



## Sixth Form team message

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did" - Mark Twain.

Completing Year 12 during this difficult year is something to be proud of and to celebrate. We have enjoyed getting to know you as young adults and have been impressed by your enthusiasm and drive to achieve your potential. There are many opportunities available to you so please make the most of these. As you know we don't know the answer to every question that you ask us but we will try our hardest to support you and find the answers. Enjoy your summer break and use your curiosity to research and explore your interests. Reflect on what you have learnt and you will then have an excellent basis for a great CV or UCAS personal statement. We are looking forward to seeing you all in September to support and work with you in achieving your goals.

Look after yourselves, best wishes Mrs Elgood and the Sixth Form team.

## Important Dates September/October:

**01/09/21** - INSET Day

**02/09/21** - INSET Day

**03/09/21** - Students return (Week 1)

**25-29/10/21** - October Half Term



# Prefect positions 21-22'

The Sixth Form team were incredibly impressed with the calibre of the applications for the prefect roles. The students navigated a demanding application process of submitting an application letter, presenting their views on the challenges they will face in the school and questions from six members of staff in three interviews! See the list of 21'-22' prefects below:

<b>Head Student/Girl</b>	Maxita
<b>Deputy Head Student/Girl</b>	Sarah , Harbhi & Hannah
<b>Head Student/Boy</b>	Michael
<b>Deputy Head Student/Boy</b>	Dylan & Alex
<b>Primary to Secondary School Student Transition</b>	Carys
<b>Maths</b>	Daniel & Jin
<b>English</b>	D.H.B with additional responsibilities: Dylan
<b>Humanities</b>	Tatum
<b>Sports</b>	Alyse , Jamie , Celyn & Llion
<b>Sciences</b>	Seren & Poppy
<b>WBQ</b>	D.H.B with additional responsibilities: Alex
<b>Languages</b>	Amelie
<b>Creative</b>	Iwan & Heledd
<b>Wider Community/PTA</b>	D.H.G with additional responsibilities: Sarah & Harbhi
<b>Charities</b>	Mia, Ayesha & Chinaza
<b>Debate</b>	Afon & Lloyd
<b>Urdd/Welsh Ethos</b>	D.H.G with additional responsibilities: Hannah
<b>Environment</b>	Olivia & Georgia
<b>Digital Communication</b>	Billy
<b>Prefects (General)</b>	Henry

# News

## Sixth Form session from Aberystwyth University : University applications & UCAS

Penglais Year 12 enjoyed a morning session on applying to University and UCAS provided by Aberystwyth University. The new screens and sound system in the Sixth Form Centre ensured that everyone had a clear view of the presentations and could interact with the University staff. Useful websites were suggested and students had time to explore these so that they could begin to make decisions on their University studies and where to apply. The admissions process was clearly explained and support and advice was given on how to write their Personal Statements. Many thanks to Robin Lovatt, David Moyle and Dafydd Morse for their advice and enthusiasm.



## Forces of Fashion Summit summary

The Vogue Forces of Fashion Summit is an annual summit that is now being held virtually due to the pandemic. Each year there are different panels of guest speakers; all of whom are encouraging positive change in the fashion community. I've taken part in this event for the past two years now and have gotten to hear from the likes of Bella Hadid, Jonathan Anderson and Sarah Jessica Parker. I've also gotten to do one on one zoom calls with Vogue editor Lilah Ramzi, who has given me support and advice with my own writing. This year's speakers include Vera Wang, Edward Enninful and Alessandro Michele.

- Priya

# Food Science School

Between the 30th of June and the 2nd of July, I attended a summer school on about Food Science and Nutrition that was being run by the STEM Outreach team and the School of Food Science and Nutrition at the University of Leeds. Over this three-day period, there were two full days of live online sessions and one day of pre-recorded sessions that could be watched throughout the day.

