

THE SIXTH

“ THIS WEEK...

THE POWER OF
POSITIVE
SELF-TALK

17–21 March 2025

SHAPING YOUR CONFIDENCE

The way you talk to yourself matters more than you think. **Your inner dialogue can either build you up or hold you back**, influencing your confidence, motivation and resilience.

If you constantly tell yourself, *“I’m not good enough”* or *“I always mess things up”*, you’ll start believing it. But if you replace those thoughts with *“I can improve with practice”* or *“I am capable and prepared”*, you’ll feel more in control of your success.

Positive self-talk isn’t about ignoring challenges, it’s about **choosing a mindset that helps you overcome them**.

Next time you face a difficult task, notice your inner voice and reframe any negative thoughts into something constructive.

Over time, this habit will **strengthen your confidence and help you perform at your best**.



THE SIXTH

17–21 March 2025



Y12 WORK EXPERIENCE

It's great to see students re-searching placements and completing the necessary forms on Unifrog. However, there are still a number yet to find a placement and this needs to be completed asap. Remember that Mrs Hughes has some contacts from previous placements. Students who do not have a placement will need to remain in school for the week.

YEAR 12 TYNNY TRIP

This year we are excited to offer Year 12 students the opportunity to take part in a residential trip designed to develop their leadership and resilience skills. A letter has been sent home about this on Class Charts.

See also p.4.

Y12 DofE EXPEDITION

Good luck to our Gold DofE students taking part in their practice expedition from **Monday 17th to Wednesday 19th March**. Drop-off is at 9.20am. Please dedicate time to organising kit/food etc. Don't leave it all until Sunday! Please also ensure you have organised your transportation / car sharing. Any issues, please email Mr Greenwood. Class Charts has the full information.

STUDENT FINANCE TALK

On **Tuesday 18th March** at 6.30pm, Louise Carr from the University of Liverpool will be delivering a 45-minute presentation for parents on the Student Finance process via Teams. The [link is here](#) and has also been emailed to Year 13 students.

YEAR 13 LEAVERS

The exam timetable has been confirmed and arrangements for Year 13 Leavers have been announced, including study leave, Celebration Day, Prom and Leavers' Hoodies. See p.7 for more information.

WORLD DOWN SYNDROME DAY

We will once again be supporting [World Down Syndrome Day](#) on **Friday 21st March** by wearing odd socks. Gingerbread sock biscuits will also be on sale at break and lunchtime for £1 each.

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

17–21 March 2025

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Assembly – ManMet	Mentoring and weekly reset	
TUESDAY	<i>The Sixth</i> and Mentoring	Assembly – Liverpool University talk	Careers Advisor Student Finance talk for parents, 6.30pm (see p.2)
WEDNESDAY	Life Programme – Media Literacy	Life Programme – Huddersfield University Budgeting Talk	
THURSDAY	Issues and Debates	Issues and Debates	ILC closed all day Y12 Parents' Evening Tynny draw deadline (see p.4)
FRIDAY	Futures Friday	Futures Friday	School Nurse, 10.45–11.15am Odd Socks Day (See p.2)

NEWS



Year 12 Tynny trip

We are excited to offer Year 12 students the chance to take part in a residential trip to Ty'n-y-Felin in Anglesey. This is a 3-day visit and will include the opportunity to visit Silver Bay beach for games, coasteering, crabbing and also some hiking. It is a brilliant chance to get out of school for a few days with your friends, enjoy some amazing activities and try something new. There will also be indoor activities and a movie and games night.

A coach will leave Lymm High School at 9:30am on **Wednesday 21st May** and return to school on **Friday 23rd May** at 3:00pm, in time for the school buses.

Due to available accommodation at Tynny, the trip is limited to 66 students who will be randomly selected from a draw. A further 10 students will be drawn to be placed on a waiting list.

To enter the draw, your parents must register your interest by no later than **Thursday 20th March**, using a link in the letter sent to them on Class Charts.



NEWS



Did you know the UCAS Personal Statement is changing?

UCAS has recently amended the personal statement format from one longer essay to three structured questions, affecting all students applying to a UK university from next year onward.

To help you navigate these changes, InvestIN is hosting a free, interactive webinar led by experts, covering everything that students, parents and carers need to know to make applications stand out.

We strongly encourage Year 12 students to attend to gain valuable insights on the new format and learn what skills and experiences you should develop to craft strong responses.

Date and Time: *Wednesday 26th March, 6–7pm*

Online: [Click here](#) to register

If you cannot attend the webinar live, you can still register to automatically receive the recording.



