

THE SIXTH

“ THIS WEEK... ”

STRENGTHENING
MEMORY AND
RETENTION

3–7 March 2025

Understanding how your memory works can make a huge difference in your ability to learn effectively. Instead of simply re-reading notes, try techniques like active recall, where you test yourself on the material, or spaced repetition, which involves re-viewing information at strategic intervals to strengthen retention.

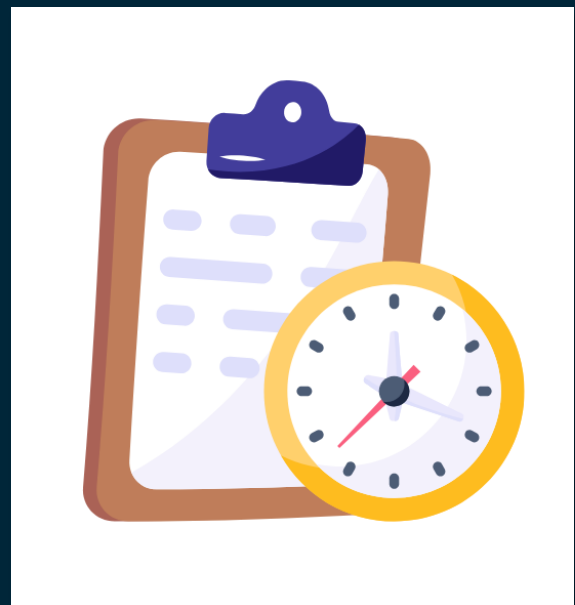
Mnemonics and visualisation can also help make complex ideas more memorable by associating them with vivid images or patterns.

Another powerful technique is dual coding: combining words with diagrams or mind maps to engage multiple parts of your brain.

Beyond study methods, don't underestimate the impact of sleep, nutrition, and hydration on memory.

A well-rested brain retains information far better than one running on caffeine and late-night cramming!

This week, experiment with different revision techniques and reflect on what works best for you, because the right strategy can make all the difference in your academic success.



THE SIXTH

3–7 March 2025



YEAR 12 PARENTS' EVENING

Please [click here](#) to read a letter from Mrs Neesam regarding Year 12 Parents' Evening, which will take place on **Thursday 20th March**.

UCAS EXTRA

[UCAS Extra](#) opened on **Wednesday 26th February**, allowing applicants with no offers or who have rejected all offers to apply for one course at a time until they receive a decision. This service runs until **Friday 4th July**. Before rejecting any offers, speak with a Sixth Form team member, as it carries risks.

GOLD DofE REMINDERS

Expedition Groups: You need to confirm your Walking Groups of nine on the DofE sign-up clipboard at Sixth Form reception.

Anyone needing to borrow kit needs to email Mr Greenwood asap.

The deadline for both is **Thursday 6th March**.

EPQ

Well done to all students who delivered their EPQ presentations last week! The standard was outstanding and both Mr Williams and I were incredibly impressed by the content and delivery! Final Reviews will take place after completion of mocks. Please check your emails for your time and slot.

YEAR 12 EDGE HILL TRIP

The deadline for the Edge Hill trip on **Wednesday 23rd April** is fast approaching. All students are expected to participate. Please find all information on ParentPay or contact Mr Mullin directly. To read the original letter, [click here](#).



Lynn High School
Sixth Form



WHAT'S ON THIS WEEK



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

CALENDAR

3–7 March 2025

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	The Sixth and Mentoring	MOCK EXAMS	
TUESDAY	Assembly Cavendish Talk (Apprenticeships)	MOCK EXAMS	Careers Advisor
WEDNESDAY	Life Programme – Financial choices, Budgeting and Savings	MOCK EXAMS	
THURSDAY	Work Experience research / Unifrog	MOCK EXAMS	
FRIDAY	National Careers Week Virtual Careers Fair	MOCK EXAMS	School Nurse, 10.45–11.15am

NEWS



Fancy a go at Crown Bowling?

In a bid to attract younger people to the sport of Bowling, High Legh Bowling Club (HLBC) would like to invite Sixth Form students to trial sessions on Saturday and Sunday mornings in May. Each session will last 2–3 hours and all equipment will be provided. For further information, please [click here](#) to read the full letter from the HLBC's Treasurer, Mr Springall.



