

Kings Langley Sixth Form

Head of Sixth Form Fortnightly Bulletin: Week 23 - 2023/24

This bulletin, written by the Head of Sixth Form, provides a brief summary of updates, upcoming events, and useful information for students and their home. Further information can be found on our website www.kls.herts.sch.uk and clarification of policy can be found in the sixth form handbook.



Introduction

Welcome back from half term and we now enter the second half of the Spring term which is in fact, an incredibly short half term, just under five weeks! This means that there is a lot going on in this half term, especially with regards to the support and intervention with Yr13 as they continue to prepare for their summer examinations and the submission of their final NEA work.

With regards to Yr12, university, apprenticeship and employment destinations and pathways are the focus of this half term with our annual trip to the University and Apprenticeship Show in London, taking place on Friday 1st March.

Head Student Applications

We received a number of applications for Head Student and the student leadership team. There are five students in the running for Head Student and one student who wishes to be part of the student leadership team.

Congratulations to the following students who will be involved in promoting themselves during campaign week (Monday 4th March—Friday 8th March). This includes, Adaya, Jessica, Oliver, Seerena, Syed. Edward has also applied to become part of the student leader team too.

During campaign week, each of the students will be presenting why they should become Head Student and what their pledges to the Sixth Form and the wider school community. Students have free-reign to make their campaigns personal but each student will complete at least the following:

- A 2/3min video for members of the school community to view
- An interview with Mr Tubb and current Head Students, Arianna and Samaira
- A short presentation to Yr7 in assembly

The ballot will then go live on Monday 11th March (8am-5pm). The results of the ballot are then combined with all other elements of the application process and campaign week. Students are reminded that the results of the ballot alone, do not determine who will become Head Student. This is done to ensure that the process considers leadership skills, contents of the pledges and initiatives, as well as how students present themselves as potential Head Students across campaign week.

We wish the very best of luck to all our Head Student candidates.

Sixth Form Team Research and Reading

This HoSF Fortnightly Bulletin features some research and reading in the area of study skills, provided by Mr Scott, KS5 Curriculum Leader.

In the sixth form, we place a significant amount of emphasis on the importance of developing independent learning – going beyond the direct instructions of classroom teachers to enrich skills and understanding necessary for success at A Level.

Subjects will encourage specific study skills through induction, handbooks and frequent reminders across the two years. We also develop the skills of independent learning through our VESPA programme delivered during form time.

We strongly encourage students to familiarise themselves with the logic and reasoning behind independent study and productivity. The skills and habits that are developed now can last a lifetime.

7 Habits of Highly Effective People

One of the best-selling and most famous pieces of popular research on productivity is Stephen R. Covey's book *The 7 Habits of Highly Effective People*, first published in 1989.

Covey's work, aimed at everyone from school students to high-flying professionals, established the following recommended 7 Habits for productivity:

- Be proactive
- Begin with the end in mind
- Put first things first
- Think win-win
- Seek first to understand, then be understood
- Synergize
- Sharpen the saw

Let's focus on the first two habits, as they have so much relevance for sixth form students.

Be proactive

Covey explains that being proactive is about taking responsibility for your life. This is a concept that dates to the Roman philosophers known as Stoics and in psychology we refer to people who take responsibility for their actions as having a high internal locus of control (Rotter, 1954). Essentially, the theory is that we should spend more time focusing on the things we can control, such as the time and effort we put into study (known as the Circle of Influence), rather than wasting our energy blaming external factors for our performance (known as the Circle of Concern). Proactive students are more likely to have an 'I can, I will' attitude rather than saying things like, 'if I have to'.

Begin with the end in mind

The second habit, beginning with the end in mind, is all about using our imagination to ensure our 'mental creations' such as goals and targets become 'physical creations', such as actions or behaviours. We all have aims in life, but Covey recommends that structured steps need to be put into place to ensure these aims can become reality.

