



## Sixth Form: Developing Cultural Capital, Diversity and Equality

Cultural capital is the accumulation of knowledge, behaviours, and skills that a student can draw upon and which demonstrates their cultural awareness, knowledge, and competence; it is one of the key ingredients a student will draw upon to be successful in a diverse society, their career and the world of work. In the Sixth Form, we aim to build our student aspirations and expose them to a range of experiences to help them achieve goals and become successful individuals who understand and support diversity and equality.

We recognise that for students to **believe, achieve, succeed and exceed** academically and in the wider areas of their lives, they need to be given diverse, rich, and sustained opportunities to develop their cultural capital. We do this in many ways, for example, through our curriculum, extra-curricular activities, trips and visits, careers activities, and PSHE/RSE programme.

There are nine key realms to cultural capital in the Sixth Form at Samuel Whitbread Academy:

**Cultural Capital**  
provides health,  
well-being and  
growth



**Cultural Capital**  
lets us share our  
histories, our memories,  
the people, the places  
and the things that  
matter to us.



**Cultural Capital**  
creates the curiosity and  
confidence to make  
connections between  
the past, the present and  
the future.



**Cultural Capital**  
sparks generations of  
innovators.



**Cultural Capital**  
is to be found locally,  
nationally, globally -  
**everywhere.**



**Cultural Capital**  
nurtures inclusive  
communities.





**Cultural Capital**  
enriches today and  
inspires tomorrow.



**Cultural Capital**  
is ours to discover,  
ours to create,  
ours to share.



**Cultural Capital**  
belongs to me,  
belongs to you,  
belongs to us all.



These nine realms can be broken down into the following sub-categories: **Personal development, Social development (including political and current affairs awareness), physical development, spiritual development, moral development, and cultural development.**

What is now outlined are the key areas of both academic and enrichment that take place **outside** of curriculum areas to enhance and develop these diverse elements of cultural capital:

### **Personal Development:**

Personal development consists of activities that develop a person's capabilities and potential, build human capital, facilitate employability, and enhance the quality of life and the realisation of dreams and aspirations.

Curriculum and/or Enrichment area	Element of the curriculum and/or enrichment
Sixth Form - General	<p><b>Year 12 Next Steps Evening:</b> parent and student presentation: January of year 12 introducing future options and pathways: university, apprenticeships, jobs, school leavers programmes, gap years etc.</p> <p><b>Year 12 Next Step Days in June/July: Key areas of focus are:</b> University application process and registering with UCAS, Oxbridge and Russell Group session, Opportunities other than university session (apprenticeships etc), Personal statement writing, Health Awareness.</p> <p><b>Year 12 parent and student information evening in September:</b> Halfway through year 12 - introducing next steps to start researching: university, apprenticeships, gap years, school leavers programmes, higher level apprenticeships.</p> <p><b>Year 13 apprenticeship guidance and support in February of year 13:</b> Students who have not applied to university are provided with guidance and support with apprenticeship research and applications.</p>



**Assemblies:** Including; respect and consent, revision/study habits, options and future, positive behaviours, targets, and aspirations

**PSHE/RSE Programme:**

<https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&pid=63>

**Moral, World and Religions View Morning – registration:**

World Suicide prevention day and International day of Democracy, Organ donation week and International Day of Awareness of Food Loss and Waste, ADHD Awareness Month and Restart a Heart Day, Samhain (pagan religious festival) and National Stress Awareness Day, International Men’s Day and International Leadership Week, Decembeard and International Migrants Day, Christmas, New Years Day and World Religion Day, Chinese New Year and UN International Day of Education, World Cancer Day and International Day of Zero Tolerance for Female Genital Mutilation, National Love your pet day and UN Zero Discrimination Day, National no smoking day and National Young Carers Action Day, UN International day of happiness and Womens’ History Month, International Chinese Language Day and International Chernobyl Remembrance Day, Vesak (Buddhist Festival) and Anniversary of VE Day, International Day of Families and International Day for Biological Diversity, World Oceans Day and World Day Against Child Labour, Windrush Day and Gypsy Roma Traveller History Month, World Chocolate Day and World Population Day.

