



# LANGDON PARK SIXTH FORM

## YEAR 12 BULLETIN

week beginning 27<sup>th</sup> April

### Message from Mr Langham

Do remember that whilst we are distant the school and I as your Head Teacher are very much here for you and each day I do think of you. Please continue to keep fit both academically and emotionally each day and use the advice and resources we have sent out. I am in school every day and you can come to Byron Street between 9-11am each day. My school contact numbers are 0207 987 4811 and 07918 481152. I give you my absolute commitment and promise that we are doing everything we can to prepare you for the next stage of your education but you must let me know if there is anything else we need to do and or needs changing. Your voice matters and I am here to serve you.

Finally, for those celebrating I wish you a blessed Ramadan.

Best regards  
Mr Langham

### This week's focus: HOW TO LEARN EFFECTIVELY AT HOME



Taken from [www.innerdrive.co.uk](http://www.innerdrive.co.uk) – check out their website for more tips

*Maintaining a routine is important during this time. It is very easy to fall into a habit of sleeping all day and spending your nights in front of a TV - at the expense of your learning and well-being. To help students maintain a good routine and motivation during lockdown, we have made free goal-setting worksheets - [download them here](#).*

**Decide on Your Priorities** – All students will have received advice from their teachers on how to proceed with their work during this time. Outline the tasks you need to complete at the start of the week and work through them at a comfortable pace. Finish your tasks for the day and then take some time to *focus on self-care* by doing something you enjoy.

**Get Enough Sleep, But Not Too Much!** – With all this newfound free time, it's tempting to put off other things and stay in bed a little longer. Try to get the recommended 8-10 hours of sleep and stick to your usual routine: it will make it easier for you to adjust when you get back to school.

**Stay Hydrated and Nourished** – Be sure to get the nutrition and hydration you need – plan carefully in Ramadan.

**Stay Active** – Set aside an hour a day to *do some exercise* or any physical activity you find enjoyable. Whilst we're avoiding gyms and anywhere busy, taking a walk around your neighbourhood gives you an opportunity for fresh air and a little exercise.

**Being Social Whilst Social Distancing** – Physically meeting with friends is no longer an option, but that doesn't mean that you can't socialise. Video call your friends or play a game together online during your free time. Why not set some *easy but productive goals* together and discuss your progress? This will keep you motivated and give you an opportunity to socialise with your friends, whilst staying safe.



## KEEPING UP WITH YOUR STUDIES

**Reminder** – all of you should be working through the futurelearn course designed to prepare students for greater online study at university as bits of it ought to be really helpful in your current situation. Access it [here](#). Do remember that, as with all futurelearn courses, you don't have to do every single bit of it – use the sections that feel most relevant and helpful for you.

### Additional google classroom codes:

Business BTEC bqakkfk

Enrichment e3ouoz2

Psychology uc7vjbe

Sociology dli7bdu

## KEEPING IN TOUCH & SUPPORT FROM SCHOOL

Remember **emergency contact number** for Year 12 is **07470 375110**. It will be Mr Farrow that answers.

If you are having difficulties with learning at home, please drop me an email to explain and we will support you as best we can. We will also be making some calls home just to stay in touch. It will be either me or Shaziya Ahmed, one of our student support officers, that calls.

I've created a google classroom for Y12 enrichment - hopefully that will launch next week.

**Reminder** – please complete this [online survey](#) asap. If you are having difficulties with learning at home, please drop an email to explain and we will support as best we can.

Do create a twitter account so you can see daily updates from both me and Mr Langham.



@LPSSixthForm



@langdon\_park

## FREE SCHOOL MEALS VOUCHERS AND COUNCIL SUPPORT

Please check the [school website](#) regularly for updates – they can be found at the bottom of the home page. If you or your family are struggling, please do get in touch - we always try to help. If you are entitled to FSM, make sure your family has accessed that support, but do let us know if we can help further. The council has a specific Covid support page for residents and local businesses, including newsletters in [English](#) and [Bengali](#).



@TowerHamletsNow

[council's COVID support page](#)

## TED TALK FOR THIS WEEK

Interesting for all of us, but particularly useful for those studying Psychology

[Elizabeth Loftus - How reliable is your memory?](#)

Suggested follow-up:

[Massolit course - witness memory](#)



**STAY AT HOME**

**PROTECT THE NHS**

**save lives**



# CAREERS

## TASKS FOR THIS WEEK – IDENTIFYING YOUR STRENGTHS AND PREFERENCES MUST DO:

- 1 Take the [Buzz Quiz](#) to find out about your personality profile. Then reflect on your results Were there any surprises? Does this reflect your personality? Do you think the suggested types of job might suit your personality?
- 2 Take this [National Careers Service quiz](#) – does it produce similar results?

