



Sixth Sense

Which Week?

This Week: Monday 26th Feb (Week 1)

Week After: Monday 4th March (Week 2)

Mock Exam Series - Week 2: Monday 19th Feb for Year 13 A Level students —

[CLICK HERE FOR A LINK TO THE LETTER AND SCHEDULE](#)

Bragging Rights!

It's the time of year for the Oscars to recognise the cinematic achievement of the last year, so once again, it is our own time to recognise the achievement of our own students, through the medium of a 'Barry' (the cactus), where selected students are awarded with a resilient, adaptable and beautiful living plant (plus fact sheet!).

Barry the Cactus 'Oscar' Award for Half Term 3 go to:

Year 12: Jamey-Leigh Hayes, Yasin Jalloh

Year 13: Cohen Crook, Lydia Winter



Podcast of the week: The Bottom Line (A Level Business / A Level Psychology / Self Improvement)



It's useful to know how you're doing in your studies (or in the context of this podcast, work), but feedback can often be unhelpful, upsetting, or even non-existent. So what's the best way to give and receive it? The long-standing 'Bottom Line' podcast from the BBC helps us to navigate this world or feedback in order to help us move to the 'next level'!

In this episode, Evan Davis and guests, including the UK Human Resources Manager for Amazon, Catherine Hearn discuss some top techniques, particularly in the tricky area of negative feedback. In addition, feedback isn't just about your teachers or managers - we learn the best ways for you to receive and act on it.

The link to this episode can be found at: <https://www.bbc.co.uk/sounds/play/m001w136>

Year 13 MyTutor Log-ins



With online tutoring beginning in you requested periods as of next Monday (4th March!), please keep an eye out for your log-in details that will be emailed to you this week.

Year 12 Unifrog: Leap Ahead of Competition

As mention in assembly last week. To access the **MANY CAREERS TOOLS** on the Unifrog system, simply go to www.unifrog.org. When signing in your username is your full TGAK email address. If you do not know your password, click on the [Reset password / Resend welcome](#) link underneath the username/password boxes.



"Doctor, Doctor" - Medical Opportunity!

For any prospective **YEAR 12 medical students**, I wanted you to be aware of a **free Get into Medicine conference** for students and their parents/carers.

As part of the conference, scheduled for Sat 2nd March (9.30am-3.30pm on Zoom) you will have the opportunity to learn about personal statements, entrance exams, interviews and meet some medical students. Following the conference you would instantly be enrolled onto the free virtual medical work experience programme.

Go to: <https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZyt3MGPjvO>

Macbook Etiquette Reminder: Post-Christmas, our laptop etiquette was INCREDIBLE. The last couple

of weeks, most afternoons have resulted in me having to 'sweep' through the common room to put laptops back into the cabinet that have been left unattended. Again, these are expensive resources that need to be looked after in order for them to endure. **If there are any issues with the computer or putting it back, please bring them to my office so they are safe.**



National Online Safety: 14 Ways to Be Kind Online



Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, put people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online. In the guide on page 2, you'll find tips such as offering to help others, share positive posts and thinking before you comment.

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1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.



2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.



3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.



5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.



7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.



13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.

