



LEARN, ACHIEVE, LEAD
AT NORLINGTON MIXED 6TH FORM

Norlington 6th Form Newsletter – Edition 5

24th April 2020

Dear Year 12 and 13,

I can't quite believe another week has passed. It's been great to hear from so many of you this week and finding out what you have been doing since school closure; from daily 10km runs, learning a new language, recording your own educational podcasts and painting the house, you are certainly keeping yourselves busy.

For those of you who have been less productive, remember this.....When you're in a job interview in the future and they ask you: "Ah, so you were in 6th Form when the schools closed and exams were cancelled, what did you do with the time you had?", replying with "Watching Netflix and playing video games" won't sound quite so impressive.....!

We would like to know a few basic details about how you are all managing at home, so could you ALL complete this very short survey which the 6th Form team will look at.

Thank you everyone! :) [YEAR 12/13 SURVEY](#)

Mr. Wadey, Head of 6th Form

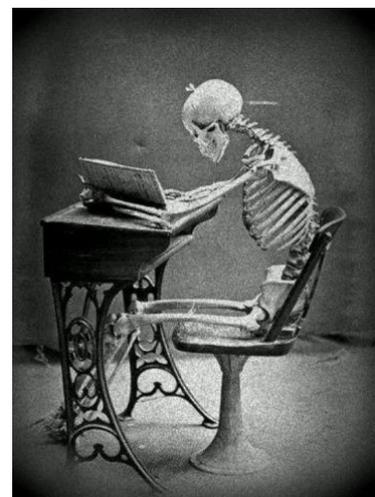
Stay Safe, Stay Well, Stay Home!

Home Learning Course of the Week!

Virtual Work Experience in Medicine [LINK](#)

If you wish to apply for Medical School, then work experience is essential so that you can demonstrate an understanding of what it means to work in medicine.

Brighton & Sussex Medical School are offering a free course which will provide 'virtual' work experience where you will be introduced to the NHS, and explore the roles and skills sets of six different medical specialists. You will also consider some of the challenges and wider issues doctors face.





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Last Week's Quiz Answer

I Got Lyrics

Name the song, artist and complete the lyric.

'I believe the children are our future, give them hope and let them lead the way...'

ANSWER: Greatest Love of All, Whitney Houston, '...show them all the beauty they possess inside.'

Future World Leaders

i) Who is the future world leader in this picture?

Clue: A cigar replaced the lollipop during a crisis.



ANSWER: Fidel Castro

ii) What was the crisis?

ANSWER: Cuban missile crisis.

Reading, Learning and Super-Curricular

Okay, so Netflix and FIFA will be two ways of passing time but when this period of 'stay at home' is over (in whatever form it is 'over'), we all need to answer the question, 'What did we do with the time?'

Year 13 – Universities are encouraging you to look up the reading list and course modules which feature in the first year at their firm and insurance choice universities (you can email them if you can't find these online). Make a start on preparation. It could well be that the initial period at university could involve online learning anyway so why not get a head start now!

Year 12 - Researching your choice of course for university will be key at the moment so explore some of the super-curricular suggestions in the previous newsletter sent on 17th April.

[LINK](#)

What are you doing?

It would be great to hear what all of you are doing in your time at home that involves learning or self-development: books you are reading, online courses you are taking, new skills such as cooking, etc.

Complete this quick survey so we can possibly include examples next week – [CLICK HERE](#)



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[You can be an Art Expert!](#)

Select a National Gallery online lecture to become an expert on an artist...or at least listen to one and know a bit more than you did before.

Here's one a good one on Vincent van Gogh - [click here](#)



Choose other artists- [click here](#)

[University Finance Quiz](#)

Here's a quiz; one each week will be coming up on University Finance. Watch the videos and submit your answers to get a score but each answer includes lots of information, so take your time with it. **Now is the time to start applying for student finance.**

Uni finance quiz - how much do you know? -
[click here](#)

Student loan - [start here](#) (England!)





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Attention All History Students!

