

Sixth Form Notes – Mon 30th June – Fri 18th July 2025

w/b 30th = week 1 – Yr12 assembly

w/b 7th July = week 2 – WEX – no lessons

w/b 14th = week 1 – Yr12 assembly

Key messages (inc. community, wellbeing etc):

A huge thank you to those of you who took part in the Olympic run on Friday

We are a school community and we want the Sixth Form to be a key part of it and you are role models!
Please sign up to help where you can.

Ideally not missing lessons but we do really need some more volunteers for Mon and Tues open mornings so I might be persuaded! If not for altruistic reasons, do it so you have something to add to your personal statement or because it gives you some currency next time you forget your lanyard!?

<https://forms.office.com/e/11EJhv1Ew>



Helpers at the primary events a week or so ago! "Outstanding" in every possible way. They have been complimented on their kindness, enthusiasm and friendliness by primary staff so please praise them hugely if you see them!

After a very close process involving 5 very strong candidates, I would like to confirm that your new Student Presidents are Sayma and Amber!!! Congratulations to them.

Well done also, to your new Vice Presidents - Alex, Tom and Jemima.

If anybody would like to get involved and join them in the Sixth Student Leadership Team please let Mr Spiers know

ART & DESIGN EXHIBITION

**TUESDAY 8 JULY | 6-8PM
SHELDON ARTS BLOCK**



GCSE Art & Photography
A Level Art & Photography
A Level Design & Technology
A Level Fashion & Textiles



While you're there, don't miss our Summer Concert
Tuesday 8 July @ 7pm Sheldon School Hall
Tickets available on ParentPay

Follow @sheldonsixthform on Instagram – Be Kind, Be Brave, Be The Best You

#FORYOU - INSTAGRAM AND TIKTOK CONTENT AND YOUR MENTAL HEALTH

We would like to invite you to take part in our research project. Before you decide whether or not to take part, we would like you to understand why the research is being conducted and what it would involve for you. Talk to others about the study if you wish. Please ask us questions if anything is unclear.

What is the purpose of the project?

Young people's mental health can be affected by what they see online. We want to find out what young people think and feel about the content they see online and how this affects their mental health. Young people have been involved in designing the study.



Why have I been invited to participate?

We want to interview 25 young people (aged 14-19 years) who use TikTok or Instagram to talk about their experiences.

Do I have to take part?

It is up to you to decide whether you wish to take part in the project. We will describe the study and go through this information sheet with you before you take part and answer any questions you might have. If you agree to take part, we will then ask you to sign a consent form. You are free to stop taking part at any time before or during the interview, without giving a reason. Approximately one week after the interview it will no longer be possible to stop taking part in the study as the data will have been anonymised.

What will happen to me if I take part and what will I have to do?

If you decide to take part:

- You should email Dr Lizzy Winstone at foryou-study@bristol.ac.uk.
- You will need to sign (and ask a parent to sign if you're under 16 years old) a consent form.
- You will have a 15-minute online meeting with a researcher on Zoom to ask any questions about the study and prepare for the interview.
- You will be asked to attend an online interview with a researcher on Zoom, which will last no longer than 1 hour and can be arranged at a time that suits you.
- A few days before the interview, we will ask you to take up to four screenshots of your 'ForYou' or 'Explore' page on Instagram or TikTok (or both).
- You will be asked to share as many of these as you want with the researcher during the interview, and the researcher will ask you questions about the images in the screenshot and how they make you feel.
- We will provide instructions on how to remove any identifiable details from the screenshot before you share it with us (e.g. blurring any faces that appear, removing usernames).
- We will audio record the interview and analyse the data.
- At the end of the project, a researcher will produce artist impressions of some of the screenshots provided in the interviews. The screenshots will then be deleted. You will not be identifiable from any images. These artist impressions will be used to share findings with members of the public and schools, to support conversations with other young people about social media content and mental health.





What are the possible disadvantages and risks involved in taking part in the project?

We hope that you will enjoy taking part in the project and learn more about your social media experiences. However, it is possible that the interview will involve talking about sensitive topics. You do not have to share anything that makes you uncomfortable. We will provide all participants with a list of support services (free to access and available 24/7) at the end of the interview, as well as tips to make your social media use more positive.

What are the possible benefits of taking part?

You will have the chance to reflect on your social media use and how it makes you feel. By sharing your experiences, you will be contributing to advice for schools (and the general public) about how to talk to young people about their social media use and how it makes them feel. You will receive a £25 Love2Shop voucher after the interview as a thank you for taking part.

Will my participation in this project be kept confidential?

