# JRCS Sixth Form

# Tutor Notices

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# Achieve Focus

## Hold high standards in everything we do

Stick to the SPRD targets you set

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# Well Done & Thank You

For your positive attitude to SPRD – we hope you found it helpful.

Thank you to the tutors too!

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# Attendance Premiership

| | | |
|---|---|---|
| 1st | 13C | 98.82 |
| 2nd | 12C | 96.41 |
| 3rd | 12B | 95.65 |
| 4th | 13E | 91.62 |
| 5th | 13B | 91.33 |
| 6th | 13D | 90.75 |
| 7th | 12D | 90.70 |
| 8th | 12A | 89.35 |
| 9th | 12E | 85.00 |

## Congratulations

Highest percentage attendance
Week beginning Nov 7th

Most wins 13C 2 this half term

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# This Week

| | |
|---|---|
| Mon 14th | Assembly – Year 12 |
| | Tutor Time – Year 13 |
| | p3 Step Forward for Year 13s |
| | p3 Mindfulness workshop |
| | p4 First Give and other sessions |
| Tues 15th | Tutor Time |
| Wed 16th | Tutor Time |
| | p3 Anglia Ruskin not-the-roadshow for Yr 12 Swimming |

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# This Week

| | |
|---|---|
| Thurs 17th | Assembly – yes an extra one |
| Fri 18th | Assembly |
| Sat 19th | CULondon – the uni in the Civic Centre has an open day 10.00 – 2.00pm |

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# Spangle

## Mon 14th p3 Step Forward for Year 13s

A guest speaker talking about a training programme for all students (If you don't want to go to uni or as a gap year if you do.) All year 13s must attend. Year 12s also welcome.

## Wed 16th p3 Anglia Ruskin not-the-roadshow for Year 12

We used to have a bus from Anglia Ruskin each year – now there's no bus. All year 12s must attend in SFCR.

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# Sevens Thursday 17th

| | | |
|---|---|---|
| Batchelor | Jay | 13D |
| Beaumont | Charlie | 12C |
| Begum | Farhana | 13C |
| Bejti | Klevi | 13B |
| Biguzaite | Augustina | 13C |
| Boshir | Fateha | 12A |
| Boukhobza | Manel | 13D |

Bring your folders and planner to SF1 on Thursday 8.35

## Thurs 24th

| | | |
|---|---|---|
| Briggs | Victoria | 12C |
| Butler | Jordan | 13E |
| Calverley | Summer | 13C |
| Cameron | Charlie | 12A |
| Campbell | Alice | 12B |
| Chander | Banita | 12B |
| Channa | Anjali | 13B |

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# Next Week

| | |
|---|---|
| Mon 21st | Assembly |
| | HSC trip to Little Havens |
| | p3 Mindfulness workshop |
| | p4 First Give and other sessions |
| Tues 22nd | Tutor Time |
| | PE trip to UCL |
| Wed 23rd | Tutor Time |
| | Pathways to Medicine |
| | Swimming |
| Thurs 24th | Tutor Time and Quiz |
| Fri 25th | Tutor Time |

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# New FREE online courses

https://www.futurelearn.com/courses/upcoming

Check out the website to find one that is right for you

GOOD BRAIN, BAD BRAIN: DRUG ORIGINS
University of Birmingham
Explore our past, present and future understanding of drugs with this online course. Where do drugs come from? How do they work?
14 Nov 2 weeks 4 hours pw

INTRODUCTION TO THE UK PARLIAMENT
Houses of Parliament
Learn about the UK Parliament with this free online course - explore the work of Parliament and find out how it's evolving
14 Nov 3 weeks 2 hours pw

HOW TO SUCCEED AT: INTERVIEWS
University of Sheffield
This free three week course provides the tools you need to succeed at interviews and land your dream job or course place.
14 Nov 3 weeks 3 hours pw

RISK MANAGEMENT IN THE GLOBAL ECONOMY
University of London
What is risk? This free course examines the financial markets and the role that risk management tools play in the global economy
14 Nov 4 weeks 2 hours pw

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https://www.futurelearn.com/courses/upcoming

**EMERGENCY AND URGENT CARE FOR CHILDREN**
**UNIVERSITY OF BIRMINGHAM** 21 NOV

**THE POWER OF SOCIAL MEDIA**
**UNIVERSITY OF SOUTHAMPTON** 21 NOV

**GIRLS' EDUCATION: TEACHING STRATEGIES THAT DEVELOP CONFIDENCE AND RESILIENCE**
**GIRLS' DAY SCHOOL TRUST** 21 NOV

**THE DIGITAL ECONOMY**
**THE OPEN UNIVERSITY** 21 NOV

**MANAGEMENT AND LEADERSHIP: LEADING A TEAM**
**THE OPEN UNIVERSITY** 21 NOV

**FINANCE FUNDAMENTALS: FINANCIAL SERVICES AFTER THE BANKING CRISIS**
**THE OPEN UNIVERSITY** 21 NOV

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# GYM INDUCTION

You must have had a **Gym Induction BEFORE** you can use the gym.

