

WELCOME PACK

6th Form 2022-2023

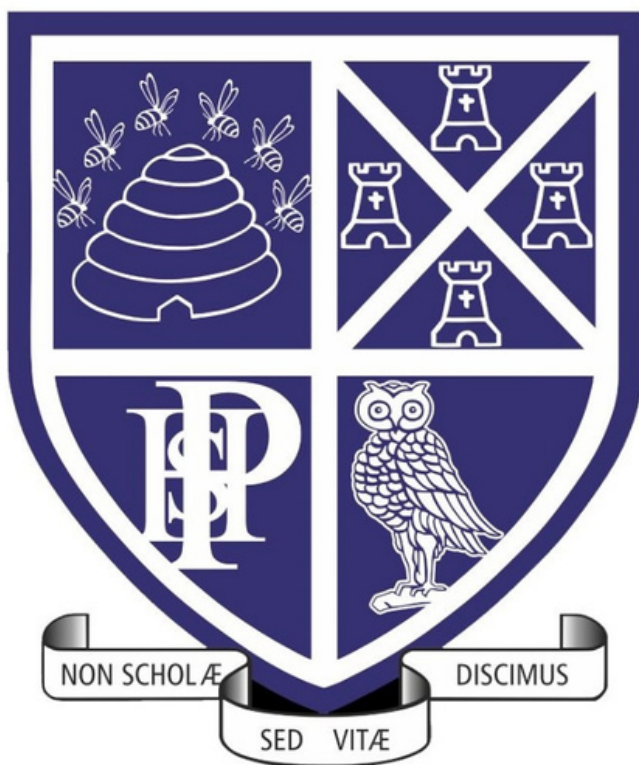


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MR UNDERDOWN

HEAD TEACHER

Welcome to Plymouth High.

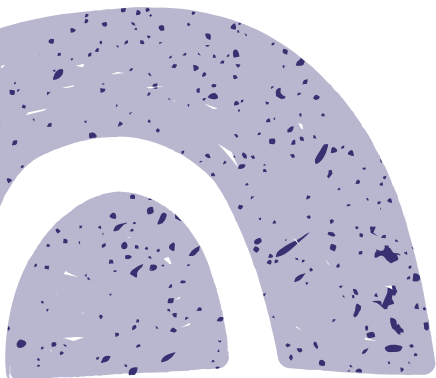
I am really pleased that you have decided to join Plymouth High for the next stage in your education. I am confident that you are going to feel at home here very quickly, make lasting friendships and enjoy engaging and challenging lessons. There are lots of ways to get involved at Plymouth High and I hope that you will take every opportunity to make the most of your sixth form experience.

We are here to help and support you throughout your A level study. We want you to be able to realise your potential and our 'next steps' programme will assist you in making the right choice for your onward journey after A levels.

You have already made an important decision in deciding to study at Plymouth High. Do your best, work hard and get involved and you won't look back.

Very best wishes,

Mr Underdown
Headteacher



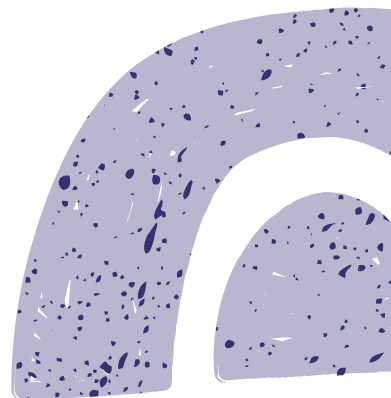
MR JENKINS

HEAD OF 6TH FORM

Welcome to the PHS community;

a community built upon respect and acceptance where I am sure you will flourish with the support network that you are now a part of. Our school's ethos of high expectations and individual care and support continues into Sixth Form. In addition to excellent teaching and learning, our sixth formers enjoy a wide range of enrichment offers, trips and activities and are expected to carry out leadership roles in the school and local community. This is reinforced by a pastoral and wellbeing programme, developing further the spiritual, moral, social and cultural education.

We aim to ensure that when you leave our Sixth Form you will have developed into a well-motivated, articulate and courteous young adult, fully prepared for university or working life.



ADVICE FROM YEAR 13

WHAT WOULD YOU HAVE TOLD YOURSELF ON YOUR FIRST DAY, KNOWING WHAT YOU KNOW NOW?

"Don't be afraid to talk to people and make friends, even the unlikely ones".

"Do the summer reading!".

"Everyone's friendly so don't be scared to make new friends".

"Make sure you keep your notes organized".

"Get to know AT LEAST one person in each of your classes by comparing timetables and whatnot. Don't be afraid to ask for directions if you get lost".

