

THE SIXTH

THIS WEEK...

IT'S GOOD TO TALK!

7–11 October 2024

Reflecting on how you're feeling and talking openly about your emotions are vital for maintaining good mental health, especially during the pressures of Sixth Form. By taking time to check in with yourself, you can better understand your feelings and identify any stress or anxiety early on.

Sharing these thoughts with others – whether friends, family or a trusted teacher – can help lighten the emotional load and offer you new perspectives. Remember, seeking support is a sign of strength and a key part of staying mentally healthy and balanced during your studies (see pages 6–7).

EPQ

Any students who are completing their EPQ will have their mid-project review over the next few weeks. Please check your emails regularly for your specific timing.

PERSONAL STATEMENTS

There will be a weekly personal statement workshop, with Mr O'Flynn, on Thursday lunchtimes (1.30 –2pm) in N201.

ENRICHMENT

Please ensure you have signed up for this.



WHAT'S ON THIS WEEK

7–11 October 2024

Please [click here](#) to view the Assessment calendar, which includes key dates for the year ahead.

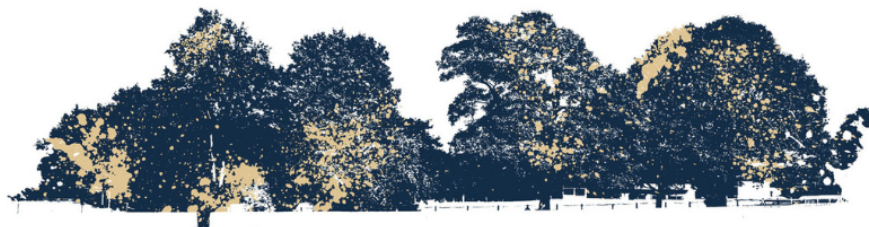


CALENDAR

Please note that the ILC is closed every day (8.30–1.15pm).

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	<i>The Sixth</i> and Mentoring	<i>The Sixth</i> and Mentoring	
TUESDAY	Life Programme (Lower Hex) – Resilience	Life Programme – Knowing yourself and your partner	Careers Advisor
WEDNESDAY	Study Skills – What makes a good student?	It's good to talk – check-in and chat	Economics lecture (see p.3) School Nurse, 1.15–2.10pm
THURSDAY	World Mental Health Day in Forms	World Mental Health Day in Forms	EPQ meeting In N105 (8.25–8.45am)
FRIDAY	Future Fridays Apprenticeship Assembly – Sam Preston (In Forms)	Future Fridays Apprenticeship Assembly – Sam Preston	

WHAT'S ON THIS WEEK



Wednesday 9th October 2024

Lecture on Asymmetric Information

*Professor Raghavendra Rau,
Gresham Professor of Business*

2–3pm, S106 (Economics classroom)



- What Is Asymmetric Information?
- How Does It Affect My Everyday Choices?



ASYMMETRIC INFORMATION

When one party in the transaction has more information or knowledge about the good and its true value, than the other.

Professor Rau is the Sir Evelyn de Rothschild Professor of Finance at Cambridge Judge Business School. He is a past president of the European Finance Association, and a past editor of *Financial Management*. He also serves on the editorial boards of several journals including the *Journal of Corporate Finance*, the *Journal of Banking and Finance*, *Financial Review* and the *Quarterly Journal of Finance*, among others. His research has frequently been covered by the popular press including the *New York Times*, the *Financial Times*, *The Wall Street Journal*, and *The Economist*.

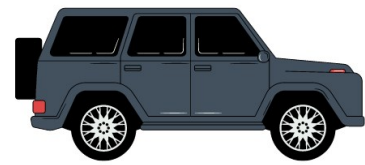
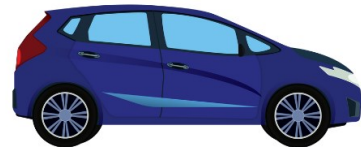
NEWS



Sixth Form drivers

Please record your car details on [this form](#) if you drive to school, or scan the QR code below.

