

## **Sixth Form Ethos: Believe – Achieve – Succeed - Exceed**

### **Sixth Form PSHE Programme**

Samuel Whitbread Sixth Form supports and encourages continuous Personal, Social and Health Education through a number of different delivery methods. Below is an outline of the registration activities, events and presentations that take place whilst students are part of the Sixth Form.

1. Year 12 and 13 allocated PSHE registrations across the year. There are ten allocated registration activities focusses on the delivery and participation of activities focussing on: Alcohol and sexual behaviour (2 registrations), illicit drug use (1 registration), emotional health and well-being (2 registrations), identity/respect with a particular focus on sexual orientation (2 registrations), sexual health (1 registration), risk (1 registration) and E safety (1 registration). Please see page two of this document for further details.
2. Year 12 and 13 VESPA (Vision, Effort, Systems, Practice and Actions) initiative delivered in registrations once a week. See outline on page three and four of this document for further details.
3. Year 12 and 13 allocated assemblies that focus on the exploration, understanding and prevention of Social and Health issues. See page five of this document for further details.
4. Year 12 and 13 Debates during registrations once a week which focus on a variety of personal, social and health topics. See page six of this document for further details.
5. Year 12 second day of induction focussing on independent study, use of free time, motivation and attitude in the Sixth Form.
6. Year 12 student and parent information evening at start of the academic year. This focusses on advice and guidance on dealing with heavy workloads, expectations and support (academic and pastoral) in the Sixth Form.
7. Year 12 next step student and parent information evening. This usually takes place early January and focusses on presentation detailed information on university applications, searching for degree courses, apprenticeship/college courses and school leavers programmes after the sixth form.
8. Year 12 higher education visit to Excel centre in London. This enables students to speak with universities, colleges and apprenticeship providers to explore future options and entry requirements.
9. Year 12 Next Step days. These two days, usually help at the end of June are focussed on the following: UCAS process, writing personal statements and CV's, opportunities other than going to university and a sessions with a dual focus looking at health awareness (breast cancer and testicular cancer) and drug awareness. Please see page seven of this document for further details.
10. Year 12 and 13 registration structure that ensures students' academic and social educations are supported. Please see page eight and nine of this document for further details on the registration structure and delivery guidance for tutors.

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**PSHE registrations – Some may take more than one registration**

<b>Topic of Focus</b>	<b>Year 12 – dates of delivery</b>	<b>Year 13 – dates of delivery</b>
Session 1 - Alcohol	11/09/2017	11/09/2017
Session 2 - Antisocial behaviour	02/10/2017	02/10/2017
Session 3 - Illicit drug use	27/11/2017	27/11/2017
Session 4 - Emotional Health	11/12/2017	11/12/2017
Session 5 - Physical, emotional and social well being	08/01/2018	08/01/2018
Session 6 - Identity and respect – sexual orientation	29/01/2018	29/01/2018
Session 7 - Identity and respect – Homophobia	19/02/2018	19/02/2018
Session 8 - Sexual health	12/03/2018	12/03/2018
Session 9 - Eating disorders	23/04/2018	23/04/2018
Session 10 - Mental Health	08/05/2018	08/05/2018
Session 11 - Radicalisation	21/05/2018	21/05/2018

Year 12 and 13 VESPA



The Sixth Form ethos can be achieved by taking part in the philosophy called VESPA. VESPA is a mindset developed by Steve Oakes and Martin Griffin focussing on commitment, motivation and productivity:

### VISION

Sixth Form students know what they want to achieve

Every student should have a clear goal that they want to achieve. This will assist in developing productivity and potential. Every student should make an actionable plan. Goal setting is important. Goals need to be broken down in order for motivation to improve. Students need to stick to their goals despite obstacles. Students that show grit pursue and achieve their goals

### EFFORT

Sixth Form students put in many hours of proactive independent study

Every sixth form student needs to remove themselves from effortless success. *Effort is the function of intensity, direction, and duration of one's exertions toward a goal* (Duckworth et al, 2007). The number of hours of independent and private study conducted per week. The time spent on private study is a measure of effort

### SYSTEMS

Sixth Form students organise their learning resources and their time

Sixth Form students need to develop two things:

1. A system to organise learning so they can make sense of it.
2. A system to organise their time so they can complete tasks and deadlines

### PRACTICE

Sixth Form students practice and develop their skills

Sixth Form students need to be clear on how they work independently not why they study independently.

