# HGSF Weekly Newsletter Monday 10th March 2025



| PT Time               |  |  |
|-----------------------|--|--|
| Monday                | Key Messages   |  |
| Monday<br>Launchpad   | Year 12 (Atrium) : Work Experience Debrief Year 13 (SF8) : UCAS Clearing & Results Day                       |  |
| Tuesday               | Notices  |  |
| Wednesday             | Year 12 : The Big Conversation Year 13 : The Big Think   |  |
| Thursday              | PT Quiz  |  |
| Friday<br>Extended PT | Year 12 & Year 13 (Atrium) : Email Management -<br>tips on how to stay on top of and organise your<br>emails |  |

# HGSF Weekly Newsletter Monday 10th March 2025



| What's on this week                      |   |  |
|--|---|--|
| Wednesday<br>12th March                  | Visiting Speaker: Edwina Currie former MP, Politician, Writer and Broadcaster  P5 - Y12 & Y13 Atrium  Please prepare questions.   |  |
| Thursday 13th<br>March                   | Y12 Geography Fieldwork Trip to National Trust Longshaw - Students involved have been advised   |  |
| Friday 14th<br>March                     | Staff Vs Student Dodgeball - Please sign up below if you'd like to participate (you'll need to wear active wear/gym stuff).  Fri 14th March staff v HGSF dodgeball STUDENT.docx |  |
| Tuesday 18th -<br>Thursday 20th<br>March | School Production   |  |
| Wednesday<br>19th March                  | Y13 STEP Prep at CHSF - Students involved have been advised   |  |

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#### **Upcoming**

Y12 (Atrium) at 1.30pm - Visiting Speaker Professor Bill McCaffrey The session will take place during a time you can all attend. Professor Bill will be speaking to you about the common narratives of success and then focusing on some approaches for navigating the uncertainties that commonly confront young people. The session will be part lecture, part workshop focusing on an article by the philosopher A C Grayling.

Y13 are welcome to join.

## Wednesday 26th March



## Professor Bill McCaffrey

#### Profile

I hold a BA in Geology from Oxford (1987) and a Ph.D. from Leeds (1991). I joined the University as a Research Fellow in 1993, was promoted to Professor in 2007, and took up an Emeritus Chair on my retirement in 2022.

#### **Thursday 27th March**

Y12 and Y13 Parents Evening

#### Tuesday 1st -Wednesday 2nd April

Year 12 Trip: HE+ Residential Cambridge - Students involved have been advised

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| Upcoming                               |  |  |
|--|--|--|
| Friday 11th April                      | Sixth Form finishes for Easter                                     |  |
| Monday 28th April                      | Sixth Form re-opens after Easter                                   |  |
| w/c 28th April                         | A Level Practical Exams begin                                      |  |
| Tuesday 29th April                     | UCAS and Gold DofE Information Evening - further details to follow |  |
| Thursday 1st May -<br>Saturday 3rd May | Gold DofE Practice Expedition                                      |  |
| Friday 2nd May                         | Year 13 Leavers Assembly - Atrium P5                               |  |
| Monday 5th May                         | Year 13 Study Leave begins   |  |





#### **Student Notices:**

**Year 12 Work Experience Evaluation Form:** Please ensure you have completed this form by Friday 14th March. This was emailed to you on Friday 3rd March, if you need it resending please come to the office.

**Parents Evening, Thursday 27th March:** Please make appointments directly with your subject teachers, you can get an appointment sheet from your tutor or from the office.

**Gold DofE Year 13:** Please login to your edofe and assess what you still need to do to achieve your Gold DofE Award and complete any outstanding sections.

**Gold DofE Year 12:** Please login to your edofe and ensure all sections are now started. Remember to keep track of and upload all your evidence.

**Book Tokens:** To celebrate World Book day there are some book tokens in the study centre. Please help yourself, just one per person.

**Refectory:** The refectory is now open from 8:15am every day. This is a trial to see if there is a demand for breakfast service.