Sixth Form Car Parking



BIRTHDAYS

S. Biggart

M. Harrison

C. Bower

F. Henderson

M. Breeze

E. Preston

L. Chow

C. Robinson

I. Cleminson

I. Tither

D. Collinge



GIVE SOMETHING BACK



Scaling heights for WWF

Year 13 students may remember ex-student Kathryn Broadhurst who led an assembly back in February about university life. Kathryn is currently studying Zoology at Bangor University. She also told students about a forthcoming trek to Everest Base Camp that she was doing to raise funds for the World Wide Fund for Nature (WWF). She held a cake sale in school after the assembly to help with the fundraising.

The team (16 students from Bangor and Swansea Universities) successfully made it to Everest base camp and are now home safe and sound having raised over £20,000 (which includes the money from the cake sale at Lymm High).

What a fantastic achievement! Well done Kathryn.



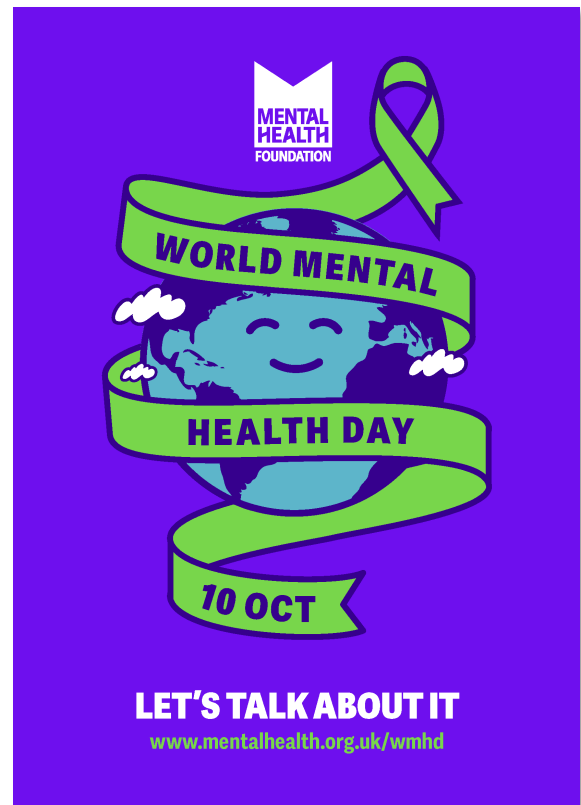
World Mental Health Day

World Mental Health Day is celebrated every year on 10th October. This year's theme set by the World Federation of Mental Health is workplace mental health. The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of people, organisations and communities.

If you need to talk to someone at school about something that worries you, we have a number of options:

- The Sixth Form Pastoral Team
- Mrs J. Littler and Mr N. Brown
- Your Head of Year
- Mrs Neesam

If you prefer support outside of school please contact Childline on 0800 1111. This service is available until your 19th birthday and is not only for emergency calls. You can also contact Kooth.



kooth

For ages: 10-25

Kooth is an **online mental wellbeing** community for young people

Here are some of the features you can access on Kooth:

- Magazine** | The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards** | Start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat** | Chat with our helpful team about anything that's on your mind
- Daily Journal** | Use your daily journal to track feelings or emotions and reflect on how you're doing
- Wellbeing Activities** | Find activities that support your wellbeing and help to build valuable life skills

Sign up for free at [kooth.com](https://www.kooth.com)

Talking about your Mental Health

1. Choose someone you trust to talk to

This might be a friend, family member or a teacher. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

2. Think about the best place to talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.

For further support, [click here](#).



