

## STAY POSITIVE

Happy 2021 everyone! It may not seem a particularly happy way to enter the new year, what with national lockdowns and the cancellation of this year's exams, however there is a lot to stay positive about. Although we can't see you in the sixth form building at present (we are REALLY looking forward to when we can – it's too quiet here!), we are continually being amazed by your commitment to learning and your adaptability. You make us all (and hopefully yourselves) very proud and that really is something positive amongst all this doom and gloom. Look at it this way, you are all going to absolutely kill it out in the workplace, or at university – if you can study and achieve your best during a pandemic, you can do anything!

Not surprisingly, the bulletin will be a little shorter than usual during the school closure, as there isn't much to report from around the sixth form. We will, of course still bring you all the careers and university news, along with any other relevant school updates, and hope that you will continue to take up the online opportunities available.

## A WORD FROM THE HEAD GIRL

I hope that you are all staying positive and testing negative and that you all had a restful festive season and new year, despite the circumstances. Many of you, myself included, were looking forward to 2021, thinking it would somehow be 'different' after such a turbulent 2020.

As we are back into lockdown, it can be hard to stay positive, a resource that can help if you are feeling stressed is [Calm](#).

You are all doing an amazing job. Whether you are a student, teacher, parent or carer, we are all in this together. To years 11 and 13 especially, your hard work and dedication is not going unnoticed. The way that you have carried on and maintained motivation makes myself, as a fellow student proud.

Today: check up on a friend! Just sending a simple message to say you are thinking of them can really make their day.

And remember, treat people with kindness.

## TED TALK OF THE WEEK

**Want to be more creative? Go for a walk** – with Marily Oppezzo [Watch here](#)

Marily Oppezzo studies how the movement of the body relates to the movement of the mind.

## UNIVERSITY NEWS

This week's [Uni Taster Days](#) bulletin contains links to a True Crime virtual workshop, info on Public Services, Law and Policing courses at University of Wales Trinity St David and applicant advice from University of Winchester and Falmouth amongst others.

**Access Creative College Norwich**

Virtual Open Day **Sat 9th Jan @ 1pm** - [Sign Up Here](#)

**University Taster Lectures**

- **January 20 @ 12:45 - 13:30** Physics: Problem Solving & Thinking Skills with University of Nottingham (KS5) [Find out more »](#)
- **January 21 @ 14:00 - 15:00** History - Tudors 1485-1603 with Goldsmiths & UEA (KS5) [Find out more »](#)
- **January 26 @ 09:30 - 10:15** Media: Media Language - With Goldsmiths, University of London (KS5) [Find out more »](#)
- **January 26 @ 14:15 - 15:00** A Taste Of Business: The Weird World of VAT - Aberystwyth (KS4 & KS5) [Find out more »](#)
- **January 27 @ 13:30 - 14:15** Distribution of Wealth – Interdisciplinary University Perspectives & Debate - UEA & Reading (KS4 & KS5) [Find out more »](#)
- **January 28 @ 12:45 - 13:30** Modern Languages/Translation – Study & Careers with UEA (KS5) [Find out more »](#)

**University of Bristol**

If you are interested in applying to Bristol please sign up to their schools and college outreach newsletter [here](#). To sign up to their taster events and resources sign up [here](#)

**Year 12 Summer School at University of Bristol**

UoB's summer schools are free residential experiences which offer places across different subject streams, designed to provide an insight into undergraduate courses at the University. Participants will be eligible for a guaranteed contextual offer (up to 2 grades below the typical offer) or interview should they then apply to University of Bristol. [Applications](#) are open now and close **3rd March 2021**.

**Sutton Trust Summer School**

**2nd – 6th August 2021.** Sutton Trust Summer School offers students the opportunity to experience student life in one of the UK's most exciting cities. To register [click here](#)

**Insight into Bristol**

**26th – 30th July 2021.** Insight into Bristol summer school is aimed at Black and Asian students who are from widening participation backgrounds and who have the academic ability to study at the University of Bristol. Visit our website to apply [click here](#)

**CAREERS NEWS****BT apprenticeships virtual open evenings - February 2021**

BT, who are hosting a virtual open evening on **8th February 2021 and 23rd February 2021** for young people and their parents to find out more about the apprenticeship opportunities at BT. Find out more and apply to attend [here](#).

## Speakers for Schools

We would encourage ALL students to sign up to the FREE speakers for schools virtual work experience website [here](#) where they will find an extensive list of planned virtual work experience events over the coming months. In the absence of the real thing this platform offers a great opportunity to learn about different professions and companies so please make the most of it. Employers are aware virtual work experience opportunities are open to all students, so if you don't have real or virtual work experience on your CV they may ask why you didn't take the offers that were available to you!

## NHS Virtual Work Experience

Please click [here](#) to sign up for virtual work experience opportunities such as Nursing, Physiotherapy, Paramedic, Radiographer, Dietician and many more and remember you can also access videos on our own Careers TV library [here](#) (student link only).

Below is Poppy Curran's (Year 12) feedback on the "Aspiring Doctors" course she has been taking part in for the last 2 months.

*"Since October, I've been lucky enough to get a place on the Medic Mentor Medical work experience. It's an amazing program which dives into every aspect of medicine as much as possible across the 6 months, touching on the 4 pillars of medical ethics and the values of the NHS, all information that is vital to an application to medical school. But it's not just the information they give you; so far, they've taken me (along with thousands of others) through real life medical scenarios, with one session focusing on respiratory issues and resulting in us watching a demonstration of an intubation and then ICU care and the second session surrounding pregnancy.*

*It's a wildly diverse program that highlights the importance of every aspect of the clinical team and excellent for providing an insight into medicine as they look at different sectors. I would highly recommend getting involved as it's great at providing a realistic point of view into the medical world and it's fun to watch!"*

## Apprenticeships

Virtual National Apprenticeship Show **Feb 10th**. To register and see a list of the 40 companies exhibiting at the fair please [Click Here](#)