



Good morning Post 16.

It's a four day week this week with lots going on at Coombe Dean. Year 12 have mocks starting 22nd April (second week after the holiday) so use this week to set up your revision timetables and plans for the Easter break. Year 13 are into the home stretch now – just 5 weeks after the break until the final exams are in full swing. Get those revision plans in place, collect anything you need from your teachers and get ready to smash it!

Events this week:

Monday – RSL Music performance at the Roundabout

Tuesday – Thursday – School Play (see Mr Griffiths if you can help out)

Thursday am – Tutor Time: assembly session, end of term prizes and Easter Egg Hunt.

Mrs O

Opportunities/Advice

Interesting and Interested?

Here you can find links and information about opportunities for you to expand your academic horizons through webinars, online and live lectures and online courses, as well as college open days, apprenticeship opportunities and summer residentials.

Take a look – there may be something perfect for you!

outreach event at the University of Exeter's Streatham campus.

Title of event: Theology and Religion Discovery Day

Date: Thursday June 6th, 2024

Approx. timings: 10.30-2.30

Details of event (with schedule and session titles to follow later):

What would it be like to study Theology and Religion at university? This day gives students an opportunity to learn more about the impact of religion on the world today, and its interactions with politics, gender, and contemporary questions. Students will learn from academic experts on topics such as feminism and religion, philosophical understandings of free will, ethics and the environmental crisis, and religion and the media. Students also have an opportunity to learn more applying to university and contextual offers; student life and the transition to university, whether they're living at home or moving away for the first time; and where studying Theology and Religion might take them. Students will also have the opportunity for a campus tour.

This day will be of particular interest to students taking RE, RS or Philosophy, but is also open to those with no background knowledge in these subjects.

School groups welcomed. Year 12 and older students may attend alone. If there are enough of you we can look at running it as a trip, but we will need names by the end of April for that.

Oxbridge Applicants

For Students:

These sessions are aimed at Year 12 students who may be considering making an application to Oxford or Cambridge, and would like to find out more about student life and the admissions process. Younger students are more than welcome to attend if it would be helpful. We recommend that students attend both sessions, as they offer different insights into Oxbridge. As such, both sessions are repeated to suit your availability.

Sign up form: <https://forms.office.com/e/THJFd5qWvn>.

Session 1: Introduction to Oxbridge and Student Life

This session will introduce students to Oxford and Cambridge, explaining their similarities and differences, and will explore both the collegiate system and the tutorial/supervision mode of teaching. Students will also hear from current undergraduate students about what it's like to study at Oxford and Cambridge.

Tuesday 23rd April, 09:30 - 11:00

or

Thursday 25th April, 13:30 - 15:00

Session 2: Applying to Oxbridge

This session will explain the admissions process for both Oxford and Cambridge, giving advice on personal statements, admissions tests, and interviews. Students will also gain insight from one of the College's Admissions Tutors.

Wednesday 1st May, 09:30 - 11:00

or

Thursday 2nd May, 13:30 - 15:00

For Parents and Supporters:

This session is aimed at parents and supporters of students considering Oxbridge, and how they can best support them in making their application. The session will also cover the application process and information on fees and funding.

Wednesday 2nd May, 18:00 - 17:00

Please forward this opportunity onto the parents and supporters of your students. **The registration form for this session can be found here: <https://forms.office.com/e/TnLLgvZqeU>.**

Sutton Trust Summer Schools

Our [UK Summer Schools 2024](#) are now open for applications.

Giving state-school pupils a fantastic opportunity to learn about what life is like at one of 13 leading UK universities, our Summer Schools are a key part of our programmes offering. Students on these programmes will spend a week living in halls, taking part in academic sessions, meeting young people with similar interests, and gaining valuable insights into the world of higher education.

In addition to our Summer Schools, we are also now accepting applications for our [Access Apprenticeship](#) programme. This programme offers state-school pupils the chance meet employers and like-minded peers, and learn more about how to access top apprenticeships. The programme is one year long, with students able to learn more about one of three different apprenticeship sectors, depending on their location: Banking and Finance (London based), Engineering (Birmingham based), and Law (London based).

Applicants to these programmes must be studying in Year 12 in England or Wales, Year 13 in Northern Ireland, or S5 in Scotland (or equivalent), and have always attended a state-funded school. Applications close around mid-March.

Find out more

Peninsula Dental Residential:

Residential Dental Summer School funded by NHS England. This is a 3-night, 4-day summer school facilitated on the main University of Plymouth campus from Monday 8th July to Thursday 11th July 2023.

