



*Wisdom Service Hope*

# Sixth Form Bulletin

3<sup>rd</sup> April 2020

## A MESSAGE FROM MS. GERSHON

Dear Year 12,

I hope you are all safe and well. Myself and Ms Thomas were really pleased to have spoken to you and to those of you we couldn't reach, we hope you got our voicemails! It is evident that people have been adapting to this new normal in different ways. Many of you have been tested and been presented with various challenges as you navigate a new work/life balance.

However, the importance of independent learning has never been more crucial. Whilst it may be tempting to spend hours idling on the computer, Playstation or Netflix it is important to remember the end goal. At the end of Year 13 you want to be on a path **you** have chosen. This will only happen if you are equipped with the required results to make this choice. You are living through unprecedented times but you must use this time at home to continue to better yourselves and develop as individuals and academics. You need to make yourself and your Higher Education applications as competitive as the rest of the country. Further information on this can be found below.

Ultimately, you must continue to study for your A Levels as normal. You will continue your lessons remotely and submit your work as requested by your teachers. In addition, you must continue to prepare for your UCAS applications using the information provided by Mrs Phillips and on Google Classroom.

You must do daily exercise and most importantly you must make time for yourself and your families. Do the things you enjoy and that allow you to relax. These may include; reading a book, listening to music, playing games with your family, cooking or gardening.

Please continue to work hard, read the bulletin and make use of all the wonderful resources and materials from your teachers. We will continue to keep in touch and update you further.

I hope that you have a peaceful and relaxing Easter.

Wishing you and your families well.

Best wishes,

Miss Gershon

## ROUTINES

### How should I structure my day?

The amount of lessons and learning you need to complete will remain the same as school. This includes five hours of lessons and five hours of independent study per subject. Your teachers will be setting this work on Google Classroom. In the event that you need more resources for your super-curricular study, please refer to the google classroom I have set up or the handbooks on our website which can be found [here](#).

To help structure your day, I have created a timetable below. It follows the school day which will help with routine and habits.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:10-10:00	P.E	P.E	P.E	P.E	P.E
10:00-10:50	Subject 3	Subject 1	Subject 2	UCAS	UCAS
10:50-11:10	Break	Break	Break	Break	Break
11:10-12:00	Subject 1	Super-curricular for subject 2	Subject 3	Online course	Subject 2
12:00-12:50	Subject 1	Super-curricular for subject 2	Subject 3	Online course	Subject 2
12:50-1:40	Lunch	Lunch	Lunch	Lunch	Lunch
1:40-2:30	Super-curricular for subject 1	Subject 2	Super-curricular for subject 3	Subject 3	Subject 1
2:30-3:30	Super-curricular for subject 1	Subject 2	Super-curricular for subject 3	Subject 3	Subject 1

### Notes

- The UCAS sessions will be sent to you by Mrs Phillips each week and will also be uploaded onto the google classroom.
- If you study four subjects, you will need to adapt this timetable to suit your needs.
- PE with Joe Wicks @ 9am - ([YouTube](#) - live everyday) & Exercise P.E with Mr. Smith ([Twitter](#))
- Super-curricular- For these sessions, use the resources on google classroom/given by teachers  
These include:
  - Ted talks
  - Podcasts
  - Online lectures
  - Online courses
  - Reading articles from JSTOR, HE plus, Oxplore
  - Ensure you are writing notes on each activity and keeping a log of this.

## CULTURAL CAPITAL

### What is cultural capital?

Cultural capital is the essential knowledge that children need to prepare them for their future success. Cultural capital enables you to develop an awe and wonder of the world beyond your studies. This can be derived from all the super-curricular activities you do including the books you read, the podcasts you listen to and the museums and exhibitions you visit.

## How will this help me?

Ultimately, these are things you should be doing all the time to broaden your understanding of the world around us. Building your cultural capital will foster your intrigue and wonder at the world around you. It will enable you to make informed opinions and judgements as well as educate yourselves in global affairs and issues. In addition, it will help you with your personal statements, future assessments and interviews. Make sure that you make notes on what you've found interesting and meaningful. You can discuss these in your personal statements and beyond!

*Below are a variety of free resources to build up your cultural capital.*



Google Arts & Culture

### Discover a new City or Culture

Explore the world's greatest landmarks, culture and arts with **Google Arts and Culture**.

Click [HERE](#)



### Opera

The **Met Opera** in New York have nightly opera streams.