We will audio record the interview. The audio will be copied into text by UK Transcription Limited and then destroyed. All information which is collected about you during the course of the research will be kept strictly confidential, and any information about you will have your name and details removed so that you cannot be recognised. The research data (text) and your consent forms will be stored securely on the University of Bristol Research Data Storage Facility that only the researchers analysing it will have access to. Screenshots will be shared with an artist, who is also one of the researchers working on the study. Screenshots will be destroyed as soon as the artist impression has been produced by the research team.

The research data (text from the interviews) will be shared securely with 'restricted access' through the University of Bristol's data website. This means that only bona fide registered researchers who follow strict rules can use the data. The data will not show anyone's name or personal details, so no one will know who took part. Other researchers might use the data for different studies, but they still won't be able to identify anyone who participated.

What will happen to the results of the research project?

We will write a journal article and recommendations for the government. One of the researchers who is also an artist will work with a group of young people to draw posters of the screenshots, which will be displayed in a museum next to quotes from the interviews. Some posters will be sent to schools. Teachers will use them to talk to young people about what they see online, and how this makes them feel. Your name and details will not be included in any of the results or posters.

Who is organising and funding the research?

The research is being led by Dr Lizzy Winstone at the University of Bristol, with a group of researchers who are part of the National Institute of Health Research (NIHR) School of Public Health Research (SPHR). It has been funded by NIHR SPHR.



Who has reviewed the study?

The study has been reviewed by the University of Bristol Faculty of Health Sciences Research Ethics Committee (FREC).

Further information and contact details

You can ask any questions about the study by contacting Dr Lizzy Winstone at foryou-study@bristol.ac.uk

If you have any concerns related to your participation in this study, please contact research-governance@bristol.ac.uk



Note to self:

When things feel overwhelming, remember:

- One thought at a time
- One task at a time
- One day at a time

Key dates: <https://www.sheldonschool.co.uk/sixth-form/calendar/>

School nurse drop-in every week: Meeting Room 1 (nr Learning Support every Tuesday from 12.35pm

- **Mon 30th and Tues 1st July** – Whole School Open Mornings – tours at 9am and 11am – **VOLUNTEERS NEEDED PLEASE** – email Mr Spiers asap.
- **Tues 1st July** – Yr13 ball – Wellington Barn
- **Weds 2nd July** - Whole School Open Evening – 5.30-8pm - **VOLUNTEERS NEEDED PLEASE** – email Mr Spiers asap.
- **w/b 7th July** – Yr12 work experience
- **Tues 8th July** – Art and DT show and Summer Concert!
- **Weds 16th** – Yr7 walk - leaves after breaktime - walks down to the Arc - picnic - walk around Charter Park and back to school. Less than 6 miles in total. **VOLUNTEERS NEEDED PLEASE** – email Mr Spiers asap.
- **Thurs 17th** - Yr8 - time tbc - similar to the above but they will walk slightly more. Less than 8 miles in total. **VOLUNTEERS NEEDED PLEASE** – email Mr Spiers asap.
- **Fri 19th July** – last day of the year
- **Thurs 14th Aug** – A Level results day

Current Yr12 – Yr13 ball - Tuesday 30th June 2026!

PDC: Post-18 + Personal skills + Wellbeing + SPMC

Year	Monday 30 th June	Wednesday 2 nd July	Friday 4 th July
Register – DRESS CODE – LANYARDS – Sixth Form Notes – WoW - https://formtimeideas.com/			
Yr12	Altruism / volunteering / being part of a community Ppt emailed and in Teams folder https://www.youtube.com/watch?v=DowJfUmlzel From about 41mins: https://www.youtube.com/watch?v=X7pOxR-AdQQ Plus charity nominations ppt in Teams folder	Prep for WEX – Unifrog ppt in Teams Virtual WEX – check Springpod, Unifrog, Uptree, UCAS, Speakers for Schools etc And /or use next week for catching up or getting ahead – 5hrs in, Seneca etc	Assembly: Mr Humphreys Chairs: WMB

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Year	Monday 14 th July	Wednesday 16 th July	Friday 18 th July
Register – DRESS CODE - LANYARDS – Sixth Form Notes – WoW - https://formtimeideas.com/			
Yr12	Post 18 actions and summer plans and wellbeing	Tutor choice – gratitude – thanks – reflections?	Assembly: Celebration assembly – Mr Humphreys and Mr Spiers Chairs: EJC

Work experience, employment and apprenticeship opportunities / information:

Katie Witchell– our Careers Adviser is available to you all. You can email her directly at kwitchell@sheldonschool.co.uk to make an appointment or you can drop-in to the Careers Hub **NOW NEXT TO IT SUPPORT** on Thursday or Friday lunch times.

What is LMI? Why is it important and where can find it?

LMI is Labour Market Information. It is useful and important because it tells you what jobs are available, which are on the increase/decrease, what the pay is like etc. You can find LMI in the Careers Newsletter that comes out every week or so. You can also find it on every careers page in the Careers Library on Unifrog.

