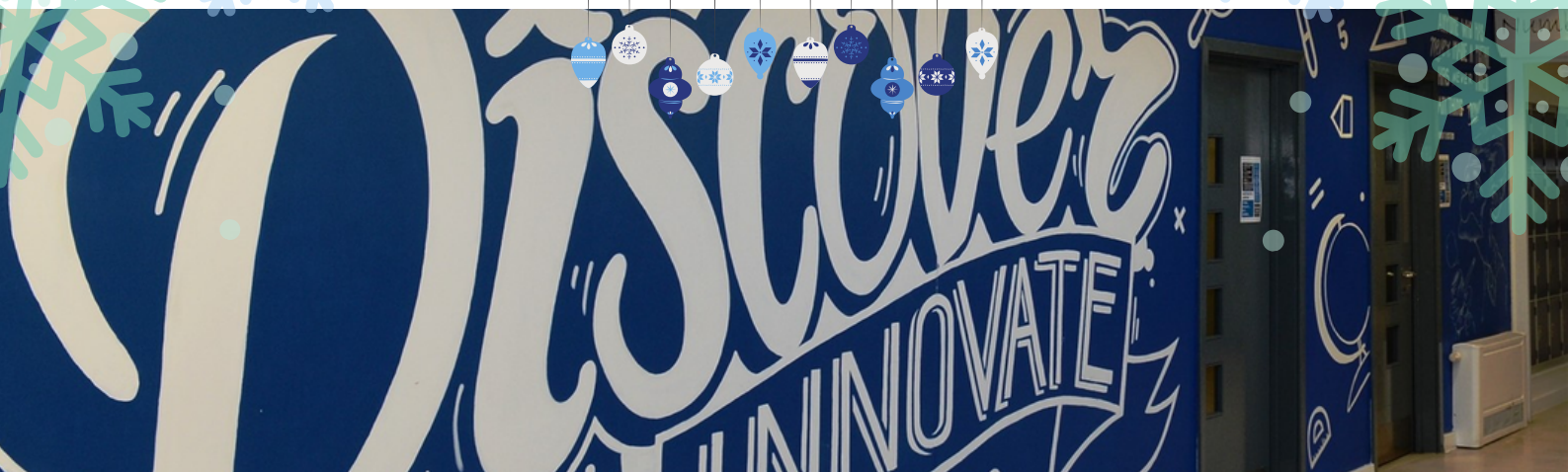




# SIXTH FORM

THE WESTGATE SCHOOL  
DECEMBER EDITION 2022



## SIXTH FORM TRIPS

### Safe Drive Stay Alive

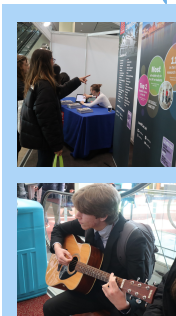
On 11th November 2022 the Sixth Form students attended the Wycombe Swan for the **Safe Drive Stay Alive** event after it returned to the stage post pandemic. The campaign aims to reach new and pre-drivers in an emotive and hard-hitting way, influencing behaviour and attitude on the roads to ensure the safety of all.

Safe Drive Stay Alive is produced by a road safety partnership including **Thames Valley** and **Hampshire Police**, **local councils** and **emergency services**. Each partner has been working for years to reduce the number of people dying on the roads.



### Careers and HE Event

As part of the ongoing commitment to provide students with Careers guidance and education, Year 12 students attended the **annual Careers event** where they met a wide range of colleges, apprenticeships providers and universities. During the 2-hour visit, students visited the stands and asked questions to find out entry level requirements and opportunities available to them for their Post-18 planning. **Universities** were also present to allow students the opportunity to learn about University life and entry requirements for Post-18 planning. **Apprenticeships** providers and **well-known organisations** and **training** companies also showcased their vacancies and answered questions.



### KEY ASSEMBLY THEMES:

Human Rights Day assembly

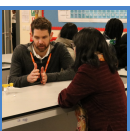
County Line Workshop

Disability History Month



### UCB Science Event

We recently welcomed colleagues from **UCB**, a global **Bio Pharmaceutical company** that specialises in immunology and neurology medicines. During the session, five UCB staff members came into school to work with Year 12 Science students. We learned more about the roles of various employees working in the Bio Pharma sector. Students were able to ask questions, complete a myth busting quiz about working life, and engage with a senior scientist, sales and marketing, an ex-Westgate student currently on a lab technician apprenticeship scheme, and a regulatory affairs specialist. The feedback from all parties was extremely positive and the students reported that the session had helped them to decide upon their **post-18 plans**. Engaging with the working world is crucial to our students to help them to make the right choices for **Higher Education** and **early careers**. UCB has been a supporter of Westgate careers in the curriculum for many years, and we are grateful for their continued support.



## IMPORTANT DATES:

### ALL STUDENTS

- 2nd December 2022 - **Shrewsbury Prison Trip**
- 12th December 2022 - **Performing Arts Festival Celebration Evening**
- 16th December 2022 - **End of Term**
- 4th January 2022 - **Spring Term**

### YEAR 13

- 5th December 2022 - **Final UCAS internal Entry date**
- 8th December 2022 - **Year 13 Parents Evening**
- 14th December 2022 - **Year 13 Reward Event**



THE SIXTH FORM TEAM WISH YOU A  
*wonderful, safe and restful holiday.*

UCAS

# TOP TIPS

## HOW DO I IMPROVE MY SLEEP?

To learn and revise effectively, you have to think hard. Being able to think hard partially depends on being well-rested and sleeping well. There are strategies you can use which can help you get to sleep more quickly, and which can improve the quality of your sleep.

If you have serious and/or long-term issues with your sleep, discuss it with your parents or carers.



## THE DO'S AND DON'TS OF REVISING:

### DO

- Establish times for when you go to bed and wake up every day (including weekends).
- Create a routine which you follow before you go to bed.
- Avoid screens for at least an hour before you go to bed.
- Avoid caffeine in the evening.
- Make your sleeping environment quiet, dark, and cool in temperature.
- Get up and reset if you're finding it difficult to sleep.

### DON'T

- Go to bed and get up at different times each day or over the weekend.
- Prepare for bed differently every night.
- Browse your phone or computer directly before you go to bed.
- Drink caffeine before you go to bed.
- Try to sleep in a bright or stimulating environment.
- Try to force yourself to sleep.

## AN EXAMPLE OF A ROUTINE WHICH ENCOURAGES GOOD QUALITY SLEEP:

### SEVERAL HOURS BEFORE YOU GO TO BED:

1. Get some light exercise, ideally outside.
2. Stop drinking drinks containing caffeine, such as coffee, tea, cola, or energy drinks.

### AN HOUR BEFORE YOU GO TO BED:

1. Put your phone on charge in a different room to where you are going to go to bed.
2. If you have to have your phone in room you are going to sleep in because it is your alarm clock, set your alarm now and place your phone face down.
3. Stop using and turn off any devices with screens, such as computers, TVs, laptops, and tablets.
4. Go through your bedtime routine. This could include tasks to prepare for bed, such as cleaning your teeth or having a shower, but could also include calming activities, such as reading a chapter of a book or meditating.

### ONCE YOU'VE GONE TO BED:

1. Close the blinds or curtains and turn off the lights.
2. Make sure your room is a cool but comfortable temperature by turning on a fan or opening a window (if safe to do so).
3. Go to bed, ideally at the same time every night.
4. If you can't sleep, get up, leave the room, and spend 15 minutes resetting. Reset by having a short walk or doing something which doesn't force you to think hard.
5. Try again after you have reset.

## Routine

