



THE SIXTH



Spring 2021

ONLINE LEARNING... SO HOW WAS IT?

It is doubtless that this term has been like no term we have ever experienced before. On January 4th 2021, it was announced that England would go into another full lockdown, and schools would not be facing the new term in person- but virtually, through online “live” lessons that would replace in-person learning with the exception of children of key workers.

This new environment was an interesting encounter for students across the country, with the effects of it proving controversial: some students found this period tumultuous, stressful, and exhausting, due to uncertainty over examinations and lack of social time they could experience; other students flourished under the new restrictions, saying that they were able to catch up, relax, and enjoy the online lessons in a comfortable environment. Both of these experiences are valid, and it is thanks to the persistent work, time, and care the teachers have towards our lessons, to make the experience as pleasant as possible for us.

“School overall is better in the classroom because it is easier to ask for help- a lot of us were embarrassed to answer questions, and there were a lot of technical difficulties, but it was alright” said a Year 11 student.

However, others had a more positive experience of online learning. “I was much more productive at home,” said another Year 12, “but I did find it harder.”

We asked the students with a more negative period to explain what could be done to improve their experience if they ever had to self-isolate. “I would have liked using the chat box to be a little more normalized,” one Year 13 told us, “I was more comfortable using that but felt bad that I wasn’t speaking.”

As a whole, we would like to thank all of the teachers for their hard work, kindness and dedication to our learning, and making our lessons enjoyable even though we could not be there in person!

-Amy



WHY IS EXERCISE SO GOOD FOR MENTAL HEALTH?

Physical activity has huge potential to enhance a person’s wellbeing, even a short five-to-ten-minute walk can help increase energy and influence a positive mood. Taking some time away from your schoolwork and making the effort to get up and do some exercise can really benefit you in the long run. Exercise allows time to forget about the other things going on in your life and to de stress for a while- not only this, but studies have shown that good exercise can help you sleep better at night. There is no need to be a fitness fanatic to get the benefits from a little bit of exercise. Especially during the up-and-coming weeks for a lot of us in Sixth Form, and also lower school, who are facing some important assessments, it is even more beneficial to switch off from revision for a short while, re-charge your batteries maybe with a short walk or run and then face your work again with a fresh head!

- Tilly

ASSESSMENTS

Exams are always monumentally stressful at this time of year for sixth form students, especially with (what would have been) exam season looming around the corner. This year, however, has left students all over the country uncertain and anxious about the grades they will be receiving in August and exactly how they will be awarded.

Stress is a very natural response in the chaotic, unpredictable world we find ourselves in—least of all about exams. It is vital to remember that much of the circumstances surrounding the way grades are being awarded this year are out of our control; the most beneficial thing we can do is be lenient to ourselves and take care of our mental health first and foremost. That being said, an explanation will be provided below as to how grades will be awarded this year and how you can best work towards the grade you want.

YEAR 12

The vast majority of Year 12s will not be entered for any grades this year. Even those in the sciences and maths subjects, who would usually sit their AS-Level exams this year, will only be entered if they plan on dropping a subject: by this point, you should already be aware if you are being entered for a grade. Grades will be awarded by teachers based on a compilation of internal assessments and other evidence which is submitted to the exam board.

If you are taking an AS this year, your teacher may need you to produce assessment evidence in order to award you a fair grade. Other than these, you should work hard in class, especially if you know your teacher is planning to submit the work you're doing as evidence for your grade.

YEAR 13

Year 13s will be awarded grades by their teachers based on a combination of internal assessments and other evidence, which is submitted to the exam board. Unlike last year's cohort of Year 13s, your grades will not be adjusted by an algorithm however, they may be moderated by the exam board based on your submitted evidence.

Your teachers will likely need you to sit assessments which will form part of your overall grade so you can be judged fairly. Outside of revising for these; working hard in lessons, demonstrating a willingness to improve and a genuine passion for your subjects will both help you achieve the grades you want and benefit your mental health in the long run—but remember not to overwork yourself!

-Abbie- Lou



Thank you for reading this issue of The Sixth! We hope you have an egg-cellent break and safely enjoy the sunny weather!

Amy

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EASTER WORDSEARCH



Word List

CHICKS	EGG	SPRING
DAFFODILS	FUN	SUNDAY
DECORATIONS	HOLIDAY	TRADITION
DISCOVER	RABBIT	YUMMY