Click [HERE](#)

**Glyndebourne Opera** house in East Sussex are streaming their operas.

Click [HERE](#)



### Live Classical Music

Chamber music from around the world

Click [HERE](#)

Berlin Philharmonic

Click [HERE](#)

### Watch a Play

**National Theatre Live** will screen a NT Play every Thursday at 7pm. They will be available to screen for the following 7 weeks. It starts on the 2<sup>nd</sup> of April with James Corden in *One Man Two Guvvorns*.

To watch, click [HERE](#)

The **Royal Shakespeare Company** has free, full length broadcasts [HERE](#)

**RSC**  
ROYAL  
SHAKESPEARE  
COMPANY

### Watch a Ballet performance

Every Friday at 7pm, a full-length ballet will be broadcast by the Royal Opera house.

Click [HERE](#)

The week begins with Peter and the Wolf

Click [HERE](#)



### Learn a Language

Spend time learning a language with DuoLingo

Click [HERE](#)

**duolingo**

## Museums, Tourist Destinations and Attractions

Whilst visiting museums and exhibitions may be challenging as we self-isolate, here is a list of museums, zoos and other attractions from around the world to visit from your home.



GUGGENHEIM

the  
palestinian  
museum



LOUVRE

THE  
MET

The British  
Museum

anne frank house

Musée Picasso Paris

## Museums

- **Anne Franke Museum**, Amsterdam - <https://www.annefrank.org/en/museum/web-and-digital/>
- **British Museum**, London - <https://britishmuseum.withgoogle.com/>
- **Guggenheim**, Bilbao, Spain - <https://www.guggenheim-bilbao.eus/en>
- **Hermitage Museum**, St Petersburg - [www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be](http://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be)
- **Louvre Museum**, Paris - <https://www.louvre.fr/en/visites-en-ligne>
- **MASP**, Sao Paulo, Brazil - <https://masp.org.br/en>
- **Met Museum**, New York - <https://www.metmuseum.org/art/online-features/met-360-project>
- **Musée d'Orsay**, Paris - <https://m.musee-orsay.fr/en/home.html>
- **Museum Of London Docklands** - <https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>
- **National Gallery Of Arts**, Washington DC - <https://www.nga.gov/>
- **National Gallery**, London - <https://www.nationalgallery.org.uk/visiting/virtual-tours>
- **National Museum Of US Air Forces** - <https://www.nationalmuseum.af.mil/>
- **Natural History Museum**, London - <https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ>
- **Palestine Museum** - <https://www.palmuseum.org/ehxibitions/virtual-exhibitions>
- **Picasso Museum**, Barcelona - <http://www.bcn.cat/museupicasso/en/museum/presentation.html>
- **Rijksmuseum**, Amsterdam - <https://artsandculture.google.com/partner/rijksmuseum>
- **Royal Academy Of Arts**, London - <https://britishart.yale.edu/>
- **Salvatore Dali Museum**, Figueres, Spain - <https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#>
- **Tate Britain, London** - <https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>
- **The J. Paul Getty Museum**, Los Angeles - <https://artsandculture.google.com/partner/the-j-paul-getty-museum>
- **The Museum of Flight** - <https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online>
- **The National Museum of Computing on Bletchley Park** - <https://britishart.yale.edu/>
- **Uffizi Gallery**, Florence, Italy - <https://artsandculture.google.com/partner/uffizi-gallery>
- **US Holocaust Museum** - <https://www.ushmm.org/information/exhibitions/online-exhibitions>
- **Van Gogh Museum**, Amsterdam - <https://artsandculture.google.com/partner/van-gogh-museum>
- **Virginia Living Museum** - <https://thevlm.org/visit/about-us/covid-19-update/natural-education/>
- **Women's History Museum**, Virginia - <https://www.womenshistory.org/womens-history/online-exhibits>
- **Yale Centre For British Art** - <https://britishart.yale.edu/>
- **Musei Vaticani**, Vatican City - <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

## Tourist Destinations

- **Buckingham Palace**, London - <https://www.royal.uk/virtual-tours-buckingham-palace>
- **Colosseum**, Rome - <https://tinyurl.com/thrprzf>
- **Machu Picchu** - <https://www.youvisit.com/tour/machupicchu?pl=f>
- **Northern Lights** - <https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam>
- **Pyramids** - <https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200>
- **Stonehenge** - <https://tinyurl.com/wz3xgz7>
- **Street Art with Google** - <https://streetart.withgoogle.com/en/>
- **Taj Mahal**, Agra, India - <https://tinyurl.com/qpz7vmt>
- **The Great Wall Of China** - <https://www.thechinaguide.com/destination/great-wall-of-china>
- **Tour of Rome**, Italy - <https://tinyurl.com/s5vlzbc>