**Study Facilities:** If you wish to make use of our study facilities after lessons have finished for the day, please note the following:

- Please use the silent study centre or IT suite only
- If you are working as a group and require a classroom you MUST book this out at the office as you would during the day
- Only classrooms that have been pre-booked are available to use

**The 16-19 Bursary:** The 16-19 Bursary Fund is a scheme to help students facing financial hardship to continue in full time education after Year 11. We would encourage all students to read the information <u>here</u>, or to see Mrs Gill for further advice. The bursary is discretionary and you do not always need to meet the criteria outlined.

#### **Year 13 Revision Sessions:**

Media: Every Thursday 3:30-4:30 in W5

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### Free for any Year 12 & 13 students



Supporting Year 12 and Year 13 students in securing competitive university and apprenticeship places and empowering them to advocate for equality and diversity.

Future Leaders UK is a FREE government-funded initiative delivered in partnership with the University of Oxford, with support from UCAS. We support Year 12 and Year 13 students in securing competitive university and apprenticeship places and empower them to advocate for equality and diversity.

The 200 selected students will engage in a 16-week leadership programme that builds their confidence, develops their skills and increases their access to ambitious post-18 pathways.







### Free for any Year 12 & 13 students



Dr Hugh Munro - Admission Tutor, University of Oxford:

"This programme provides a fantastic range of academic and enrichment opportunities making students strong candidates for Oxford."

#### Our programme provides:

- Two in-person sessions held after school at Manchester Metropolitan University
- 12 online sessions that will develop skills and build confidence
- Support with university admission/UCAS
- Work experience opportunities
- Apprenticeship support from leading corporate partners

#### Student Testimonial:

"Having just accepted a place at Oxford, I am so grateful I was on the Future Leaders Programme as it gave me the confidence, skills, and experiences I needed to get in!"

#### Student Testimonial:

"I visited Amazon when I was on the Future Leaders Programme, and I have just accepted a degree apprenticeship role starting in September!"

For more information view the PowerPoint here

Here is a 60-second video about our work

Interested students should apply directly on our website <u>www.futureleaders.uk</u> before Friday 28th March at 5pm.

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## Free Subject Taster Sessions

#### Science - Subject tasters

Maths: What is Calculus?
Tuesday 18th March 2025
5.30pm to 7pm Online

Physics: Particle Physics - Find a particle at the LHC Wednesday 2nd April 2025 9am to 4.15pm On -campus

<u>Psychology: Why are we always distracted? Lessons from cognitive</u> <u>psychology about attention in everyday life</u>

Wednesday 9th April 2025 5pm to 6.30pm Online

Bioscience: Animal reproduction and conservation

Thursday 10th April 2025 5pm to 6.30pm Online

#### **Arts and Humanities - Subject tasters**

English Literature: The many loves of Jane Eyre

Tuesday 11th March 2025 5pm - 6pm Online

Languages & Cultures - German: Freud - Mind and Society

Tuesday 18th March 2025 5pm - 6.15pm Online

<u>East Asian Studies: The Rise of Game Survival Narratives in East Asian Cinema and Television</u>

Thursday 20th March 2025 5.30pm - 6.45pm Online

**Linguistics: Linguistics and Social Justice** 

Wednesday 26th March 2025 5.30pm - 6.45pm Online

<u>Languages & Cultures - Catalan: Catalan Taster Session</u>

Wednesday 2nd April 2025 5pm - 6.15pm Online

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# Free Subject Taster Sessions

#### **Health - Subject tasters**

Orthoptics: Why do we see double?
Wednesday 12th March 2025
4pm to 5.15pm Online

Nursing: The Kidneys - Why they're so great Wednesday 26th March 2025 4pm to 5.15pm Online

Human Communication Sciences: Speech and Language
Therapy Taster Session
Tuesday 1st April 2025
4pm to 5.15pm Online

Pharmacy: More than counting tablets
Wednesday 7th May 2025
4pm to 5.15pm Online

Nursing: Preparing a Patient for a Procedure
Thursday 17th April 2025
1.30pm to 3pm On -campus

#### **Social Sciences - Subject tasters**

Social Sciences: How can we better understand and impact people's health and wellbeing?
Wednesday 12th March 2025
4pm to 5.15pm Online

