

A message from Mr Youngs

Last term seems a bit of a blur now but it is safe to say that it was the busiest yet. The mock exams have come and gone and students have used the information they provided to make the necessary improvements and changes. At the most recent data census by staff we appear to be on course to hit our A* to B targets in both AS and A2 (45% and 50% respectively). A2 predictions currently stands at 42% and AS at 46%. I believe that with a final push and relentless practice that we will surpass these targets.

I would like to thank all of the staff who gave up time over Easter to run additional sessions for students and I was really pleased to see the number of students who attended these. It was also great to see the number of students who came in to use the study room as a more peaceful place to study with less distractions than home! I am certain that the students were better prepared and far more focused to make the best use of the Easter break for exam practice preparation than ever before.

I am delighted to say that a new Coffee Machine has now arrived which will be situated in the study room. It will be a cashless system with tokens available to purchase on parent pay. The cost will be approximately 63p per cup (8 tokens for £5). This is designed to be a 'break even' price which includes the cost of the cups as well as the price of an annual service. The tokens can be collected from Tracey following payment. I hope this will reduce the number stealing my coffee in the future! Well done and thanks to all those who raised the money and the Friends of Cottesloe who matched the funding.

For all of those expecting a quiet summer term you will be disappointed/pleased to hear that it will be anything but. As well as the impending external examinations there are many other things going on. Year 12 have the Higher Education Fair along with a UCAS preparation week. The dates and arrangements for these will be contained in a separate letter. They also have work shadowing and internal exams to look forward to! The Head boy/girl interviews will take place in July. This is a three stage process with a letter of application, 'apprentice' style day of tasks and a final interview for those short listed. More details on how to apply for this will follow nearer the time.

This is the last newsletter before the Year 13's leave and I would like to take the opportunity to say how much I have enjoyed them being here for the last two years and state for the record that they are, without question, the best year group I have ever had during my time as Head of Sixth Form. I am confident that their enthusiasm, dynamism and resilience will see them succeed not just in this summer's exams but at University, work and beyond. I hope they will return to help with exam preparation and UCAS applications next year.

Finally I would like to thank the Head boy/girl and Assistant Head boy/girl who have achieved so much this year. They reflect so well the year group as a whole that I have just described and have been an enormous help and support to myself and Mr Cropper throughout the year.

It just remains to wish all those sitting exams this summer every success and hope you get the rewards you deserve.

Mr Youngs
Head of Sixth Form



Pembroke College, Cambridge

Back in February a group of students from year 12 went on a visit to Pembroke college, part of Cambridge university. The aim of the trip was to inform us on what it is like to attend one of the top flight universities in the UK. It was also designed to advise us upon what makes a good application for UCAS particularly when applying to Cambridge. We began the day with a talk on how the college system works at Cambridge as well as how the university is

structured in itself. This was followed by discussing university life in general at which point we were joined by 3 current students who are part of Pembroke College. After this the students took us on a tour of the college and answered any questions that we had. After having lunch in the Pembroke dining hall we moved on to the Fitzwilliam Museum which is used by many of the universities students as an extra resource for research. We were shown here by one of the museums curators how the museum is used as a more interactive resource by students of Cambridge. After this we moved on to the discussions about UCAS. This was partially conducted by one of Cambridge admissions tutors. This was useful as he was able to tell us what makes a strong UCAS application as well as what Cambridge is specifically looking for. He also talked us through the application process and how it works. *By Jack Pollington, Year 12*





The National Apprenticeship Show in Arena MK last month was a great success. Around 115 students from Years 11,12 and 13 attended, it was a great opportunity for all students to meet and socialise with potential employers from local areas including, the Army, Mercedes, Boots and more.

If you missed out on the trip you can find all apprenticeship information on The Cottesloe Sixth Form Twitter feed.

Sixth Form Garden

This year we want to introduce a new area for sixth formers, the Sixth Form Garden. This area will be situated behind C- Block. The area will be strictly for Sixth formers with benches and tables out there for all sixth formers to relax and enjoy the outdoors. The garden will be open within the next week for all to use during lunch, break and study periods. If anyone would like to bring in flowers or make donations to buying plants or furniture for the garden please feel free.



In memory of Mr Ryder, we have planted an apple tree in our garden with a plaque of remembrance. Mr Ryder was a part of this school and a part of our community and to show our respect the tree will be there for those to remember him by.



The Giving Jar

Over the coming months we want to raise as much money as we can for our Sixth Form charity, Kidsout. With this we have placed a "Giving Jar" in the Sixth Form study room. We also held another cake sale which raised £182.57 which we will be giving to Kids out.