BIRTHDAYS

D. Abe

M. Pollard

D. Case

C. Smith

M. Davies

C. Stuart

A. Diver

A. Thoma

L. Henney

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
	Psychology (invitation only)	1.30–2pm	S109	Mrs Edge
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



YEAR 13 LEAVERS' INFORMATION

- **Year 13 Celebration Day – Friday 9th May**
This celebration day, beginning at 8.25am, will include a breakfast treat, followed by time to sign shirts, ice cream and a final celebration assembly. More details to follow.
- **Study Leave Phase One – Week commencing Monday 12th May**
(Part study/lesson): Lessons as normal, unless you have a morning exam, you can take the previous afternoon off (leave at lunch); or an afternoon exam, and you have permission to take the morning off prior to the exam.
- **Study leave phase two – Week commencing Monday 19th May**
Full study leave for all.
- **A' Level and BTEC Exams – Week commencing Thursday 1st May**
If you wish to see an overview of the dates you can find these [here](#). Students will be issued with their individual timetables in due course.
- **Year 13 Prom – Thursday 10th July**
The Year 13 Prom at Walton Hall and Gardens will allow our students to celebrate in style and say their final goodbyes. Tickets are £45, payable now on ParentPay.



Leavers' Hoodies are now available to purchase for £21 on ParentPay. They are available in grey featuring the Lymm Sixth Form Logo on the chest with infilled names in the numerical digits 25 on the back.

CONGRATULATIONS



Finlay signs for Wigan Warriors

Finlay Yeomans has been part of Wigan Warriors youth programme for 4 years, graduating from the Scholarship environment into the Academy (as well as being part of the Sale Sharks programme up to U18s).

In December 2024 he signed a full-time professional contract for 3 years with Wigan, who are very pragmatically allowing the Year 13 student to complete his A' Levels before joining the first team group.

In February Fin made his first team debut in a pre-season friendly against Oldham and backed that up against Leeds Rhinos the following week. He is hoping that with a lot of hard work he might get some Super League experience in the next 2 years and is excited about the opportunity ahead.



Finlay signing his contract with Matt Peet, Wigan's head coach.

INVESTIN

The UCAS Personal Statement is changing

Everything you need to know




The Ucas Personal Statement is Changing A free webinar for students and parents

UCAS have recently amended the personal statement format from one longer essay to three structured questions, affecting all students applying to a UK university from next year onward.

InvestIN are running a free, interactive webinar led by experts, on everything you need to know about this change and how to ensure your application stands out in this new format.

Register Now



If you cannot attend live, please register to automatically receive the recording.



info@investin.org

+44 (0) 203 488 5089

www.investin.org

FUTURES

OPPORTUNITIES



Get to know Manchester Metropolitan University

Want to know more about studying and student life at ManMet? Chat to its student ambassadors and learn what it's like to study at Manchester Met by [clicking here](#). The students also post useful information about the University, a day in the life, preparing to study, and much more.

You can find your perfect course by browsing the 38 subject areas, [here](#). You can also order the 2026 prospectus, [here](#).

DVRS Games Festival

10–11 April 2025

The School of Digital Arts (SODA) and POC in Play are hosting DVRS – the first International games festival next month. The festival will host 2 days of talks and a networking event showcasing diverse speakers and topics across games development as well as animation and film.

Speakers include Shifally Rattan (COD Modern Warfare 2 & 3 and Star Wars: Jedi -Fallen Order), Harvey Newman (Battlefield V and Horizon Zero Dawn) and many more. Tickets are £20 for students – use code 'POCINPLAY20' at checkout.

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



FUTURES

OPPORTUNITIES

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‘Meet the Students’ virtual University 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. If students can't make it for the whole event, they are welcome to drop in whenever they can.

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, and get more information, [click here](#).

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**MEET THE STUDENTS:
WHAT IS UNIVERSITY
REALLY LIKE?**



FUTURES

OPPORTUNITIES



Nottingham Trent
University

Nottingham Trent University Open Day

Saturday 26th April

There's nothing like seeing something for yourself, especially with a life-changing decision like going to university. With so many factors affecting your choice, visiting in person could completely change your mind. Whether you're thinking of applying, or have an offer, Nottingham Trent University (NTU) Open Days and events are a great opportunity to discover more about the university.

- Visit the range of accommodation.
- Visit the city and see why Nottingham has earned its reputation as one of the great student destinations.
- See the spaces where you'll study and socialise.
- Meet the teaching staff that will help shape your future.
- Access student support and finance advice.
- Discover more about your application journey and next steps.
- Drop-in and chat with student ambassadors.
- Get your questions answered.