1. **CONTENT**: The student masters the content of a lesson by reviewing and consolidating. Checking it and ensuring understanding.
2. **SKILLS**: Putting knowledge into practice e.g practice questions.
3. **FEEDBACK**: Every student should seek expert feedback in order to develop their performance.

### ATTITUDE

Sixth Form students practice and develop their skills

A Sixth Form students attitude generally means:

- Their process of learning
- Their level of positivity
- Their response to challenge or difficulty
- Their resilience and their grit.



Sixth Form students will take part on the below activities in order to implement the ethos of **BELIEVE – ACHIEVE – SUCCEED – EXCEED** and to also implement the philosophy of **VESPA**. These activities will be complete during registration time from 8.20am – 8.40am. It is therefore important all sixth form students are present in all registration periods.

## VISION

- *Twenty questions*
- **Getting dreams done**
- *Your 21st birthday*
- **Fix your dashboard**
- *The perfect day*
- **SMART goals**
- *Mental contrasting*
- **Fake it**

## EFFORT

- *The 1 – 10 scale*
- **Working weeks**
- *The three R's of habit*
- **Recognising your blockers**
- *Frogs and banisters*
- **The ten minute rule**
- *Inner storytelling*
- **The power of it ... then thinking**

## SYSTEMS

- *The energy line*
- **The breakfast club**
- *Snack, don't binge (or the weekly review)*
- **The 2-4-8 rule**
- **STQR**
- **Project progress chart**
- *The Eisenhower Matrix*
- **The lead domino**

## PRACTICE

- *The revision questionnaire*
- **Know the skills**
- *Graphic organisers*
- **The Leitner box**
- *Two slow, one fast*
- **Right, wrong, right**
- *Learning from mistakes*
- **Mechanical vs flexible**

## ATTITUDE

- *Force field analysis*
- **Stopping negative thoughts**
- *Kill your critic*
- **There and back**
- *Failing forwards*
- **The change curve**
- *The vampire test*
- **Stand tall**

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**Year 12 and 13 allocated assemblies that focus on the exploration, understanding and prevention of Social and Health issues**

<b>Year 12</b>	<b>Year 13</b>
Independent learning and organisation	Manners and showing appreciation
Brook health clinic assembly	Brook health clinic assembly
Managing stress	Driving safely and drink driving
Discrimination – race, gender and sexual orientation	Responsibilities
Anti-bullying	Dangers and risks of gambling
Binge drinking	Respecting others around you

Alongside the above assemblies, the following themes are also delivered in year 12 and 13 assemblies:

<b>Year 12</b>	<b>Year 13</b>
Standards and enrichment	Standards and enrichment
Remembrance – 11 <sup>th</sup> November	Student finance
Praise – academic (3 assemblies over the academic year)	Remembrance – 11 <sup>th</sup> November
	Praise – academic (3 assemblies over the academic year)
	Accepting UCAS offers

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**Year 12 and 13 debates during registrations**