**TED talk morning discussions – registration:**

Year 12 topics: Michelle Obama’s Best Advice For Students | How To Succeed In Life, The courage to tell a hidden story, The Neuroscience of Learning, How a student changed her study habits by setting goals and managing time, Josh Kaufman | 20 Hours to Learn Anything, Success is a continuous journey, This tool will help improve your critical thinking, Discover Your Learning Style, Can time be wasted?, The surprising link between stress and memory, How stress affects your brain, How to practice effectively...for just about anything, Are Digital Tools Helping or Hurting Students Learn?, How reliable is your memory?, The 9 BEST Scientific Study Tips, The brain changing effects of exercise, What’s normal anxiety and what is anxiety disorder?, How long should your naps be?, How to be fearless in the face of authoritarianism.

Year 13 topics: Should you live for your résumé ... or your eulogy?, Are we in control of our decisions?, How to turn moments into momentum?, Open-mindedness: The Healthy Cure to Hate, Hacking your memory -with sleep, Why do people fear the wrong things?, How to be an upstander instead of a bystander, Would you opt for a life without pain?, How would you finish this sentence ‘Imagine if...?’, How Pakistani women are taking the internet back, A magical mantra for nurturing a blissful life, 3 tips to boost your confidence, Lessons on leaving the world better than you found it, 8 secrets of success, What causes panic attacks, and how can you prevent them?, The benefits of a good night's sleep.

**Study skills/learning to learn and PLTS – registrations:** Organisation, How we learn and Is success a matter of luck?, Condensing notes – Mind mapping, Note taking, Independent Learning, Growth mindset vs Fixed mindset, How to research, 57 habits to learning, Reading to learn, Responding to feedback, Self-Efficacy, Thinking fast, Easter 17 day challenge – revision, planning and reducing stress, Time management and overcoming procrastination, Sleep

**VESPA activities in registration:** Vision activity: Twenty Questions, Vision activity: Your 21st Birthday, Vision activity: The Perfect Day, Effort activity: The 1 – 10 Scale, Effort activity: The 3 R’s of Habit, Effort activity: Frogs and Banisters, Systems Activity: The Energy Line, Systems Activity: Snack, don’t Binge, Systems Activity: STQR, Practice Activity: The revision Questionnaire, Practice Activity: Graphic organisers, Practice Activity: Two slow, one fast, Attitude Activity: Forcefield Analysis, Attitude Activity: Kill your critic, Attitude Activity: Failing Forwards

**Taskmaster and team building – registration:**

**Passion project – registration:** This is where once a cycle, individual students select their own



project to research, plan, implement, deliver and review.

**The Society membership:** Students can join at any time - focus on aspirations and looking towards Oxbridge, Russell Group, Medicine, Vet Med, Dentistry areas of further study and employment:  
<https://www.samuelwhitbread.org.uk/page/?title=The+Society&pid=107>

**Sixth Form Alumni Webinars:** The Sixth Form at Samuel Whitbread tracks the destinations of all of our leavers and we are extremely proud of all the individual success stories whether that be university, apprenticeships, employment etc. Each leaver has their own path to follow based on the advice, guidance, and support we offer in the Sixth Form. Here is a place for us to celebrate some of the achievements of our alumni students. The webinars are where alumni are invited to speak to our current year 12 and 13 students about their journeys:  
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**Sixth Form Lecture Series:** Lectures delivered by University academics on a range of academic subject areas to enhance A level Study and enable students to deepen their understanding and aspire to top universities and jobs:  
<https://www.samuelwhitbread.org.uk/page/?title=Lecture+Recordings+2020%2F2021&pid=179>

**Sixth Form sister school link in Ghana:** Education and fundraising for students and staff at the Methodist Junior High School in Kwahu-Tafo, Ghana:  
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- Public relations committee
- Local community committee
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**CPR training:** All students are offered the chance to undertake CPR training in year 12.

**BLOOM Lite Workshops:** Workshops for all sixth formers on the following: resilience, exam stress, making decisions about the futures, managing studies, social pressures, work/life balance and juggling time.



## Social Development:

The process by which a student learns to interact with others around them. As they develop and perceive their own individuality within their community, they also gain skills to communicate with other people and process their actions.