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



FUTURES

OPPORTUNITIES

LSE Explore online taster subjects

Deadline for application: Sunday 27th April

Taking place in May 2025, LSE Explore is a series of online subject taster events for Year 12 students which offer an insight into selected undergraduate degree subjects at the London School of Economics (LSE).

Through a series of free online events, students will gain the unique opportunity to get a taste of what it means to study at LSE. There is something for everyone as these invaluable online events span across a range of departments including:

- Management
- Geography and Environment
- Philosophy, Logic and Scientific Method
- Government
- International Relations
- Psychological and Behavioural Sciences

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



THE LONDON SCHOOL
OF ECONOMICS AND
POLITICAL SCIENCE ■



INVESTIN THE ULTIMATE WORK EXPERIENCE

The InvestIN Scholarship Scheme

Experience your dream career

Are you ready for an unforgettable experience this summer?

The InvestIN Summer Scholarship Scheme 2025 offers fully funded places for eligible students to take part in a one-week InvestIN Summer Experience in London.



InvestIN provides immersive career experiences for students aged 15-18. You'll be able to visit real work places and gain hands on experience in careers across fields like medicine, law, engineering and banking.

Even if you don't secure a scholarship, applying gives you access to career resources, guidance and employability webinars to help you stand out in future opportunities.



This is your chance to make the most of your summer holidays. Apply now and take the first step towards an exciting future!



Apply now

info@investin.org

+44 (0) 203 488 5089

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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](#)

Check out this course on

unifrog
the universal destinations platform

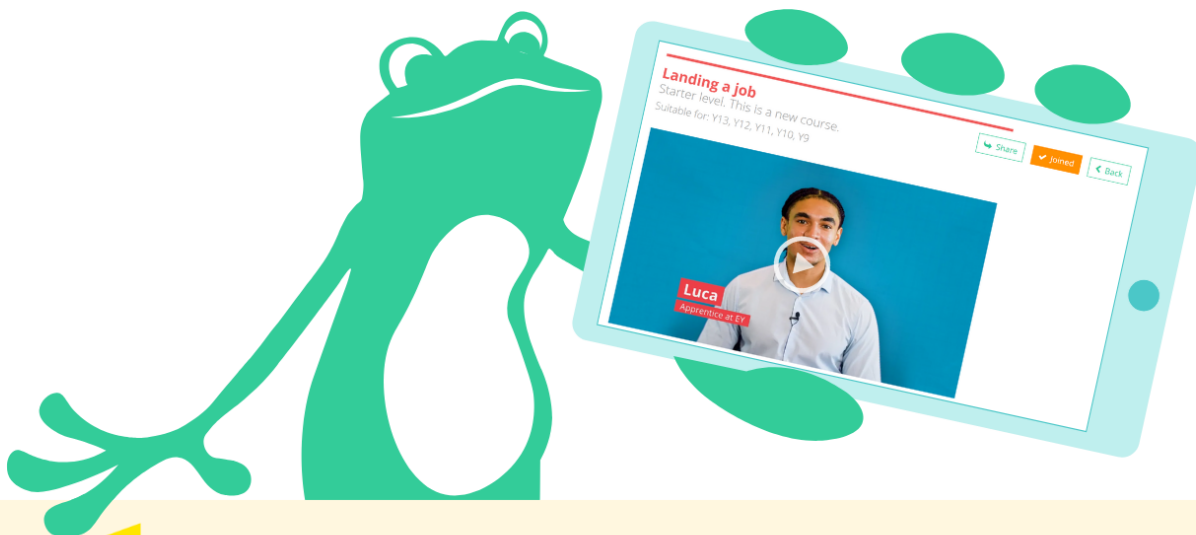
To learn how to ace **interviews**, prep for **assessments**, and shine at **assessment centres**.



If you'd like to **strengthen the skills you need to successfully navigate recruitment processes**, check out our course on the Unifrog Courses tool.

The 6-session course will get you to:

- Learn about the different **stages** of a recruitment process
- Explore typical **pre-interview assessments**
- Find out what **assessment centres** involve and how to prepare
- Learn how to **succeed in interviews**
- Find out how use **self-reflection** to improve your performance



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CAREERS

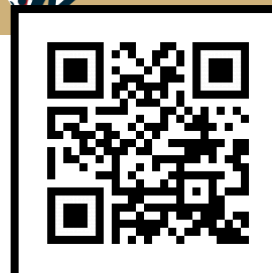
Our [careers website](#) includes a [calendar of events](#), [labour market information](#) and a link to [Unifrog](#).