I hope you are all doing well and taking care of yourselves.

The History department have created a Google Classroom for you to be part of so that you can easily carry on with your History learning whilst at home. Please use the following to join-

Class code: 5ru2vt5

Username: Your Norlington Portal login followed by @norlington.net

Password: Norlington

For Year 11 students - to help you prepare for A Level, there is a booklet that includes a variety of activities that will give you a head start for September.

For Year 12 students - there will be activities to support you with your learning and Coursework topic.

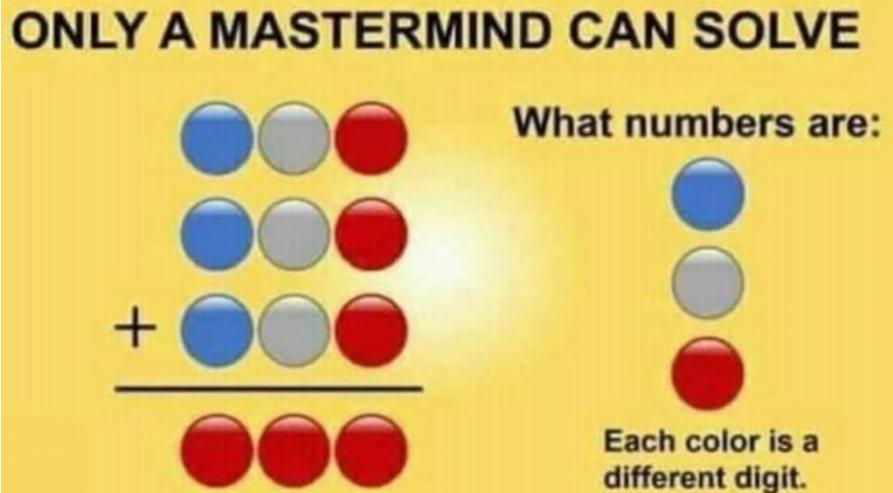
If you have any queries, please email Mrs. Esen: aesen@norlington.school

Take care,
The History Department

Don't forget to follow Mr. Todd on Twitter where new content is added every day!
@TeachToddy

Mr. Goldspink's Math's Problem

ONLY A MASTERMIND CAN SOLVE



What numbers are:

Each color is a different digit.



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Focus on 'can do' rather than what you can't

A message from Ms. Meiring

We are all experiencing this uncertain time in different ways. For some people it can be more stressful now that the whole family is at home together all the time. Providing yourselves with a sense of empowerment and control over this situation could help you to focus on positive actions, rather than anxious feelings and negative consequences. For example:

- Washing hands and not risking the spread of the virus to others
- Connecting with relatives online and recognising how you can support the wellbeing of more isolated family members, e.g. using Zoom to chat to multiple family members at once
- Keeping to a routine
- Naming what we are thankful for
- Exercise
- Caring for pets
- Spending time relaxing at home
- Having time in the garden or outside for a walk
- Finding ways to 'escape' within homes where the whole family watches a good film or listens to some music.

The focus can be on the positives where that is helpful. That said, when you need to reflect on what is different, strange, worrying or what has been lost, give yourself space to feel sadness can help you recognise, experience and manage negative feelings. Learning how to cope with difficult emotions is empowering and an important part of development.

- Remember to give yourself space and time. It is OK to go outside and get some fresh air. It is good to ask for help, from parents, siblings or teachers, and explain how you feel.
- If you don't feel safe, contact the school and have a plan of where you can go and who you can speak to, make this person an adult that you and your parents know and trust. Email: safeguarding@norlington.school
- Keep yourself busy around the house. Cook, clean, exercise, even rearrange your room, anything to help keep you active.

For anyone seeking support during this time please find information from the useful organisations below.

