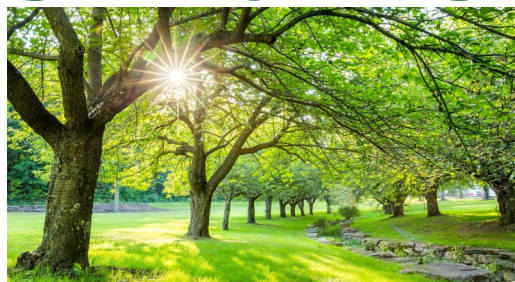




Sixth Sense



Which Week?

This Week: Monday 17th July (Week 2)

Next Week: Monday 24th July (Week 1)

It's not about how you start, but how you finish!

Towards the end of a school year, it is common to feel burnt out and tired. While it might be tempting to approach the week with less effort and determination, it is important to remember that it is not over yet! Make sure you apply yourself consistently and finish the year strong as this will put you in the best position for next academic year.

What does this look like?

- ⇒ Attend **all** timetabled lessons
- ⇒ Seek feedback and advice from your teachers
- ⇒ Collate and organise your resources
- ⇒ Utilise study periods to revise this year's content/ improve coursework

AVOID THE SUMMER SLUMP...

With the school year ending after Monday 24th July, it is time to start thinking about the much anticipated summer holidays. You have all absolutely earned a relaxing break but, with six weeks stretching out in front of you, you might want to put some plans in place to avoid feeling restless and ensure you are optimising the time. Free from timetables and exams, you have more flexibility on how to spend your days and while you may want to use the first week doing your own version of nothing, we've got some suggestions on how you can make the most of summer:

- ◇ **Revise Year 12 content**— this will consolidate your knowledge from this year and ensure that you get off to a confident start from September.
- ◇ **Read around your subject**—this is common advice given to students thinking of applying to university. Undertaking wider reading can increase your knowledge and enthusiasm for a subject, and shows to that you are truly interested and engaging with it. Speak to your subject teachers for advice on what to read.
- ◇ **Conduct research into future career prospects**—you can visit the [National Careers Service](#) website to identify the sectors that you are interested in. You can even discover what skills and careers are best suited to you by completing a short online [assessment](#).
- ◇ **Complete a draft of your personal statement on Unifrog**— being organised with this and coming prepared with a draft in September will allow you to gain bespoke feedback and further support before applying to university. It will put you ahead of the game and give you an advantage over other candidates!
- ◇ **Gain work experience, volunteer or engage in an extra-curricular activity**—not only will any of this look fantastic on your CV, it will give you a clear sense of purpose of summer and widen your skillset.
- ◇ **Attend university open days**—An open day is the best way to get a real taste of university life and one step closer to finding your ideal course and uni. Bring family or friends with you as exploring a new place can be a fun day out! Click [here](#) for upcoming dates.
- ◇ **Take a free online course**—completing a short course can help you gain new skills, prepare for a future educational or career programme or just explore a topic of interest. This shows great initiative and would impress future employers or universities. Register with [Future Learn](#) and conduct a course search to find out more. It's completely free!
- ◇ **Get outside and enjoy yourself**—this is proven to have positive benefits on your physical and mental health. [Click](#) here for ideas on what to do outdoors in Birmingham.



Uniform Matters!

It is important that you arrive back in September adhering to perfect uniform standards. As Sixth Formers, you are role models around the academy so it is important that you act the part and look smart!

What does this look like?

Please remind yourself of our Sixth Form [uniform policy](#).

- Phones and headphones should not be seen outside of the common room
- Every student should wear a formal jacket
- Hair styles should be sensible
- Ear piercings only (small, plain studs)
- Smart shoes should be worn (NO BLACK TRAINERS)



This week's information from National Online Safety offers tips on how to make online shopping a safer experience. Please see Page 2.

10 Top Tips for

SAFER ONLINE SHOPPING



1. CHECK IT'S A LEGITIMATE SITE



It's safest to stick with well-known, reputable retailers. If a site doesn't look professional, or has weird pop-up ads, it's best to steer clear – no matter how tempting their prices. If something seems too good to be true, it probably is!

2. MAKE SURE THE SITE IS SECURE



When you're buying online, look for a padlock icon near the address bar – or check if the URL includes "https" or "shttp". The extra 's' or the padlock mean you can rest easy: you're sending your card details and personal info via a secure channel.

3. READ THE SMALL PRINT



Take note of details like a seller's returns policy. It's easy to shop impulsively when you're online and then be stuck with unwanted items because of a very small window for returning goods. Also check delivery estimates if you're buying for a specific date (like a birthday).

4. CREATE SECURE PASSWORDS



When shopping around online, you'll often need to set up an account when buying from a site for the first time. Choose a different password for each: the longer, the better. It's best practice to mix upper- and lower-case letters, symbols and numbers.

5. ACKNOWLEDGE THE ASTERISK



When you register with them, online retailers clearly need some essential info (name, address, payment details, etc), usually marked by an asterisk. Anything else is for marketing purposes or possibly to sell your data. So don't feel pressured into giving those details out.

6. AVOID PUBLIC WI-FI



When you are on the high street, don't use public WiFi to buy things online. It might seem super-efficient to shop on your phone while you're queuing or taking a break – but the WiFi in shopping centres or coffee shops isn't secure. Using 3G or 4G will be slower, but it's safer.

7. REINFORCE YOUR SECURITY



Before you shop, check that your browser and any anti-virus software are up to date. Updates often contain improvements to your device's security. You could also consider using intermediary services like PayPal, Apple Pay or Google Pay, which offer advanced protection.

8. WATCH OUT FOR PHISHING



Retailers regularly send out emails to publicise their latest deals. Hackers often try to use this traffic as camouflage; look out for emails with poor grammar, suspicious reply addresses and pixelated images – they're all signs of an attempt to 'phish' your personal details.

9. PLAN YOUR SHOPPING



Before going online, make a list of what you're in the market for – and stick to it. Because you're not physically putting items in a bag that you then have to carry, it's easy to lose track of how much you've bought and end up with a massive over-spend by the time you log off.

10. READ THE REVIEWS



We've all bought something which sounded amazing online, only for it to be far less impressive when it actually arrived. Take time to read other buyers' views on an item – and think twice about anything that only has a small number of comments about it.

 National Online Safety®
#WakeUpWednesday

SOURCES:
<https://www.statista.com/topics/871/online-shopping/>



www.nationalonlinesafety.com



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