

THE SIXTH



The Sixth Team!

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Welcome to Sixth Form!

Welcome to The Sixth! Our termly newsletter that will cover anything from charity events to tips on mental health and maintaining exam stress. If there is anything that you would be interested in us covering, speak to one of our team and we will be happy to report on it!

Here at Woodrush Sixth Form, the atmosphere is always positive despite the strange but necessary changes that we are dealing with. The start of the year has been successful, and after an anticlimactic end to the previous year and an unprecedented six-month break, I can honestly say that everyone should be proud of themselves for their patience, and achievements after such a long period of uncertainty. It has been hard for everyone, and the media has been slow to acknowledge the struggles of young people during this time. With that being said, Woodrush has been a safe haven of sociability and continuity that everyone is pleased to have returned to (or recently come to for the first time, in my case!)

I have viewed Woodrush from an outside perspective, and the friendliness, enthusiasm and affability of students and teachers alike, I am sure, is

unmatched anywhere else. Despite only being back at school for a couple of months, the sixth form is running wonderfully, and everyone has settled in perfectly.

Woodrush is not only a school; it is a community full of laughter, fun, and commitment- and the Sixth Form only magnifies this.



-Amy



Importance of Maintaining Good Mental Health

Everyone has mental health, and it is crucial that you look after it especially with the difficulties we all have to face due to COVID-19 and the restrictions that are in place. One of these difficulties is how to manage your workload during a time where motivation can be at its lowest. Here are some tips on how to effectively manage your workload and reduce the stress that comes from being a student:

- **Break down your workload so it is more manageable**
 - When trying to do work, you are more likely to be unmotivated and overwhelmed if you are trying to do everything at once. Cutting down your workload into more manageable tasks can help motivate you and not get sucked into your work.
- **Ask for help**
 - Being independent is a great life skill that will benefit you in the future, however there is nothing wrong with asking for help when you need it. Just because it can be hard to find teachers this year, it doesn't mean you can't get help. Ask during your lesson to see when they are available to help you and explain anything you are unsure about or get in contact with them via Microsoft Teams or Email.
- **Be proactive, not reactive**
 - Try to stay on top of your work and if you are getting behind fix it as soon as possible, even if it means having to sacrifice something you want to do. Trying to catch up on work is like chasing your own tail- when you finally catch up on the piece of work you owe, you already have more.

Now we know how to manage our workload... but we need to know how to manage the everyday stresses of life. The worst thing you can do is suffer in silence! Here are some ways to help mental health:

- **Relax**
 - In sixth form, you constantly have some work you need to do but you will never get that work done if you don't relax and have some time to yourself. The best thing to do is do some work then relax and watch TV or talk to your friends.
- **Try to build good habits**
 - Having a routine can help you manage stress a lot easier. Try making a to do list at the start of the day and working through it so you can see the work you are completing.
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Mental Health Resources:

Samaritans - 116 123 Childline - 0800 1111

YoungMinds - www.youngminds.org.uk Kooth - www.kooth.com

-Matthew



Choosing A- Levels

Deciding on A-Level subjects can be one of the most difficult decisions of your academic career. It's a choice that will directly affect your future—your university course, your career, and your passions. As such, being well-informed is crucial to making a decision that will be beneficial to you and your future beyond sixth form.

We asked the Head of Departments for some of our most subscribed A-Level courses a question to help your decision: why should students take your subject(s)?

MATHS: Maths is fundamental to our understanding of the universe. While science is the means to discovery, maths is the tool we use to discover. Having a solid understanding of mathematical thinking opens up so many doors to further study, with Maths being the most requested A-Level subject at Russell Group universities.

SCIENCES: Students should take science subjects because they make you a better person. For example, Physics will enable you to gain a sense of awe and wonder in understanding the way in which the universe works. They are some of the hardest A-Levels and so universities and employers respect the skills and knowledge of those who study science.

ENGLISH: English Literature is a fantastic subject. Reading and studying literature impacts how you see the world and helps you empathise with people across time and space—a type of time travel. English Language is also a great choice. You get to look at how and why people interact, while also getting a chance to develop your own writing style. It helps you understand the world around you.

HISTORY: History allows students to demonstrate and develop an awareness of how the world works, by comparing the past to today; allowing an appreciation of, and comparison between, a diverse range of social, cultural and religious identities within society.

