

APRIL 2022



Newsletter

Welcome

FROM MS COOPER

As term 4 draws to a close, we are aware of how little time remains for our Year 13s. We are confident that our students will leave us having had the best possible experience with us and having grown both intellectually and personally, we will miss them greatly.

It has been a very busy term for Post 16, with mock exams, real exams, coursework and assessments. We have also seen the return of our popular Enrichment Afternoons seeing students joining in activities from chess to board games and football, the start of our Breakfast Club, which offers a free breakfast to all students, the growing enthusiasm for our extracurricular activities such as the ever-popular Football Club and the return of trips, with students joining CLF-wide conferences and going bowling.

As we move towards living with Covid, it is great to see our students embracing life at Post 16 and we look forward to more excitement in Term 5.



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Academic mentoring

A GLIMPSE INTO OUR CURRICULUM FOR TERM 5

Key Dates

CHECK OUT OUR WEBSITE FOR FURTHER UPDATES

8th April: Last day Term 4


18-22nd April: Easter Revision Sessions

25th April: First day Term 5

2nd May: Bank Holiday

23rd May: Exams start

W	Year 12
1	(Stephen Lawrence Remembrance 22/4) Black Lives Matter
2	Drugs & Alcohol
3	WEX launch
4	Volunteering Launch
5	George Floyd Anniversary 25 th May / UCAS launch






Year 13 will have bespoke Academic Mentoring sessions that will support them with revision and coursework.



Teaching and Learning

AN UPDATE FROM OUR TEACHING STAFF

Updates from a selection of our subjects

Psychology



Year 1 AS Psychologists have been researching the impact of childhood on adult relationships. They have chosen some very interesting characters to support or refute the Psychological theories they have been learning about.

Year 2 A Level Psychologists have been completing an independent piece of research on the causes, impact, and potential treatments of individuals suffering with Eating Disorders.

Art & Textiles

Students have been working on their personal projects, developing their own understanding of who they are as an artist or a designer. Take a look at the photos in our student gallery for more insight!



'I never expected to enjoy my lessons as much as I do. Our teachers really know how to bring our learning to life' Post 16 student

Drama

Year 13 have been working on their monologues for their exams, giving brilliant performances that have showcased their progress over the last two years.

Year 12 are working towards a performance of Steven Berkoff's *Metamorphosis*



English

In English Literature, students have been studying race, gender and conflict in *Othello*. Students have held lively debates about sexual conflict. Students have also compared the *Handmaid's Tale* to Caroline Duffy's *Female Gospel*.

In English GCSE Resits, students have developed their inference skills and have studied the influence of context in order to access higher levels of the mark scheme. In English Language, students have been completing close language analysis of unseen texts and exploring how the English language has evolved over 600 years.

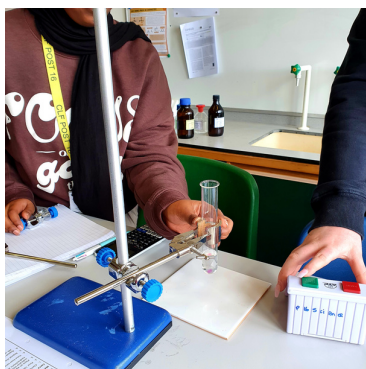
Health & Social Care

In some groups, students have been studying Individual care and support needs with a specific focus on Equality and Diversity and the communication and challenges which may come from this. They have looked at Safeguarding and the importance of information sharing and have held a mock multi-agency meeting to respond to a complaint for their assessment,

Other groups have studied Infection Control with a focus on Covid-19 and enjoyed input from a guest speaker about the controls in place in hospitals.

Applied Science

Students have studied and completed practical experiments to investigate further the effect of concentration on diffusion.



Chemistry

Students have been looking at equilibrium and have completed experiments to demonstrate how temperature affects rates of reaction. They have researched their own chemical tests and also looked at NMR as an example of an advanced analytical technique.



Biology

Students have investigated transport and immune bodies in both humans and plants. During a practical experiment using dye and microscopes, they identified Xylem in celery.



Btec Business

Year 13 students have been preparing for assessments on recruitment and selection by looking at recruitment documents and evaluating the process before interviewing each other. Year 12s have been preparing a marketing campaign for a small business (complete with budget and timescales) using sample market research and SWOT and PESTLE analysis

Geography

Students have focused on understanding how we develop a sense of attachment to place and a sense of identity through the example of Cambridge. They have also studied how places change over time through migration flow and how changing urban environments affect the climate.