Economics: What is the right amount of pollution? Wednesday 26th March 2025
4pm to 5.15pm Online

Politics: The new 'crisis of masculinity' and the future of gender politics in Britain
Tuesday 1st April 2025
4pm to 5.15pm Online

Architecture: Communication Architecture and Design Wednesday 7th May 2025

4pm to 5.15pm Online

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Social Sciences Outreach

#### **Social Sciences Summer School**

Are you interested in business, sociology, politics or geography but are struggling to decide what to study at university? Do you want to explore the social sciences? Apply for the Social Sciences Summer School!

Our three-day, two-night Social Sciences Summer School, running from Tuesday 24 June - Thursday 26 June 2025, is the perfect opportunity for Year 12 students to explore a variety of social sciences subjects (including Environment, Geography, Sociology, Education, Politics and International Studies and Business) and live life as a university student.

Click here for more information and to apply

Applications close at 23:59 on Sunday, 6 April.

#### Leeds Summer Schools 2025

Opportunity for Year 12 students to explore a chosen subject area and experience what it's like to live in and learn at Leeds:

- · Biosciences: 26-27 June
- Engineering: 15–17 July
- · Food Science & Nutrition: 30 June-2 July
- Languages Linguastars: 24–26 June
- Social Sciences: 24–26 June
- University Mathematics in Perspective: 24–26 June

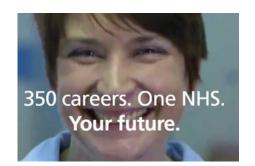
Applications for all summer schools close on 6 April 2025.

There may be a contribution towards travel costs for eligible students. **Visit the website to find out more.** 



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#### **Explore roles**

There are over 350 different NHS careers and everyone makes a difference every day.

Whether you're still in education or thinking about changing careers, you'll get the information you need. You'll also find real-life stories and films of our staff and students.

You can also use our <u>compare roles tool</u> to compare bite-sized information on the skills and qualifications for a role, pay and conditions and where a role can take you in the future.

If you're not sure where to start, try our <u>Find your Career quiz</u> and discover the NHS careers that match your interests.

Click here to explore more roles

#### **NHS** apprenticeships

Earn, learn and make a difference with an NHS apprenticeship. Our apprenticeships offer routes into many of the more than 350 NHS careers through a mix of on-the-job training and classroom learning.

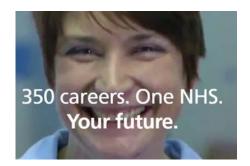
What you need to know about NHS apprenticeships

- many NHS employers will pay you more than the minimum wage
- if you are aged 16 to 18 or 19+ and in your first year of an apprenticeship, the minimum you should receive is £6.40 an hour (the National Minimum Wage for apprentices)
- apprenticeships take between one and five years to complete
- anyone over the age of 16 can do one
- over a week, you're likely to spend the equivalent of four days on work placement and one day at a training centre or college
- you'll develop your skills, including English and maths
- you'll gain a competence qualification (based on what you can do in the workplace) and a knowledge qualification, or a qualification combining both

Click here for more information

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#### **Getting experience**

Get some work experience ideas, how to find them and how to make the most of them.

Getting experience can put you on the road to an NHS career. Many NHS jobs and training courses, such as university degrees and apprenticeships, need some level of experience. While for others, you'need to demonstrate that you've looked into the role you're interested in and have some understanding of what it involves.

Ways of getting experience

Getting some experience can be really important in finding an NHS career. Here are some of the different things you can do.

- work experience placements. The placement could be a day or two, a week or fortnight or a few hours each week. It is worth remembering that during and since the COVID-19 pandemic, you might find it more difficult to find them.
- volunteering. Volunteers work alongside staff doing
  worthwhile tasks. Although you're not paid, any expenses may
  be reimbursed. You don't have to volunteer full time. It could
  be a one-off project or a weekly commitment that you could fit
  around your work or studies. It could form part of your gap
  year either in the UK or overseas.
- paid part- or full-time work. Any paid experience in the right sort of environment can be valuable, particularly if you receive training.
- a supported internship. Supported internships (such as with Project Choice) provide a mix of work placements and study days at college, usually for people aged between 16 and 24
- **other ways** in which you can gain relevant experience include caring for a friend or relative who is sick or disabled

The greater and more varied the experience you have the better, so you could, for instance, do a placement as well as some volunteering.

