

# Sheldon Sixth Form

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# This evening

Welcome and the year ahead

Wellbeing: Mr Spiers

Routines, expectations and opportunities – Mr Humphreys

PDC and Post-18 options: Mr Spiers

Some things you can do to help...



# The year ahead

This term: timetables, school day, routines, Fresher's Fayre, etc

Sept tbc – True Adventure – expedition 2026

Thurs 10<sup>th</sup> Oct – Young Minds - #helloyellow

Tues 15<sup>th</sup> Oct – Sixth Form open evening

Tues 15<sup>th</sup> Oct – 'settling in' report home

Oct 15<sup>th</sup> – UCAS early entry deadline (a heads-up for next year!)

Thurs 24<sup>th</sup> Oct – Awards Evening

Half term – Art trip to Barcelona

Fri 15<sup>th</sup> Nov – Children in Need

Dec – Assessment weeks, Christmas carols, concert etc

Thurs 23<sup>rd</sup> Jan – interim report home

End of April /start of May – Year 12 exams

Tues 10<sup>th</sup> June – Post 18 evening

Thurs 19<sup>th</sup> June – Parents Evening (F2F)

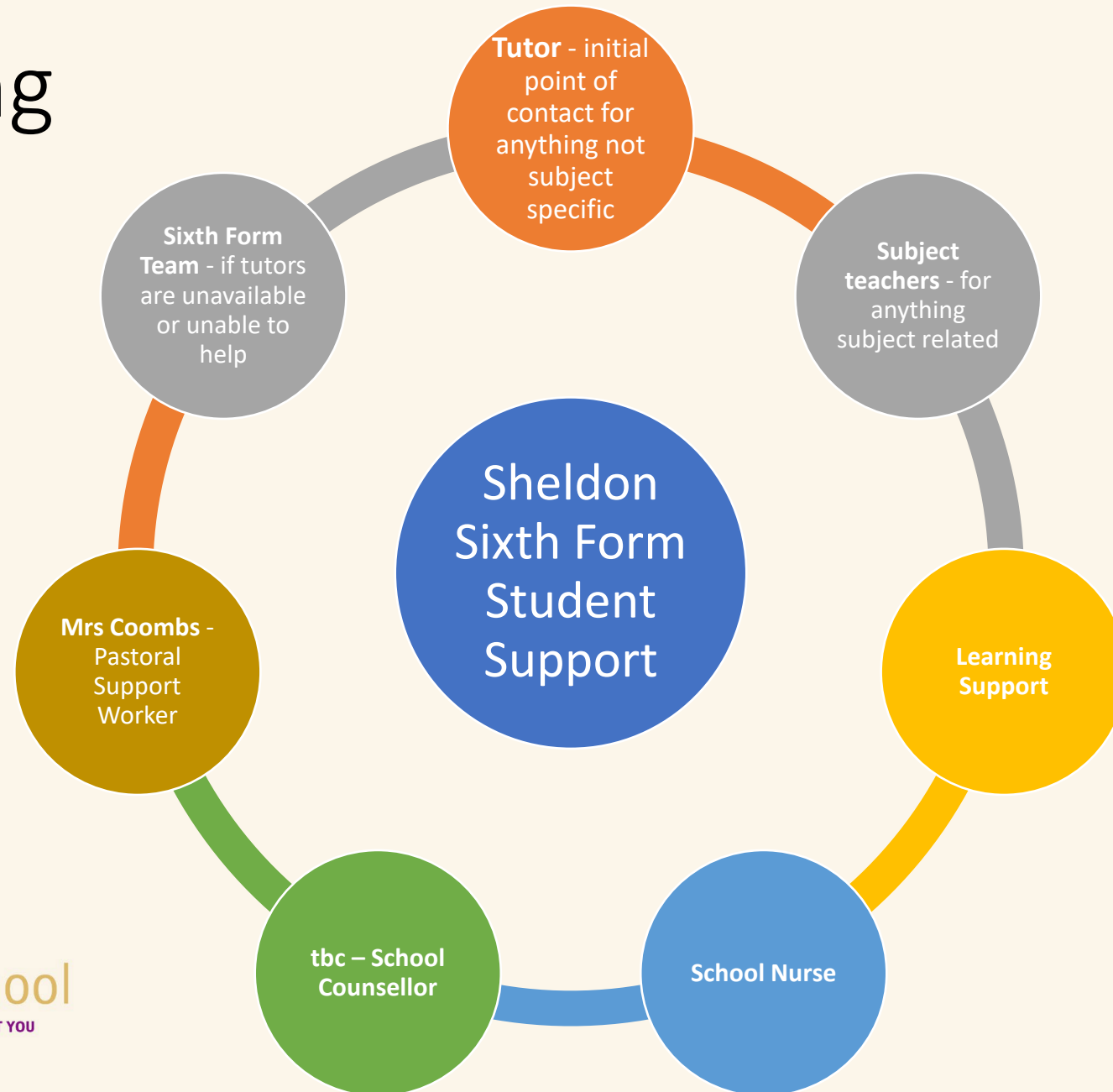
Thurs 2<sup>nd</sup> July – end of year report