Maths

All courses: All courses are finishing this week, so that students have the best opportunity to plan their revision and begin it over the coming holiday.

Core Maths: Following great success with Critical Path Analysis (how you plan things like building an extension on a house), students are now bracing ourselves for Cost-Benefit Analysis, which we will use tree diagrams for

A-Level Further Maths: Students have been looking at what happens when two balls collide at an angle - Once again, clear thinking and a good delia of practice turn something really tough into something routine.

A-Level Maths: Students are studying what to do when one can't actually solve an equation neatly... This says "We know a lot, but there's plenty more to learn." There has been real effort shown by students in how they are preparing for the coming exams, and teachers are impressed by the professional way they are asking for quite specific things which will support this.

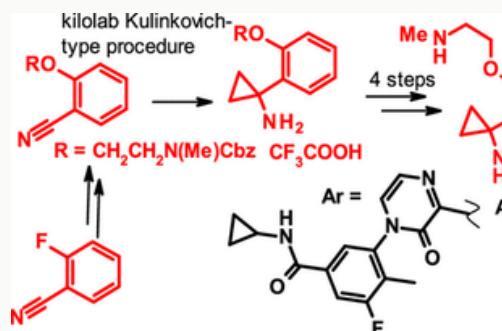
GCSE Resit: A number of students are now revising hard and it shows in the results they're getting on exam papers done in class. Well done, and keep it up!



Teaching and Learning

AN UPDATE FROM OUR TEACHING STAFF

Congratulations to Ms Rowley, our Chemistry specialist whose work has been published in the prestigious OPR&D by the American Chemical Society. We'd like to say we understood the whole paper, but...



Congratulations to Mai Zilbeti, our P16 Women's Basketball Academy coach and Spanish teacher who has been selected to coach the England U15 Basketball team. What an honour!



We are delighted to announce that following an intense recruitment process, Mr Randle has accepted the post of Vice Principal of Post 16. We are now looking for an Assistant Principal and look forward to continuing to work with Mr Randle in his new role



Good news from our students



We are always proud of our students for their academic achievements, however so many of our students also achieve amazing things outside of the school day and we like to take the time to celebrate this!

If your young person achieves something amazing (even if you think it would only seem amazing to them) please let us know at info@clfp16.org.uk

A huge thank you to our Post 16 students who supported JCA's production of High School Musical through their backstage, production and musical talents!

CONGRATULATIONS

Congratulations to all the winners of the Head of College awards this term. We look forward to seeing a lot of students at our rewards bowling trip on Friday.

Student Gallery



Safeguarding

LEARN MORE ABOUT HOW WE KEEP OUR STUDENTS SAFE

A question that we often get from students is why we ask them to wear lanyards at all times when on site, when we know them so well.

This is for a few reasons:

- Lanyards are an immediate way of identifying that an individual should be on site. Staff wear them at all times for this reason.
- We share a site with another Academy who may not know students so well. Wearing a lanyard prevents confusion, questions and the risk of a Lockdown.
- Lanyards provide access to the site, which is a closed site. If these get lost, or fall into the wrong hands, an individual may access the site unknown, providing a safeguarding risk. Wearing a lanyard is a good way of preventing it from getting lost and helps students realise quickly if it has been misplaced.

Please do encourage your young person to wear a lanyard at all times when on site.



As part of our commitment to knowing that our students are safe, we take registers within the first ten minutes of lessons. If your young person is not in at this time, we will contact you to let you know.

This makes punctuality all the more important!



SEND

SUPPORTING STUDENTS WITH ADDITIONAL NEEDS

Exam stress

Exams can be a difficult time for students. Please see the below tips from our SENCO Ms Crosbie.

How to recognise if your child is showing symptoms of excessive stress (these are possible symptoms, not an exhaustive list):

- Headaches, dizziness and stomach upset
- Preoccupation with thoughts of exams and inability to relax
- Withdrawal from friends, family and hobbies
- Constant tiredness due to problems sleeping
- Loss of appetite or over-eating
- Seeing only the negative side of things
- Becoming more aggressive and shorter tempered with those around you
- Feeling so low and desperate that children don't want to go to school, feel like running away or self-harming.