These live sessions included:

- An icebreaker task and staff introductions,
- An experiment about preventing enzymatic browning,
- A taster lecture on energy input and output,
- A food diary experiment using a website called 'myfood24',
- Two Q&A sessions with undergraduates, postgraduates, PhD students and staff,
- A quiz,
- An employability and careers workshop with student and staff perspective.

The pre-recorded sessions encompassed things such as a virtual tour of the food science laboratories and the School of Food Science and Nutrition building and general information about the university and life as a student in Leeds.

The aim of this event was to inform current Year 12 students of the opportunities associated with food science and nutrition. Many attendees, such as myself, already had plans of studying the subject at university, while others were either unsure or interested in learning more about it. I personally learned a lot from this event, especially about the different careers I could choose with a degree in food science and/or nutrition. Additionally, I am now aware of the placements and opportunities that would be available to me when completing the degree at University.

Following this summer school, I plan to research different universities in the UK that offer food science or combined food science and nutrition courses so that I can decide which universities I would most like to attend after Year 13. In terms of careers, I would most like to work on developing new products for food production companies to sell to the general public, or as an animal nutritionist, developing and perfecting food for animals.

- Sêr

# Studying Medicine

My name is Sarah and I'm a Year 12 student aspiring to study Medicine next year, specifically at Cardiff or Bristol university. Through my research of the career and possible specialities, I have grown an interest in paediatrics and general practice because of the long term interactions you maintain with the patients. I'm also currently studying A-Level Biology, Chemistry and Maths, with Chemistry undoubtedly being the hardest of the three!

Applying to medicine is incredibly competitive and requires long term commitment, the process also involves many other aspects that a normal university application doesn't such as sitting an entrance exam called the UCAT, an early deadline and a series of interviews. Getting support and guidance for these extra parts of the application can be very difficult, which is why the Sixth Form teachers, along with a consultant cardiologist and a local GP, have offered up their time to have fortnightly meetings in order to work on the different aspects of the medicine application.

So far, we have had 3 very informative and interactive online sessions; one on the application process itself, another to introduce ourselves and the most recent one involved us answering interview style questions and receiving feedback on the way we presented ourselves as well as the quality of the content in our answers. Another incredibly useful part of these sessions was the opportunity to ask questions to two current Cardiff medical students. We were able to find out what they did to enhance their own applications (especially when it came to the UCAT!!) as well as their experiences studying medicine at Cardiff University. What I feel makes these sessions even more unique is the small group size and the fact that we are all encouraged to speak and have our cameras on. In any other webinar, it's very difficult to receive this interaction and one-on-one feedback as the groups could involve 100+ people!

Additionally, being encouraged to speak on camera means that we are being prepared for what is expected from us during our interviews, especially if COVID leads to interviews being held virtually again. It's also a great way of connecting with other aspiring medics in my year, all of us forming new friendships and helping one another throughout the application process. We've even created a group chat to share opportunities and discuss our ideas for upcoming Medicine 2022 meetings. Our next session is on the 15th July and involves answering a series of conflicting situational questions and although it seems somewhat daunting, I am looking forward to hearing feedback on what I need to improve ensuring that I perform well in any interviews I may receive next year!

- Sarah

# Biology Olympiad

The Intermediate Biology Olympiad, run by the UK Biology Competitions, is a competition open to year 12 students. In a 60-minute paper, students are tested on Biology content from their GCSEs and AS levels, as well as their ability to link it to real life situations. It's a highly competitive Olympiad, with 559 schools and 8,757 pupils competing in 2020. I participated in the Biology Olympiad after receiving an email from Miss Homer; as someone who wants to go into a career which uses Biology, it looked like a really good opportunity to test my knowledge. To prepare, I tried the 2020 past paper question which was provided by the organisation and compared my answers to the Dr Lewis' answers to see where I needed to improve. I found that marks were lost from spending too much time on questions. In order to improve my time management during the test, I would flag questions I didn't understand and come back to them.

