



SIXTH FORM NEWSLETTER

ISSUE 6 - December 2020

Dear Sixth Form

Well done for making it through the first term back in school. It's been amazing to see all the hard work you've been putting in especially over these last couple of weeks when we're all getting tired! Thank you to all the students who have contributed to this newsletter, it's great to be able to share your achievements in this way. I'm also really pleased to include a piece from Vironia Samaan in this issue of our Sixth Form newsletter. I think it fits perfectly with the theme this last week of term of being happy and spreading happiness through kindness. It's also a great reminder of what a special place St Bernard's is and that is down to each one of us welcome others and showing kindness, it's easy to forget that it isn't like this everywhere!

I hope you all have a lovely Christmas and a well-deserved rest and I look forward to seeing you all with renewed energy in January!

Miss Clancy

WELL-BEING THOUGHT

AS OUTLINED IN MY THOUGHT AND PRAYER FOR THE WEEK this week is all about being happy and spreading happiness through acts of kindness and I think this is something we can take with us throughout the rest of this month. Here's the latest Action for Happiness calendar with a range of ideas on how to do that:

KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about	
7 Leave a positive message for someone else to find	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat
28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2021	Let's look beyond our differences and help each other. Every act of kindness matters		

ACTION FOR HAPPINESS

#DoGoodDecember

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind



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THINGS WE ARE WORKING ON...

WE TRIED SOME FOOD CHANGES in the servery this half term and thank you to those who completed my survey to try to make some positive changes to your experience with the servery food. Unfortunately, there was a lot of food wasted when more was put out but I know the catering team have some other ideas about how they can improve the experience for you so this is a work in progress. I appreciate your patience with this while we continue to work on getting it right for you and encourage you to continue to feedback your experiences and ideas through the feedback box in SF1 and through discussions with your form tutor.

PLEASE LET ME KNOW how you are getting on with the printer in SF1. A couple of times I have checked on it and there has been an error message or issue with it that I didn't know about. If you have problems with the printer in SF1 please email me so that I can get our IT technicians to have a look and make sure it is providing you with what you need.

SF1

Thank you for working on keeping SF1 clean and tidy by using the correct bins and wiping down your areas using the wipes provided. This continues to be really important as we have seen more cases of the virus popping up in school this half term, this seems to be a general picture across secondary schools.

YEAR 13 SUMMER EXAMS

The government provided the following update on 3rd December:

“Building on the 3 week delay to exams to free up extra teaching time announced in October, the new measures include:

- more generous grading than usual, in line with national outcomes from 2020, so students this year are not disadvantaged
- students receiving advance notice of some topic areas covered in GCSE, AS and A levels to focus revision
- exam aids, for example formula sheets, provided in some exams giving students more confidence and reducing the amount of information they need to memorise
- additional exams to give students a second chance to sit a paper if the main exams or assessments are missed due to illness or self-isolation
- a new expert group to look at differential learning and monitor the variation in the impact of the coronavirus (COVID-19) outbreak on students across the country

The government will set out further detail on this process, and on adaptations to exams, in the new year.

We have published [guidance to support the summer 2021 exams](#) and [accountabilities](#) to provide further clarity for schools, colleges, parents and pupils.”

GOING HOME UNWELL

JUST A REMINDER of the procedure to follow if you need to leave school during the day because you are unwell. This is outlined on page 5 of the planner. You need to speak to Reception first who will usually want to confirm with Miss Clancy that she is happy for you to leave school. As long as you have a genuine reason and your attendance is not an issue in general then this will be approved. Please do not contact your parents or someone else to come and pick you up until you have been given permission to leave school.



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EXPERIENCE OF A YEAR 12 STUDENT

I would like to thank Miss Clancy for providing me with a very heart warming and welcoming day on my first day of school. I remember entering on the 9th of October and I was dazzled by how big the school was and a little bit nervous. On my arrival there were 3 girls who welcomed me and it made me so glad. They were Abigail, Abbie and Alannah. Currently it has been about a couple of months in the school and I'm finding the environment and my classmates very friendly and helpful. I'm so overwhelmed and excited to be part of St Bernard's Community. If there is one thing, I would tell my old self is that don't be scared from new experiences and don't overthink about it.

