

THE SIXTH

“ THIS WEEK...

WORK SMARTER,
NOT HARDER

18–22 May 2026

Working smarter not harder, is about helping you make better use of your time and effort so you can achieve more without burning out. It's not about doing endless hours of work, it's about focusing on what actually makes a difference, using strategies like Pareto Principle to prioritise tasks that have the biggest impact.

You'll learn how to manage your time effectively, avoid distractions, and study in ways that improve understanding rather than just memorisation.

This week challenges you to rethink how you work, build smarter habits, and realise that

success comes from efficiency, focus and consistency, not just working harder.



THE SIXTH

18–22 May 2026



YEAR 12 UCAS PROCESS

We are looking forward to hosting Lancaster and Newcastle Universities this week to discuss Personal Statements and 'Choosing the Right Course'. Students will register for their UCAS account in Form on **Wednesday 19th May** (see p.8).

YEAR 13 EXTERNAL EXAMS

These are now in full swing. We have also had some Year 12 business exams taking place. We are incredibly proud of how all our students are approaching these exams. You're doing so well, keep going!

GOLD DOFE

The Gold DoFE qualifying expedition takes place next week in North Wales. Please check all the details on the communications from Mr Greenwood. We hope you all have a super expedition and the sun shines for you!

CAREERS FAIR

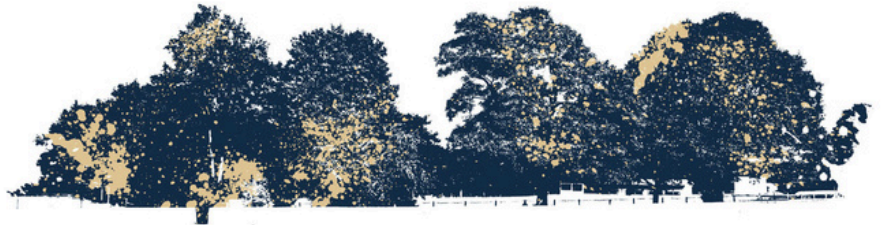
This year's Lymm High Careers Fair is taking place on **Tuesday 7th July**. If you would like to attend, you can get free tickets on p.10. If you'd like to exhibit, please email Miss Williams (nwilliams@lymmhigh.org.uk).



Lymm 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

18–22 May 2026

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Monday reset – <i>The Sixth</i>	No Form	
TUESDAY	Assembly – Lancaster University	No Form	Gold DofE Qualifying Expedition
WEDNESDAY	Registering for UCAS	No Form	Gold DofE Qualifying Expedition
THURSDAY	Life Programme – Newcastle University (see p.8)	No Form	Gold DofE Qualifying Expedition
FRIDAY	Starting work on Personal Statements	No Form	Gold DofE Qualifying Expedition

NEWS



HAPPY
BIRTHDAY

J. Booth

N. Bramwell

E. de Foubert

A. Jenkins

A. Leary

H. Phillpotts



REMINDERS

Y13 EXAM TIMETABLES

Timetables were issued to all students last week. Please check these carefully for the date, time, location, seat number of your exam and remember your candidate number. Any issues, please speak with Mrs Hughes or Mrs Lambert.

STAY, SNACK, STUDY

Sixth Form N Block study rooms are available between 7.30am and 5pm for students wishing to study before and after lessons. This is a great opportunity for Year 13 students to get those extra revision hours in.

YEAR 13 UCAS DECISIONS

If students received all their University replies by **13th May**, they need to make their decisions by **3rd June**. [Click here](#) to see guidance on the UCAS website about how to make decisions. Students can track their offers in their UCAS hub. [Click here](#) to read information about how 'track' works.

YEAR 12 FUTURES

Please [click here](#) to read the letter sent to parents and carers about the Year 12 Futures Programme, which includes information about University Open Days, Degree Apprenticeship support, Work Experience, Unifrog and UCAS.

UNIFROG PARENT ACCOUNTS

All Sixth Form parents and carers have now had parental accounts activated on Unifrog. [Click here](#) to read the letter sent on Class Charts.

YEAR 12 IAG

The Parental Information, Advice and Guidance (IAG) session on UCAS took place on **Thursday 23rd April**. Please [click here](#) to view the slides. A recording is on Class Charts.

KEY DATES CALENDAR

A reminder to check the [Key Dates and Assessment Calendar](#) for important dates throughout the academic year.

SIXTH FORM DRIVERS

Your car must be registered [here](#). Please drive carefully, keeping to the 5mph speed limit. Be especially mindful of pedestrians at the zebra crossing and ensure you park considerately so the space can be used safely by everyone.

