

NEWSLETTER – WEDNESDAY 3RD FEBRUARY 2021

MESSAGE FROM THE SIXTH FORM TEAM

It's finally got to February, the flowers are beginning to appear and soon the nights will be lighter. January felt incredibly long but what you are doing remains quite incredible. We're picking up on a running theme amongst students about a lack of motivation. We understand and you are not alone. We would strongly encourage you all to tune in to the Speakers for School '*How to motivate yourself*' talk which is mentioned later in this newsletter. You might pick up just one snippet of advice to move yourself forward.

SPECIAL MENTIONS

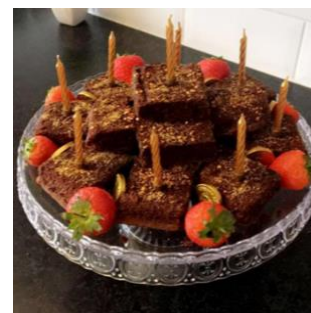
Still leading the way with Year 12 Zoom lesson attendance is **12.1** (Dr Lukaziewicz's tutor group). Also, a tremendous effort once again from **13.7** (Ms Begum and Ms Whittaker's group) who barely missed a lesson between them last week.

Congratulations to **Jonathan O** who has been nominated as Deputy Chairperson of the Debating Society. There was a lot of interest in this position so Jonathan has done really well.

Thank you to everyone who participated in last week's cooking/baking challenges. This week's prize goes to **Ambreen P** for her amazing desserts (pics below) - prize on the way!



Miss Begum also got involved with a spot of Don Bosco Day baking – we'll be expecting some samples in the staff room soon!



A final thanks to all the students who are regularly getting involved in tutor time, sharing their pets, wearing silly hats, making their tutors laugh, telling jokes and stories and all those who completed the Don Bosco day activities. Remember, the best way to cheer yourself up is to cheer somebody else up (*Mark Twain*).

CHALLENGES

This week, the **cooking/baking challenge** recipes include Jerk Chicken and Jam tarts (check your email). Get your entries in to Miss Ferraro before next Monday. As always, feel free to make up your own recipes!

ENRICHMENT

Social Science Club: Session 2 is on the Google Classroom - Amanda Knox: Guilty or innocent?

MedSoc: Maggie in Year 12 will be writing a weekly medical bulletin after Feb half-term so stay tuned for that. Keep your eye on the Google Classroom for any other activities, updates and potential zoom meetings too.

Lectures at Bolton School

There will be one of these lectures each half term covering a range of themes, predominantly career or life-oriented. A group of students went along to a few of these last year and they were brilliant! On Monday 8th February there will be a presentation from Sally-Anne Huang who is a former pupil at Bolton School. Her talk is titled 'Bossy Women: Reflections on Ambition and Leadership from a Female Perspective'. It will take place on Zoom at 7pm. You need to register [HERE](#).

OPPORTUNITIES

It's National Apprenticeship Week – Monday 8th Feb to Friday 14th Feb



Join UCAS each day to discover something new about what's on offer and what's involved in studying while working.

- Hear from current apprentices about their experiences.
- Meet and speak to apprenticeship providers about what opportunities await you - Tuesday 9th February, a virtual exhibition hall will be packed with employers and apprenticeship providers such as Barclays, Fujitsu, Virgin Media, and Rolls Royce, to name just a few.
- Get expert advice on choosing between your options after school or college.

Register for the event [HERE](#).

You can find more information about apprenticeships on the government website [HERE](#)

Speakers for schools – How to motivate yourself

This will be particularly relevant for many of you and one that I would encourage you to join. On Thursday 4th February between 2 and 3pm (I know that a lot of you are on independent study time and we give you permission to watch this!) Adrienne Herbert and Alice Living will discuss how students can motivate themselves and maintain their wellbeing during lockdown. [CLICK HERE](#) to join.

There is a huge broadcast video library [HERE](#) with some excellent presentations. These are brilliant enrichment talks and would be very useful to refer to in future personal statements and interviews.

SPORT, FITNESS AND PHYSICAL ACTIVITY

*Thank-you to **Mr Gavin** for contributing the following excellent ideas and information.*

Podcast - I am a keen runner and I don't usually run with headphones in but since this most recent lockdown started I have started listening to a podcast during my run or walk. The exercise passes by without you even realising and it is a great way to escape from the screen! This week's recommendation is the High Performance Podcast with England Netball Player, Tracey Neville, who discusses 'How sacrifice leads to success'. There are some great messages in there that can be applied to your journey from Thornleigh Sixth Form, to your future career! It is 40 minutes long, so walk/run out for 20 minutes and then turn round and make your way back! Let me know if you listen to it.



PE Challenge - This week's PE challenge has been created by Miss Gamble and she wants you to create your own dance! Miss Gamble has provided guidance, so don't worry, you won't be on your own! Follow the YouTube link [HERE](#) to have a go and send your efforts in to us via email, Twitter or Google Classroom. I'll give a prize to the most creative attempt!

Netflix suggestion – Icarus



This is an amazing story that accidentally uncovers the Russian drugs cheating scandal. When filmmaker Bryan Fogel sets out to uncover the truth about blood doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller. Dirty urine, unexplained death and Olympic gold are all part of the exposure of the biggest scandal in sports history.