On the day of the Olympiad, I was feeling a little nervous. However, I knew I had prepared as much as I could, and I could keep my nerves down. After coming in, receiving our instructions, and settling down, we logged onto the computers ahead of the test. Then, once everyone was ready, the Olympiad began, and we could start answering the questions. From applying the improvements I had identified during my practice; I was able to complete questions quicker and complete the paper. The hour went by quickly. Our papers were then submitted to the UKBC, who would mark them and give us our scores around 2 weeks later.

If I could do the Olympiad again, I would have looked over my notes from the school year and read through them. Though I skimmed through some chapters, looking through them in detail would have allowed me to refresh my memory of the Year 12 content, a lot of which was in the paper.

Looking back, I gained a lot from the Olympiad, and if you're reading this and considering it then there's a lot for you to gain too! Firstly, Universities look for supra-curricular activities such as this one and see that you've engaged with your subject out of lessons. Secondly, it not only tests your knowledge, but how well you can apply it – improving your analysis and decision-making skills. Finally, it gives you a chance to link your AS Biology content to topics and issues in Biology today. For example, one question which was super interesting asked us about the mechanism behind COVID-19 tests, requiring us to link the question to our previous knowledge. I'd like to thank Mrs Homer & Dr Lewis for organising and preparing the Olympiad, and supporting us during this process.

- Maxita

# Opportunities Calendar

This calendar shows the range of opportunities which have been advertised to our learners at Penglais Sixth Form. Please inform your Learning Coach if you register for any of the events. [View the calendar in depth by clicking here!](#)