YEAR 13 LEAVERS' INFORMATION

- **Monday 11th to Friday 22nd May** – Partial Study Leave. Students should attend timetabled lessons if they are not in an exam during this time or have an exam in the afternoon on that day. There will be no Year 13 Form time, but SSP can still be accessed if students wish but is it no longer a requirement. Students are required to sign in and out at the Sixth Form desk, if on site and not in exam.
- **Monday 25th to Friday 29th May** – Half Term. School closed.
- **Monday 1st June** onwards – Full Study Leave. No Year 13 Lessons. Sixth Form will remain open for independent study between 7.30am and 5pm, and teachers will still be available during lesson hours to provide support. We want to ensure that students continue to receive excellent support, with subject staff, Form tutors, and the Sixth Form team always available to assist whenever needed.
- **A' Level and BTEC Exams** – If you wish to see an overview of the dates of these you can find these [here](#). Students will be issued with their individual timetables in due course; it is essential you check these carefully, taking note of your candidate number, seat number, exam venue and the start time.
- **Year 13 Prom** – *Thursday 9th July*. Tickets are £45, payable now on ParentPay. The Prom starts at 7pm and finishes at 11pm and the price includes a welcome drink, a buffet and a DJ in a beautiful private function room with its own bar and garden.



To read the letter sent home, [click here](#).

EXAM STRESS



As students approach their exams, the Sixth Form is providing a range of support to help them feel prepared and confident. An assembly has been delivered to offer guidance on managing exam stress and maintaining wellbeing, alongside a detailed letter shared with students outlining practical advice and support resources.

Students are encouraged to speak to their tutor, subject teachers, or the pastoral team if they need support, and can also access additional guidance, revision planning tools, and external services.

We are committed to ensuring every student feels supported during this period, and encourage anyone with concerns to reach out to a trusted member of staff.



UCAS



University UCAS Admission

We are looking forward to hosting Lancaster and Newcastle Universities this week to discuss Personal Statements and 'Choosing the Right Course'.

Students should be working on selecting a member of staff to be their Application Referee. This should be a member of staff who knows the student well and can comment on their academic and pastoral progress. These staff will work with other subject members of staff to complete the University Application. Students have been sent the link on which to log who this member of staff is. Please ask Form Tutors for support with this as necessary.

Students will register for their UCAS account in Form on **Wednesday 19th May**. They **MUST** use their school email and, when prompted, link to our School. Applications will be sent by School. This Form session is about registering for UCAS. We will fill in the administrative application on **Thursday 4th June** in Life Programme.



APPRENTICESHIPS

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 FAIR

Years 7 to 13

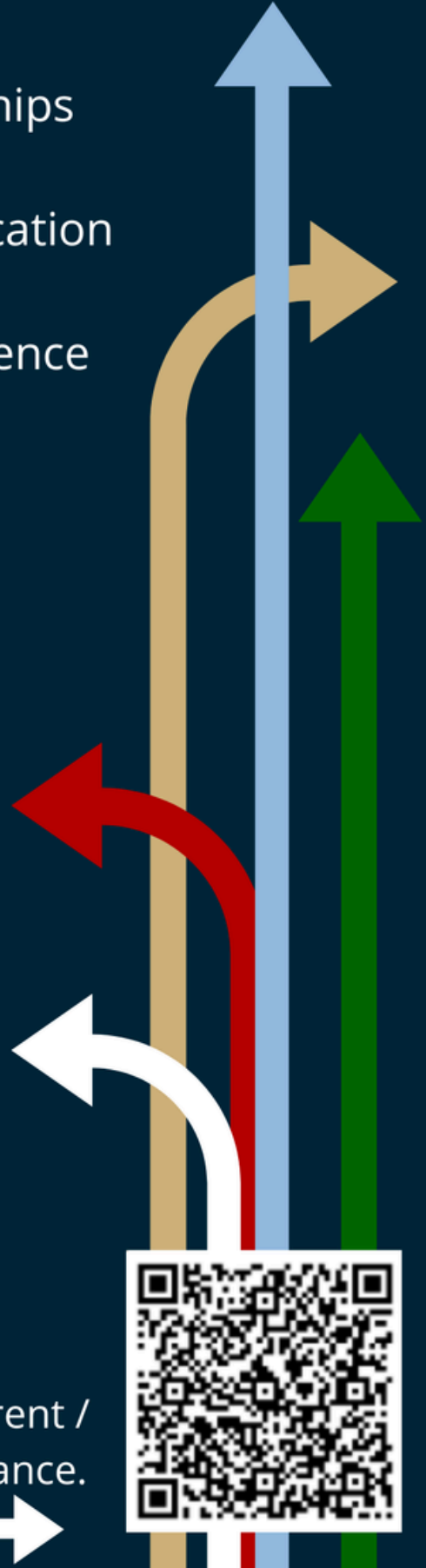
Tuesday 7th July 2026
5–7pm

LHS Sports Hall

Students should attend with their parent / carer. Tickets must be booked in advance. Scan here to book tickets. 

What's your next step?

- Jobs
- Apprenticeships
- Colleges
- Further education
- Universities
- Work experience



CAREERS

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.