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Sixth Form - General	<p><b>Assemblies:</b> Including; respect and consent, positive behaviours, online safety, volunteering</p> <p><b>PSHE Programme:</b> <a href="https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&amp;pid=63">https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&amp;pid=63</a></p> <p><b>World and Religions View Morning – registration:</b> World Suicide prevention day and International day of Democracy, Organ donation week and International Day of Awareness of Food Loss and Waste, ADHD Awareness Month and Restart a Heart Day, Samhain (pagan religious festival) and National Stress Awareness Day, International Men’s Day and International Leadership Week, Decembeard and International Migrants Day, Christmas, New Years Day and World Religion Day, Chinese New Year and UN International Day of Education, World Cancer Day and International Day of Zero Tolerance for Female Genital Mutilation, National Love your pet day and UN Zero Discrimination Day, National no smoking day and National Young Carers Action Day, UN International day of happiness and Womens’ History Month, International Chinese Language Day and International Chernobyl Remembrance Day, Vesak (Buddhist Festival) and Anniversary of VE Day, International Day of Families and International Day for Biological Diversity, World Oceans Day and World Day Against Child Labour, Windrush Day and Gypsy Roma Traveller History Month, World Chocolate Day and World Population Day</p> <p><b>TED talk morning discussions – registration:</b> Year 12 topics: Michelle Obama's Best Advice For Students   How To Succeed In Life, The courage to tell a hidden story, The Neuroscience of Learning, How a student changed her study habits by setting goals and managing time, Josh Kaufman   20 Hours to Learn Anything, Success is a continuous journey, This tool will help improve your critical thinking, Discover Your Learning Style, Can time be wasted?, The surprising link between stress and memory, How stress affects your brain, How to practice effectively...for just about anything, Are Digital Tools Helping or Hurting Students Learn?, How reliable is your memory?, The 9 BEST Scientific Study Tips, The brain changing effects of exercise, What’s normal anxiety and what is anxiety disorder?, How long should your naps be?, How to be fearless in the face of authoritarianism.</p> <p>Year 13 topics: Should you live for your résumé ... or your eulogy?, Are we in control of our decisions?, How to turn moments into momentum?, Open-mindedness: The Healthy Cure to Hate, Hacking your memory -with sleep, Why do people fear the wrong things?, How to be an upstander instead of a bystander, Would you opt for a life without pain?, How would you finish this sentence ‘Imagine if...?’, How Pakistani women are taking the internet back, A magical mantra for nurturing a blissful life, 3 tips to boost your confidence, Lessons on leaving the world better than you found it, 8 secrets of success, What causes panic attacks, and how can you prevent them?, The benefits of a good night's sleep.</p> <p><b>Study skills/learning to learn and PLTS – registrations:</b> Organisation, How we learn and Is success a matter of luck?, Condensing notes – Mind mapping, Note taking, Independent Learning, Growth mindset vs Fixed mindset, How to research, 57 habits to learning, Reading to learn, Responding to feedback, Self-</p>



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## Physical Development:

These are the major motor or physical achievements a student enhances and develops. Physical development is a vital part of growing up as students learn to master control of their body

Curriculum and/or Enrichment area	Element of the curriculum and/or enrichment
Sixth Form - General	<p><b>Year 12 Next Step Days in June:</b> Health Awareness: Prostate, breast and testicular cancer</p> <p><b>Assemblies:</b> Including; healthy lifestyle, positive behaviours, respect and consent</p> <p><b>PSHE Programme:</b> <a href="https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&amp;pid=63">https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&amp;pid=63</a> Including; binge drinking, sexual health, consent, safeguarding, positive behaviours, preventing extremism, healthy lifestyle</p> <p><b>CPR training:</b> All students are offered the chance to undertake CPR training in year 12.</p> <p><b>Year 12 sports day</b></p>



## Spiritual Development:

The development of the personality towards a religious or spiritual desired better personality.