If you have any questions or concerns about your young person who has additional needs, please contact our SENCO, Ms Crosbie, at ana.crosbie@clf.uk

SEND

Tips to support your child include:

- Develop a realistic revision timetable, by making a list of the subjects/topics they need to focus on. Feeling prepared and organised can reduce stress.
- During exam time it is important to manage time properly. Try to help your child maintain a healthy balance between practice papers and other activities they enjoy – taking time out will help them to relax and can take their mind off revision. Long periods of continuous study can overload young brains, be mindful that the average attention span lasts around 40 minutes.
- Engaging in some form of physical activity during the break is a good way to reduce anxiety levels and help them relax.
- Remember everyone revises differently. Some young people might sail through practice papers easily following a short break after school – even ten minutes doing something relaxing first, is beneficial. For some however, waiting until after dinner before commencing revision, would be preferable.
- Encourage them to ask for help from their teacher if there are things you don't understand.
- Always offer encouragement and support.
- Praising and encouraging their efforts and achievements can be motivating and demonstrates your support for them.
- Try to keep things in perspective and encourage them to do the same – remember that exam results are not the only indicator of a young person's capabilities.

A helpful video on understanding why your child may be feeling stressed.

<https://youtu.be/t1eAeL1kTCo>



Careers

SUPPORTING STUDENTS WITH THEIR NEXT STEPS



We went big this term for National Careers Week 2022!

Friday 11th March was our Big Careers Day where we held over 120 mock interviews with 22 volunteering business professionals across multiple fields.

In the afternoon, we held a Careers and Education fair with 20 providers across multiple industries followed by a choice of over 15 careers seminars to opt into to learn more about specific careers.

Across the week students were able to liaise with professionals across multiple industries including Healthcare, Business, Education, Technology, Animal Care, the Arts, Engineering, Catering and more.

Student quotes from the Careers Fair

"I learnt how to speak to strangers in a professional manner"

"The experience definitely increased my confidence"

"I found different opportunities in which I am able to potentially be able to have a go at and make a career from it"

"It provided great practice for future interviews and what to expect so I can be prepared."

"I have learnt the importance of self-confidence"

"I heard everything I wanted to know at the careers fair"



Covid-19 update: free testing for most people ceased on 1st of April. As we move towards living with Covid, the recommendations for Covid symptoms will be the same as those for other infectious diseases such as a cold or flu: if your young person feels too unwell to attend, they should stay at home. If they are able to attend, they should be on site.

Operations

PRACTICAL INFORMATION



Absence from school

Please ensure that when students are absent from school you have contacted the Post 16 absence line on 01179 927117 or email attendance@clfpst1.org.

Please note that contacting JCA or emailing the info email box may lead to delays in our team being notified and your young person being marked as unexplained absence.



Guidelines for Vomiting

If a young person is sick or has diarrhoea and there is a reason to suspect that this is NOT from a virus (eg if they have food poisoning) then students can return once symptoms stop.

If you are unsure or if you suspect that this is due to a virus, please keep them off school for 48 hours once symptoms stop,

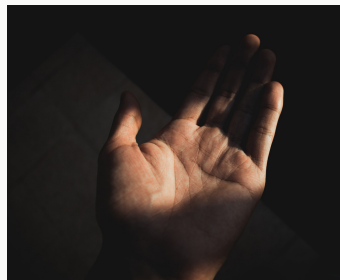
Operations

PRACTICAL INFORMATION



Free School Meal Vouchers have been emailed to qualifying students' CLF emails, please encourage them to read this

Our prayer room is a multifaith room for any student. During the month of Ramadan we are allowing more students to use the space at any one time to allow for congregational prayer.



We ask students to be respectful of others and of the space when using the room.



Breakfast Club is open to all students! Menus change on a weekly basis. Did you know that we work with FareShare for our Breakfast Club to reduce food waste?



We have several vacancies to be filled at the moment, including an Assistant Principal role, History and Business Studies teacher roles and Exam Invigilators. If you or someone you know is interested in joining a passionate, dedicated team with a real focus on our students, visit <https://clf.uk/careers/> to find out more



Post 16 students went to Winterstoke One Hundred to represent the Academy at the first CLF Eco Conference.

Students were able to learn more about what other academies were doing, share our own efforts, make a pledge for their own personal actions and were also given some seeds to plant.

So far this year we have been able to reduce the amount of energy used to heat the building by over 10% and our recycling has increased by over 50%.

Contact



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info@clfp16.org

Want regular updates and photos? Follow us on social media!



CLF Post 16



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