LET'S TALK ABOUT IT

www.mentalhealth.org.uk/wmhd

REVISION SUPPORT



Year 13 revision sessions

	Subject	Time	Room
Monday	Economics (A week)	1.15–2pm	S106
Thursday	Psychology	1.30–2pm	S109
	Economics (B week)	1.15–2pm	S106
	Geography NEA advice	3.20–4.15pm	N105



Lynn High School
Sixth Form

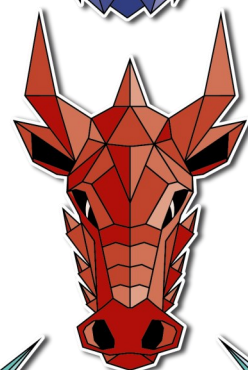


INTER-HALL

Inter-Hall Pickleball

Years 10, 11, 12, 13 and Staff

- Our Seniors and Staff Pickleball Tournament will take place from 21–25th October.
- It will be a doubles tournament, so you need a partner from your Hall.
- Staff can only team up with a student from their Hall.
- To register for the tournament, visit S107 any breaktime before **Friday 11th October**.
- Rules will be explained to all participants.
- Trophies awarded to the winners and runners up. Other spot prizes available during the matches.



FUTURES

OPPORTUNITIES

LSE Springboard applications are now open

Applications close: Sunday 10th November

The London School of Economics and Political Science (LSE) is offering Year 12 students the chance to take part in the LSE Springboard programme, which gives students a taste of university-level teaching and learning at LSE, as well as information to make a competitive application to LSE and other high-tariff universities.

The fully funded 10-month programme, which starts in January 2025, is delivered in a hybrid format and includes:

- Three campus visits to LSE, including an activity to explore student life in London and an end-of-programme celebration.
- An online academic programme taught by PhD tutors delivered in partnership with [The Brilliant Club](#).
- Tailored personal statement feedback and support.
- Virtual information sessions on applying to university, student finance, budgeting and wellbeing.

For further information, [click here](#).



THE LONDON SCHOOL
OF ECONOMICS AND
POLITICAL SCIENCE ■





Funded by
UK Government

Your Future, Your Choice, Move On - Careers Fair

Warrington Youth Zone (WA2 7NG)

Wednesday 13th November 2024 - 15:30 - 19:00

Free and open to all in the local area, especially those in Year 9 – 13 including parents/ carers.

With over 50 stands, meet with; employers, colleges, universities, training providers and voluntary organisations from varying sectors, including digital, healthcare, finance and the services.

Whether you are deciding on subjects to study or careers to pursue, this is a great step to help you to explore your options.

- Learn about apprenticeships, T-Levels and A Level progression routes

- Find out more about going to university and interact with local universities

- Seek out part time jobs, volunteering placements or work experience opportunities.

Register now to confirm your place.

Register
Today

Scan below



THE
CHESHIRE AND
WARRINGTON
PLEDGE



WARRINGTON
Borough Council

FUTURES OPPORTUNITIES

APPLYING TO APPRENTICESHIPS



Apprenticeships



- Please [click here](#) to see this week's list of current apprenticeships in the Warrington area.
For further details and to apply for any of these vacancies go to the [National Apprenticeship Website](#).
- [Click here](#) for the 2022 Top 100 Apprenticeship Providers.
- Further opportunities in Cheshire and Warrington can be viewed [here](#) and [here](#).
- Don't forget to use [Unifrog](#) to search for Apprenticeship opportunities too!

unifrog

Balfour Beatty apprenticeships



As a Balfour Beatty apprenticeship, you'll be able to dive straight into working on landmark projects at the heart of local communities. Earning while you learn, you'll gain practical skills and kickstart your career.

As well as support from your line manager and the development team, you'll join a network of apprentices sharing the experience with you. Whether you're interested in a business or technical career, you'll have the support you need to develop your career at Balfour Beatty.

The apprenticeship programme has vacancies all around the UK, in all kinds of professional fields. Whichever route you pick, you'll get to explore innovative technology, learn from experts, and start building the professional career you want.