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.

- **Unifrog Future Talent Programme**
Tuesday 18th March, 4.30pm
- **Waterside Training Apprenticeship Open Evening**
Wednesday 19th March, 5–7pm
- **Banking & Finance Event with Lloyds Banking Group**
Tuesday 1st April, 5–6pm (Zoom)
- **Sellafield Engineering Work Experience**
July to October 2025
Closing date for applications:
Sunday 6th April
- **PwC Virtual Insight Programme**
29th to 31st July



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

Unifrog Future Talent Programme

Tuesday 18th March, 4.30pm

The Unifrog Future Talent Programme can help students who need support in identifying and showcasing their skills. Through a mix of webinars and independent study via the Courses tool, students will learn what employers and universities look for and how to effectively showcase their strengths.

Aimed at Year 12 students from disadvantaged or underrepresented backgrounds, but open to all, the free programme will help students set up strong Talent pool profiles, and boost their chances of securing opportunities like travel bursaries or insight days.

Following on from the Future Talent Programme launch webinar, this event will help students think about the next steps on their skill development journey.

There are three steps to complete:

- [Watch the Future Talent Programme launch webinar](#)
- [Complete the Level up your skills: Future Talent Programme course on Unifrog](#)
- [Sign up for the webinar on 18th March](#)



Sellafield Engineering Work Experience

July to October 2025

Closing date for applications: Sunday 6th April

Sellafield is looking for learners in Years 12 and 13 who are keen to gain experience of the Nuclear Industry. Whether you are looking for experience to support your decision in applying for one of its vocational apprenticeships, or to further your education and apply for a Degree Apprenticeship, the company is keen to hear from you.

The Work Experience involves a week-long placement in the Warrington office, solving real engineering problems. You will gain awareness in Process, Mechanical, Control, Electrical & Instrumentation, Civil & Structural Engineering Design, and Operational Research Analytics. You will experience exciting and rewarding challenges with a clear vision of the future opportunities available in engineering. You will also gain valuable employability skills to future employers and education/training providers

Working as a project team you will experience first-hand how you use STEM subjects to work on a ground-breaking project alongside nuclear industry's experts.

The Programmes will take place on the following weeks.

- 7–11th July
- 14–18th July
- 21–28th July
- 4–8th August
- 18–22nd August
- 27–31st October



If you are interested in applying for a placement, [click here](#).

Banking & Finance Event with Lloyds Banking Group

Tuesday 1st April, 5–6pm (Zoom)

Are you curious about a career in Banking and Finance? Join us for Lloyds Banking Group: Careers Live, an exclusive virtual event designed to give you insights into one of the UK's largest financial institutions and how to make build your career within the industry!

This is your chance to learn about the wide range of career opportunities available at Lloyds Banking Group (LBG) as well as their Easter Work Experience Schemes all whilst taking your first steps towards an exciting future.

- Learn about the company's role in shaping the UK economy and its commitment to supporting businesses and individuals across the country.
- Discover Apprenticeship programmes, graduate schemes, and internships designed to help you launch your career in banking, fintech and beyond.
- Find out about Easter work experience.
- Ask your questions directly to LBG representatives and receive tailored advice on navigating the recruitment process and starting your career journey.

To register, [click here](#).



CAREERS

The InvestIN Scholarship Scheme

The InvestIN Summer Scholarship Scheme 2025 offers eligible students a fully funded place on a 1-week InvestIN Summer Experience in London. InvestIN provides immersive career experiences for students, working with industry professionals across fields like medicine, law, engineering and banking. You'll engage in real-world simulations, meet experts and develop key career skills.

Even if you don't secure a scholarship, applying is still a valuable experience. All applicants will receive tailored career resources, expert guidance and employability skills webinars.

The scholarship covers the full programme cost, including lunch and travel within London's TFL zones. It's open to students aged 15–18 who need financial support and meet at least one of the [eligibility criteria](#).

This is a fantastic way to make the most of your summer. To find out more and apply, please [click here](#). See also p.14.





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

- **Humanities, Cultures and Environment Experience Day**
Wednesday 19th March, Exton Park Campus, Chester, 10–2pm
- **Health and Social Care Taster Day at ManMet**
Wednesday 26th March, 10–12.30pm
- **‘Meet the Students’ virtual University fair**
Wednesday 26th March, 4–6.30pm
- **Nottingham Trent University Open Day**
Saturday 26th April
- **ManMet Open Day**
Wednesday 18th June

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