CREATIVE ARTS: Creative Arts subjects offer something completely different to other courses due to the practical and creative nature of them. Students will develop in confidence and skill as they perform in concerts and showcase their work.

-Abbie-Lou & Eden



Sixth Form Awards

Due to the academic year coming to an impromptu end, there were certain aspects of our secondary school conclusion that were unable to go ahead. One of these was the much-anticipated yearbook that did not get the chance to be published, and to make up for this, we have included a section that was originally intended to feature in there: the award section.

Here are a series of questions, for which you can nominate people to win. The person with the most nominations will win the title!

However, there are a few rules:

- 1) Only vote for people who attend the sixth form currently.
- 2) Vote honestly and genuinely.
- 3) A tie will result in a joint title.
- 4) Don't vote for the same person for more than one award.

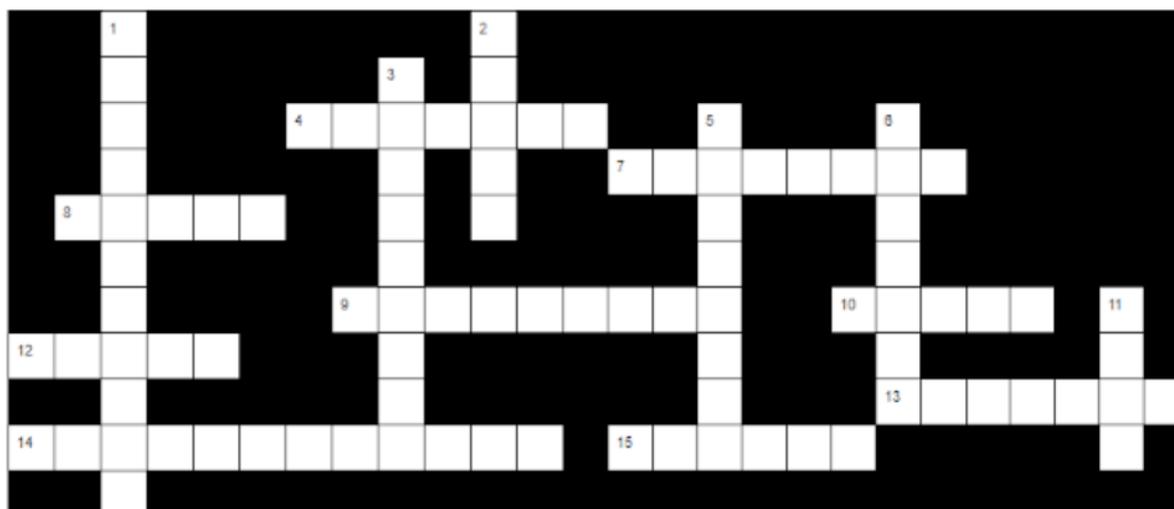
The questions are as follows:

Most likely to...

- ❖ **Win a Nobel**
- ❖ **Become an actress**
- ❖ **Become Prime Minister**
- ❖ **Go to space**
- ❖ **Marry a celebrity**
- ❖ **Become TikTok famous**
- ❖ **Save the planet**
- ❖ **Overthrow the government**
- ❖ **Become a singer**

We will be issuing a survey in the upcoming term, and winners will be announced in the next issue. Have fun and good luck!

-Ellie & Alyssa



ACROSS

- 4 Opposite of Santa Claus, popular in European folklore and is known to punish bad children
- 7 Similar to a sledge, it is a long thin narrow vehicle used for sliding downhill
- 8 He was born on Christmas day
- 9 Parasitic plant, traditionally, you kiss under it
- 10 Humanlike beings known for helping Santa make toys
- 12 Sung around Christmas, it is also a woman's name
- 13 Humanoid sculpture made out of compressed snow
- 14 One of the gifts given to Jesus by the Wise Men
- 15 Bird usually eaten on Christmas day

DOWN

- 1 A spiced biscuit eaten around Christmas, usually in the shape of men
- 2 One of the eight reindeers, also the Roman god of love
- 3 Lies in a pear tree is the first of 12 gifts given over the 12 days of Christmas
- 5 First name of the protagonist in Dickens' "A Christmas Carol"
- 6 Hung on a Christmas tree and come in many colours and patterns
- 11 Usually put on top of a tree, also relates to astrology

I hope everyone enjoyed this year's first issue of The Sixth! Thank you for reading, and I hope you have a wonderful break and a very Merry Christmas!

-Amy