Apprenticeships include:

- Business Support & Admin
- Civil and Mechanical Engineering
- Construction Management
- Digital Engineering
- Electrician
- Finance
- Health, Safety, Environmental and Sustainability
- Highways Maintenance
- IT, Data and Software Support
- Plant Maintenance
- Planning
- Procurement
- Quantity Surveying



To see the full list, [click here](#).

For further information on careers at Balfour Beatty, [click here](#).

Tenet Consultants apprenticeships



Tenet Consultants is a design engineering consultancy based in Birchwood Park, Warrington. The company is keen to promote the value of apprenticeships as well as advertise its current Degree apprenticeship to students.



To view the latest job advert for a Mechanical Design Engineer Apprentice, and Electrical, Control & Instrumentation Design Engineer Apprentice, [click here](#).

To find out more about the company, [click here](#).

CAREERS

Our [careers website](#) includes a [calendar of events](#), [labour market information](#) and a link to [Unifrog](#).



In Cheshire and Warrington, the industry sectors that are growing include life science, digital & technology, logistics & distribution, energy, zero carbon and clean growth. Find out more [here](#).

Key sectors with significant levels of employment are: chemicals, manufacturing & engineering, finance & business services, and health & social care.

Upcoming Events

- **Careers Days**
 - Medicine – *Saturday 5th October*
 - Dentistry – *Sunday 6th October*
 - Business – *Saturday 12th October*
 - Psychology – *Saturday 19th October*
 - Architecture – *Saturday 26th October*
 - Performing Art – *Sunday 27th October*
 - Law – *Saturday 2nd November*
 - Vet – *Saturday 9th November*
- **Females in STEM careers event with Amazon**
Tuesday 8th October, 5–6.30pm (online)
- **Insight to BDO**
Thursday 10th October, 5–6.30pm (online)
- **Meta online career challenge**
Wednesday 16th October, 5pm

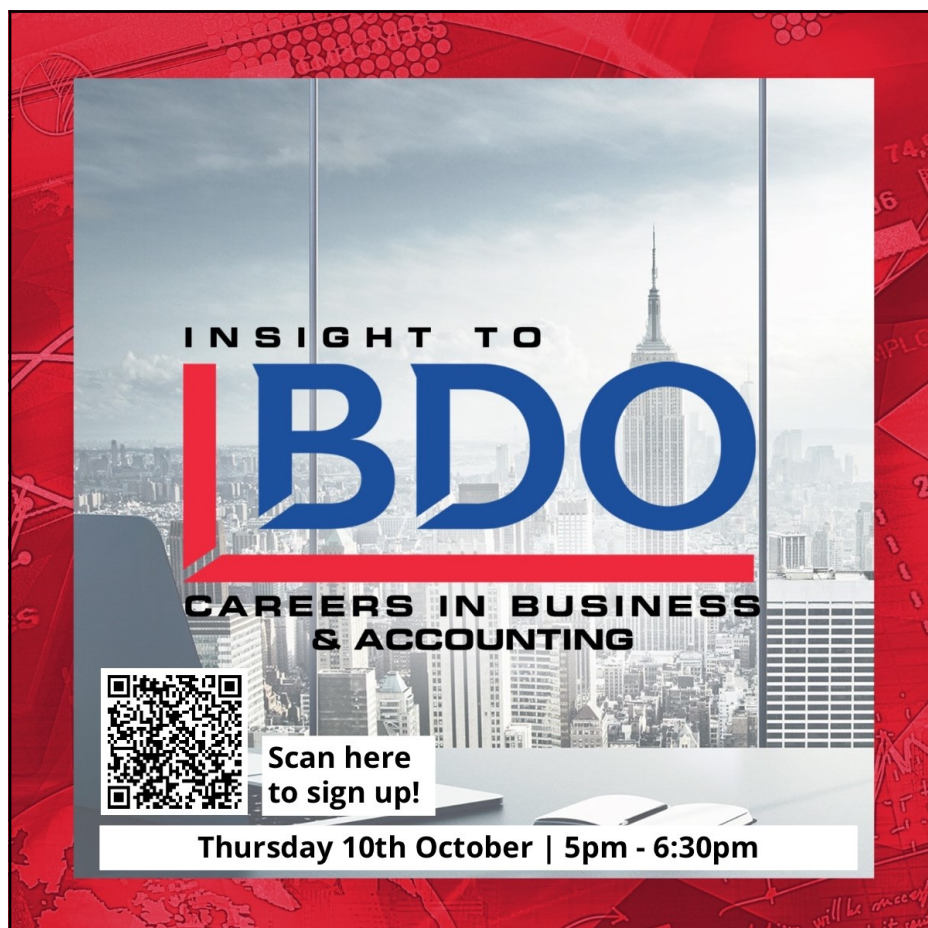
For details of all these events and more, [click here](#).