Click here for more information

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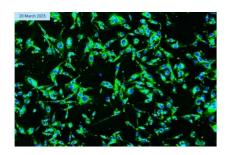
Manchester Town Hall: The Revival of a Gothic Revival Masterpiece

A talk by Jamie Coath, Technical and Conservation Advisor

Step inside the fascinating story of how Manchester's architectural crown jewel is being transformed for future generations. Our Grade I listed Town Hall, one of Britain's finest examples of Non-Gothic

crown jewel is being transformed for future generations. Our Grade listed Town Hall, one of Britain's finest examples of Neo-Gothic architecture, is undergoing an ambitious restoration that blends heritage conservation with 21st-century innovation.

Click here for more information



# Small Particles, Big Impact: Revolutionising Drug Delivery A talk by pioneering pharmaceutical scientist Professor Dame Ijeoma Uchegbu

Imagine a future where medicines work better and cause fewer side effects. Join us to hear from pharmaceutical pioneer Professor Dame Ijeoma Uchegbu, President of Wolfson College, Cambridge, as she explores the future of medicine through nanotechnology. Ijeoma and her team are developing groundbreaking nanoparticle technology that delivers drugs precisely where they're needed in the body. It's a fascinating breakthrough that anyone interested in technological innovation needs to hear more about.

Click here for more information



Overcoming the challenges of global decarbonisation A talk by Chris Goodall, author and climate technologies specialist

The global drive toward decarbonisation has reached a pivotal moment. While we've made impressive progress in some areas – particularly in renewable energy and electric vehicles – we now face our greatest challenges. This talk by specialist Chris Goodall explores how we can tackle the most difficult aspects of decarbonisation: from transforming heavy industry and modernizing our infrastructure to ensuring a fair transition for all.

Click here for more information





# **Upcoming Webinars for HE+** (Oxbridge Elective Students)

Only accessible to registered participants
Please ask at the office if you require our unique school code

| 11, 13 March (5-6PM)             | Module 1: Student Roundtable - Bridging the<br>Gap       |
|----------------------------------|--|
| 24 - 28 March (5-6PM, 6-<br>7PM) | Module 2: Lecture Series Week                            |
| 01, 03 April (5-6PM)             | Module 3: HE+ Project - Choosing a topic                 |
| 08, 10 April                     | Module 1: Applying to Cambridge with Apply:<br>Cambridge |
| 28 April - 02 May (5-6PM)        | Module 2: Mock Seminar Week                              |

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An amazing opportunity for young people aged 16-23 who are passionate about exploring the outdoors and want to get fitter to participate in Year 3 of the Alpine Run Project.

The Alpine Run Project is an initiative that helps young people to build community, connect with nature and feel fulfilled through the sport of trail running.

This project is aimed at young people who live in cities and just want to get out into nature, go on some adventures and meet a community. Absolutely no previous running experience is required, just some enthusiasm to give it a go.

Please sign up <a href="here">here</a> . The deadline to sign up is the 23rd of March.

Please find some links below about the project.

Website - <a href="https://www.ybb.agency/alpine-run-project">https://www.ybb.agency/alpine-run-project</a>
Instagram - <a href="https://www.instagram.com/alpinerunproject/?hl=en">https://www.instagram.com/alpinerunproject/?hl=en</a>
Year 1 Documentary - <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a>
<a href="https://www.youtube.com/watch?">v=WQZEcywnYok</a>

Year 2 Documentary - <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a> <a href="https://www.youtube.com/watch?">v=alxeBpBx4bA</a>







#### **Mindfulness and Meditation**

#### All it takes is 10 mindful minutes

Following our session on Mindfulness and Wellbeing, please find the link below to the video we shared.

All it takes is 10 mindful minutes

