



Sir Harry Smith
COMMUNITY COLLEGE
AMBITION & ASPIRATION FOR ALL

Sixth Form News and Update

New Head of Sixth Form: Mr Smith

From 20th April I am delighted and feel privileged to be announced as the new Head of Sixth Form at Sir Harry Smith Community College. It feels strange starting a new position at the College, while not actually being in school. I will also be continuing in my role as Head of PE until September, when a new head of department will commence in the role.

Dear Students, Parents/Carers,
Welcome to our first news and updates bulletin which will be a regular fortnightly feature until the College re-opens.

These bulletins aim to give you regular advice and information to help with home study, staying safe and general health and wellbeing during these strange times.

Importance of staying active

A recent YouGov research reveals that 62% of parents believe pupil wellbeing is more important than academic attainment. As a result of the COVID-19 Pandemic the London Marathon was postponed. This has resulted in many charities missing out on much needed funding. The #twopointsixchallenge is a charity that has been set up to encourage everyone to take part in some form of physical activity to raise funds that

many charities have missed out on. There are many clear links between physical and mental health, so why not get involved. <https://www.twopointsixchallenge.co.uk/>



University v Apprenticeships v Work

During these unprecedented times some of you may still be unsure about your next steps, whether it is concerns about student finances, or ensuring you are on the correct course, or feeling you have had enough of education. These are all normal feelings to have. This BBC news article speaks to students who have moved on to university, work or an apprenticeship after completing Sixth Form <https://www.bbc.co.uk/news/business-48933588>



Update from UCAS

The Government has asked universities and colleges across the UK to stop making unconditional offers or amending existing offers until 4th May. This is because they're worried you'll feel pressured to accept these offers over others you might be better suited to.

Our advice to students who have received an unconditional offer is always to consider whether this is the right provider and course for you before you make any decision.

To give you time to make your decisions – and to understand more about how qualifications will be awarded this summer, we've extended:

- Our May offer deadline for UCAS Undergraduate applicants

If you're affected by this extension, we'll email you your new decision deadline.

During this time, it's important to remember that places are not decided on grades alone. Information in your personal statement and reference are part of the decision-making process along with your interview, portfolio, audition, and any other information that's relevant to your potential to succeed on an undergraduate course.

At UCAS, we will continue to support you through the application process and keep you up-to-date as more announcements are made.

What does it mean for your application?

Don't worry, you don't need to do anything. Your application will continue through the admissions process the same as it would if you had taken your examinations or assessments as expected. UCAS will still receive your grades from the awarding bodies and pass them on to your chosen unis as we have in previous years.

This means the universities or colleges you have applied to will treat your application fairly and consistently, and will consider these grades in the same way as any qualifications from previous years.

- If you're holding a conditional offer – your offer will still become unconditional if you meet the offer conditions (usually related to your grades).
- If you've already accepted an unconditional offer – this does not affect your offer.
- If your application is unsuccessful – you can still use Extra and Clearing as thousands of other students before you have. If you're applying as a private candidate – you need to get in touch directly with the universities or colleges you have applied to. Be assured they will consider your circumstances when they review your application.

Further information can be found at: <https://www.ucas.com/coronavirus>



Your Mental Health and Wellbeing

In these challenging times it is important for us all to look after ourselves – and each other. Keeping safe, well and mentally healthy are vital and there will be times when we all need support. The links below offer support for positive mental health and safeguarding, which is of particular importance when accessing online learning.

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 help-lines
- ◆ 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.



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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: Corona-virus; 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