Year 13 Prom

Prom this year will be held at Pendley Manor Hotel in Tring. To keep you all updated, everything is close to being finished, with the final payment required before the end of the summer term. The final letter is on parent pay. The total cost of attendance to prom this year will be £50. This will be made in three instalments so that it is legible for all to attend. An invite will be with you once all money is collected. Other information that you should be aware of is transport. Please make arrangements to be picked up from the venue.



Year 13 Yearbooks



This year we decided that instead of getting hoodies as your final leaving present for year 13, we would get yearbooks instead. The yearbooks include an individual picture of each student, a quote and polls which you all took part in. Yearbooks can be collected on results day, however if you are not coming into school on results day you can pay for it to be posted to your house, just speak to Jenny in Finance for more information. If you would like anymore information regarding the yearbooks please speak to Kubi.

Car park

There is now officially a new parking area dedicated to sixth formers. The grassy area between the canteen and coach park has been converted. Please park responsibly to ensure maximum usage and you are reminded that there is a 5mph speed limit on site and you must enter via the main entrance not via the coach park. This is now the only area for sixth form to park.



Governors Meeting

In the recent weeks we met with the School Governors to discuss the Sixth Form and where we feel improvements are needed. Through this we have passed on your desire for more areas of silent study, car parking and sixth form areas. In return the governors want to show the Wing community and surrounding areas the changing face of the Cottesloe School, in doing this they would like to get sixth formers involved in the villages with local events which I'm sure everybody will be really interested in. Also a massive thank you to all sixth formers on lunch duty, Mr McBurnie is very impressed with you all.



The Distinction Bell

The newly installed 'Distinction Bell' is now in situ on the wall of the Sixth Form office, to be rung only by those achieving distinctions! There have already been a number of Sixth Formers that have achieved distinction in business and ICT have had the honour of celebrating their distinction in style. It is clearly an incentive for all those who are still aiming for distinction in their remaining units and we hope to see more sixth formers inducted into the select few members of the distinction bell club.



Banana Breakfast!

To ensure that students are fully fuelled before their morning exams, fruit and cereal bars will be made available in the Study Room from Monday 16th May to Friday 17th June. A big thank you to Tesco in Leighton Buzzard for generously donating the fruit! Please help us with this by ensuring that your son or daughter eats properly during this time as the stress of exams can often interfere with eating habits. Brain food rather than crisps, sweets and energy drinks are preferable.

Tips on managing students' exam stress for parents

Exam time is a major cause of stress for children and parents and carers. Parents get anxious about how much their children are working, whether they are looking after themselves, and whether they will get the results they need. Children are often stressed, anxious and irritable, and can have trouble with eating and sleeping. Some parents find their own difficult memories of exams or school return at this time and make it harder to help their children.



The following tips should help:

- Accept this is going to be a stressful time for the whole family – expect outbursts and try to remain calm
- Try and find out as early as possible what is expected of your child, when their exams will be and when coursework needs to be handed in
- Try and work with your child and support them rather than policing them
- Be clear that avoiding subjects they find difficult will not be helpful in the long run
- Encourage children to talk to you if they are really worried they haven't done enough work.
- Reassure them that if they do not get their expected grades, there will be other opportunities ahead, and they should just do their best
- Find out what revision techniques are recommended by the school, and check out online revision sites
- If you have any concerns or questions, contact the school rather than relying on your child to do it – most teachers have email addresses which can be useful if they are hard to contact
- Encourage your child to have regular breaks, to do something they enjoy, even if it's just half an hour off for their favourite soap
- Make sure they eat healthy snacks regularly, and drink enough so they don't get dehydrated – you can always pop your head in to see how they are doing and bring them a drink.
- Make sure they have a proper breakfast on the day of an exam
- Exercise is also a good way to relax, even just a walk round the block
- Children have different ways of revising – some may prefer to be alone, others work best surrounded by noise and family
- Respect their body clocks – many teenagers are more alert during the night and this may be the best time for them to revise even though it makes parents anxious!
- After an exam or hand-in, they might not want to talk about it immediately so let them decide

Try and plan something nice for when it's all over – reward them for trying their best, however they feel it went.

The YoungMinds Parents Helpline offers information and advice to any adult worried about the emotional problems, behaviour or mental health of a young person up to the age of 25.

You can email the Parents Helpline by filling out the online contact form and selecting 'Parents Helpline'.

