



Sixth Form Assembly 10/11

Date ▲	Years	Room Change	Message	Link
10 Nov 2021	Lower Sixth, Upper Sixth	No	<p>Psychology Students:</p> <p>The Psychology Mentor/Mentee list is now up. You can find a list outside G1, G6, G8 and G7. If you would like to sign up for either role, please make sure you write your full name.</p> <p>The deadline is next Monday 15th,</p> <p>If you have any questions you can ask your Psychology teacher or feel free to email me at:</p> <p><a href="mailto:acecchinato@bayhouse.gfmat.org">acecchinato@bayhouse.gfmat.org</a></p> <p>Many thanks,</p>	
10 Nov 2021	Lower Sixth, Upper Sixth	No	<p>2nd Team Football - Havant have cancelled. All players have training at the cocked hat 1.15-2.15pm. We will bring kit for those that don't have any so no excuses.</p>	
10 Nov 2021	Lower Sixth, Upper Sixth	No	<p>Ceramics Enrichment Apologies, this is not on today. Please go a study instead. Make sure that you are registered.</p> <p>Thank you</p>	

10 Nov 2021	Lower Sixth, Upper Sixth	No	Youth Parliament Election  Please keep voting if you did not get a chance yesterday!  All details are on the link and in your email inbox.  Every Vote Counts!  Mrs Cotton	<a href="#">Click here</a>
10 Nov 2021	Lower Sixth	Yes	Room change for Thursday 11th November  P5 L6H/G1 (LMV) move from R14 --> V13	

# Organisation and coping with pressure

## TO DO LiST

1. **SO**
2. **MANY**
3. **THINGS**



# Demands: You will all be juggling this year

Learning new content (L6 or U6)

Staying on top of old content (GCSEs and L6)

**Home learning (utilising studies)**

Managing your relationships: family, friends, partners

Enjoying society opening up again

**Employment**

Managing your mental health

Maintaining your physical health

Driving and other activities (sports, hobbies)

UCAS



# View from the Year Office

## Home learning

Different schools had different expectations in Y11. Some set no home learning. A Levels are different from GCSEs. Home learning is essential. U: 6/7 hours per week, per subject. L: 4/5 hours per week, per subject.

## Employment

Numerous meetings with pupils who are struggling to keep up with the workload. Very often employment-related. Reminder: 10 hours maximum, weekends.

<https://www.netsixthform.co.uk/resources/view/video-mental-health-1-stress-communication-and-support>

# MENTAL HEALTH 1: STRESS, COMMUNICATION AND SUPPORT - VIDEO

## MENTAL HEALTH 1: STRESS, COMMUNICATION & SUPPORT

It is normal to both have *high and low points* throughout sixth form

*Recognise in yourself* when you feel too much anxiety

*Avoid* putting *extra pressure* on yourself to perform well: it might be counter-productive

*A little anxiety* is normal and can help motivate you

*Too much anxiety* can get in the way of performance

Feeling *overwhelmed* is common: work on a routine and getting organised

Getting back on top of your work can take a while: *be realistic*

Aim to make *small steps each day*, not huge leaps



Advice and guidance, if and when needed...

Tutors

Year Office

[italk.org.uk](https://www.italk.org.uk): Hampshire's NHS talking therapy service

**CAMHS**: Child and Adolescent Mental Health Services

**MIND**: Mental Health

# Next assembly

**Top revision tips:**  
feeling confident about sitting assessments