BIRTHDAYS



C. Bailey

D. Cockcroft

T. Dunkley

B. Humble

R. Rooke

R. Rushton

C. Tickle-Starkey

E. Waldron

C. Wasey

A. Wilson

REVISION SUPPORT

YEAR 13

	Subject	Time	Room	Who
Monday	Economics (week A&B)	1.15–2pm	S106	Mrs Hill
	Maths	1.20–2pm	E103	Mrs Quilter
Tuesday	Biology	1.15–2.10pm	E306	Miss Farmer / Mr O’Flynn
	PE	1.30–2pm	S208	Mr Scott
Thursday	Sociology	1.30–2pm	S109	Mrs Edge
	Economics (week A&B)	1.15–2pm	S106	Mrs Hill
	English Lit (week A)	1.35pm	A121	Miss Penketh
	English Lit (week B)	1.35pm	A117	Mrs Hartley
	History (Paper 2 India)	1.30–2pm	A202	Mrs Douglas
Friday	History (revision and exam technique)	1.30–2pm	A201	Mr Wilde



REVISION SUPPORT



A Level Revision Courses 2025

**Our free A Level revision courses
have returned for 2025.**

Sessions include: Criminology, English,
History, Chemistry, Physics, Psychology,
Religious Studies and Dance.

Scan the QR code for more information and to book.



CONGRATULATIONS

English Middleweight Champion

Huge congratulations to Year 12 Jake Sands who is now the National Kickboxing Champion in the 16–17-year-old age category (<78kg).

Jake won the title at the ISKA National Kickboxing Championships in Birmingham on **Sunday 16th February**.

Jake's Fight Camp preparation for the event saw him cut 10kg of body fat and take his fitness to the highest level yet through sparring 10 rounds every week for several weeks.

"This is a significant achievement. Well done!", said Mrs Neesam. "Jake, I hope you are enjoying a well-earned rest now!"



FUTURES

OPPORTUNITIES

unifrog

‘Meet the Students’ virtual fair

Wednesday 26th March, 4–6.30pm

If Year 12 and 13 students have any questions about life at university, who better to answer than current undergraduates? This virtual fair brings together both student ambassadors and admissions staff from 30 universities across the UK.

There will be live sessions on Open Days, accommodation, societies, extra-curricular activities, student finances, and other topics that most influence the choices that students make about university. Parents and Carers are welcome too! Find out about:

- What university is really like.
- How to ace your Personal Statement.
- Preparing for University.
- How to choose between university offers.
- Accommodation options.
- Extra-curricular activities.
- Open Days.
- Student Finance.

To sign up, [click here](#).

unifrog

MEET THE STUDENTS:
WHAT IS UNIVERSITY
REALLY LIKE?



FUTURES

OPPORTUNITIES

UCFB
UNIVERSITY CAMPUS OF FOOTBALL BUSINESS

University Campus of Football Business (UCFB)

UCFB is based in Manchester (with another campus at Wembley Stadium) offering degrees in the football, sport and events industries, linking these with business, media, marketing, coaching and more. [Click here](#) to view their prospectus and have a look at their website [here](#).

Kick off your career
in the **football** and
sports industry



UCFB

UNIVERSITY CAMPUS OF FOOTBALL BUSINESS

INVESTIN

The Ultimate Work Experience Summer 2025

★★★★★
rated excellent
on Trustpilot

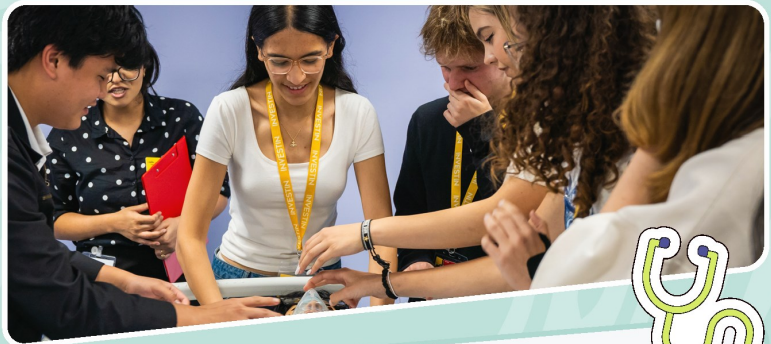
70,000+
students have
joined us

100+
countries have
chosen us

15
careers



This summer, gain hands-on experience in your dream career and learn from top industry professionals in London.