w/b 7<sup>th</sup> July – work experience

w/b 14<sup>th</sup> July – Futures / activities week



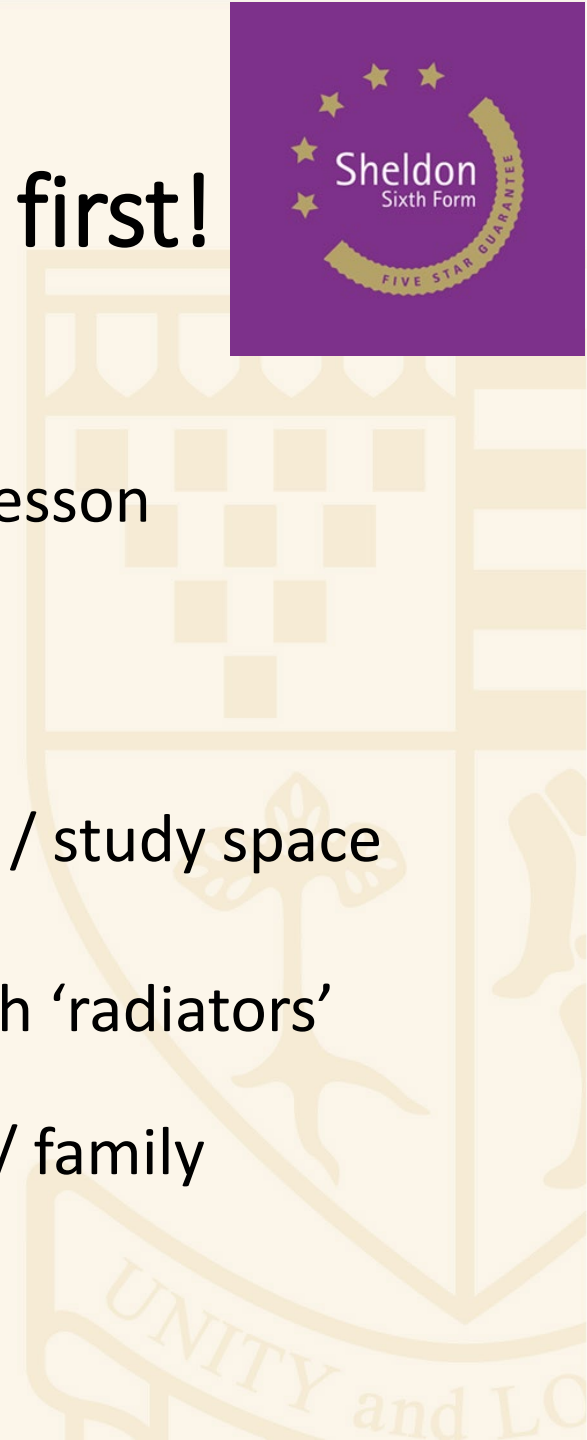
# Wellbeing





# Self-care checklist – do/check these things first!

- Have I had enough sleep?
- Have I had some healthy food? (especially breakfast)
- Have I had plenty of water? (and not loads of energy drinks)
- Have I done some exercise / physical activity?
- Have I spent some time outdoors / in nature?
- Have I taken a break from my phone / social media?
- Plan to be on time
- Plan to attend every lesson
- Plan your study time
- Try meditation
- Try tidying your room / study space
- Surround yourself with ‘radiators’ not ‘drains’
- Connect with friends / family