"Chuck yourself into every opportunity and activity, so many doors will open for you when you get involved"



LEADERSHIP ROLES

SUBJECT CAPTAINS

A Subject Captain is someone willing to give their time to the subject, creating and hosting clubs or events. For example, the Chemistry Captains put on a year 11 revision session and created a science literacy board. The English Captains assembled a Book Club – linked with the Diversity Group – where the reading list consists of diverse authors and texts.

HOUSE CAPTAINS

House Captains take on the role of leading the four houses we have here at Plymouth High – Latimer (yellow), Kendall (blue), Temple (red) and Anthony (green). This role requires you to lead and organise events like the Music, Drama and Gym and Dance Festival, involving recruiting people to take part, putting together music/props and arranging a group performance. Also, there is the expectation to lead house assemblies, create ‘Week That Was’ boards and encourage team participation in everything happening around the school.

SPORTS COUNCIL

The Sports Council run all of the sporting events throughout the years and are encouraged to help out with the sporting clubs. They have members from all different years in the school and are tasked to organise and take control of events such as inter-house dodgeball/ netball competitions.

EARTH ALLIANCE

Earth Alliance’s main mission is to improve the school’s impact on the environment. They look into all areas of school life, such as paper usage and food waste, and implement changes for the school to become greener. The leaders of Earth Alliance hold meetings with students from all years and participate in conferences.



LEADERSHIP ROLES

HEAD STUDENT TEAM

A Head Student is a crucial part of Plymouth High. You take on roles of leadership and have independent tasks such as the leader of the Diversity Group, Editor and Curator of the Magazine, the Charity and Wellbeing Leader and Head of Student Council. Each part is important to promoting student voice and relaying information back to the headteacher. The HST are key figures in standing for the students and being representatives of the school. They are expected to take assemblies, make speeches at the end of year events, host the awards evening and make appearances at events like the Carols and Mince Pies night.

> The Diversity Group leader is in charge of the group's meeting, organising and fundraising for events, tackling serious issues to do with inclusivity and making amendments in areas of the school, both in and out of lessons, where diversity & inclusivity need a sharper focus.

> Hear Me Out is the school's magazine and by taking on the role of Editor and Curator comes the responsibility of gathering articles and artwork, following contributors up on their ideas, encouraging deadlines to be met, amending any writing mistakes and producing a magazine to be printed.

> The Charity and Wellbeing Leader is a pivotal part of fundraising of the school. At the beginning of the year, they will choose the school's charities – through suggestions and the thoughts from the school and will continue to organise events and activities to raise money. The wellbeing side of the role is encouraging and promoting student wellness, with a focus on mental health. The introduction of 'Wellbeing Weeks' means the position requires you to be someone who cares about helping students and motivating them to do activities which help them.

> Student Council is a significant outlet for student voice. With regular meetings the Head of Student Council must lead these, ensuring different voices are, suggestions are discussed and prioritising communication between teachers and students. The Council talks through many topics and moves to make changes and improvements within the school.



HOUSES & COMPETITIONS

As explained before, there are four houses in this school (Temple, Kendall, Anthony and Latimer). You will be given a house when you join the school, and you can change houses if you so wish. Throughout the year there are a lot of competitions that you can get involved in to help get points for your house. For example, the Inter house dodgeball and netball (which is done by year groups), Sports Day, Swimming Gala and the festivals (Drama, Gym & Dance and Music), which occur at the end of each term. There may also be smaller competitions that occur during the school year, such as the planner competition. Taking part will result in house points and it is a great way to get involved with the school culture.

CLUBS & ACTIVITIES

There are a wide range of clubs and activities in the school that you can get involved with.

Clubs

At the start of the year, Fresher's Fair is a great place to go if you're interested in joining a club. Most clubs will be there with sign up sheets and people to answer any questions you may have. Being in sixth form, you also have the opportunity to run a club, which will allow you to learn leadership and organisation skills.

There are many sports clubs that you can also take part in, some during or after school.

Other Activities

There are many other activities and groups that you can be apart of:

- Young Enterprise
- Student Council
- Diversity Group
- School Magazine
- Inter House Competitions
- Sports Day
- Festivals
- Earth Alliance
- And many more!



PLACES TO GO FOR HELP

Introduction

No matter who you speak to, teachers, members of staff and students will be more than willing to help. Whether you're lost, stuck with homework, feeling overwhelmed, or just need someone to talk to, there's lots of places that you can do that.

Head of Year

As you'll already know, your head of Year is Mr Jenkins and his office is a great place to start if your looking for someone to help, listen or provide practical advice. There's always an open door policy, so don't be afraid to go and speak to him if you're worried or unsure about something. In my experience, it's been really helpful to speak to him about my subject choices, as well as next steps. You can usually find him there during the day, and often at break or lunch too.

