Sixth Form

In other news

Leicester put under local lockdown

Leicester has become the first city in the UK to be put under a local lockdown by the Government.

It is because there has been a rise in the number of coronavirus cases in the city, which is home to almost half a million people.

Shops not selling essential items will shut on Tuesday and schools will close for most children on Thursday.

"We recommend to people in Leicester, stay at home as much as you can," said Health Secretary Matt Hancock.

A third of young people experiencing mental health issues during lockdown

Children's charity Barnardo's, asked 4,000 children and young people aged 8 to 24 how they'd been feeling during the coronavirus pandemic.

At least a third said they'd experienced an increase of mental health and wellbeing issues like stress, loneliness and worry, with boredom and feeling trapped also among the main emotions they'd felt.

Most said they missed going into school or college and a third also said they had more trouble sleeping, which could have a knock-on effect on school work, behaviour and family life.

What are your views about the return of the Premier League?

Whether it's the artificial crowd noises, water breaks or quintuple substitutions, the Premier League's return has been a different experience for football fans.

All Premier League action was suspended in March because of fears over the safety of fans during the coronavirus pandemic.

It returned last week with lots of brand new safety measures in place, including fans not being allowed to go into the stadiums and players having to social distance on the substitutes bench.

I'd be interested to know what your favourite new feature of the Premier League has been.

Has the artificial crowd noise worked for you? What do you think of the new rules? Or do you think the return of football should have waited until it was safe to welcome back fans into the stadiums as well?

The two-metre rule for social distancing in England is being reduced to "one metre plus", Prime Minister Boris Johnson has announced.

It means that from 4th July, people won't need to stay as far apart from each other to avoid the spread of coronavirus. Northern Ireland is adopting the same change from Monday, 29th June. Scotland and Wales haven't announced any changes to social distancing rules so far.

Why has the guidance changed?

The Prime Minister said the changes were possible because the number of new infections is now declining by between 2% and 4% every day.

The change was already being looked at because keeping people two metres apart would make it very tricky for places such as restaurants and cafes, to re-open and carry out their business.

Earlier this month the Government was asked to change the distance rules to try to help, while keeping people safe at the same time.

Year 13 Leavers' Assembly and University Guidance Presentations

Year 13 Students:

Please check your SMHW accounts regularly. Published on there will be a short leavers' presentation. In no way is this the goodbye that anyone envisaged, but I have managed to put some pictures together of your final 2 years at Sir Harry Smith. In addition to this, I have put some useful pieces of information that may help you as you move on to the next stages of your lives.

Support for Mental Health and Wellbeing



Recommendation: NHS
www.nhs.uk/conditions/stress-anxiety-depression

What is it?

- ◆ Help if you are feeling stressed, anxious or depressed
- ◆ Access to self-help, talking therapies and helplines
- ◆ Support for adults, children, teens and students

Accessibility

- ◆ Access mainly online. Some signposting to phone lines.
- ◆ Age appropriate guidance and information.

Supporting Children and Young People with Mental Health



Recommendation: Young Minds
youngminds.org.uk

What is it?

- ◆ Age appropriate information, guidance and support for mental health
- ◆ Specific guidance covering a wide range of issues that children and young people face
- ◆ 24/7 crisis support (TEXT YM TO 85258)
- ◆ Signposting to appropriate helplines
- ◆ Separate advice for parents/ carers

Accessibility

- ◆ Access mainly online.
- ◆ Some signposting to phone lines.
- ◆ Crisis Text service is free.
- ◆ Age appropriate guidance and information.

Supporting Mindfulness



Recommendation: Headspace
www.headspace.com/covid-19

What is it?

- ◆ Offering free support (articles) and meditation exercises during the coronavirus crisis
- ◆ Meditation exercises for relieving stress, working at home and feeling overwhelmed

Accessibility

- ◆ Access to the internet needed.



Sir Harry Smith

COMMUNITY COLLEGE

AMBITION & ASPIRATION FOR ALL

Keeping Children Safe

NSPCC

Recommendation: NSPCC
www.nspcc.org.uk

Accessing Support and Advice for Children and their feelings

childline

ONLINE, ON THE PHONE, ANYTIME

Recommendation: Childline
www.childline.org.uk

Staying Safe Online



Recommendation: CEOP
www.ceop.police.uk/safety-centre

What is it?

- ◆ Provides advice, news and stories for adults worried about children in relation to: Coronavirus; Mental Health; home living; online safety; drugs and alcohol; abuse; and sexual behaviour
- ◆ Adults can contact phone (0808 800 5000) or email help@nspcc.org.uk for helpline counsellor support or to report a concern.

What is it?

- ◆ Offers phone (0800 1111), email or online support to children
- ◆ Has articles, videos and games focused on emotions and feelings. .

What is it?

- ◆ CEOP is an agency to keep children safe from sexual abuse and grooming online.
- ◆ They help and give advice, and you can make a report directly to them if something has happened online which has made you feel unsafe, scared or worried.

Accessibility

- ◆ Access to phone (Free number) or internet
- ◆ Children can contact Childline (0800 1111)

Accessibility

- ◆ Access to phone (free number) or internet required to access email or online chat.
- ◆ Adults can contact NSPCC.

Accessibility

- ◆ The CEOP Thinkuknow website has age differentiated information and advice to help you if something has happened to you online

Other useful websites and organisations

<https://www.studentminds.org.uk/> - The UK's student mental health charity

<https://www.kooth.com/> - Online counselling and emotional wellbeing platform.

<https://www.cpslmind.org.uk/> - Cambridgeshire, Peterborough and South Lincs (CPSL Mind) mental health charity

<https://www.youthsporttrust.org/> - School sport charity, fun initiatives to remain active