# Getting organised

- **CHECK EMAILS DAILY**

- Pens
- Paper
- Organised folders
- Books etc
- Bursary
- Lanyard

- Dressed appropriately
- Only use phone, airpods etc in Sixth Form areas and not wandering around the site

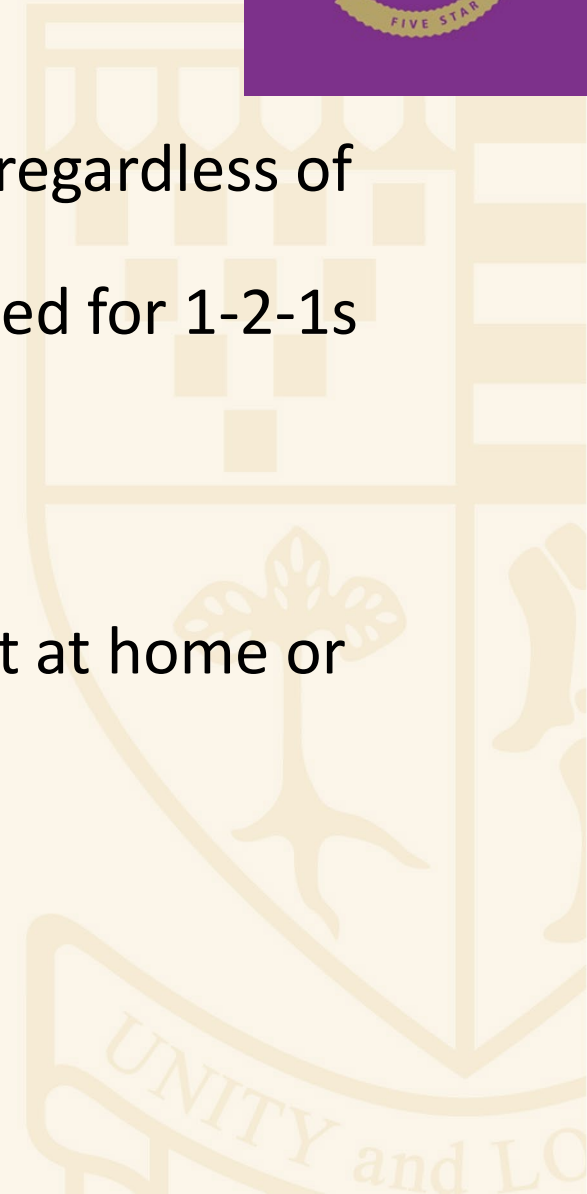
Time	Session
8.30-8.55	Tutor Time
8.55-9.45	Lesson 1
9.45-10.35	Lesson 2
10.35-10.55	Break
10.55-11.45	Lesson 3
11.45-12.35	Lesson 4
12.35-1.15	Lunch
1.20-2.10	Lesson 5
2.10-3.00	Lesson 6





# Some key changes / reminders:

- Mon, Weds and Fri tutor time is compulsory for ALL students regardless of study time
- There is no tutor time on Tues and Thurs – this time will be used for 1-2-1s
- Assemblies are now alternate weeks on Fri in A9: Yr12 W1
- Weds PE is every other week now: Yr12 W2
- **All study time is to be spent in school in term 1**
- Assuming a positive report in Term 1 - study time can be spent at home or in school....
- ...unless you have supervised study
- If you are studying in school you need to sign-in





