

St Aidan's & St John Fisher Associated Sixth Form

St Aidan's Student Weekly Notices Week (2) commencing 23 January 2023

Assembly

Year 12 – CGH assembly – Tuesday 24 January - IA

Year 13 – CGH assembly – Thursday 26 January - IA

Year 12 - Living Well

All students should go to CGH on Wednesday Period 4 for a Careers Talk. Please arrive promptly at 1.30.

Exam Certificates

A reminder that SA Year 13 students can now collect their exam certificates from the Sixth Form office in Bede House and SJF students from the Sixth Form office at St John Fisher if they did the following courses/sat exams in June 2022:-

- AS Maths/Core Maths
- Applied Business/Applied Science
- BTEC Performing Arts
- BTEC Sport
- BTEC Travel & Tourism
- Camb Tech Health & Social Care
- Camb Tech IT
- Food Science & Nutrition
- GCSE English/GCSE Maths

Maths Drop-in Session

There is a Maths drop-in session Wednesday Period 4 with Mrs Mooney in Ma6.

Year 13 Geography Revision

Every Monday lunchtime from 12.40-1.30 in Gg1 (St Aidan's). Focus on exam technique. All Year 13 Geographers welcome. Bring lunch with you or eat before.

Debating Club

This week Debating Club will meet on Monday in Hu1 from 12.30. All welcome.

KS5 Book Club

KS5 Book Club – next meeting is Monday 23 January, in the St Aidan's library after school. An informal chance to talk about books and expand your reading repertoire! Biscuits and great chat guaranteed. All welcome - no need to have attended the last meeting. Email Mrs Taylor l.taylor@staidans.co.uk if you want further info or to be added to the KS5 Book Club Team!

Rooms for Quiet study Period 4

The following rooms are available for quiet study Period 4:

- Monday P4 - PS1
- Tuesday P4 - PS3
- Wednesday P4 - CH3, HI3, HI4, ML2, ML5, ML6, PS1, PS2, PS3
- Thursday P4 - EN3, EN5, EN6, EN8, PS2
- Friday P4 - CH2, GG3, GG5, HI1, HI2, HI3, MA6, PH6, RS2

Year 13 Spring Grade Reviews

The Year 13 Grade reviews will be handed out during registration on Monday 23 January.

Information Evening

Thank you so much to the Student Ambassadors, Senate and Congress who helped at Information evening. We know that some of you gave up jobs and activities in order to be able to represent the school and we are very appreciative of your support. Every single one of you was amazing in engaging positively with all the visitors and many teachers have praised your conduct too. A massive thank you too, to all the musicians who sang and played brilliantly.

Thank you

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Mental Health

During the New Year, people may develop 'New Year Depression', or even seasonal affective disorder (winter depression; SAD) where the seasons affect their mood and during this time it's dark when we wake up and dark when we finish work/school, it can feel slightly depressing. Sunlight has an important role in the production of melatonin, which is a sleep hormone. When we get less sunlight, our bodies make more melatonin, which makes us feel tired and depleted in the winter.

How can you improve your mental health in the new year?

New Year's resolutions to improve your mental health:

- Cut down on drinking and avoid drugs - Maybe you've noticed that you don't like the person you are when you drink. Or perhaps you use alcohol/drugs when you're stressed and want to find better ways to cope. Whatever the case, reducing your drinking can benefit countless aspects of your life, from your mental health to your relationships and everything in between. By cutting out alcohol, you can get better sleep, have more energy, and even improve your mood day-to-day. Plus, you can save money and learn to be more confident in social settings without booze.
- Look after yourself physically, to feel better mentally – eat healthily, exercise (Studies show that movement is an effective form of medicine in helping manage depression), quit smoking/vaping
- Practise self-care – refocus, listen to music, meditate, set boundaries, practicing gratitude is one of the quickest and most effective ways to increase happiness, manage depression, and cultivate resilience. All it takes is jotting down or mentally acknowledging a few things you're grateful for every day
- Consider taking a break from social media - There is growing research showing a negative correlation between screen time and psychological well-being. Most of us know that Instagram, Facebook, and other social media apps are more like highlight reels than accurate portrayals of people's real lives, but it's hard not to start comparing yourself with others and start feeling anxious and inadequate because your own life seems radically less rosy.

HAPPY 2023 😊