Wider learning

One practical way students can demonstrate productivity is through wider learning. Previously, students were encouraged to engage in wider reading to enrich and extend their studies. Traditionally, this meant reading books, journals or articles on topics either directly or indirectly linked to their A Levels. While this is still a powerful means of improving knowledge and skills, students today have a whole range of resources available to them that can extend and enrich the taught curriculum.

Here are some suggestions for wider learning during your studies:

- Books – whether it is reading for pleasure or reading for enrichment, this remains the most powerful form of wider learning. Speak to your teachers for reading lists and use the library to locate relevant reading materials.
- Online courses such as MOOCs – The Open University have lots of free online courses [here](#)
- Documentaries – search for related TV documentaries on BBC, ITV, Netflix, Amazon Prime etc
- Podcasts – search for related podcasts on BBC Sounds, Spotify etc
- Videos – search YouTube for video content
- Journals – use JSTOR to find educational articles on your subject areas [here](#)
- You can find out more about Covey's 7 Habits [here](#).
- You can find out more about Independent Learning at Kings Langley Sixth Form [here](#).

Student Recognition

Miss Hill our Librarian and Learning Resource Manager would like to express how impressed she is with Sixth Form students who have been working in the library during independent study periods. Seeing students engaging in wider reading, extended research and supporting their studies by embracing the specific skills required for effective independent study, is very rewarding and shows how our students take responsibility for their learning and develop greater accountability of their progress. Fantastic work—keep it up students.

Yr13 Trial Exams have now taken place and now that papers have been reviewed with students in lessons and with staff in subject areas, the Sixth Form would like to take this opportunity to congratulate our students for their resilience and performance in their trial exams. The Sixth Form team have gone through attainment and progress data and will be issuing letters of congratulations to students with impressive attainment results and to those who have shown noticeable progress.

The Sixth Form Team will be inviting a selection of students to a celebratory breakfast on Friday 8th March to recognise attainment, achievement and progress in a number of different areas. Students will receive an invitation in the form pigeon-holes this week.

Congratulations to those students who have completed their UCAS applications and submitted them. This year we have seen an increase in the amount of students completing their applications early which puts students in a superb position.

HUGE congratulations also go to those students who are beginning to get news of successful applications for apprenticeships. We are aware that these applications are not as straight forward as UCAS applications for university and the competition for these places are strong. It is exciting to hear of the success stories that students are experiencing with their apprenticeship applications. Let us know how you get on.

Wider Reading

In response to Student Voice from February's Pulse-Check, we have made available, wider reading booklets for every KS5 subject.

In response to information provided by subject leaders, Ms Hill has put together these booklets to support the curriculum and wider understanding of subject areas.

These booklets are in the leaflet stands besides the Sixth Form wellbeing library in the Sixth Form building. They are also available on our website on the dedicated section titled 'Wider Reading': [KSS Wider Reading - Kings Langley Secondary School - Unlocking Potential for Life \(kls.herts.sch.uk\)](https://www.kls.herts.sch.uk/ks5/wider-reading)



Upcoming events and diary dates:

1st March—Yr12 University & Apprenticeship Fair (London), all day

7th March—Yr12/13 The Great Gatsby theatre trip

14th March—Parent & Home Engagement Forum, 5-6pm*

26th March—Community Iftar event, 5.30-7.30pm

28th March—End of term, Sixth Form closes at 12.55pm

*Apologies, the last bulletin incorrectly listed this as 13th March. 14th March is the correct date.



We want to ensure that we provide the best student experience possible at Kings Langley Sixth Form. We would love to hear from you about what events, activities and experiences we can organise and put on for our students. Please speak to a member of the Sixth Form with your ideas.