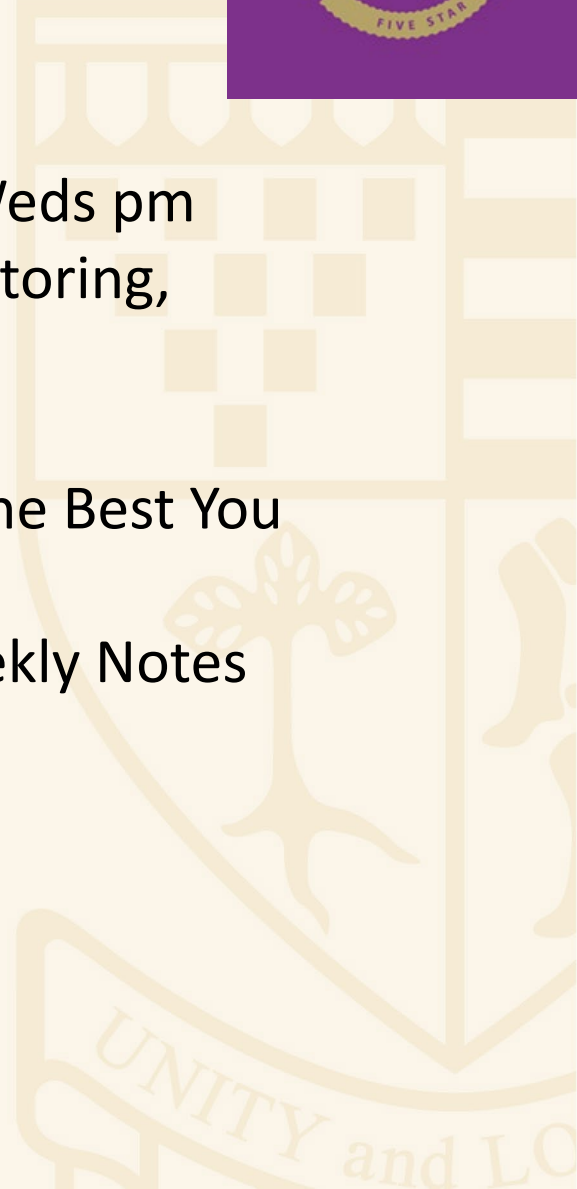
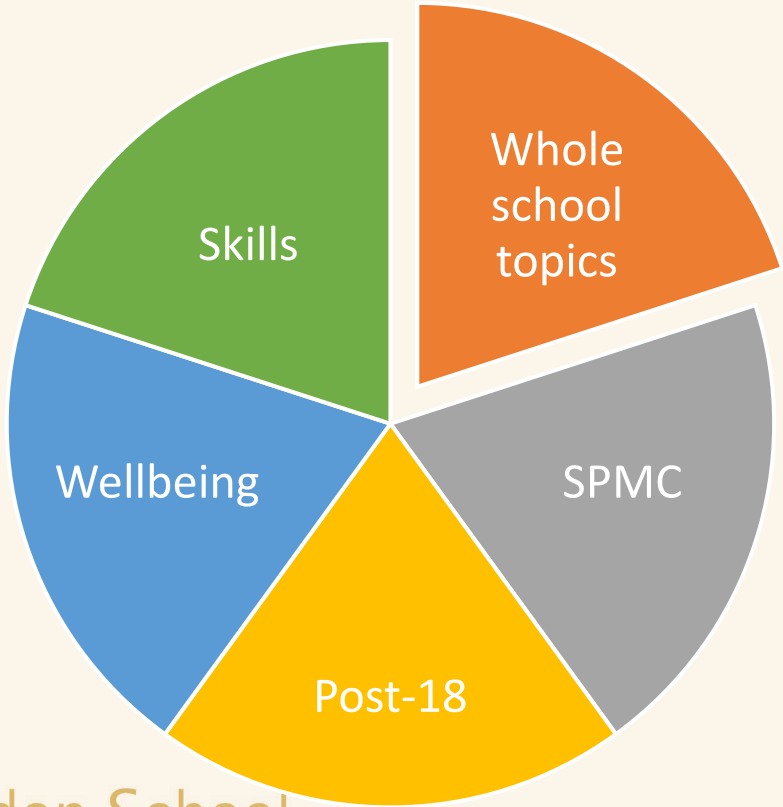
# PDC = Personal Development Curriculum

1.5 hrs per week

Fri 3+4 and alternate Weds pm  
(do not book regular tutoring,  
driving lessons etc)

Be Kind, Be Brave, Be the Best You

The importance of Weekly Notes





# Post-18



01

Kate Witchell

02

Pathway CTM;  
Uptree,  
Springpod

03

Unifrog

04

Access to  
Bristol:

<https://www.bristol.ac.uk/study/ou/teach/post-16/access/apply/>



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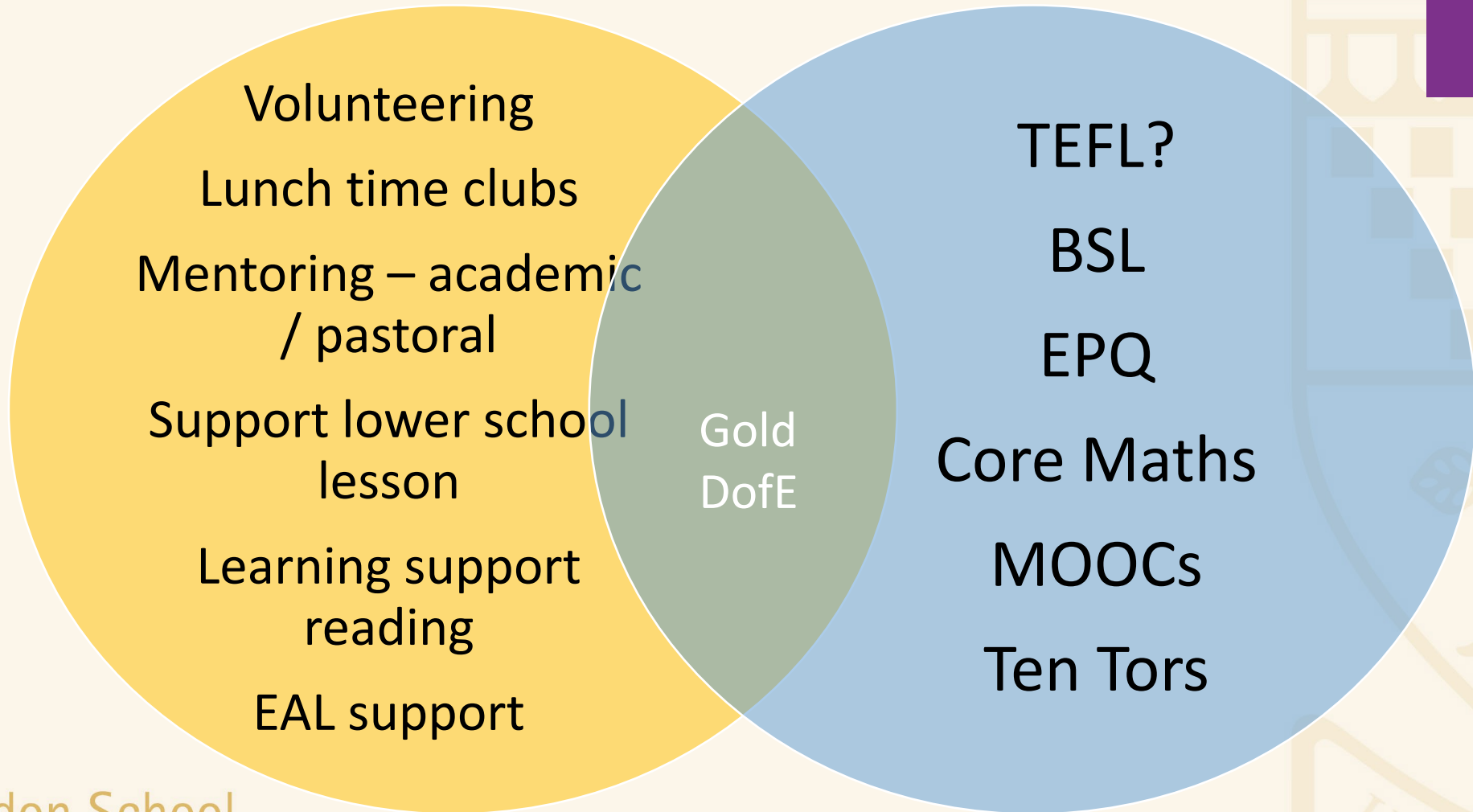