With 15 careers to choose from, you can spend one or two weeks in London, learning from top professionals and visiting real workplaces.

You will also have the option to stay in UCL's halls of residence, where you will be able to experience student life in the heart of the city.

UCAS

Gain UCAS points for Work Experience



Work towards your Gold Residential DofE Award



Places are filling up quickly, with some of our most popular programmes already 75% full. Secure your place now before registration closes.



Register Now



info@investin.org

+44 (0) 203 488 5089

www.investin.org

Key Apprenticeship Links

- [Current apprenticeships in the Warrington area](#)
- [Higher & Degree Apprenticeship Vacancies - October 2024](#)
- [Cheshire and West Apprenticeship Opportunities](#)
- [Search for an apprenticeship – GOV.UK](#)
- [A Guide to Traineeships and Apprenticeships - Lymm Sixth Form](#)
- [Not Going To Uni - Search for Opportunities](#)
- [Liverpool John Moores University - Apprenticeships Courses](#)
- [Manchester Metropolitan University - Become A Degree Apprentice](#)
- [Apprenticeships | University of Salford](#)
- [Programmes - Apprenticeships - The University of Manchester](#)
- [Search apprenticeships | UCAS](#)
- [NHS Apprenticeships](#)
- [Linkedin - Degree Apprenticeships](#)



Need More Help?

Our Careers Advisor, Ms Draper, is available for one-on-one support. Contact Mr Brown at Sixth Form Student Services to book an appointment (nbrown@lymmhigh.org.uk).

Register for New Degree Apprenticeship Alerts:

- [Indeed](#)
- [Total Jobs](#)
- [Rate My Apprenticeship](#)
- [Prospects](#)

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

- **Free employer-led webinars**
3rd to 8th March
- **Lloyds Banking Business & Entrepreneurship Event**
Tuesday 4th March, 5–6pm (Zoom)
- **PwC Females of the Future Insight Day Event**
Tuesday 11th March, 2–5pm, Manchester
- **Insight to BDO Accounting & Professional Services**
Tuesday 11th March, 5–7pm (virtual)
- **Waterside Training Apprenticeship Open Evening**
Wednesday 19th March, 5–7pm
- **PwC Virtual Insight Programme**
29th to 31st July

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

PwC Females of the Future Insight Day Event

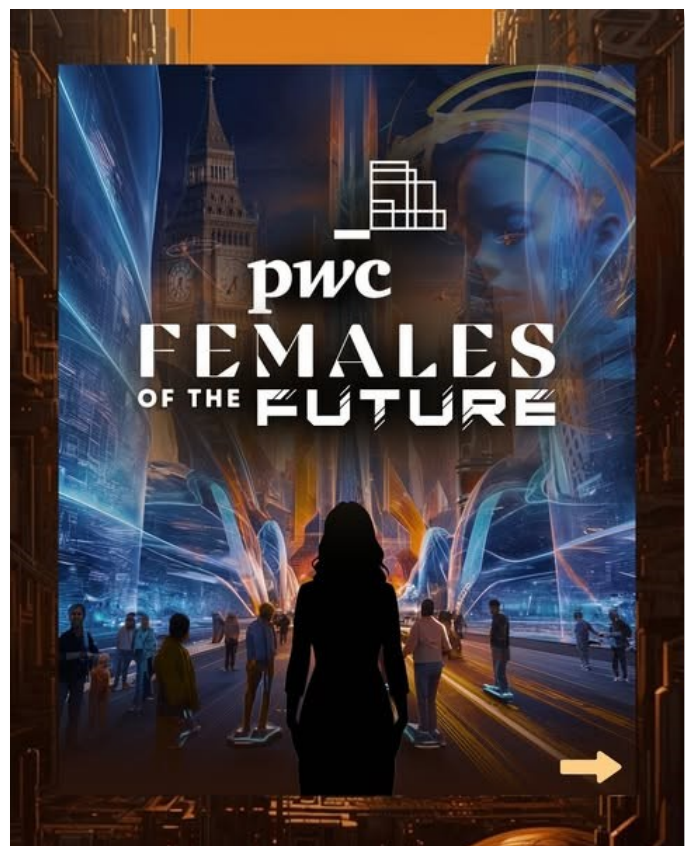
Tuesday 11th March, 2–5pm, Manchester

This is a great opportunity for Year 12 female students interested in a career in Business and Accounting to have the chance to come into the PwC Manchester offices to take part in workshops, network with their team, gain a greater understanding of what a career in the industry could look like, and learn about PwC's Degree Apprenticeship programmes.