## RECOMMENDED:

Complete Cappfinity's free strengths profile available via this [link](#) then do webinar this Wednesday 29<sup>th</sup>



### Wednesday 29<sup>th</sup> 2pm special webinar with Cappfinity.

Following on from the huge take-up of their Strengths Profile, Cappfinity are back to look at how you can use your Strengths in the world of work.

Click [here](#) to secure your place.

## START platform

Please keep using START to research potential options both in terms of careers and destinations after sixth form. If you can't remember your login details, just email me.

Also keep checking [uptree](#) for insight events etc – here are some of the ones currently available:

## Uptree Work experience opportunities.

Architecture Construction Engineering	
<b>Date:</b> Tue 12 May (10am-3pm) <b>Req's:</b> Year 12 & 13 <b>Location:</b> Webinar	

Technology A.I. STEM	
<b>Date:</b> Wed 13 May (10am-12pm) <b>Req's:</b> Year 12 & 13 <b>Location:</b> Webinar	

Engineering & Business	
<b>Date:</b> Mon 18 May (10am-3pm) <b>Req's:</b> Year 12 & 13 <b>Location:</b> Webinar	



[See what students say about being part of Uptree](#)

Consulting & Tech.	
<b>Date:</b> Thu 21 May (10am-12:30pm) <b>Req's:</b> Year 12 & 13 <b>Location:</b> Webinar	

Architecture Construction Engineering	
<b>Date:</b> Wed 27 May (10am-12:30pm) <b>Req's:</b> Year 12 & 13 <b>Location:</b> Webinar	



# CAREERS - focus sector this week *Investment banking*

Info from [icould](#) – check [this link](#) for videos and more on this sector

## **What is investment banking?**

Investment banks connect people, businesses and governments who need money to grow, with investors or businesses who have money to invest.

Top investment banks include Bank of America, Barclays, Citigroup, Credit Suisse, Goldman Sachs, HSBC, JPMorgan Chase and Morgan Stanley. Some investment banks also have a retail or personal banking division with branches on the high street.

## **What roles are there in investment banking?**

There are lots of different roles in investment banking. They can be divided into roles that help make money for the bank (such as bankers and traders) and those which help the bank function (such as software developers or lawyers).

Examples of departments at investment banks include:

### **Trading**

Traders buy and sell assets (an item of value which can be turned into cash) in the financial markets to try and make a profit. Many traders buy and sell stocks and shares on the stock market. Shares are a way of sharing the ownership of a company and can be held by individuals or other companies. Traders also trade in commodities (including oil, gas, and cocoa!) and foreign exchange currencies (the Pound Sterling or the Euro, for example).

### **Compliance**

Compliance teams ensure that banks follow the rules set by government or the [Financial Conduct Authority](#). This helps make the financial markets fair and efficient, and reduces risk and financial crime.

### **Mergers and acquisitions (M&A)**

A merger is when two companies combine or join together to create a new company. An acquisition is when one company buys another. People who work in mergers and acquisitions look after this process.

### **Liquidity**

Liquidity teams make sure banks have enough cash or liquid assets (things like shares and bonds which can be easily turned into cash). This is to make sure that banks don't run out of money.

### **Technology**

A big part of investment banking involves developing and maintaining technology to make the bank work. This varies from software development and cyber-security, through to new technologies such as machine learning and artificial intelligence (AI)

### **Corporate and social responsibility (CSR)**

CSR teams support the wider community. This includes things such as sponsorship for museums, galleries and charities or organising staff community volunteering.



## PREPARING FOR UNIVERSITY

### TASK FOR THIS WEEK – start thinking about your options

Destinations would have been the key focus of our tutorial and enrichment time this term, and we had booked various trips which unfortunately can no longer go ahead. I know many of you had applied for work experience and summer schools / other events with universities which are no longer happening. That is really disappointing for you, I know, but admissions tutors will bear this in mind when looking at your applications. We will be doing lots with you virtually - Kingston are developing an online version of Fast Track and I'm also getting other universities to deliver specific sessions for us online.