NEXT sessions: **WEDNESDAY 23rd November 11.30pm spaces**

**WEDNESDAY 23rd November 12.30pm spaces**

Need to have a completed PAR-Q Form and returned it (available from Miss Campbell)

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# Ambassadors

We sometimes need students to represent the sixth form.

You could meet visitors, lead tours, speak to guests, go to head teachers' meetings and so forth. We need several people so that we can share out the opportunities.

If you want to take on a responsible role (whether or not you were in KS4 student voice teams, whether or not you are new to JRCS) please email or speak to Mrs Wren.

As well as the satisfaction of contributing to the sixth form community, it would be a great addition to your reference.

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# Post 18

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UCAS

You should be working to complete your ucas application

When it is finished – sign the list on my door for an appointment

Then come at the time set – WITH YOUR GCSE CERTIFICATES

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# REMINDERS

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# Numbers and Writing Skills

After VIMA I you may want/need to join the maths or English skills classes.

Just go along:

Numbers – Mon 4 MA11 with Mr Gaudoin

Writing – Wed 3 & 4 SF3 with Ms Lynch

Take work with you for them to help you with

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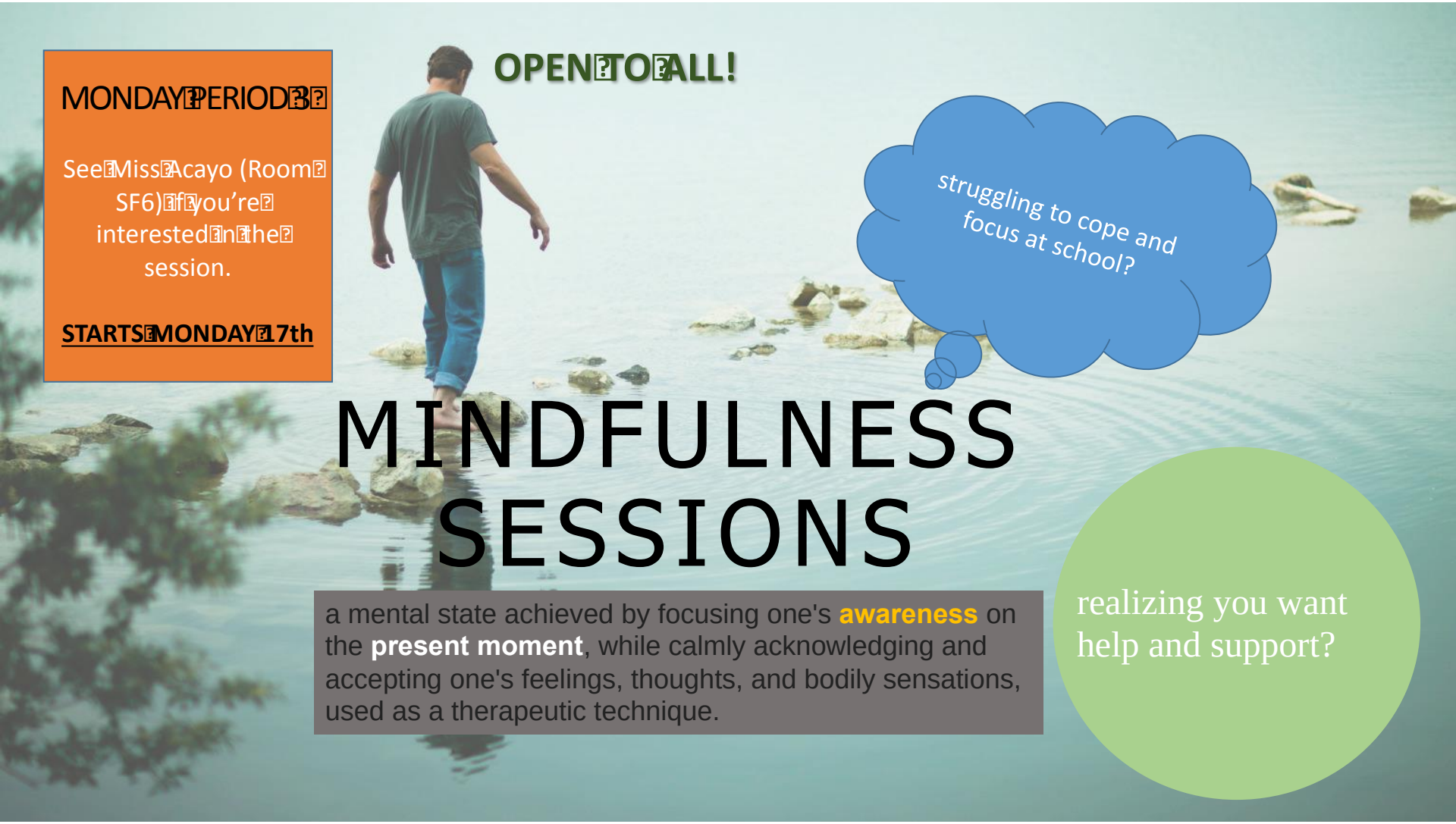
MONDAY PERIOD 3
See Miss Acayo (Room SF6) if you're interested in the session.
STARTS MONDAY 17th
OPEN TO ALL!
struggling to cope and focus at school?
MINDFULNESS SESSIONS
a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.
realizing you want help and support?