Careers Insight at BDO

Thursday 10th October, 5–6.30pm (online)

This exclusive Insight Event with BDO is a unique opportunity to gain behind-the-scenes access to a world-class firm and learn about its diverse career paths, cutting-edge projects, and commitment to supporting young talent.

- Hear directly from BDO staff about their experiences and career journeys.
- Learn about BDO's school-leaver programmes, apprenticeships, work experience and graduate roles.
- Discover pathways into a career in accounting and professional services.
- Gain valuable insights into skills and attributes BDO looks for in future talent.
- Network with professionals and get your questions answered directly by BDO's team.
- Apply to in-person events BDO will be hosting across the UK as well as its work experience schemes.
- Explore opportunities in audit, tax, advisory and more.



INSIGHT TO
BDO

**CAREERS IN BUSINESS
& ACCOUNTING**

Scan here
to sign up!

Thursday 10th October | 5pm - 6:30pm

Females in STEM careers event with Amazon

Tuesday 8th October, 5–6.30pm (online)

This virtual careers insight event with Amazon is specifically for female students in Years 12 and 13 who are passionate about STEM subjects.

Originally starting out as an online book store, Amazon has grown into a global giant, leading the way in e-commerce, cloud computing, digital streaming, AI and more. Amazon offers a range of outstanding apprenticeship opportunities from across the many areas of the organisation for students looking to kickstart their professional journey after Year 13.

During this Women in STEM webinar, you'll hear about the many exciting career paths in digital, technology and engineering roles at Amazon. It's a fantastic chance to learn how you can grow with a company that operates at the forefront of multiple industries across the globe.

To register, [click here](#).



The poster features the Amazon logo at the top left. Below it, the text 'WOMEN IN STEM' is written in a large, stylized font, with 'STEM' in yellow and 'WOMEN IN' in white. Underneath, the word 'WEBINAR' is written in white. At the bottom, the date and time 'TUESDAY 8TH OCTOBER | 5PM - 6.30PM' are displayed in white. A QR code is located on the right side, with the text 'Scan here to sign up!' below it. The background shows a woman in a dark jacket looking at a laptop screen, with other people blurred in the background.



To view the latest online University events, [click here](#).

These are listed in chronological order and include Open Days (in-person and virtual), online chats and webinars. Students can browse these events and engage with higher education from the comfort of their mobile, tablet or computer.

UCAS

- **University of Liverpool Open Day**
Saturday 12th October
For further information, [click here](#).
 - **University of Salford Open Day**
Saturday 12th October
Saturday 9th November
For further information, [click here](#).
 - **Manchester Metropolitan University**
Saturday 12th October
Saturday 19th October
Saturday 23rd November
For further information, [click here](#).
 - **Liverpool John Moores University Open Day**
Saturday 12th October
For further information, [click here](#).
- For details of these events and more, [click here](#) to access our dedicated UCAS webpage, and click the button **‘What’s on this month’**.