Tutors

You will also have a tutor, who you'll meet on your first day. Like Mr Jenkins, your tutor is a great person to speak to if you have any concerns or would like some advice. You can speak to them during registration, but you can also set up meetings to have more in depth conversations about school work, lessons, next steps or concerns.

Career Advisor

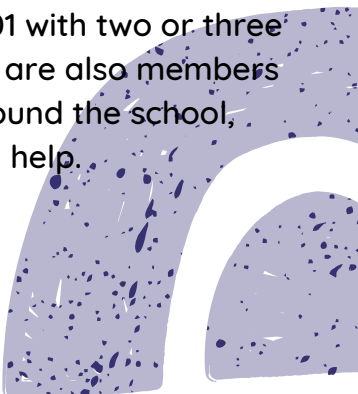
We have a Careers Advisor, Mrs Longford, who can provide specialist advice about universities, courses and apprenticeships. She's only an email away, and you can arrange to set up a meeting to chat through your options. I've spoken to her about universities before, and she was able to show me some courses that I hadn't heard of, that I'm now considering. I would say it's particularly important when thinking about what you will do when you finish your A-levels to be open minded about different options that would suit you, and remember, you have plenty of time to decide!

Subject Teachers

Of course, your teachers are always the best people to speak if you need help or advice with your A-levels, and they can also relate their experience of the university course that they studied, along with the city and campus. Additionally, they'll often suggest wider reading, which I would recommend, as this can be really helpful for exams, but also to see whether you would like to continue studying that subject when you finish school.

A01

There's also specific support towards mental health. We have a place called A01 with two or three councillors who can provide help and advice if you feel that's necessary. There are also members of staff (for example Mrs Payne) who cover safeguarding, with information around the school, including the common room, on how you can speak to them, and how they can help.



PLACES TO GO FOR HELP

Part Time Jobs

During 6th form, lots of students tend to get a part time job to earn some money along side studying. I've done the same, and it's a great use of your time, but don't prioritise work over study. It can be easy to pick up extra shifts, or feel pressured to by your work, but try to keep a healthy balance of studying, working, and resting. Try to take some time off during exams too, as it can get quite overwhelming if you try to juggle too much.