Search <https://amazingapprenticeships.com/vacancies/>

Search and sign up for alerts at <https://www.findapprenticeship.service.gov.uk/>

<https://www.getmyfirstjob.co.uk/>

Pathway CTM: <https://pathwayctm.com/student-register/>

Uptree: <https://uptree.co/a/signup/student/>

Springpod: <https://space.springpod.com/sign-up>

Career Days

Performing Arts Career Day - Sunday 26th October 2025

Students aged 13-18 can register for any of the above sessions by visiting www.careerdays.co.uk/career-choices-day.



Degree Apprenticeships - Information for Year 12 Students

What's in the Guide?

The guide explains how degree apprenticeships offer a debt-free, salaried pathway to a university degree – and invaluable work experience at one of the country's leading graduate employers:

- a [foreword from Baroness Jacqui Smith](#), Minister for Skills & Apprenticeships
- an [introduction to degree apprenticeships](#), how they work and the [types of degree apprenticeships available](#) to sixth form school and college leavers
- exclusive interviews with degree apprentices working in [accounting](#), [banking & finance](#), [engineering](#), [law](#), [technology](#) and [business & management](#)
- [in-depth profiles](#) of leading degree apprenticeship employers across different industries and employment sectors
- expert advice on employers' [application & selection processes](#)
- a full [A-Z of employers](#) who are currently offering degree apprenticeships in the UK.

[Read the Guide](#)

University and other opportunities:

Check out UCAS and www.opendays.com and <https://www.unitasterdays.com/> for lots of open day information and opportunities including:

Next Step Bristol 2025/26: Register Your Students' Interest

The University of Bristol's Next Step Bristol programme will open for applications in summer 2025. In the meantime, we invite teachers and advisers to share the expression of interest form with eligible students so they can be notified as soon as applications go live.

You can register your interest [here](#).

Students must:

- * Be in Year 13 in September 2025
- * Identify as Black, Asian or of mixed heritage, including one or more of these groups
- * Have Home (UK) fee status
- * Be on track to meet the entry requirements for their chosen course (for example, studying relevant subjects)
- * We also welcome applications from mature students, defined as those aged 21 or over at the start of their university studies.

Important note:

This form is not the complete application form. A more detailed application will be required when the programme officially opens in summer 2025.

The expression of interest form allows us to contact students directly with updates, deadlines, and guidance about the programme.

Discover Bristol is an outreach programme for Year 13 students from lower socio-economic groups to experience life as a student at the University of Bristol through a series of online sessions.

Upon successful completion of Discover Bristol, you may be eligible for a guaranteed contextual offer or interview to study at the University of Bristol. The online sessions for students include academic tasters, UCAS and personal statement guidance, student funding and financial literacy, study skills, careers and employability and an overview of the range of support available to students at the University of Bristol.

These sessions are delivered in collaboration with current students, student societies, central student services, and the Widening Participation team.

Applications open on 12th June, close on 1st October, and outcomes are announced by 9th October. Sessions run from October 2025 to January 2026.

For more information, please visit our [website](#) or complete this [Expression of Interest form](#) to be notified when applications open. If you have any other queries, please email discover-bristol@bristol.ac.uk.



UNIVERSITY OF LIVERPOOL

OPEN DAYS

2025

Friday 20 June
Saturday 21 June
Saturday 20 September
Saturday 11 October
Online Open Week 3–7 November

TEF 2023 Teaching Excellence Framework Gold

THE ORIGINAL REDBRICK Member of the Russell Group

BOOK YOUR PLACE liverpool.ac.uk/openday

QR code linking to the open day booking page.



Looking for support as you jump from school to university?
Join the Dots can help!

At school

Expert guidance on:

- Applying to uni
- Managing uni finance
- Getting set for results day and uni life

Available to anyone in Year 12 or 13

Starting uni

Your own personal coach to help you:

- Build connections with other students
- Develop study skills
- Smash your first assignment

Available to students attending a partner uni




Sign up today for **free** and have the chance to win up to **£300***



*Win up to £300 to support your university journey. Terms and conditions apply.

Gresham College lectures are a great way to learn beyond the curriculum and give you things to write about in university applications - <https://www.gresham.ac.uk/whats-on?see-all>

- **July 2 @ 13:35 - 14:20** HE Guidance: Studying In Scotland - University of Glasgow (16+)
[Find out more »](#) **[NEW]**

Birthdays recently or coming up – Happy Birthday to...



Last 3 weeks of term: Raven L; Matt B; Luke S; Nana B; Charlie D; Iestyn B; Amelia L; Dylan P-D; Hannah M; Jaden R; Ben G; Tom J; Milo S; Ollie M; Lily Y; Bea C; Ellis S

And a massive Happy Birthday to all those celebrating over the summer holidays!