## General Sites

- **AirPano** - <https://www.airpano.com/>
- **Berliner Philharmoniker** - <https://www.digitalconcerthall.com/en/home>
- **ExoPlanets NASA** - <https://exoplanets.nasa.gov/>
- **Legoland** - <https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>
- **NASA, Langley Research Centre** - <https://oh.larc.nasa.gov/oh/>
- **The Kennedy Centre** - <https://www.kennedy-center.org/digitalstage/>
- **Walt Disney Parks** - <https://tinyurl.com/v7qano5>
- **Welcome Collection** - <https://my.matterport.com/show/?m=rMGsprcVCAR>

## Zoos

- **African Animals** - <https://explore.org/livecams/african-wildlife/african-animal-lookout-camera>
- **Atlanta Zoo** - <https://zooatlanta.org/panda-cam/>
- **Cincinnati Zoo** - <https://www.facebook.com/events/2915534028492292/>
- **Dublin Zoo** - <https://www.dublinzoo.ie/animals/animal-webcams/elephants/>
- **Edinburgh Zoo** - <https://www.edinburghzoo.org.uk/webcams/panda-cam/>
- **Explore.org Live Cams** - <https://explore.org/livecams>
- **Flamingo Land** - <https://www.flamingoland.co.uk/virtual-tour/>
- **Florida Aquarium** - <http://www.flaquarium.org/sea-span>
- **Hirakawa Zoo**, Japan - <https://hirakawazoo.jp/animal/movie>
- **International Wolf Centre** - <https://wolf.org/wolf-cams2/>
- **Kansas City Zoo** - <https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/>
- **Melbourne Zoo** - <https://www.zoo.org.au/animal-house>
- **National Aquarium, USA** - <https://www.aqua.org/Experience/live>
- **National Zoo**, Washington DC - <https://nationalzoo.si.edu/webcams>
- **Osaka Zoo** - <http://www.wombat-tv.com/>
- **San Diego, California, Zoo** - <https://zoo.sandiegozoo.org/live-cams>
- **Smithsonian**, Washington DC - <https://nationalzoo.si.edu/webcams>
- **Yellowstone National Park** - <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

## UNIVERSITY

Look out for the Higher Education sessions which will be sent to you by Mrs Phillips and available on Google Classroom. It is essential you complete these in order to prepare for UCAS. Miss Gershon has submitted the first session. Mrs Phillips will be following up with each of you to ensure you have completed it.

### What is University?

Watch the clips on google classroom to find out more information about what university is like!

### Live webinar

Free live webinar on Wednesday 8th April, so that you can ask questions to 6 university representatives. UK University Search understands the challenges both Year 12s and 13s are facing, with fairs and open days not running, and changes to grades and 2020 admissions. The webinar will provide the opportunity for you to ask questions and find out the answers you need.

#### ***How do you sign up?***

Students simply need to visit the following link:

[https://zoom.us/webinar/register/WN\\_ITdg2sKwTz2eAk8l-zBqDg](https://zoom.us/webinar/register/WN_ITdg2sKwTz2eAk8l-zBqDg) to book their free place.

## APPRENTICESHIPS

Utilise this time to research amazing apprenticeships you could apply for next year. If you need further assistance with an application, please email Mrs Phillips at [mphillips@smsj.london](mailto:mphillips@smsj.london)

You can also start your apprenticeship search here:

<https://www.findapprenticeship.service.gov.uk/apprenticeshipsearch>

## SUPER-CURRICULAR

### Uptree

On **Friday 17th April** between **11am-12pm**, Facebook are holding an *Apprentice Panel & Application Masterclass Online*.

This session will be useful for any student that is interested in the **tech** industry or who is considering applying for [Facebook's Software Engineering Apprenticeship](#).

The agenda for the session is as follows:

- Panel talk with current apprentices, graduates & professionals
- Q&A session
- Insider advice for Facebook application process
- Top tips and tailored help for your application

***Interested students can register online [HERE](#).***

### Uptree Webinars

Uptree also have a full itinerary of webinars available, please visit your Uptree account for more information on date/time, and how to apply.

## Extra-Curricular Reading/Activities

Please see below a list compiled by Oxford University, containing useful websites. It can also be found on the google classroom.