This is a fantastic opportunity for students from the Southwest region (Devon/ Cornwall/ Bristol/ Dorset/ Gloucestershire/ Somerset/ Wiltshire) to gain an insight into dentistry/dental therapy & hygiene, looking at the whole life cycle of a dental student and it will focus on supporting the student's journey into dental education. The programme is aimed at students in Years 11, 12, and 13 from disadvantaged backgrounds who meet the NHS/DSC eligibility criteria as shown on our website (link below).

Funding will cover the students travel costs, accommodation (in our university halls of residence), all meals, and refreshments. Please see the link below for further information about the summer school and the eligibility criteria.

<https://www.plymouth.ac.uk/outreach/summer-schools-2024>

The closing date for applications is **Friday 26th April 2024**.

Volunteering Opportunity – and good ongoing WExp for Medical, care based or education pathways and careers!

We are looking to recruit more volunteers this year to assist us with running our busy vaccination clinics at Homepark and our Outreach clinics in the Plymouth area. This role covers both inside and outside stewarding where you would be expected to direct patients, marshalling carparking, managing queues etc.

Apply: <https://govolunteering.co.uk/opportunities/vaccination-steward-volunteer-home-park-plymouth-0e2bceed-d3f4-4990-9245-a035cd8fe833>

Oxbridge Subject Conversations

Not sure which subject is best for you to apply for? Our Oxbridge [subject guides](#) (interviews with current students) give you an insider view into what studying various STEM and Econ subjects is like at Oxford and Cambridge! **Get**

Oxbridge Subject Conversations here!

Access to UWE Bristol Fair

We would like to invite you and your students to our Access to UWE Bristol Fair, held at Frenchay Campus on **Wednesday 27 March 2024, 12:00-15:30**.

This is an opportunity for prospective Year 12 or Level 3, Year 1 students to find out about the wide range of services we offer to meet their needs and support a smooth transition into Higher Education. This small-scale event is designed to be accessible, reassuring and confidence building.

If you would like to attend the event, [please complete this short registration form](#).

Feel free to [contact us](#) if you have any questions about the event.

Wellbeing

You are not alone...

You're not alone, there's always someone to talk to. Discover some of the national and local services that are available to support you or alternatively speak to your mental health leads at school, teachers, parents and friends.

PLYMOUTH CITY COUNCIL

shout 85258
Free text, confidential and anonymous text service open 24/7
Text: 'SHOUT' to 85258
here for you 24/7

FirstResponse
Crisis line open 24/7 365 days a year, providing advice, support and signposting for people experiencing mental health difficulties.
T: 0800 923 9323

PAPYRUS
Young person service for confidential suicide prevention advice, open 9am to midnight every day.
Text: 07860 039967 Call: 0800 0684141

kooth
Free, safe and anonymous online support for young people. Kooth provides web based information and advice along with online chat based conversation and forums.
www.kooth.com

CLASSROOMS STAY ALIVE
Download the app: search for, Stay Alive
www.stayalive.app

PETE'S DRAGONS
Suicide bereavement support and counselling, for people bereaved or impacted by suicide. Self-referral form available on 'Contact Us' tab.
www.petesdragons.org.uk

Childline
Free, confidential service with trained counsellors, either online or on the phone, anytime.
T: 0800 1111 www.childline.org.uk

SAMARITANS
Helpline open 24/7 365 days a year
T: 116 123
www.samaritans.org
jo@samaritans.org
(response time 24 hours)

...help is at hand

*Talk to a friend or family member

*Talk to a helpline

*Talk to a professional you trust – this could be for example your GP, teacher or another adult.



'It's okay not to be okay'

Crisis support – these organisations offer online or telephone support:

- ChildLine – Call free on 0800 1111
- Samaritans – Call 116 123 free
- Young Minds Crisis Messenger – Text YM to 85258
- The Mix - [08088084994](https://www.themix.org.uk) Crisis Messenger – Text THEMIX to [85258](https://www.themix.org.uk).

If a child or young person (under 18) is experiencing a mental health crisis, you can now access CAMHS 24/7. Please contact 03300 245 321 during normal hours (8am-5pm, Mon to Fri) or 0300 555 5000 outside these hours.

Websites that are useful sources of information include:

- Kooth – <https://www.kooth.com/>
- ChildLine – <https://www.childline.org.uk/>
- Young Minds – <https://youngminds.org.uk/>
- Mind – <https://www.mind.org.uk/>
- <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/>

- <https://www.plymouth.gov.uk/suicide-awareness>
- www.myblackdog.co
- <https://www.nhs.uk/nhs-services/mental-health-services/>

Bereavement Support:

- Pete's Dragons
https://www.petesdragons.org.uk/Support_in_Devon_345.aspx
- Jeremiah's Journey
<https://jeremiahsjourney.org.uk/>