Student literature and supporting books

The Sixth Form team has a well stocked and diverse library area in the Sixth Form building containing books on the following areas:

- Misogyny and toxic masculinity
- Men's mental health
- Anxiety toolkit
- Adults with ADHD
- Sexuality
- Cooking for real life
- Grief and grieving
- Unconscious bias
- Sexual education for young adults
- Tackling everyday challenges
- CBT and mindfulness
- Self-esteem, confidence and happiness

**PERSONAL
WELLBEING
LIBRARY**

Please also contact our school librarian or a member of the Sixth Form team if there are books or literature you would like to recommend or wish for us to source for you.

FEBRUARY 2024

The Library

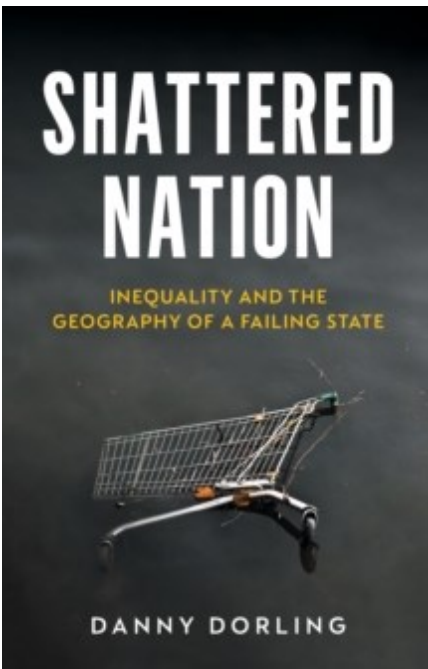
Books of the Month

Sixth Form Fiction



The Blue Book of Nebo by Manon Steffan Ros

After nuclear disaster, Rowenna and her young son Dylan are among the rare survivors in rural north-west Wales. Left alone in their isolated hillside cottage, they must learn new skills in order to remain alive. With no electricity or modern technology they return to the old ways of living off the land. While they become stronger and more skilled, the relationship between mother and son changes in subtle ways, as Dylan must take on adult



Sixth Form Non-Fiction

Shattered Nation: Inequality and the Geography of a Failing State by Danny Dorling

Recommended by Ms Chabrel!

Visiting sites across the British Isles and exploring the social fissures that have emerged, Danny Dorling exposes a new geography of inequality. Middle England has been hit hard by the cost-of-living crisis, and even people doing comparatively well are struggling to stay afloat. Dorling identifies the five giants of twenty-first-century poverty that need to be conquered: Hunger, Precarity, Waste, Exploitation, and Fear. He offers

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Parent & Carers Engagement Forum

Kings Langley Sixth Form

Wednesday 24th January highlights:

The outcomes and agreed areas for exploration by the Sixth Form following this forum meeting are detailed below :

- Have a parent section on the Sixth Form website as a 'one-stop shop' for all things required by parents/home to support students in the Sixth Form i.e., calendar, what Apps to download, etc.—We will be introducing this shortly.
- Explore how we can communicate academic performance with home more.—We are reviewing our reporting policy and procedures and will update by the next meeting.
- Increased guidance on post-18 destination pathways.—Post-18 Destinations Information Evening on Tuesday 15th February, 6-7pm
- Explore supporting parents of students who join the Sixth Form from other schools.—We are introducing a parent page on our website which will contain increased information and we will continue to explore this idea further.
- Centralise email communication into a regular, single point of the week to ensure information is not lost amongst the emails that we all receive in our inboxes.—The HoSF Bulletin now contains a communication page to collate all communications from across KS5 so you don't miss any important information or emails.

The purpose of this forum is to increase the opportunity for parents and carers to be part of the consultation and development of sixth form policies, as well as identify how parents and carers may want to contribute to the sixth form provision. It will also offer an additional form of communication between the sixth form team and home.

These informal forum meetings are chaired by Mr Tubb, Head of Sixth Form, and parents and carers are invited to attend as frequently as they wish; membership is not required, and contributions are entirely discretionary. Each forum has a focus and enables the sixth form to inform parents about our approach and rationale behind policies and procedures. Parents and carers can also identify areas that they wish the sixth form to consider or explore.