Curriculum and/or Enrichment area	Element of the curriculum and/or enrichment
Sixth Form - General	<p><b>Assemblies:</b> Including; remembrance, International women’s day, preventing extremism</p> <p><b>PSHE Programme:</b> <a href="https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&amp;pid=63">https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&amp;pid=63</a> Including; healthy lifestyle, remembrance day</p> <p><b>World and Religions View Morning – registration:</b> World Suicide prevention day and International day of Democracy, Organ donation week and International Day of Awareness of Food Loss and Waste, ADHD Awareness Month and Restart a Heart Day, Samhain (pagan religious festival) and National Stress Awareness Day, International Men’s Day and International Leadership Week, Decembeard and International Migrants Day, Christmas, New Years Day and World Religion Day, Chinese New Year and UN International Day of Education, World Cancer Day and International Day of Zero Tolerance for Female Genital Mutilation, National Love your pet day and UN Zero Discrimination Day, National no smoking day and National Young Carers Action Day, UN International day of happiness and Womens’ History Month, International Chinese Language Day and International Chernobyl Remembrance Day, Vesak (Buddhist Festival) and Anniversary of VE Day, International Day of Families and International Day for Biological Diversity, World Oceans Day and World Day Against Child Labour, Windrush Day and Gypsy Roma Traveller History Month, World Chocolate Day and World Population Day</p> <p><b>TED talk morning discussions – registration:</b> Year 12 topics: Michelle Obama's Best Advice For Students   How To Succeed In Life, The courage to tell a hidden story, The Neuroscience of Learning, How a student changed her study habits by setting goals and managing time, Josh Kaufman   20 Hours to Learn Anything, Success is a continuous journey, This tool will help improve your critical thinking, Discover Your Learning Style, Can time be wasted?, The surprising link between stress and memory, How stress affects your brain, How to practice effectively...for just about anything, Are Digital Tools Helping or Hurting Students Learn?, How reliable is your memory?, The 9 BEST Scientific Study Tips, The brain changing effects of exercise, What’s normal anxiety and what is anxiety disorder?, How long should your naps be?, How to be fearless in the face of authoritarianism.</p> <p>Year 13 topics: Should you live for your résumé ... or your eulogy?, Are we in control of our decisions?, How to turn moments into momentum?, Open-mindedness: The Healthy Cure to Hate, Hacking your memory -with sleep, Why do people fear the wrong things?, How to be an upstander instead of a bystander, Would you opt for a life without pain?, How would you finish this sentence ‘Imagine if...?’, How Pakistani women are taking the internet back, A magical mantra for nurturing a blissful life, 3 tips to boost your confidence, Lessons on leaving the world better than you found it, 8 secrets of success, What causes panic attacks, and how can you prevent them?, The benefits of a good night's sleep.</p> <p><b>Sixth Form sister school link in Ghana:</b> Education and fundraising for students and staff at the Methodist Junior High School in Kwahu-Tafo, Ghana: <a href="https://www.samuelwhitbread.org.uk/page/?title=International+School+Link+%26%238211%3B+Ghana&amp;pid=97">https://www.samuelwhitbread.org.uk/page/?title=International+School+Link+%26%238211%3B+Ghana&amp;pid=97</a></p>





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## Moral Development:

The development of attitudes and behaviours toward other people in society, based on social and cultural norms, rules, and laws.

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Sixth Form - General	<p><b>Assemblies:</b> Including; preventing extremism, positive behaviours, respect and consent</p> <p><b>PSHE Programme:</b> <a href="https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&amp;pid=63">https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&amp;pid=63</a> Including; consent, safeguarding, remembrance day, online safety, positive behaviours, preventing extremism</p> <p><b>World and Religions View Morning – registration:</b> World Suicide prevention day and International day of Democracy, Organ donation week and International Day of Awareness of Food Loss and Waste, ADHD Awareness Month and Restart a Heart Day, Samhain (pagan religious festival) and National Stress Awareness Day, International Men’s Day and International Leadership Week, Decembeard and International Migrants Day, Christmas, New Years Day and World Religion Day, Chinese New Year and UN International Day of Education, World Cancer Day and International Day of Zero Tolerance for Female Genital Mutilation, National Love your pet day and UN Zero Discrimination Day, National no smoking day and National Young Carers Action Day, UN International day of happiness and Womens’ History Month, International Chinese Language Day and International Chernobyl Remembrance Day, Vesak (Buddhist Festival) and Anniversary of VE Day, International Day of Families and International Day for Biological Diversity, World Oceans Day and World Day Against Child Labour, Windrush Day and Gypsy Roma Traveller History Month, World Chocolate Day and World Population Day</p> <p><b>TED talk morning discussions – registration:</b> Year 12 topics: Michelle Obama's Best Advice For Students   How To Succeed In Life, The courage to tell a hidden story, The Neuroscience of Learning, How a student changed her study habits by setting goals and managing time, Josh Kaufman   20 Hours to Learn Anything, Success is a continuous journey, This tool will help improve your critical thinking, Discover Your Learning Style, Can time be wasted?, The surprising link between stress and memory, How stress affects your brain, How to practice effectively...for just about anything, Are Digital Tools Helping or Hurting Students Learn?, How reliable is your memory?, The 9 BEST Scientific Study Tips, The brain changing effects of exercise, What’s normal anxiety and what is anxiety disorder?, How long should your naps be?, How to be fearless in the face of authoritarianism.</p> <p>Year 13 topics: Should you live for your résumé ... or your eulogy?, Are we in control of our decisions?, How to turn moments into momentum?, Open-mindedness: The Healthy Cure to Hate, Hacking your memory -with sleep, Why do people fear the wrong things?, How to be an upstander instead of a bystander, Would you opt for a life without pain?, How would you finish this sentence ‘Imagine if...?’, How Pakistani women are taking the internet back, A magical mantra for nurturing a blissful life, 3 tips to boost your confidence, Lessons on leaving the world better than you found it, 8 secrets of success, What causes panic attacks, and how can you prevent them?, The benefits of a good night's sleep.</p> <p><b>Study skills/learning to learn and PLTS – registrations:</b> Organisation, How we learn and Is success a matter of luck?, Condensing notes – Mind mapping, Note taking, Independent Learning, Growth mindset vs Fixed mindset, How to research, 57 habits to learning, Reading to learn, Responding to feedback, Self-</p>