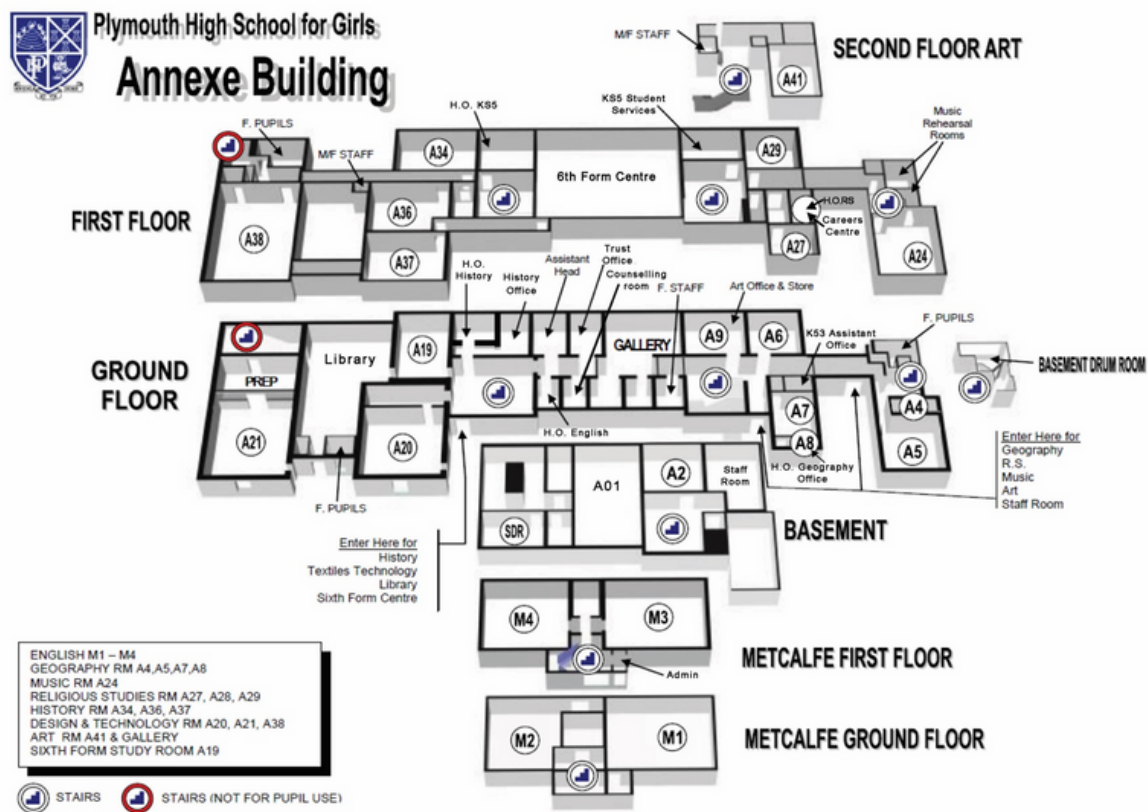
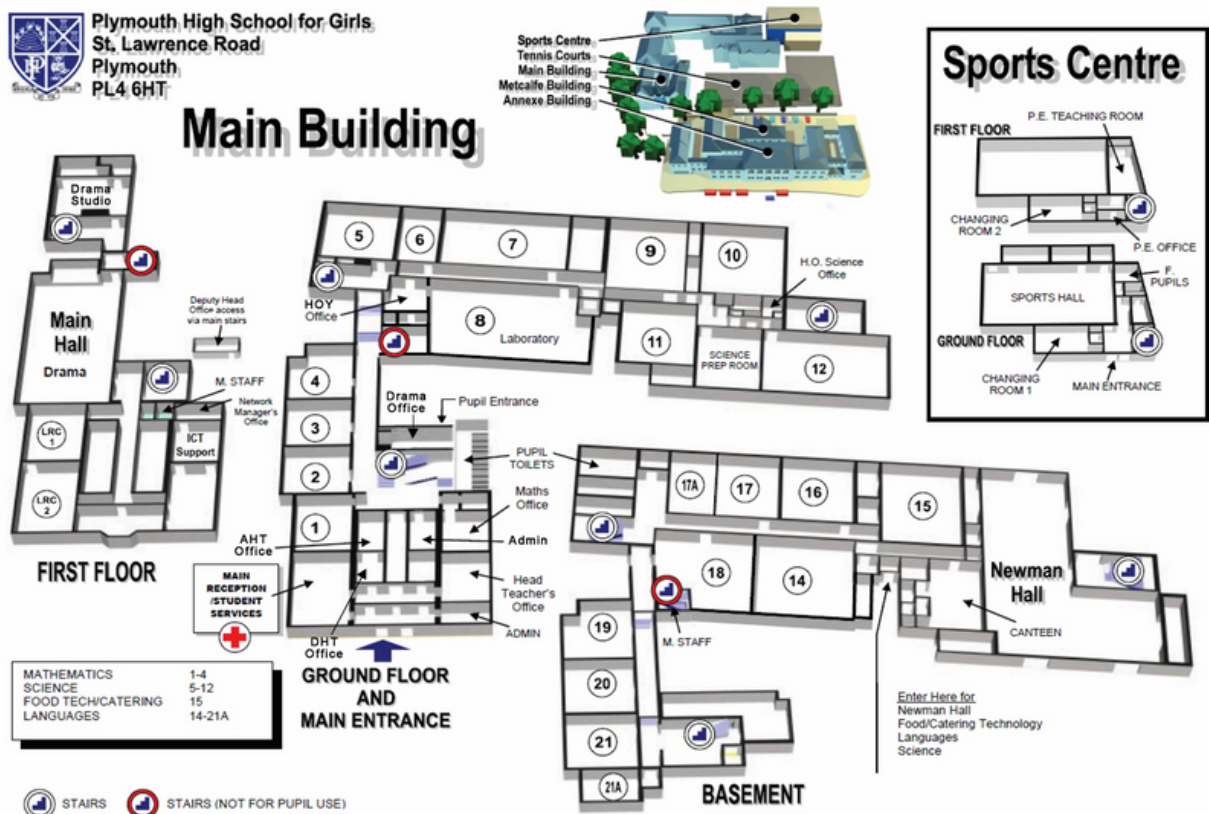
Conclusion

In my experience, there's definitely a jump between GCSE's and A-levels, as you're made to take learning into your own hands, but this allows more freedom and indepenence in your learning. Make the most of your free periods during the school day; try and do your work sooner, rather than later; and don't be afraid to ask for help, either from teachers or your peers. It's better to ask for help while your covering the subject in lessons, rather than to wait until revision and realise you're stuck. Try and revise throughout the year, sorting notes and revision material as you go along to make exam season that much easier and more stress-free. But overall, make the most of the next two years, and enjoy it!

-Esther Trend



MAP OF SCHOOL GROUNDS



CHECKLIST

	UNSURE	SOMEWHAT	CONFIDENT
Navitagting school grounds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talking to new people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Asking for help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowing teachers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Timetable & school times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