<b>Subject</b>	<b>Type of resource</b>	<b>Name</b>	<b>Url</b>	<b>Notes</b>
All	Additional Reading	Worcester College Bookshelf Project	<a href="https://www.worc.ox.ac.uk/applying/access-and-outreach/resources/bookshelf">https://www.worc.ox.ac.uk/applying/access-and-outreach/resources/bookshelf</a>	This project involves sharing books that people have enjoyed about their subject. This list is regularly updated so look out for relevant texts.
All	Additional Reading	Univ Reading Bank	<a href="https://www.univ.ox.ac.uk/applying-to-univ/reading-bank/">https://www.univ.ox.ac.uk/applying-to-univ/reading-bank/</a>	Book reviews by Univ students (and a few tutors thrown in for good measure.) They've chosen books which they either read before they came to Oxford, or they wish they had.
All	Website	Explore	<a href="http://www.explore.org">www.explore.org</a>	Explore some of the big questions that are relevant to us all
Science	Teaching resources	Oxford Sparks teaching resources	<a href="https://www.oxfordsparks.ox.ac.uk/content/browse-all-teaching-resources">https://www.oxfordsparks.ox.ac.uk/content/browse-all-teaching-resources</a>	Over 100 teaching resources in the form of 'suggested lesson plans' for KS3-5 covering science subjects – you can filter by level and subject. They've all been checked and approved by our Teachers' Panel, which include a range of subject teachers from a range of different types of school.
Science	For parents	Just Add Imagination	<a href="https://www.oxfordsparks.ox.ac.uk/justaddimagination">https://www.oxfordsparks.ox.ac.uk/justaddimagination</a>	Science booklet aimed at parents with children aged 7-11.
Computing	Supercurricular resources	CS Background Reading	<a href="https://www.cs.ox.ac.uk/admissions/undergraduate/why_oxford/background_reading.html">https://www.cs.ox.ac.uk/admissions/undergraduate/why_oxford/background_reading.html</a>	
All	Website	St John's Inspire	<a href="https://sjcinspire.com/">https://sjcinspire.com/</a>	Website full of articles/practice questions/etc provided by tutors and teachers
All	Website	JCS	<a href="https://jconlineresources.org/free-access-march-april-2020/">https://jconlineresources.org/free-access-march-april-2020/</a>	JCS have provided access to a load of resources for free that schools would usually pay for
Computer Science / Science	Supercurricular resources	Christ Church Python Challenges	<a href="https://www.chch.ox.ac.uk/admissions/python-challenges-page">https://www.chch.ox.ac.uk/admissions/python-challenges-page</a>	Regularly-released challenges for students who want to learn or practise coding

## Survey

A London University wants to understand the priorities and perceptions of all different kinds of potential students. If you're considering going to university in the next couple of years, your contributions to their short survey will be really helpful.

***Start the survey: <https://www.surveygizmo.eu/s3/90130044/universitysurvey?sch=NW367>***

The survey should take around 10 minutes to complete, and as a thank you for your time you will have the opportunity to enter a prize draw for the chance to win £1,000!

Your responses are anonymous, so please do answer openly and honestly.

*\*This survey is being conducted by independent research agency Red Brick Research on behalf of a London University. If you have any problems accessing the survey, please email [info@redbrickresearch.co.uk](mailto:info@redbrickresearch.co.uk). Your responses to the survey will be processed securely and confidentially by us in accordance with the General Data Protection Regulation, Data Protection Act and the Market Research Society Code of Conduct at all times.*

## UCAS Undergraduate Scheme

On this link you will be able to look at subjects you might be interested in studying at university, and get to watch videos see graduate destinations. You will also learn how to tailor your personal statement to the course.

***Please visit <https://www.ucas.com/explore/subjects?scheme=undergraduate> for more information.***

## MENTAL HEALTH AND WELLBEING

Please see below a list of videos, resources and activities to support your mental health and general wellbeing.

- Joe Wicks @ 9am every morning on his Youtube account
- Mental Health support - [Young Minds](#) or [Kooth](#)
- Meditation and sleep - <https://www.headspace.com/>
- Relax - mindfulness and meditation app - <https://www.calm.com/signup-flow>
- Physical activities - [Sport England : Join the Movement](#)
- Musical activities - [Song sheets for those with instruments](#) or [activities for those without instruments](#)

## QUIZ TIME!

Guess the London landmark...

1. 🙄🐷🔪	11. 🐄🚗🏡
2. 🐝🚣	12. 🇬🇧🏰🕒🏛️
3. 🛠️ad🌅🎡	13. 🐍🏢ne
4. 🖍️👤👁️👁️🐱🐱&🐶🐶🏠	14. 🍷O🔔O🚣
5. O👩🛠️🌳	15. 🐾🍏🎬💣🏛️
6. 👑👑✖️🚆	16. 👑🔍🔍🔗j
7. 1🇨🇦🖱️	17. 📊🐝🗑️
8. 🚶🔑🙄🔑	18. 👩🔗EE
9. 🐘🏰	19. 🏛️🌳🐟
10. 💧🚽🚆	20. 🏠👚👤🏢

**“With God, all things are possible” (Matthew 19:26)**