



Good morning Post 16.

Welcome to year 12 mock week.

During this period, lessons will continue as normal around your exams. Please ensure that you attend all lessons and plan your revision in your “free” sessions. Please do not embarrass yourselves, me or your teachers by asking to be exempt from lessons to revise.

During this period, and for the next few weeks, please remember:

- 1 Everyone needs to study: everyone finds it hard. Please enable each other to achieve by keeping the Post 16 centre calm, quiet and purposeful.
- 2 P4 and P5 are for silent study only please.
- 3 Dress for work not for the beach – it’s lovely to see the sun, and I hope you will all make use of the outdoor spaces as well as the indoor ones while it’s here. But we need to be focused in school so save your shorts and belly tops for the evenings and weekends and dress to keep you in the mindset for study.
- 4 Mobile phones: put them away.
- 5 Lanyards on.
- 6 Remember you are still at school and there are rules – let’s not waste time having arguments because you’ve used the wrong entrance or turned up late. Play by the rules so we can all get things done.
- 7 Don’t feed the stress monster! Try to avoid getting into a competition about who is the most stressed and talking about how stressed you are. Use that energy to get work done – you will feel better for it.

Year 13 – please get your year book order in this week!

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

Russell Group opportunities for students

Online

[Meet the Russell Group Webinars Fair \(30th April - 2nd May\)](#)

UK University Search and the Russell Group are coming together to bring students a series of informative webinars. Taking place from the 30th April to the 2nd May, there are five 90-minute sessions, each featuring five or six expert panellists who will offer clear, impartial guidance for students looking at taking the next step in their educational journey.

[University of Sheffield Online Subject Tasters \(Book now!\)](#)

The University of Sheffield offer online taster sessions for Year 12 and 13 students, as well as BTEC and mature students. You'll join an online event delivered by one of Sheffield's academics in a subject area of your choice, and get an insight into what university learning is like. These are free of charge and taking place throughout **April and May 2024**.

Oxbridge

[University of Cambridge Homerton College Essay Programme \(May-July\)](#)

Aimed at students in Year 12 England/Wales, Year 13 Northern Ireland, and S5 Scotland, this programme is intended to equip participants with key skills such as critical reading, research design and essay writing. Students will have access to a selection of subject-specific and skills-based webinars from May to July, which will provide you with the grounding to devise and produce your own essay in response to a choice of questions. Prizes will be given, and participants will have the opportunity to attend Homerton College's Sustainability Student Conference and/or Residential. **Deadline to apply is 1st May.**

[University of Cambridge "Apply: Cambridge" Programme \(July 2024-January 2025\)](#)

Apply: Cambridge is a free programme to support high-attaining students from underrepresented backgrounds and areas to make successful applications to the University of Cambridge. Uni of Cambridge will work with you every step of the way over a 6-month period, helping you navigate the process and effectively prepare for your Cambridge application. You will have access to informational webinars, workshops, supercurricular learning opportunities, Q&A sessions and mentoring from a current Cambridge student. **Applications open in April 2024.**

[Wadham College Oxford Summer Schools \(August 2024\)](#)

Wadham runs five-day residential summer schools each August for Year 12 pupils in UK state schools or sixth-form colleges, designed to give Year 12 students a taste of what it's like to be an undergraduate at the University of Oxford. Pupils will take part in an academic programme, live in College, meet student ambassadors studying at Oxford, and receive information, advice and guidance on applying to university. The Summer Schools are free - accommodation and meals are provided by the college, and financial support is available to pupils to cover travel costs. **Application deadline is 3rd May.**

London

[University of London Taster Courses \(book now!\)](#)

London universities (King's College London, Queen Mary University of London, University College London and London School of Economics and Political Science) come together to provide Year 12 students with one-day or half-day courses, allowing students to gain an insight into studying a particular subject or subject area at university.

[Imperial College London Earth Science Taster Day \(10th July\)](#)

Join Imperial College London for a glimpse into the life of a Geology, Geophysics or Planetary Science student at Imperial. Enjoy interactive in-person sessions, chat to current students, hear from top

academics about their work, and have all your admissions queries answered.

Applications are now open - please email admit.earth@imperial.ac.uk with "ESE Taster Day 2024" in the subject line to receive a link to the application form. **Applications close on 24th June.**

[See here](#) for more opportunities.

Channel Talent would like to invite students to our Summer term programme of free interactive university online events.

You can see the full programme further below but here is a taste of the events we offer:

All sessions are open to school/college groups as well as individual students and teachers. For some, such as 2 May, parents and carers are very welcome too. Subject to the content, some sessions are in school time and some are after. They aim to be dynamic and participative, encouraging everyone to engage and shape the session but in a way that they are comfortable with.

Below is the current Summer programme. We will be adding further sessions and adding details to existing sessions as they are confirmed so please do register for more regular updates here:

<http://eepurl.com/duFY5H>.

