

The **Enrichment** Insider



WHAT IS RESPECT?

Respect is a basic human right that everyone should give and receive. Respect is when we show regard for the feelings, wishes or rights of others. Every living creature on earth deserves an equal amount of respect and should be treated fairly and equally. In a healthy relationship, respect is where you can talk openly and honestly with each other, listen to each other and value each other's feelings and needs without questioning their needs and beliefs.

Showing respect to someone means you act in a way that shows you care about their feelings and well-being. Showing respect for others includes not calling people mean names and treating people with niceness. Self-respect is caring enough about yourself that you don't do things you know can hurt you.

HOW TO RESPECT YOURSELF

- Be honest about who you are and who you aren't.
- Respect yourself by taking part in worthwhile things that excite you.
- Don't try so hard to be normal - just be yourself to your fullest.
- Don't let other people define your boundaries.

RESPECT Poem

Respect those around you!
Each person believes in a different thing, so respect what they think
Sharing is caring!
People are all different, so make them feel welcomed
Each person belongs, don't make them feel left out
Comfort others when they aren't feeling the best
Treat others the way you would want to be treated.

By Abbie Hartley and Molly Skaife

YEAR 11 LIFE



We asked 2-year 11s about their school life. Here are their answers.

How long do you revise for?

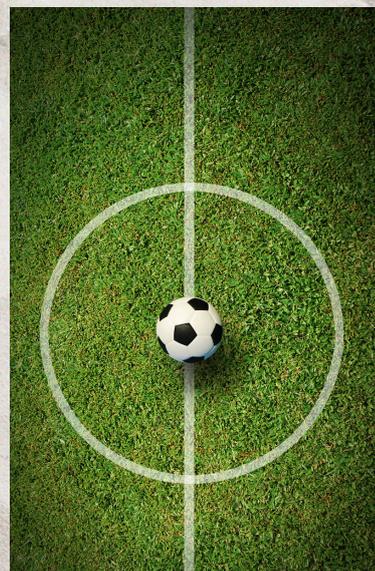
Paul: It is IMPORTANT to revise, although I'm bad when it comes to revising myself.

Luke: When I get the chance, I do as much as I can.

Is it fun being in year 11?

Paul: Being in year 11 is incredibly fun, as much as it might seem like a lot of pressure. You end up having more privileges than any other year group and you are not alone. Year 11 is the year everyone focuses on so it is very easy to get support from someone.

Luke: Year 11 can be stressful because of the GCSEs, but if you keep your head down and revise a lot you will smash the exams and you can do what you want with the rest of your life.



What is your favourite sport?

Paul: My favourite sports are football and badminton.

Luke: I'd probably have to say either football or table tennis because I love them both equally. I also like basketball but I haven't done much of that in school.

What do you like best, English, or maths?

Luke: Maths is my favourite and I find it easy but that's probably because I've been doing it a lot my entire life!

What's your favourite subject?

Paul: My favourite subject is music. I always love to play on the keyboards, drums and even rap. Most of the time me and Luke go to the music room at break and dinner and start jamming!

Luke: My favorite subject is probably Imedia because I get to use the computers. My main subject is maths but it's a tie between maths and Imedia to be my favorite!

By Marissa Cheslett & Courtney Clark

STUDENT COUNCIL UPDATE

Here is some new information from the student council. Also, if there is anything you would like to enquire about, don't forget to talk to your form reps.

- Revision guides for year tens will be given out before the summer to aid everyone's revision.
- At lunchtime there shall be more cold food options available and in the summer months ice pops WILL be for sale.
- There is also a new extracurricular activity timetable, so if you are interested the new timetable is on the school website!
- Mrs. England has now confirmed you are permitted to wear 2 pairs of studs per ear.

All of these changes have come through your student council so please make sure you continue to share your ideas with your reps in class!

INTERVIEW WITH MRS ACKROYD



This time we chose to speak to Mrs Ackroyd about options, colleges and careers. We know a lot of year 9, 10 & 11 are thinking about these particularly at the moment and hopefully this will help some of you.

What would you say to a student who does not know what they want to do?

I would say not knowing what you want to do is absolutely fine. You are young and, in reality, you are going to have seven, eight, nine even ten jobs in your lifetime.

It is OK to keep training and keep learning and it is alright to change direction. But you do still have some decisions to make and choices to think through now. So, if you do not know what you want to do now perhaps think about how you learn best.

If you can choose a qualification that you are going to succeed in then the grades you get will open doors for your next step. It is better that you keep choosing things that you enjoy and will succeed in and then move forwards and embrace the opportunities that come your way.

Sometimes things will just land on your doorstep and if you are willing to say OK I will try that, that is something new then that puts you in an outstanding position.

What are the different options for when we leave school at 16?

There are four different pathways you can choose after school and each one of them has pros and cons. It is all about choosing which one of them is best for you.