The next meeting will be held on:

Wednesday 13th March, 5-6pm, in the Sixth Form building

Next meeting agenda—Post-18 preparation, achieving educational excellence + any areas identified by parents/home

For more information or to express an interest in attending or for agenda items, please contact Mr Tubb directly on tubbj@kls.herts.sch.uk

Action on Bullying & Anti-Social Behaviours

We have an outstanding community of staff and sixth formers at Kings Langley Sixth Form where everyone can expect to study, work, and enjoy an environment where they are safe, happy and respect one another. Bullying and peer-on-peer abuse is never ok, and Kings Langley Sixth Form does not tolerate it.



Need support with your wellbeing?

At Kings Langley Sixth Form we believe strongly that positive emotional wellbeing and mental wellness are not only crucial in enabling students to feel happy and fulfilled within themselves as individuals, but also in enabling them to thrive and flourish during their time with us here at school. Students who enjoy positive mental health and wellbeing are better able to cope with the normal stresses of life, work productively and fruitfully, fulfil their own potential and make a contribution to their wider community.



Safeguarding

If you or someone you know is at risk of harm (emotionally, physically, mentally or sexually) to themselves or to others, please ensure that you report this to a member of staff immediately. If outside of sixth form or school, you can report concerns to the police by dialling 999.

FRANK
0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

Switchboard
LGBT+ helpline
0800 0119 100

Gamblers Anonymous
Phone: 0330 094 0322

Feeling low?
Anxious?
Struggling to cope?

Text SHOUT
to **85258**
for free, confidential support, 24/7

The Sandbox
Online mental health support for Children and Young People

fearless
part of Crimestoppers
0800 555 111
100% anonymous. Always.

Reporting Crimes inc.
County Lines

February Pulse-Check Summary:



The following is a summary of results for the February pulse-check.

Q1: I have everything I need to success in my A-Level

9.37% (Seriously agree or agree), 9.5% (disagree or seriously disagree)

January: 87% (Seriously agree or agree), 13% (disagree or seriously disagree)

Q2: I receive everything I need to be safe, happy and enjoy Sixth Form

98.3% (Seriously agree or agree), 1.7% (disagree or seriously disagree)

January: 92.4% (Seriously agree or agree), 7.6% (disagree or seriously disagree)

Q3: I feel informed about the Sixth Form and receive all the information I need

91.6% (Seriously agree or agree), 8.33% (disagree or seriously disagree)

January: 91.3% (Seriously agree or agree), 8.7% (disagree or seriously disagree)

Q4: I am happy studying at Kings Langley Sixth Form

96.67% (Seriously agree or agree), 3.33% (disagree or seriously disagree)

January: 88% (Seriously agree or agree), 12% (disagree or seriously disagree)

Q5: The Sixth Form consider wellbeing and mental health as an important area

93.33% (Seriously agree or agree), 6.67% (disagree or seriously disagree)

January: 97.8% (Seriously agree or agree), 2.2% (disagree or seriously disagree)

Thank you to students who responded to the February Pulse-Check. The results of this Pulse-Check has been sent to form tutors and will be presented during a registration period.

Students are reminded that if they vote 'disagree' or 'seriously disagree' to any of the five questions, they must also provide a suggestion for improvement to allow us to make improvements to the Sixth Form.

During the Pulse-Check, a small amount of students expressed that whilst they recognise the diverse and significant work the Sixth Form does to promote mental health and wellbeing, that we do not solve the issue(s). The Sixth Form would like to highlight that we do everything that we possibly can to support positive mental health and to promote wellbeing however, we are an education provider and we are unable to provide medical diagnosis or provide medical advice, guidance or support other than recommending that students should consult their GP for medical guidance. We are not in the position where we can diagnose.

We are able to signpost students to specific services and will do everything we can to make reasonable adjustments to support positive mental health and wellbeing.