Yoga – don't instantly dismiss this before you've tried it!

Lots of students have personally explained to me that they are fed-up of being on Zoom and that they don't have time for exercise... Well, Yoga is the perfect solution!

- Yoga can be relaxing.
- You can do yoga at home and you don't need any special equipment.
- If you are an active/sporty person, this will be great to improve your flexibility for your sport.
- If you are less active/sporty, then even better, this will get you moving, activate muscular movement, help you to relax and improve your posture.

I have given you a little 15 minute introduction video [CLICK HERE](#) – so give it a go! If you like it and want more, you can let me know and I'll help you find something but there are absolutely loads of videos on YouTube.



If you want any more support or guidance with physical activity or sport, then please get in touch with Mr Gavin dgavin@thornleigh.bolton.sch.uk. Likewise, if you do anything, then share it @tsc_pedance and @tsc_sixthform on twitter and instagram. Get involved with #FitForFeb like Mr Gavin, Miss Bailey and Miss Ferraro are – they've all set themselves walking and running challenges. Get involved and challenge your teachers!

BIRTHDAYS



Happy birthday to **Macey H**, **Aatikah M** and **Ismail Y** in year 12, and also **Lacey A** in year 13 who are all celebrating their birthdays this week! We hope you all have a lovely day and manage to do something nice!

REMINDER TO YEAR 13 ABOUT UCAS

Mr Gleeson sent out some great advice this week via email about accepting offers. Here's a reminder:

*Now that we have passed the UCAS deadline, you may be thinking about making decisions about where to go, especially as so many of you have all of your offers in place. My advice to you would be that you **DO NOT RUSH** into making a decision.*

*The deadline for your decision to be made is **May 20th**, and whilst I don't think you should wait that long (because the best accommodation might fill up), there is no reason to make a decision this week. Use this time to do a bit more research. Use **UNIFROG** - go back to the shortlist you made through the UK Universities tile and look at the information that is on there about the universities and the courses. If you didn't make a shortlist, you can do it in retrospect and look at the information available to help you decide where you really want to go. The information is good and there are links to Facebook and other social media platforms where you can chat to other students. Most also have a live chat option, where you can ask any questions you might have.*

*Have a look at the video [HERE](#) on the **UCAS website** which will explain the different types of offer being made.*

Don't be pushed into making a quick decision by universities contacting you either.

*If you want any further advice then please contact Mr Gleeson
ggleeson@thornleigh.bolton.sch.uk*

STAFF READING RECOMMENDATIONS

Ms Darby – Shuggie Bain by Douglas Stuart (gritty Glasgow in the 1980's)

Ms Ferraro - Scarpetta series by Patricia Cornwell (Crime novels noted for using forensic technology)

Ms Reid & Ms Bailey – Tattooist of Auschwitz by Heather Morris (Follows the tattooist given the job of marking prisoners for survival).

Mr Alvarez - Ready Player Two by Ernest Cline (Science fiction sequel to Ready Player One)

Mr Locke – Wild Guide Lakes and Dales (Hidden places and great adventures)

Ms Ogden – Being a Supervet by Neil Fitzpatrick

Mr Gleeson - Jo Nesbo's scandi crime thrillers. The chronological order of the Harry Hole novels available in English is: The Bat, Cockroaches, The Redbreast, Nemesis, The Devil's Star, The Redeemer, The Snowman, The Leopard, Phantom, Police.

Mr Gleeson - The Number 1 Ladies Detective Agency by Alexander McCall-Smith. There's a series of them based in Botswana around the character, Miss Ramotswe.

Mr Gleeson - The Madonna of Bolton by Matt Cain. It's about a gay boy growing up in Bolton - funny and you will recognise places mentioned.

Ms Topham - The Beekeeper of Aleppo by Christy Lefteri (about a Syrian refugee) and Richard Osman's The Thursday Night Murder Club (really easy read and enjoyable).

REFLECTION

This week, our prayers will be focused on International Holocaust Remembrance Day. The 27th of January is the day our world commemorated the tragedy of the Holocaust that occurred during WWII. It commemorates the genocide that resulted in the deaths of 6 million Jews and 11 million others by the Nazi regime and its collaborators. On 27 January 1945, Auschwitz-Birkenau, the largest Nazi concentration and death camp, was liberated by the Red Army.

Pause for thought:

Has there been a time, in these last few months that you have treated someone with unjust? Are you sorry for your actions? Will you ask for forgiveness and healing? Will you be able to forgive?

AND FINALLY

A few ideas for something different this week....

1. **Winterwatch** – Mindful moment [CLICK HERE](#) No music, no commentary – just the beautiful sights and sounds of nature.
2. Although the **Big Garden Watch** happened over last weekend, you could still count the birds that visit your garden or outside space. This would be a lovely way to spend a quiet hour. More info [HERE](#).
3. **Susie Dent's** (from Countdown) word of the day [CLICK HERE](#) Expand your vocabulary!
4. **Chester Zoo** virtual tour – Friday 5th February [CLICK HERE](#)