

Student Bulletin

29 June 2020

Dear all, I hope you are well. The end of term looms: we finish on Friday this week. Next week was supposed to be work experience week, but I suggest students use it for catching up and doing UCAS research and drafting personal statements. Most staff are still at work until the end of next week (and therefore contactable) but some go on holiday on Wednesday. This is my last regular bulletin for a while, but I will send reminders to U6 about arrangements for A level results day, and I will send news to L6 of plans for September once those are firmer.

Poem by Maya Angelou

Continue

To be who and how you are
To astonish a mean world
With your acts of kindness.



UCAS

- A useful guide from Unifrog – see [here](#)
- An interesting [Q & A](#) with the director of admissions at Bath University
- Uni taster day [webinars](#)
- [What's next](#) – a week of activities at Goldsmiths College, London
- [Oxford Brookes Open Day](#) – lots of interesting sessions that apply whatever uni you go to

UCAS Predicted Grades for 6L

These will be complete and visible on Dashboard by the end of the week. Remember that this year they are not set in stone and teachers will be asked to reconsider at the end of September and October.



6U Book Return

We are arranging for 6U students to return books, locker keys and other equipment, pick up pre-ordered hoodies, etc, [next week](#) on Tuesday July 7 – Friday July 10 at a pre-arranged slot (to keep numbers down and maintain social distancing). You will get a separate email about this.

We want to arrange a celebration event for upper sixth, as you were cheated out of prom and your final day. It isn't clear if this will be possible in September, so we are tentatively earmarking Thursday evening, January 7 2021 (which is before university terms re-start). So, keep the date in your diary!

Oxbridge Masterclass

The Oxbridge Masterclass is offering us free access to their online personal statement writing course, which is designed to support anyone making a UCAS application. The course covers the following:

- Tutorials and templates to take you from blank page to final draft
- Walkthrough videos and model personal statements
- Wider reading recommendations based on your subject to kickstart your summer preparation

To sign-up, please complete [this form on their website](#).



Question from 6L student

Q: "I am worried that my predicted grades are too high and that universities will ask me to get higher grades. Would it be better to ask a teacher to reduce the predicted grade?"

A: It never happens that universities raise their standard offer to match high predicted grades. If you think about it, it doesn't make sense for them to do so since they want those students to choose them and they do not want to put them off. My view is that a higher set of predicted grades is always better.

One Day

Fantastic response from students and staff to our One Day challenge to write 24 words in 7 minutes. See attached. Thanks to John O'Shea for organising this.

Speakers for Schools

Upcoming virtual talks are [here](#).



Big Climate Teach-In

On Saturday 4th July the Big Climate Teach-in is happening. It's the biggest ever climate education conference for young people globally. There's going to be a series of 30min workshops from teachers, students and other experts. The full programme is [here](#).

Sign up [here](#).



Staircase 12

[Staircase 12](#) is Oxford University's hub of online resources for students thinking about applying to top universities. You'll find plenty of ideas there for stretching yourself beyond the school syllabus. Their twitter feed has recently posted an excellent series of resources collated by subject. See [here](#).

Recommendations

- Upper sixth student Brandon has released his first piece on YouTube and Spotify! See [here](#).
- L'Orchestre D'Hommes-Orchestres is the most creative, inventive live band I have ever seen. If we ever get a chance to see live bands again, and if they ever come back to London, grab a ticket quick. Here are a couple of examples: [I'll shoot the moon](#) and [16 shells](#).
- 'Staying Power: The History of Black People in Britain' – this book is a panoramic history of black Britons, seminal, significant and classic.
- The school that tried to end racism, a really interesting documentary on channel 4. See it on catch up or [All 4](#).
- [50 years of Pride](#) – an online photography exhibition
- Shocking [interview](#) with Mina Smallman, the mother of two sisters murdered in a park in Wembley. After police inaction, Mina had to coordinate a search herself, and it was friends who found the bodies and murder weapon. What happened next is even more shocking.