You will all have a 1-1 careers interview with Maz Mullarkey from City University – I have asked her to make these calls after Ramadan is over to minimise disruption for your families.

I will go through the UCAS process with you in detail, so please don't worry about that, or about your personal statement. I will make all the resources we normally hand out available via google classroom.

What I want you to do now is **start exploring possible degree options**. Essex have produced an amazing series of lectures – start exploring them and do email me to let me know what you think. All previous sessions will be recorded and the videos uploaded so don't worry if you can't catch them live.



The advertisement features a photograph of a person sitting at a desk with a laptop, looking out a window at a green landscape. To the right of the photo, the text reads: **WEBINAR SERIES** in large red letters, followed by 'Join our academics in a brand new six week webinar series' in black. Below this is a red button with the word **EXPLORE** in white capital letters.

### Lockdown is the perfect opportunity to do some wider reading and research

I have mentioned these to you before – do please start using them to explore subjects in depth:

Articles, websites: [www.staircase12.org](http://www.staircase12.org) <https://www.myheplus.com>

MOOCs [www.futurelearn.com](http://www.futurelearn.com) <https://www.edx.org>



I recently discovered **Massolit**, which offers a range of courses (normally paid access) in English, History, Psychology, Philosophy, Classics and Government & Politics.

I have got us a free trial – so start using it now please! [www.massolit.io](http://www.massolit.io)

Username: [jcs010@jcsolineresources.org](mailto:jcs010@jcsolineresources.org)

Password: JCSHypothesis



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 **save lives**



## PREPARING FOR APPRENTICESHIP

### TASKS FOR THIS WEEK

Amazing new apprenticeships summer school from Sutton Trust – full info [here](#)



**NEW  
APPRENTICESHIP  
SUMMER SCHOOL  
(DIGITAL)**

APPLICATIONS NOW OPEN



Download Amazing Apprenticeships' interactive guide [link here](#)

Watch this [video guide](#) first.

**Complete section 1 this week.**



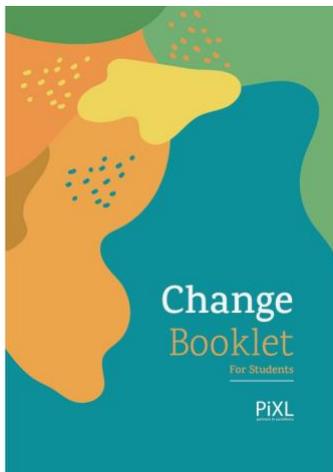
## HEALTH AND WELLBEING

Mental Health support : [Young Minds](#) [Kooth](#)

Mindfulness and sleep : <https://www.headspace.com/> <https://www.calm.com/signup-flow>

Physical activities: [https://www.sportengland.org/stayinworkout#get\\_active\\_at\\_home](https://www.sportengland.org/stayinworkout#get_active_at_home)

I have (don't laugh) been known to get up and do Joe Wicks' live PE lessons on YouTube at 9am



*Uncertainty is rife at this time. From students like you, to your parents and your teachers, everyone is experiencing things they have never experienced before. Whilst it may be difficult, it is important to remind ourselves that this time will pass and that we can all help to resolve it by staying home.*

*Uncertainty breeds stress and can often lead to a whole range of other negative effects. Now, there is nothing we can say that will 100% get rid of your worries, but a great place to start is by spending time doing things that help you feel relaxed. Be proactive by keeping yourself occupied and follow [these tips to reduce stress](#). You may also find the [PIXL Coping with Change booklet](#) useful – sent via MILK*

*We are all feeling a bit lost at the moment, but focusing on the positive things we can do each day will definitely help. We are a PiXL school, and they have made some lovely videos to see us through this time, and I'll be sharing one with you each week. Here's the first: [kindness](#) – booklet attached for those interested*



# HOW TO LEARN FROM HOME

## 6 Good Habits to Get Into

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



**1**

**Prioritise school work along with self-care.**

**2**

**Create a To-Do list at the start of the week for some added structure.**

**3**

**Don't spend all day in bed!  
Adjust your body clock to a healthy cycle.**

**4**

**Make sure you're getting all the nutrients you need and drinking enough water.**

**5**

**Get some exercise and fresh air at least once a day to rejuvenate your body and brain.**

**6**

**Socialise with your friends via video call and work together to achieve your goals.**