Banter or Bullying?

An overused or reason given by so many young people is 'it was only a bit of banter', or 'we all use those words/names and we usually find it funny'. As a Sixth Form we have a sense of humour and we are not all about being serious, but we also understand when banter becomes bullying and when the word 'banter' is used as a mask in an attempt to remove the responsibility of harmful comments or actions. Going through Sixth Form is a time of great change and where young people see a considerable amount of new experiences and challenges. As a community, we need to show an understanding of this and be empathetic to others feelings.

Being a school of character we promote the use of positive language and the value of being a responsible member of society where having positive character traits makes our community one where feel like they belong. We have an Anti-Bullying Charter which outlines our commitment to ensuring that all members of our community have the unapologetic right to be happy and safe. We would like to remind students of the role that they play in ensuring that we are a happy and safe Sixth Form where bullying is not tolerated in any form and that this extends to being a bystander.

Please follow the links below to information on bullying and what constitutes as going beyond 'banter' or 'joking':

- [Seven ways that banter can become bullying - Yahoo Sport](#)
- [Here's The Vital Difference Between Bullying And Banter | News | MTV UK](#)
- [Ditch the Label | Youth Charity | Mental Health, Bullying & Relationships](#)
- [Is Banter Bullying? | NCS \(wearencs.com\)](#)
- ["I feel like everyone does it"- adolescents' perceptions and awareness of the association between humour, banter, and cyberbullying - ScienceDirect](#)

Please use the following link or scan the QR code to report bullying:

<https://forms.office.com/e/a7AV7QW7m4>

Read our Anti-Bullying Charter here: [Pastoral Care - Kings Langley Secondary School - Unlocking Potential for Life \(kls.herts.sch.uk\)](#)

Action on Bullying



Yr12 University & Apprenticeship Fair

As part of our comprehensive programme of information, advice and guidance, on Friday 1st March we will be taking all Year 12 students to attend a University and Apprenticeship fair at the Tottenham Hotspurs Stadium. This event will provide students with the opportunity to speak to over 120 exhibiting universities and apprenticeship providers. These include; Russell Group, red brick and modern institutions, as well as apprenticeships providers and local colleges.

The fair will also feature a wide range of vital seminars including; UCAS personal statement & application advice, why take an apprenticeship, choosing a university course, higher and degree apprenticeships and student finance.

Attending this event will provide the students with the valuable information to be able to assist in them making an informed decision on their Post 18 decision.



Previously launched but not acted upon, The Project Man Project aims to explore contemporary issues contributing to men's mental health and raise awareness of men's mental health and start the important discussion of why society continues to define individuals by their gender and more specifically the impact on young men who feel pressured to live up to these stereotypes and unwritten rules. We need to help the next generation to understand that they are individuals that should feel empowered to be their own person and to positively understand their relationships with those around them.

We need to dismantle the old-fashioned representation of masculinity and stop using phrases such as 'man-up', 'boys will be boys', and 'those are boys/girls subjects'.

Society has changed and the roles that men have in the modern world are different to those as close as ten years ago. There is an increasing population of single-parent dads, same-sex parents, stay-at-home dads, and the changing gender-norms in industries. There is also a cultural expectation that men should be in control of their emotions and showing emotions is often seen as a weakness of character. We hope that this project can address this, engaging students in conversations in the quest for equality and address the unique issues that men and boys face in today's society.

The first step of action we need to take is to collect feelings and thoughts from across our Sixth Form community and identify what our priorities are, what we need to address, and how we go about this. The first thing we do is to ask students to complete the survey about masculinity and toxic-masculinity which is **completely anonymous**. Following this, the Sixth Form will receive an assembly where statistics are presented and we will begin to explore what this means to our community, identifying what we need to do to be part of the societal change in this important area.

Students will be sent a link to complete to a fully anonymous link to an MSForms in registration this week.