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

Upcoming Events

- **Business & Accounting half-term work experience**
Tuesday 26th and Wednesday 27th May, 10–4pm (Zoom)
- **Law Virtual Work Experience Day**
Thursday 28th May, 10–4pm (Zoom)
- **NHS Allied Healthcare Virtual Work Experience**
Sunday 7th June
- **Legal careers in the insurance industry**
Tuesday 23rd June, 9.30–3pm, Liverpool
- **Interpreting and translation careers**
25–26th June, 9–2pm (remote)
- **Discover Tech Manchester**
1–2nd July 2026, 9–4pm
- **Eco-Innovation and STEM Careers**
7–8 July, 10–2.30pm (remote)
- **Young Professionals Work Experience Day**
London, Saturday 18th July, 2–6pm
- **Engineering & Business Work Experience Day**
27–30th July, Birchwood (Deadline to apply: Friday 12th June)
- **PWC Summer Work Experience**
3–6th August; Deadline to apply: Friday 31st July

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

Engineering & Business Work Experience Day

27–30th July, Birchwood

Deadline to apply: Friday 12th June

The Young Professionals Network are running a 4-day Work Experience placement that will cover Mechanical and Electrical Engineering Design as well as Project Management and Business Winning activities. It will take place at the Cavendish Nuclear Ltd Birchwood office (106 Dalton Avenue, Birchwood). There are opportunities for students to be fast-tracked through the application process all the way through to Apprenticeship interviews off the back of this placement.

This is a fantastic opportunity for aspiring Engineers, Project Managers and Business Winners. Or indeed anyone wanting to bag a really great work experience opportunity to strengthen their CVs and University applications.

The session is only open to Year 12 students, as they will fit into this recruitment cycle of Apprentices starting work in summer 2027.

Students should send an email (or any questions) to ypn@cavendishnuclear.com with their completed application form ([attached here](#)) and an up-to-date CV with the email subject 'Work Experience Application July 2026'.

Please see Mrs Hughes if you would like help from Sixth Form with your application and CV.



Young Professionals Work Experience Day

*Friends House, London, Euston (right opposite Euston Train Station),
London, Saturday 18th July, 9–1pm or 2–6pm*

Fresh from his turn on BBC's *The Apprentice*, Dan Miller's flagship event of the year, the Young Professionals Summer Conference in London, will feature 30 of the world's biggest brands. Based in Euston, this is your chance to meet some of the most prestigious employers in business, banking, finance, law, engineering and technology, all in one place. The event is designed for ambitious students who want to connect directly with top employers, gain insider knowledge from industry leaders, and set themselves up for career success. With a packed schedule of keynote speeches, interactive workshops, and networking opportunities, this is an unparalleled chance to gain a competitive edge in your chosen industry.

All students who attend will get a professional LinkedIn headshot as well as a digital PDF link packed with CV templates, how to start a business, top tips on applying to corporate roles, and lots of other useful content. Some of the employers attending include: Google, Goldman Sachs, Lloyds Banking Group, KPMG, Grant Thornton, UBS, Slaughter and May, Farrer & Co, A&O Shearman and Charles Russell Speechlys.

Please note that there is a booking fee of £26 to secure your place, this goes towards the venue hire, AV and tech costs, goodie bags, downloadable resources for you to keep.

To register, [click here](#).



NHS Allied Healthcare Virtual Work Experience

Sunday 7th June

This session, with a specific focus on Paediatric Pathways, is particularly useful for students who are interested in understanding how healthcare delivery differs when working with children and young people. Across the day, students will step through realistic patient scenarios, exploring how care is delivered from first presentation through to recovery. The emphasis is on understanding how different professionals contribute at each stage, rather than just learning about roles in isolation.

Students will gain exposure to a wide range of careers, including:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy



The structure of the session is designed to help students build practical understanding they can actually use. In particular, they will:

- See how multidisciplinary teams make decisions in real time
- Understand how patient needs shape different professional roles
- Build examples they can reference in UCAS applications
- Develop a clearer sense of which healthcare pathways may suit them
- Engage directly with professionals to ask questions and explore routes into the NHS

Each student receives a certificate for the session, and those who complete the full programme are awarded a Highly Commended Reference, which can be used to support both UCAS applications and CVs.

To register, [click here](#).

Once registered, students will receive access to their virtual work experience portal with full session details. Students can attend individual sessions (£10) or enrol in the full programme (£50).

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.

- **Unifrog Global University Fair**
Sunday 3rd June, 3–5.30pm
- **University of Liverpool Open Days**
Friday 19th June, Saturday 20th June, Saturday 26th September, Saturday 10th October.
- **Business Taster Day at ManMet**
Thursday 11th June, 12.30–4pm
- **University of Liverpool Year 12 Stem Experience Days**
16–18th June (9.45–3pm)
- **Manchester Met Open Day**
Wednesday 17th June
- **Law Taster Day at ManMet**
Thursday 18th June, 12.30–4pm
- **University of Derby Open Day**
Saturday 20th June, 9.30–3pm
- **STEM Summer Residentials**
June and August 2026

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