PwC is one of the Big Four professional services firms, supporting businesses across audit, tax and consulting. Their Apprenticeship programmes offer a fully funded pathway into the industry, allowing you to earn while you learn and gain real-world experience at a globally recognised firm.

This event is designed to inspire and empower the next generation of female professionals by providing valuable career insights, networking opportunities, and practical guidance on the next steps in your career journey.

To apply, [click here](#).



Insight to BDO Accounting & Professional Services

Tuesday 11th March, 5–7pm (virtual)

This insight event will be to showcase all the opportunities BDO has on offer for students this year including their Apprenticeship, Graduate and Work Experience opportunities.

BDO is one of the world's leading accountancy and business advisory firms, and offers some of the very best school leaver opportunities in Business, Accounting and Consulting. This is a chance to gain behind-the-scenes access to a world-class firm and learn about their diverse career paths, cutting-edge projects, and commitment to supporting young talent.

- Discover pathways into a career in accounting and professional services.
- Gain valuable insights into the 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 their work experience schemes.

[Click here](#) to register your place.



PwC Virtual Insight Programme now open

29th to 31st July

Applications for the 2025 PwC [Virtual Insight programme](#) for Year 12 students are now open. The 3-day experience is designed to give students an insight into PwC: its lines of service, its culture, the work it does and how students can join as a school leaver.

They'll have the opportunity to engage with staff and ask their questions so that they can make informed decisions about their next steps. They'll receive guidance and top tips on the application process, equipping them with the skills they need to thrive in the workplace.

Further information, including full eligibility criteria and application link can be found in the job description [here](#).



Free employer-led webinars

3rd to 8th March



U-Explore is offering free, employer-led webinars on-demand during National Careers Week.

It has partnered with leading employers to showcase a wide variety of careers, giving students an insight into different career opportunities. This is an opportunity to hear from the employers themselves and get an insight into their industries.

These pre-recorded sessions will be available online and on-demand to suit your timetables. [Click here](#) to register your interest for further information and links to the online webinars.



Lloyds Banking Business & Entrepreneurship Event

Tuesday 4th March, 5–6pm (Zoom)

Lloyds Banking Group is at the forefront of the banking and financial services sector, committed to innovation and diversity all whilst helping businesses grow. This event is perfect for Year 12 and 13 students interested in setting up their own business and offering a glimpse into the opportunities and pathways available as an entrepreneur.

During this 1-hour session we will do a deep dive into what it takes to become an entrepreneur and how to set up your own business. You will hear from some very successful entrepreneurs from across the bank and how they have grown their side hustles whilst at work as well as Dan Miller, CEO and Founder of the Young Professionals brand.

Here's what you'll gain:

- Top skills of an entrepreneur
- How to grow, scale and set up a business
- The importance coming up with an idea and a business plan
- How to access business funding when starting out
- Open Q&A with Dan Miller and business leaders from across the bank

To register, [click here](#).



Social and Political Sciences Conference

Wednesday 26th March
10am – 2.30pm
Exton Park, Chester

Years
11, 12
and 13

See the transformative potential of pursuing a degree in Social and Political Sciences.

- Explore pressing global issues with insights from leading academics.
- Participate in interactive sessions across Criminology, Sociology, Counselling, and Global Affairs, Politics & International Relation.
- Discover rewarding career paths addressing societal and global challenges.

Scan the QR code for more information and to book.



- **Education Taster Day at ManMet**
Wednesday 12th March
- **Health and Social Care Taster Day at ManMet**
*Wednesday 26th March,
10–12.30pm*
- **Humanities, Cultures and Environment Experience Day**
*Wednesday 19th March, Exton Park
Campus, Chester, 10–2pm*

For details of these events and more, [click here](#) to access our dedicated UCAS webpage, and click the button '**What's on this month**'.

UCAS

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.