HE Guidance

- **April 16 @ 16:30 - 17:15** HE Guidance: How Do I Manage My Money At University? - UEA (KS5) [Find out more »](#)
- **May 2 @ 16:00 - 16:50** University Location: Making The Right Choice - Goldsmiths, City, Aberystwyth & UEA [Find out more »](#)
- **May 14 @ 16:30 - 17:15** HE Guidance: What's It Really Like To Be A Student? UEA (KS5) [Find out more »](#)
- **June 13 @ 16:30 - 17:15** HE Guidance: How To Choose The Right Course For You? UEA (KS5) [Find out more »](#)
- **June 24 @ 16:30 - 17:20** Business vs Economics at University: Which Degree is Right for You? UEA [Find out more »](#)
- **July 18 @ 16:30 - 17:15** HE Guidance: Clearing In Five Easy Steps - UEA (KS5) [Find out more »](#)

Modern Languages

- **April 22 @ 15:45 - 16:30** MFL/German: Das Leben der Anderen with Warwick (KS5) [Find out more »](#)
- **May 13 @ 15:45 - 16:30** MFL/French: La Haine with UEA (KS5) [Find out more »](#)
- **June 10 @ 10:10 - 11:00** MFL/French: University Book Club – L'Étranger by Albert Camus with UEA (KS5) [Find out more »](#)
- **June 27 @ 15:45 - 16:30** Modern Foreign Languages: Skills & Insight - Listening & Written Summary with Surrey (KS5) [Find out more »](#)

Economics, Geography, Politics, Business, Accounting

- **April 25 @ 09:05 - 09:50** Global Poverty - Economic Growth & The Role of Policy Makers - UEA (KS5) [Find out more »](#)
- **May 7 @ 11:10 - 12:10** insight4me Economics: Labour Market Trends with UEA & Sheffield (KS5) [Find out more »](#)
- **May 9 @ 16:15 - 17:00** Economics: UK Fiscal Policy - Critique with UEA (KS5) [Find out more »](#)
- **May 14 @ 09:10 - 09:55** Environmental Science: Understanding Environmental Tipping Points & How They Interact with UEA (KS5) [Find out more »](#)
- **May 16 @ 13:00 - 13:45** Accounting/Business: Capital Investment Decision Making - Case Study - UEA (KS5) [Find out more »](#)

- **June 5 @ 13:30 - 14:15** History/Politics: The Legacy of Margaret Thatcher with UEA (KS5) [Find out more »](#)
- **June 24 @ 16:30 - 17:20** Business vs Economics at University: Which Degree is Right for You? UEA [Find out more »](#)

Engineering, Physics, Mathematics, Computer Science

- **April 25 @ 13:00 - 14:00** insight4me Engineering/Physics: Physics Principles Behind Groundbreaking Engineering - UEA & Surrey (KS5) [Find out more »](#)
- **April 29 @ 16:30 - 17:15** Mathematics: Constructing Proofs - Tutorial – Surrey (KS5) [Find out more »](#)
- **May 8 @ 15:35 - 16:20** Computer Science: Quantum Computing - Tutorial – Surrey (KS5) [Find out more »](#)
- **May 20 @ 11:15 - 12:00** Astrophysics: James Webb Space Telescope - What Have We Discovered So Far? Surrey (KS5) [Find out more »](#)
- **June 17 @ 16:30 - 17:15** Mathematics/Computer Science: The Mathematics Behind AI - UEA (KS5) [Find out more »](#)

Film, Media, Music

- **April 29 @ 14:15 - 15:00** Film: Representations of Conflict in Film - Cross Cultural Comparison - Solent University (KS5) [Find out more »](#)
- **June 11 @ 15:35 - 16:20** Film/Media: Skills & Insight - The Filmmaker's Toolkit with UEA (KS5) [Find out more »](#)
- **June 13 @ 15:35 - 16:20** Music: Skills & Insight - Composition - Responding to a Brief with Solent University (KS5) [Find out more »](#)

Biology, Chemistry, Natural Sciences, Medicine, Health

- **April 30 @ 11:10 - 11:55** Biology/Medicine: How Genomics Can Improve The Fight Against Disease - Solent University (KS5) [Find out more »](#)
- **May 1 @ 13:30 - 14:15** Society for Natural Sciences: Oxidation Of Pollutants In The Atmosphere (KS5) [Find out more »](#)
- **May 9 @ 14:05 - 14:50** Chemistry: Entropy and Free Energy with Surrey (KS5) [Find out more »](#)
- **May 14 @ 12:05 - 12:50** Society for Natural Sciences: Chemical Principles Of The Natural Environment & Surface Environmental Change (KS5) [Find out more »](#)
- **May 20 @ 16:00 - 16:45** Paramedic Science: Responding To A Medical Emergency - UEA (KS5) [Find out more »](#)
- **May 22 @ 12:45 - 13:30** Society for Natural Sciences: Chiral Molecules In Food (KS5) [Find out more »](#)
- **June 24 @ 13:35 - 14:20** Nursing: Workplace Safety & Security with UEA (KS5) [Find out more »](#)