# Unifrog – an amazing careers platform

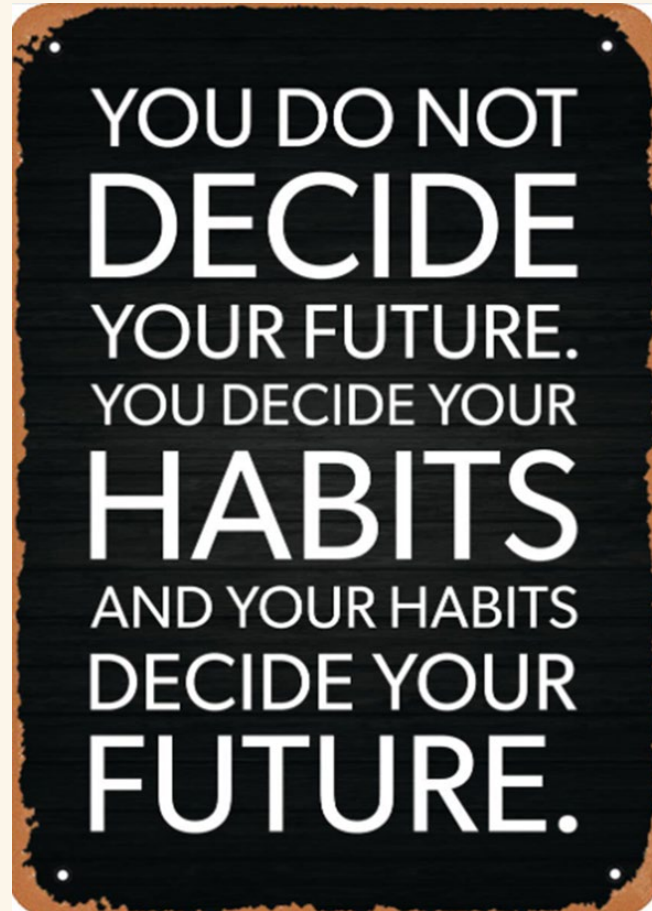
- What is Unifrog? [Unifrog introduction video](#) 2mins
- Unifrog for parents - [Parent introduction video](#) 3mins
- Go to [www.unifrog.org/code](http://www.unifrog.org/code) and input the code SHDNparents



# Project 5000 – Electives



5hrs in...



### **45 minutes consolidation**

- e.g. making a mind map, flash cards, talking a topic through with someone immediately after a lesson

### **3 hours reactive**

- Specific homework tasks set by teacher

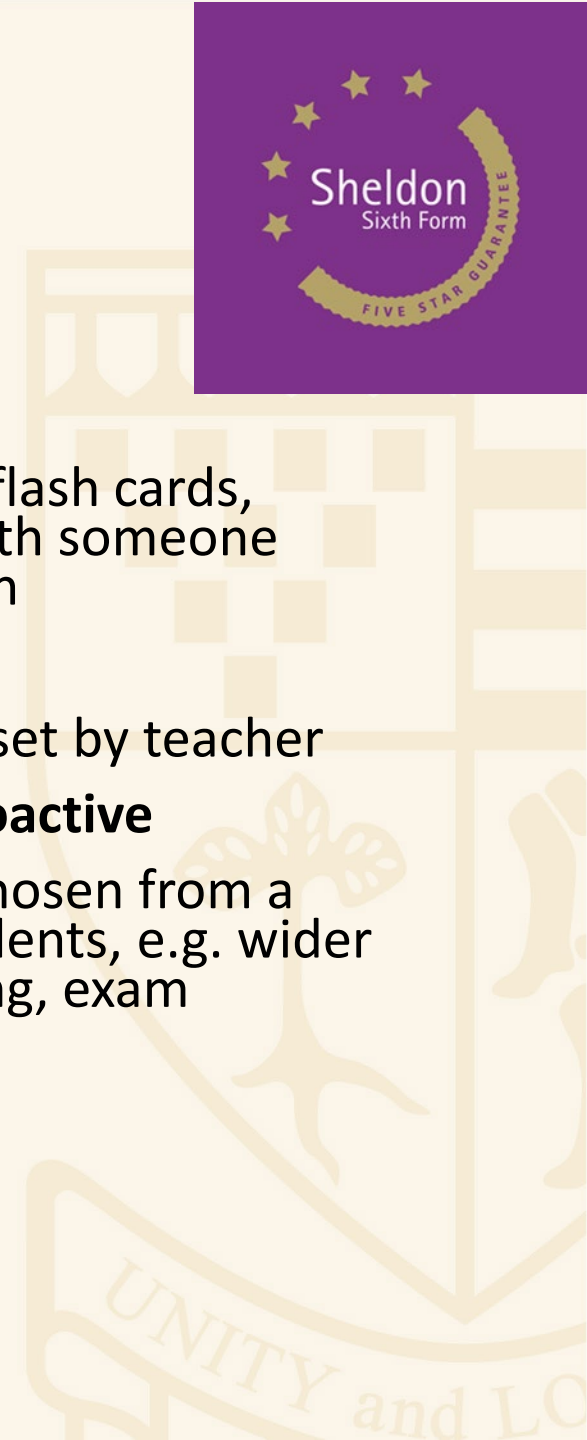
### **1 hour 15 minutes hour proactive**