IMPACT OF COVID-19 ON ADOLESCENTS

Looking for young people (16-18 years) to complete an online study



You can take part if you:

- are 16-18 years of age
- live in the United Kingdom
- have 20 minutes to complete an online survey



If you are interested in taking part, you can find out more by:

- following this link:
https://bristolexppsych.eu.qualtrics.com/jfe/form/SV_6Vg8q3XYqqThEBD
- or scanning the QR code (opposite)



If you have any questions please contact Meg Attwood: meg.attwood@bristol.ac.uk



YOU COULD WIN A
£100 AMAZON VOUCHER!



Pride – message from Jenna (who is taking over leadership of Pride Club in September)

Pride month is ending, but our fight is not. Corporations may be changing their rainbow logos back, buildings may be taking their rainbows down, there may be less us in the media, but we're still here. LGBT rights are improving but very gradually and every year thousands of us are persecuted and murdered. Here are some sobering statistics to give you an insight into our world:

It is illegal to be gay in about 40% of countries and 3% carry a death penalty for homosexuality

83% of trans youth have experienced verbal abuse in the UK. 72% have self-harmed at least once. 60% of trans youth have experienced threats and intimidation. 48% of trans people have attempted suicide at least once. 35% of trans youth have experienced physical assault. 4 out of 5 hate crimes are gone unreported especially among youth

What you can do is stand up against casual homophobia and harassment, make sure we are not alone and keep on supporting us.

Most of all, remember we are also human and have feelings, most of us have gone through more than you think. If you think someone is going through pain, listen to them, they might not have anyone else, don't let them be part of the 48%.



Exercise, activity and wellbeing

Make sure you get out every day, at least for a walk. If you've never done yoga before [try this](#) at home.

If you're struggling with your mental health during coronavirus, don't worry, everyone is! Here's a [really useful website](#). The main advice is:

- Take exercise – you need the endorphins
- If you can, go somewhere green like a park or heath, or if nothing else look up at the sky and the trees around you – the way nature continues as it always does is quite calming, and appreciating the beauty of the natural world, even if it's just how amazing a leaf or flower is, can really help too
- Try not to read too much news
- Choose something you can control and focus on that, e.g. becoming really good at cooking, doing really well at your home learning, getting fitter. It will really help to make you feel things are in your control.
- Talk to people if you're struggling. Get in touch with us and we can help you find help if you've got no one to talk to or you need to speak to a counsellor.

University of Westminster Insight Series

Data	Time	Subject area	Registration link	Description
29 th June 2020	12:00- 13:00	Sociology	Register here: https://forms.gle/cHCwPKsU2wCMkfqn7	Join third year BA Sociology and senior student ambassador Jayne, for an insight into studying Sociology at university and their research into queer identifying academics in higher education.

30 th June 2020	12:00- 13:00	Biomedical Science	Register here: https://forms.gle/jvSFZ4st3tH9DwHp7	Join third year BSc Biomedical Sciences and senior student ambassadors Joel and Seema, for an insight into studying Biomedical Sciences at university and their research into stress and associated effects on humans.
1 st July 2020	12:00- 13:00	Psychology	Register here: https://forms.gle/4Tc1XLADbyabVQwz7	Join third year BSc Psychology and senior student ambassador Abu, for an insight into studying Psychology at university and his research into the Millennial's perspective on leadership, generational stereotypes and technology.
2 nd July 2020	12:00- 13:00	History	Register here: https://forms.gle/bmxiFv5K5E5irLVE7	Join third year BA History and senior student ambassador Sahra, for an insight into studying History at university and her research into the British Government's reaction to the 1967 riots in Hong Kong.
3 rd July 2020	12:00- 13:00	Illustration	Register here: https://forms.gle/wuMLV7GS7j17FqLn7	Join third year BA Illustration & Visual Communication and student ambassador Amelia, for an insight into studying Illustration at university. She'll showcase her work throughout her three years at Westminster including her Final Major Project comic.