The first option is A-levels which is like doing GCSEs as it is 2 years classroom based study. They are theory based with exams at the end. You do get to do a range of subjects, normally 3 or 4, and you become specialists in those things. But you must be prepared to do a lot of independent work as it is theory heavy.

The second option is T-levels - these are new. They are a mixture of exams and coursework and a long-term work experience placement. You can only pick one subject and it usually quite general in your first year and then quite specialised in your second year.

Third option is to do a vocational course, you might hear them being called BTECs, NVQs and City and Guilds (these are like the exam boards). They are practical and most of your grade is made up of coursework. You can only pick one subject and you build up your skills in that one particular area.

The final option is to do an apprenticeship. This is where you choose to go to work and do a proper job.



The application process is more thorough and much longer. You will have more interviews and you will need to write a CV. You will also be expected to do lots of research about companies. However, you are getting paid to learn and you learn as you do the job.

Each of these options will suit somebody. You can choose what suits you the best - it is brilliant.

What do we do if we don't like an option we have chosen?

First thing - do not panic! The chances are, you picked something for a reason anyway and starting your subjects at GCSE will always seem a little bit harder and require a little bit more work.

You will find that you will settle into that subject. But, the way the options process has been set up, means that you have got such a range of other subjects that you can lean on.

The only other situation where it might not be as straight forward would be, for example, if you wanted to do history at A-Level but you have not done it at GCSE.

In that case, you may have to speak to sixth forms and colleges and explain that you have not done the subject at GCSE but that this is where your interests lie and you can prove that you have picked up these skills in other ways. If you are unsure about your options subjects, then please do come and speak to me as soon as you can!

How should we deal with stress?

Some stress is good. Stress is not a dreadful thing in itself and some stress can keep us moving forwards and keep us motivated at the right times. But sometimes stress tips over into bad stress. I think one of the most important things you can do is to plan your time and to have a really good work life balance, as this is a skill you are going to need when you are working. I have a work life balance as I do things outside of work that make me happy. I really like my job, but I do not want to do my job when I go home. So, I think for younger people, to stay on top of your mental health, it is important to do something you enjoy.



Stop working at a particular time, read, go to a youth theatre, go dancing, watch the football, whatever it is that makes you happy make sure you plan time for it. So, when I was your age, I went dancing on Thursday nights and music lessons on Monday nights. That meant that these were nights I did no homework, but I made sure I planned when I could do it the rest of the week.



What are the differences between A levels and T levels?

The main difference between A levels and T levels is that A level you pick a range of subjects, normally 3 or 4 and they are theory based. Whereas T levels are a mixture of theory work, which leads to an exam, and building your practical skills and some of that you will write coursework for, some will be at work, and some will be assessed in an exam. So, T levels are one subject assessed in a variety of ways, whereas A levels are a variety of subjects that are all exams.



What do we need to be doing before year 11 to help us get into college?

The first thing is to be interested in what you have applied to do. Do not do anything silly and apply for sport if you do not like sport. Be interested in what you apply for.



The other things we would want to see would be your attendance and punctuality. This means good attendance and perfect punctuality! Different courses and different colleges will have different entry requirements that they publish. That might mean they ask you for a certain number of GCSEs at certain grades. If you wanted to be a veterinary nurse you might need 5 GCSEs at 4 or above including maths, English and science and they might want you to have built up some work experience working with animals already.

The colleges will tell you exactly what they want you to have but there are other things you can be doing as well – including your attendance, punctuality and building your personal skills. Are you trustworthy, reliable, and responsible? Work on building up your resilience. All these personal skills and values are important.



CRICKET CLUB MEMBERS WANTED

It is proven through physical activity that doing sports improves mental and physical health. It also develops teamworking skills, resilience, improves sleep and increases self-confidence and there is a sports club that can do all this and more for you, but it needs more members.



Cricket needs more participants in its club so it can continue to grow and take part in cricket tournaments with other schools. In the club itself, you will learn batting, bowling, catching, throwing, fielding positions and running between the wickets but if you have learned these already in class you will be able to build on and improve them.



Here are the riddles we asked you last time with answers:

What goes up the stairs without moving?

A CARPET

When there is more of me you see less – what am I?

DARKNESS

Give me food and I will live. Give me water and I will die. What am I?

A FIRE

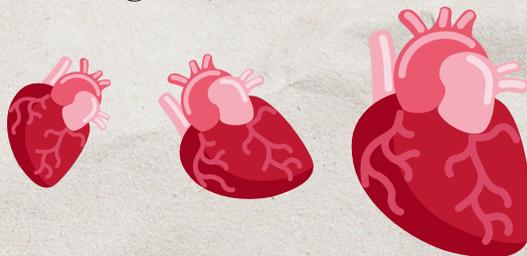


This time we want to know:

You're in a race and you pass the person in second place. What place are you in now?



What has 13 hearts, but no lungs or stomach?



You are in a dark room with a box of matches. Nearby are three things: a candle, an oil lamp and a log of firewood. Which do you light first?



Answers next time!