I would like to give a shout out to all the teachers who are helping me and are providing us an excellent teaching environment. I would like to thank our head Mr Sharpe for making it a lovely and caring place and all the other people who are working in the cafeteria and all around the school. Shout out to all the students who are striving and working hard and also to all of my friends who are making it a remarkable experience each single day I'm there. Thank you all!!!

Vironia Samaan 12R

DEPUTY YOUTH MAYOR



For the past couple of years, I've been working with the youth council. During this period, I was involved in planning, organising, implementing as well as partaking in various activities which affects children and youth in the community. Some of the activities include tackling knife crime, dealing with climate change by involving in events such as: planting trees, litter picking in parks, big beach clean etc. Due to the current pandemic, over the last few months we were not able to go out and partake in the various activities. However, we utilised this time by meeting with the various officials and organisations such as YMCA (for black lives matter, the face it challenges and so on), Make your Mark (youth parliament), the energy and transport team, school nurses, NHS commissioning group in planning and organising future activities.

Working with the youth council helped me in developing awareness of the various problems faced by families in our community. I decided to expand my role so I filed the nomination paper for the post of Deputy Youth Mayor in October. I had to prepare a manifesto demonstrating what my plans are during my term in office.

Based on my manifesto as well as the speech I delivered, the youth council elected me as the Deputy Youth Mayor.

I'm looking forward to work with the youth council and community to achieve my goals.

Nizle Biju 12M

If you have achieved something recently that you would like to share, please email Miss Clancy.



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SAFE PASSAGE

I was on a **Times Radio** debate panel on **Sunday 6th December** this month debating about safe routes with the CEO of the organisation that I work with (safe passage organisation) and we were debating about safe routes/family reunion. We were debating against David Simmonds MP who has brought an alternative perspective to the debate.

I personally care so much about this problem because it has affected me and many others of my family members and friends. Everyone needs to understand that Refugees enrich society by introducing a new culture, foods, and fashion. We find jobs when we get settled and we also pay taxes which provides more recourses for the councils to take more refugees in their area. I think that I'm an example of these refugees who enrich the society. I have contributed in many ways here in the UK - I'm studying, and I will be going to university, I'm a safe passage young leader and I have done lots of campaigns with them, I volunteer, and I work. I am a hard worker and I have made so many achievements in these four years since I arrived in England with no English.

What the focus was on?

Key point: On Sunday 6 December it was **four weeks until the end of the Brexit transition period – and the end of family reunion.**

- Our focus as an organisation was on and it should still be on:
 - **why safe and legal routes and family reunion matters; AND as an organisation, we thought that sharing my story with this point, is so strong and powerful and more persuading.**
 - **why it's under threat from January; and**
 - **our recommendations for what needs to urgently change**

What does the safe passage organisation do?

Safe Passage advocates for young refugees to access safe and legal routes to sanctuary. Through a combination of campaigning, advocacy and legal casework, safe passage influences policy and works directly with young people and their families to help them be reunited. Our work is rooted in grassroots community organising and youth-led social change. We have offices in the UK, France, and Greece. We also have a group of young people who speak out about issues that affect them and others like them and campaign for a more welcoming, just and equal world.

Nouran Tohmeh 12FH

UCAS APPLICATIONS (YR13)

WELL DONE TO THOSE who have now sent off their UCAS application. Remember the final deadline for this is 15th January which leaves less than 2 weeks when we are back at school! When you are ready to submit your UCAS application please pay the application fee (see Mrs Bulheller if you are a bursary student) then email Miss Clancy to arrange a time for final checks and sending off. Remember, Miss Clancy's availability may not match yours so don't leave it until the last minute!



YOUR CONTRIBUTIONS

If there is something you would like to see included in the next newsletter or something you would like to contribute yourself, please email details to Miss Clancy.