History

- **April 30 @ 15:35 - 16:20** History: Nationalism & Dictatorship in 20th Century Europe with UEA (KS5) [Find out more »](#)
- **June 5 @ 13:30 - 14:15** History/Politics: The Legacy of Margaret Thatcher with UEA (KS5) [Find out more »](#)

Psychology, Sociology, Education, Philosophy, Religious Studies, Sport

- **May 8 @ 13:35 - 14:20** Psychology: Understanding Addiction with UEA (KS5) [Find out more »](#)
- **May 16 @ 10:30 - 11:15** Sport & Exercise Science: Coaching or Bullying? - Tutorial – Solent (KS5) [Find out more »](#)
- **May 20 @ 14:00 - 15:00** insight4me Philosophy/Religious Studies: Metaphysics of God - UEA & Leeds (KS5) [Find out more »](#)

- **May 21 @ 09:10 - 09:55** Parents, Families & Schools: Parental Engagement & Why Does It Matter? Warwick (KS5) [Find out more »](#)
- **May 21 @ 16:15 - 17:15** Euthanasia – Interdisciplinary University Perspectives & Debate – UEA (KS4 & KS5) [Find out more »](#)
- **June 13 @ 13:30 - 14:15** Psychology/Sociology: Free Will vs Determinism - Tutorial – UEA (KS5) [Find out more »](#)
- **June 26 @ 09:10 - 10:00** Sociology/Psychology: Contemporary Fathers - Experiences, Expectations & Wellbeing - Surrey (KS5) [Find out more »](#)

English, Classical Civilisation

- **May 9 @ 11:10 - 12:00** English Literature: Encountering Poetry - Close-Reading A New Poem with Nottingham (KS5) [Find out more »](#)
- **May 22 @ 10:30 - 11:15** English Literature: Frankenstein - Modern Prometheus & Ancient Origins - Edinburgh (KS5) [Find out more »](#)
- **May 22 @ 15:35 - 16:30** English Literature: University Book Club – The Great Gatsby by F. Scott Fitzgerald with UEA (KS5) [Find out more »](#)
- **June 6 @ 09:10 - 09:55** English Literature: Exploring Tragedy - Tutorial – UEA (KS5) [Find out more »](#)
- **June 10 @ 14:00 - 15:00** insight4me Classical Civilisation: The Epics of Homer - UEA & Edinburgh (KS5) [Find out more »](#)
- **June 12 @ 11:10 - 11:55** English Literature: Skills & Insight - Tackling Poetry Collections with UEA (KS5) [Find out more »](#)

Law

- **June 12 @ 16:30 - 17:15** Law: Skills & Insight - Building A Defence with Goldsmiths (KS5) [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!**

I just wanted to drop you a reminder that all of **Springpod's University Experience programmes** are **now open for students to start right-away!**

These short university experience courses take around an hour to complete, can be started at school or home, and include video content and activities for students to work through.

[To make your life as easy as possible we've put a selection of our top university experience opportunities into one pdf here.](#)

We have created this resource, to **share with your students from Coombe Dean School** so that they can explore our wide range of FREE programmes in industries like law, engineering, medicine, computer science, and more.

Be Curious: at Plymouth – Wednesday 1st May 09:30-15:00

This interactive experience day will provide opportunities for students to try three different hour-long subject-specific workshops, within the following fields:

- Anthropology and sociology
- Art history and history
- English and creative writing
- International relations and politics
- Law, criminology, and policing
- Education

The workshops will encourage students to learn differently to expand their thinking.

Further information can be found here: <https://www.plymouth.ac.uk/outreach/be-curious-at-plymouth>. If you would like to book a place, please let me know roughly how many students you would like to bring and I will reserve a space for you and send further information.

Create: at Plymouth – Wednesday 12th June 09:30-15:00

This interactive experience day will provide opportunities for students to try three different hour-long subject-specific workshops from Games Art Design, and Creative Media to Fine Art. The workshops will encourage students to explore their creativity in innovative ways. Previous workshops have ranged from Architecture's 'Inspiring Spaces' where students created their own sustainable models, to Filmmaking's 'The Long Film Challenge' where students created and showcased their own film in our Jill Craigie Cinema.

Wellbeing

You are not alone...

PLYMOUTH CITY COUNCIL
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.

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.

kooth **childline**
ONLINE, ON THE PHONE, ANYTIME

YOUNG MINDS

PAPYRUS
PREVENTION OF YOUNG SUICIDE

'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/>