# NUS Cards
# Student Discounts
# See Miss Campbell

In association with NUS Extra

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# About the NUS extra card

NUS extra, the #1 student discount card, brings you **over 200** UK student discounts and comes with 1 year FREE ISIC un-locking **over 42,000** international discounts.

**1, 2 or 3 Year Cards**

Choose from a 1 year card for just £12, a 2 year card for £22 or a 3 year card for only £32. Many discounts are online only so you can't get them without your NUS extra card!

**200 Discounts**

NUS extra has the best student discounts around that you can use online and in store. Top brands include:

- 10% off at the Co-op
- 5% off at Amazon
- 10% off ASOS
- Up to 40% off at PizzaExpress
- 25% off Odeon student priced tickets

**42,000 International Discounts**

The NUS extra card comes with 1 year free ISIC. The ISIC card is the only internationally accepted proof of certified student status.

The International Student Identity Card (ISIC) is your access to fantastic discounts and services at home and around the world.

- Your ISIC card is accepted in over 130 countries, as well as at your favourite UK high street retailers, restaurants, attractions, and more
- Exclusive discounts on worldwide flights, including STA Travel
- Discounted rates at hotels & hostels worldwide
- Recognised by universities, academic institutions, student organisations & national governments worldwide
- Endorsed by international organisations such as UNESCO and the European Council

It provides over 42,000 international discounts in over 130 countries including:

- 30% off Lonely Planet
- 20% off Eurolines
- 5% off Homestay!

Search all the international discounts on offer at https://www.isic.org/

**Gourmet Society Bolt-on**

With NUS extra, you will never have to pay full price again! Enjoy 2-for-1 meals or up to 50% off meals at around 5,000 top restaurants including big name chains like La Tasca, Bella Italia, Strada, Café Rouge, and Walkabout plus thousands of local favourites by simply showing your NUS extra Gourmet Society card. All this can be

**NUS extra App**

With all the great discounts available, it can be hard to keep track of all the places you can save money with your NUS extra card when you're out and about, unless you have the App!

With the NUS extra App, you can see exactly how and where you can save money in an instant no matter where you are!

Whether you're hitting the shops or heading out for a bite, simply check out the App to find the best places to go to save £££s with your NUS extra card.

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# Pathway to … for yr 12 and 13

There is series of morning workshops in the borough:

Business 7th Dec

Teaching 8th Feb

Apprenticeships 22nd Feb

Psychology 1st March

If you might be interested in these careers – you should go.

Names to Mrs Wren now for the Nov & Dec workshops.

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# Dates for November

28th VIMA II begins

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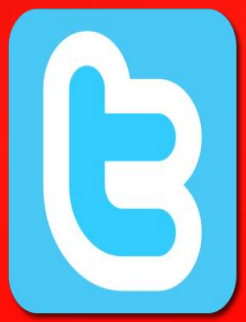
# JR_6thForm

- Please check for weekly/daily updates, notices or opportunities.
- Also Re-Tweet any key information for others to see.