- Extra tasks, individually chosen from a selection available to students, e.g. wider reading/watching/listening, exam question planning etc.



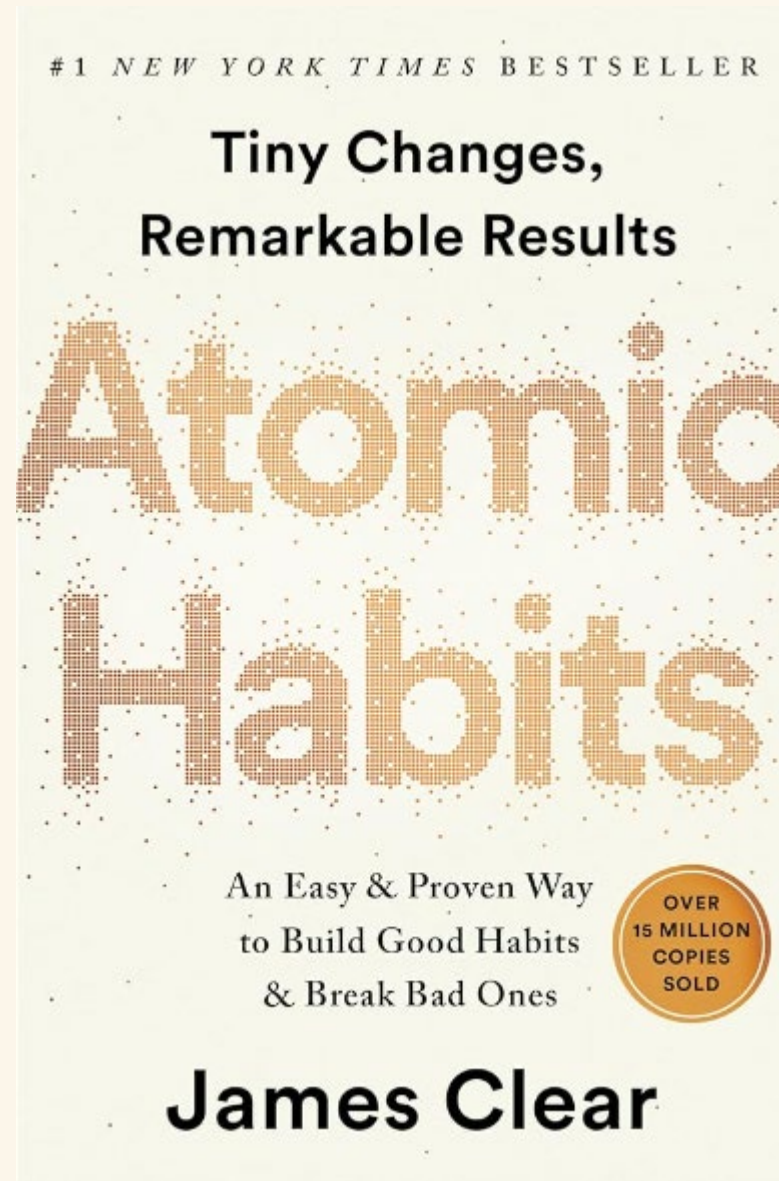
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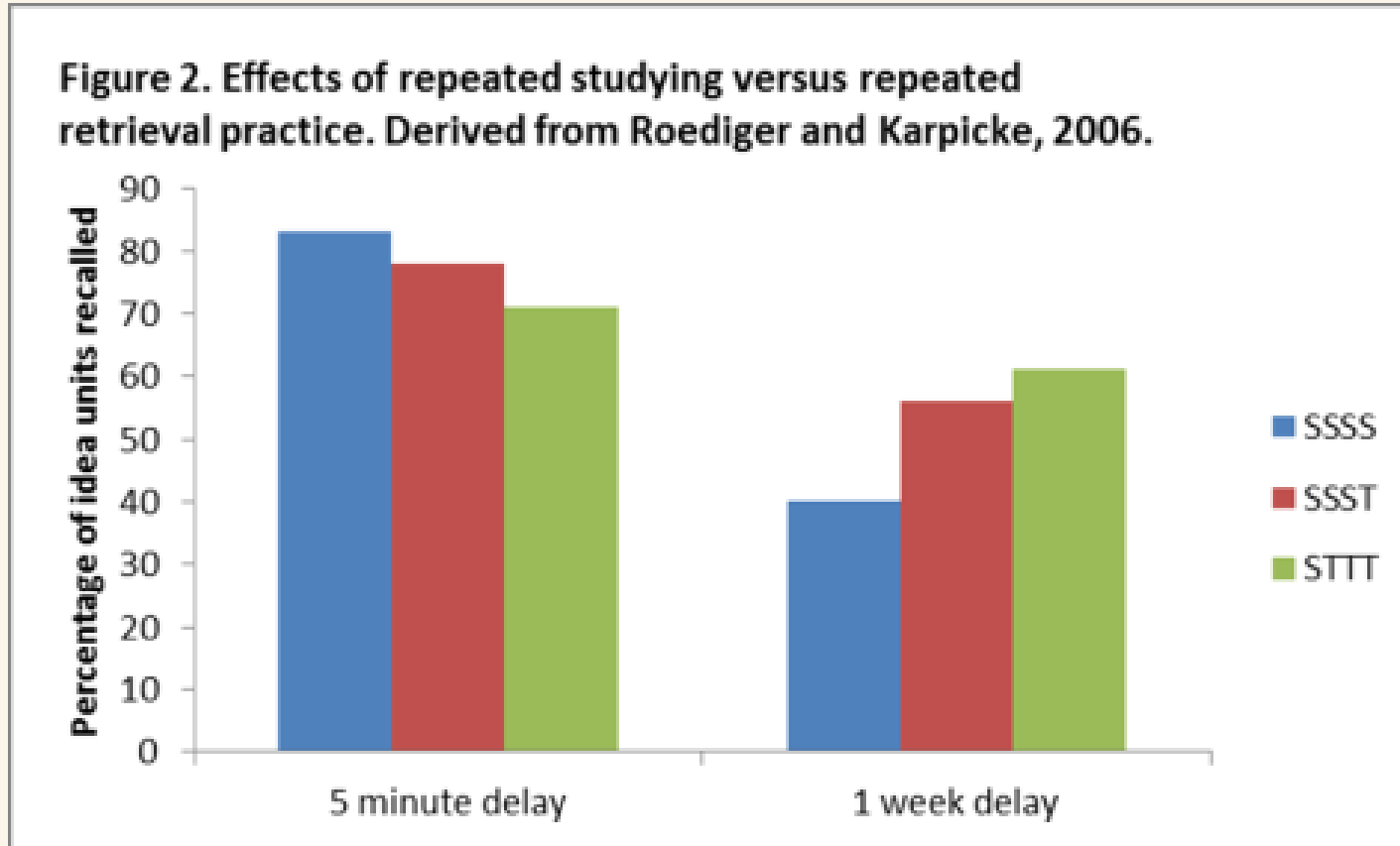
# 5hrs in...

- I will...
- At...
- In...



# Marginal Gains +

<https://www.netsixthform.co.uk/resources/view/video-for-parents-independence-and-communication>



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