

Life in the Sixth Form & Student Wellbeing



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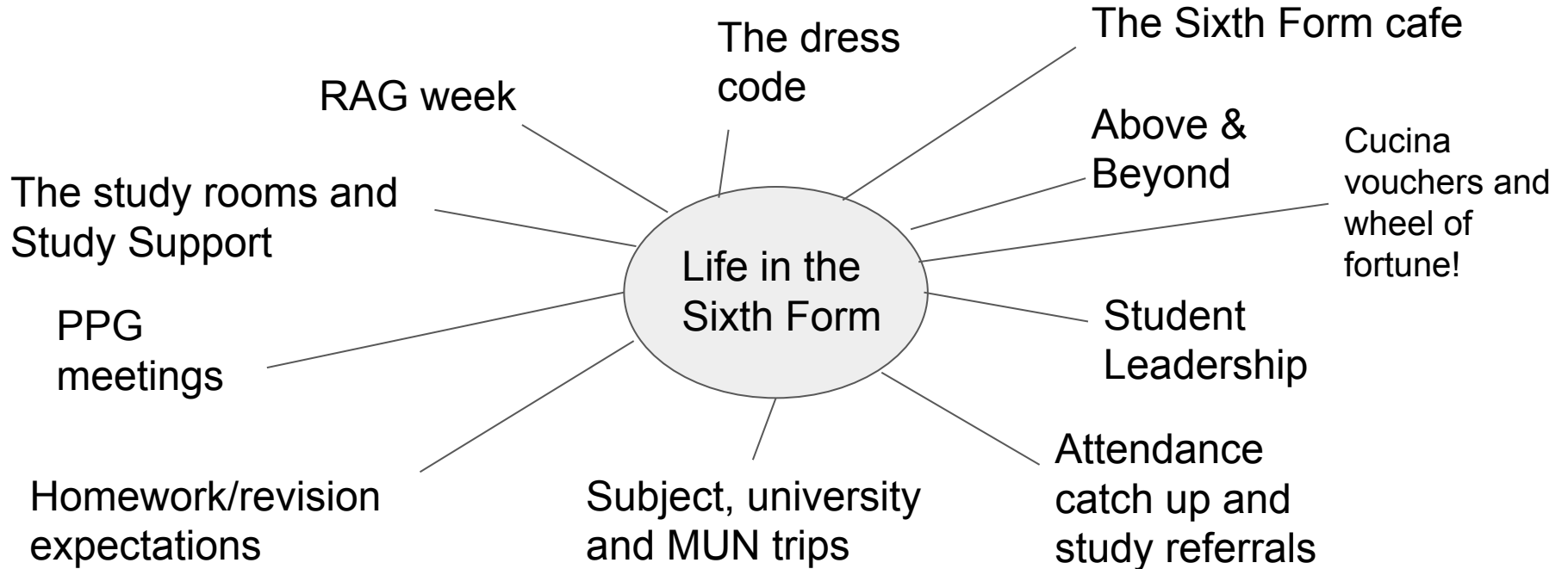
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Some key aspects of life in the Sixth Form

Talk to your partner about what you know about each one. We will then discuss each aspect in turn.



Wellbeing support in the Sixth Form

We take your wellbeing very seriously in the Sixth Form. Here's just a few ways how:

1. Regular tutorials and assemblies on mental health and wellbeing.
2. Form tutor, learning mentors and Heads of Year who are here for you to talk to about your wellbeing.
3. De-stress tutorials and after school activities to help you relax.

Remember: We are always here to listen to you and do our best to support you.

Scenarios: What have you learned in this session?

Discuss in pairs and write down your answers. What would you do in the Sixth Form if...

1. You have a StudySupport session but have finished all of your homework?
2. You are feeling down and struggling with your motivation and wellbeing?
3. You would like to get involved with mentoring younger students and helping more around school?
4. You need some advice about your post-18 options?
5. Your alarm goes off in the morning but you feel exhausted, and don't really enjoy the lesson you have period 1 that day?

To conclude

1. Write down what you are looking forward to most about Sixth Form life.
2. Write down what you are most worried about Sixth Form life.
3. Then write down any questions you have.

Any questions?