Event Name	Date	Link	Topic	Time	Topic
Your Future Festival	June 21, 2021		Progression		Progression Information/Supp
Your Future Festival	June 22, 2021		Progression		Progression Information/Supp
Your Future Festival	June 23, 2021		Progression		Progression Information/Supp
Your Future Festival	June 24, 2021		Progression		Progression Information/Supp
Your Future Festival	June 25, 2021		Progression		Progression Information/Supp
Your Future Festival	June 26, 2021		Progression		Progression Information/Supp
ARCHAEOLOGY VIRTUAL TASTER	June 30, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
CLASSICS VIRTUAL TASTER	July 1, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
HISTORY VIRTUAL TASTER	July 1, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
Before, During & Beyond Webinar Series	July 1, 2021	<a href="https://www.charnoffalbert.com">https://www.charnoffalbert.com</a>	University Progression		Aberystwyth University - Subject
VIRTUAL PHARMACY AND PHYSICIAN	July 5, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
ENGLISH LANGUAGE TASTER SESSION	July 5, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
FOOD AND NUTRITIONAL SCIENCES WEBINAR	July 5, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
ENGLISH LITERATURE TASTER WEBINAR	July 6, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
Before, During & Beyond Webinar Series	July 6, 2021	<a href="https://www.charnoffalbert.com">https://www.charnoffalbert.com</a>	University Progression		Aberystwyth University - Subject
Webinar: Results Day	July 6, 2021	<a href="https://www.unihog.org/webinar">https://www.unihog.org/webinar</a>	Unihog Progression		Unihog Progression Webinar
Jesus College - History and Politics	July 7, 2021	<a href="https://www.jesus.cam.ac.uk/or">https://www.jesus.cam.ac.uk/or</a>	University Progression SE		Jesus College - Online Subject
GEOGRAPHY VIRTUAL TASTER	July 7, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
PHARMACOLOGY VIRTUAL TASTER	July 7, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
Before, During & Beyond Webinar Series	July 7, 2021	<a href="https://www.charnoffalbert.com">https://www.charnoffalbert.com</a>	University Progression		Aberystwyth University - Subject
University of South Wales - Summer School	July 7, 2021	<a href="https://www.southwales.ac.uk/v">https://www.southwales.ac.uk/v</a>	University Progression SU		University of South Wales - Summer
Webinar: Results Day - On the day and	July 7, 2021	<a href="https://www.unihog.org/webinar">https://www.unihog.org/webinar</a>	Unihog Progression		Unihog Webinar: Results Day
Aberystwyth University - Open Day	July 7, 2021	<a href="https://www.aber.ac.uk/en/and">https://www.aber.ac.uk/en/and</a>	Progression University		Aberystwyth University Online
Magdalen College - Open Day	July 8, 2021		Progression University SE		Open Day
MAKE A DIFFERENCE: LANGUAGES AT I	July 8, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
Before, During & Beyond Webinar Series	July 8, 2021	<a href="https://www.charnoffalbert.com">https://www.charnoffalbert.com</a>	University Progression		Aberystwyth University - Subject
University of South Wales - Summer School	July 8, 2021	<a href="https://www.southwales.ac.uk/v">https://www.southwales.ac.uk/v</a>	University Progression SU		University of South Wales - Summer
Magdalen College - Open Day	July 9, 2021		Progression University SE		Open Day
ENVIRONMENTAL SCIENCES VIRTUAL T	July 9, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
University of South Wales - Summer School	July 9, 2021	<a href="https://www.southwales.ac.uk/v">https://www.southwales.ac.uk/v</a>	University Progression SU		University of South Wales - Summer
Cardiff University - Open Day	July 10, 2021	<a href="https://www.cardiff.ac.uk/open">https://www.cardiff.ac.uk/open</a>			University Open Day
ECONOMICS VIRTUAL TASTER	July 10, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
Swansea University Summer School	July 10, 2021	<a href="https://www.swansea.ac.uk/virtual">https://www.swansea.ac.uk/virtual</a>	Progression University SU		Swansea University Virtual Summer
PHILOSOPHY VIRTUAL TASTER SESSION	July 13, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
SUBJECT SPOTLIGHT: EDUCATION STUD	July 13, 2021	<a href="https://www.reading.ac.uk/news">https://www.reading.ac.uk/news</a>	Progression University		University of Reading - Virtual
Before, During & Beyond Webinar Series	July 13, 2021	<a href="https://www.charnoffalbert.com">https://www.charnoffalbert.com</a>	University Progression		Aberystwyth University - Subject
Before, During & Beyond Webinar Series	July 13, 2021	<a href="https://www.charnoffalbert.com">https://www.charnoffalbert.com</a>	University Progression		Aberystwyth University - Subject
Swansea University Summer School	July 13, 2021	<a href="https://www.swansea.ac.uk/virtual">https://www.swansea.ac.uk/virtual</a>	Progression University SU		Swansea University Virtual Summer

# Notice Board

## Students' transport via bus

It is important that the students have a valid bus pass to travel on the bus that they are using to get to and from school. They must not travel on any other bus as they are not insured. Due to the current circumstances, we need to know exactly who is travelling on which bus. In the event of a positive COVID case we need to easily identify all students travelling on a bus. If your child needs to apply for a new bus pass you can apply online at: [technical.services@ceredigion.gov.uk](mailto:technical.services@ceredigion.gov.uk)

## Online safety resources

We would like to draw your attention to excellent resources supporting keeping your child safe online that are accessible through the HWB website: <https://hwb.gov.wales/zones/keeping-safe-online/parents-and-carers/>



There are leaflets and playlists with information on all sorts of aspects of online safety - including gaming, self harm, social media etc. There is also a section for young people too. (<https://hwb.gov.wales/zones/keeping-safe-online/children-and-young-people/>) The School Beat website is also full of helpful advice - not only on online safety but also other things that you might find useful. ([www.schoolbeat.cymru](http://www.schoolbeat.cymru)).



**YOUR  
SCHOOL  
LOTTERY**

## School Fundraising

Joining the school lottery is another opportunity to raise money for the PTA to spend on projects in school. It's easy to sign up and easy to stop at any time!

More information on [www.yourschoollottery.com](http://www.yourschoollottery.com)