Samaritans (If you need someone to talk to, they will listen): 116 123

Child line (Help for anyone under the age of 19): 0800 1111

Parents Helpline: 0808802 5544

Refuge (National Domestic Abuse Helpline) 0808 2000 247

Mental Health Helpline: 0300 123 3393



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This Week's Quiz Questions

I Got Lyrics

Name the song and artist:

*You've got to look at life the way it oughta be
Looking at the stars from underneath a tree
There's a world inside and a world out there
With that tv you just don't care
They've got violence, wars and killing too
All shrunk down in a two-foot tube
But out there the world is a beautiful place
With mountains, lakes and the human race*

Future World Leaders

1) Who is this future leader, who knew a thing or two about lockdown?

2) In his famous speech at the Rivonia trial, where he faced the death penalty, he brilliantly and bravely challenged the judge to sentence him to hanging; he argued that to do so would be to render the government undemocratic. Q: Which clause did his lawyers insist on being included in this speech?



'During my lifetime I have dedicated my life to this struggle of the African people. I have fought against white domination, and I have fought against black domination. I have cherished the ideal of a democratic and free society in which all persons will live together in harmony and with equal opportunities. It is an ideal for which I hope to live for and to see realised. But, my Lord, if it needs be, it is an ideal for which I am prepared to die.'

How We Must Respond to the Coronavirus Pandemic

Philanthropist and Microsoft cofounder Bill Gates offers insights into the COVID-19 pandemic, discussing why testing and self-isolation are essential, which medical advancements show promise and what it will take for the world to endure this crisis.



Thanks to Mr. Goldspink for recommending this very interesting TED Talk

[LINK](#)



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Mr. Wilson's Joke of the Week

Why are pirates so naughty?

Because they arrrrrrrrrrrrrrrrrr!



University Advice and Guidance from Experts

Starting next week, every Wednesday at 12pm, you can join a free, live webinar hosted by **University & Apprenticeship Search** with experts from across the country. They will be there to give you advice, to talk you through how to make decisions in the next few months, and to answer your questions.

They will be exploring how to **Choose a University, UCAS Applications, Student Finance, Taking an Apprenticeship** and **Life at University**. These are all topics that would usually be covered in the Norlington 6th Form tutor programme, but now you can access them from the comfort of your own home!

Year 12 need to register for all 5 webinars as you will be starting to write your UCAS personal statement next month and begin your UCAS application in September. **Year 13** should register for 'Student Finance' and 'Life at University'. Spaces are limited, so you need to register now to book your spot. Due to high demand, they are also live-streaming on their YouTube channel, and you can subscribe here: [LINK](#)

Here are the details of each webinar, and how to register (**you need to register for each webinar individually**):

Choosing a Uni

- Picking a Course
- Location, Location
- Which Institution?
- Events + Advice

[REGISTER HERE](#)

Student Finance

- How to Apply
- Living Costs
- Scholarships
- Bursaries

[REGISTER HERE](#)

Life at University

- Accommodation
- Study + Social Life
- Budgeting
- Extra-Curriculars

[REGISTER HERE](#)

UCAS Application: Personal Statement

- What to include
- How to Structure
- Standing Out
- Do's & Don'ts

[REGISTER HERE](#)

Why Choose an Apprenticeship?

- Explaining Levels
- Work + Study
- Career Options
- How to Apply

[REGISTER HERE](#)





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[UCAS webinar - 'calculated grades' and university entrance 2020](#) [LINK](#)

Broadcast live over the Easter holiday, this 40-minute webinar is still available for you to watch with:

- Clare Marchant, Chief Executive, UCAS;
- Richard Garrett, Director of Policy, Ofqual;
- Michelle Donelan, Universities Minister.



[Thought of the Week](#)

The Elephant Rope (Belief)

A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains. All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs. As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead, they didn't try to at all.

Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape. The trainer replied:

"When they are very young and much smaller, we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free"

The only reason that the elephants weren't breaking free and escaping from the camp was that over time they adopted the belief that it just wasn't possible.

Moral of the story:

No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible. Believing you can become successful is the most important step in actually achieving it.

Contributed by Mrs. Esen

That's it for this week! Watch out for the next newsletter on Friday 1st May

Stay safe, Stay well, Stay home!