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## Cultural Development:

Cultural Diversity is at the heart of the Sixth Form and students will learn about themselves and relationships with others from a variety of cultural backgrounds.

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Sixth Form - General	<p><b>Assemblies:</b> Including: preventing extremism, International Women’s day</p> <p><b>PSHE Programme:</b> <a href="https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&amp;pid=63">https://www.samuelwhitbread.org.uk/page/?title=PSHE+programme&amp;pid=63</a></p> <p><b>World and Religions View Morning – registration:</b> World Suicide prevention day and International day of Democracy, Organ donation week and International Day of Awareness of Food Loss and Waste, ADHD Awareness Month and Restart a Heart Day, Samhain (pagan religious festival) and National Stress Awareness Day, International Men’s Day and International Leadership Week, Decembeard and International Migrants Day, Christmas, New Years Day and World Religion Day, Chinese New Year and UN International Day of Education, World Cancer Day and International Day of Zero Tolerance for Female Genital Mutilation, National Love your pet day and UN Zero Discrimination Day, National no smoking day and National Young Carers Action Day, UN International day of happiness and Womens’ History Month, International Chinese Language Day and International Chernobyl Remembrance Day, Vesak (Buddhist Festival) and Anniversary of VE Day, International Day of Families and International Day for Biological Diversity, World Oceans Day and World Day Against Child Labour, Windrush Day and Gypsy Roma Traveller History Month, World Chocolate Day and World Population Day</p> <p><b>TED talk morning discussions – registration:</b> Year 12 topics: Michelle Obama's Best Advice For Students   How To Succeed In Life, The courage to tell a hidden story, The Neuroscience of Learning, How a student changed her study habits by setting goals and managing time, Josh Kaufman   20 Hours to Learn Anything, Success is a continuous journey, This tool will help improve your critical thinking, Discover Your Learning Style, Can time be wasted?, The surprising link between stress and memory, How stress affects your brain, How to practice effectively...for just about anything, Are Digital Tools Helping or Hurting Students Learn?, How reliable is your memory?, The 9 BEST Scientific Study Tips, The brain changing effects of exercise, What’s normal anxiety and what is anxiety disorder?, How long should your naps be?, How to be fearless in the face of authoritarianism.</p> <p>Year 13 topics: Should you live for your résumé ... or your eulogy?, Are we in control of our decisions?, How to turn moments into momentum?, Open-mindedness: The Healthy Cure to Hate, Hacking your memory -with sleep, Why do people fear the wrong things?, How to be an upstander instead of a bystander, Would you opt for a life without pain?, How would you finish this sentence ‘Imagine if...?’, How Pakistani women are taking the internet back, A magical mantra for nurturing a blissful life, 3 tips to boost your confidence, Lessons on leaving the world better than you found it, 8 secrets of success, What causes panic attacks, and how can you prevent them?, The benefits of a good night's sleep.</p> <p><b>Study skills/learning to learn and PLTS – registrations:</b> Organisation, How we learn and Is success a matter of luck?, Condensing notes – Mind mapping, Note taking, Independent Learning, Growth mindset vs Fixed mindset, How to research, 57 habits to learning, Reading to learn, Responding to feedback, Self-Efficacy, Thinking fast, Easter 17 day challenge – revision, planning and reducing stress, Time management and overcoming procrastination, Sleep</p>



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