Thursday	Tutor group debate	Using the debate titles students can prepare and take part in a tutor group debate. Others can be added. Tutor can choose how to deliver these debates in liaison with their tutor group
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<b>DEBATE TITLE:</b>
<b>"The Internet should never have been invented"</b>
<b>"All students should take a Language GCSE at school"</b>
<b>"Animals should have rights"</b>
<b>" The Death Penalty should never be brought back into UK society"</b>
<b>" The age at which young adults are allowed to receive a driving license should be raised to 21 years old"</b>
<b>"The British Monarchy (Queen or King) should be abolished"</b>
<b>"The UK government should ban any form of gambling"</b>
<b>"Reality TV shows do more harm than good"</b>
<b>" A packet of cigarettes should be increased to £10 for a packet of 20"</b>
<b>"Most museums in London have free entrance. This should change and people should pay an entrance fee"</b>
<b>"The sport of Boxing should be banned"</b>
<b>"The UK Premier football league should introduce restrictions on overseas players"</b>
<b>" The use of animal testing in the research and creation of new drugs, should be banned"</b>
<b>"Gay marriage should not be allowed in the UK"</b>
<b>"People in the UK should not concern themselves with the destruction of the Amazon Rainforest in South America"</b>
<b>"Terrorism can be justified"</b>
<b>"Religion does more harm than good"</b>
<b>"The UK legal drinking age should be lowered to 14"</b>
<b>"Assisted suicide should be legalised"</b>
<b>"Junk food should be banned from schools"</b>
<b>"Prostitution should be legalised"</b>
<b>"Everyone over the age of 25 should be made to sponsor a child in another country"</b>
<b>"Cannabis should be legalised in the UK"</b>
<b>"Abortion should be banned in the UK"</b>
<b>"There needs to be a CAP (limit) on the number of immigrants the UK accepts"</b>
<b>"Sex changes should be allowed on the NHS"</b>
<b>"The UK Pornography industry should be eradicated"</b>
<b>"The use of facebook should only be allowed once you are 18 years old"</b>
<b>"Mobile phones should be banned at Samuel Whitbread Academy"</b>
<b>"The catholic church should allow Catholic priests and nuns to have sex"</b>
<b>"If someone is found guilty of rape, the law should state that that person is castrated"</b>
<b>"The ban of smoking in public places should be overturned"</b>
<b>"The motorway speed limit of 70MPH should be scrapped and replaced with no speed limit as some Germany motorways have done"</b>
<b>"Music with offensive language should be banned"</b>
<b>Would you like to live forever????</b>
<b>"National Service should be reintroduced during two summer term breaks for every person aged over 16"</b>

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### Year 12 Next Step Days

Example timetable for the two days:

**Tuesday & Wednesday** – The objectives of these two NEXT STEP days:

- 1) Introduce and begin the UCAS university application process – all will log on and begin completing the first parts of the application, even if you are not sure if you want to go or not.
- 2) Outline opportunities available to you, other than university.

Period	Tuesday 28 <sup>th</sup> June 2016	Wednesday 29 <sup>th</sup> June 2016	
1	Normal timetabled lesson	Normal timetabled lesson	
2	Normal timetabled lesson	Normal timetabled lesson	
3	<p><b><u>Tutor groups A – G</u></b>                      UCAS 1 – introducing UCAS process                      Location: Main Hall                      Staff: Mr Huckle and Mrs Pateman</p>	<p><b><u>Tutor groups H – P</u></b>                      Apprenticeships and other opportunities (25 mins)                      Work experience                      Volunteering – (15 mins)                      Location: Theatre                      Staff: Rose Birmingham, Careers service, Mrs Bonham and Miss Burnham</p>	
		<p><b><u>Tutor groups A – G</u></b>                      UCAS 2 – Personal statements                      Location: Main Hall                      Staff: Mr Huckle and Mrs Pateman</p>	<p><b><u>Tutor groups H – P</u></b>                      Health Awareness                      Location: Activities Hall                      Staff: Mrs Bonham and Miss Burnham</p>
4	<p><b><u>Tutor groups H – P</u></b>                      UCAS 1 - introducing UCAS process                      Location: Main Hall                      Staff: Mr Huckle and Mrs Pateman</p>	<p><b><u>Tutor groups A – G</u></b>                      Apprenticeships and other opportunities (25 mins)                      Work experience                      Volunteering – (15 mins)                      Location: Theatre                      Staff: Rose Birmingham, Careers service, Mrs Bonham and Miss Burnham</p>	
		<p><b><u>Tutor groups H – P</u></b>                      UCAS 2 - Personal statements                      Location: Main Hall                      Staff: Mr Huckle, and Mrs Pateman</p>	<p><b><u>Tutor groups A – G</u></b>                      Health Awareness                      Location: Activities Hall                      Staff: Mrs Bonham and Miss Burnham</p>
5	<p>All students in a designated computer room with their tutor to register with UCAS                      Tutor Groups 12A -12G                      Rooms –                      See below for which tutor groups in which rooms.                      12A – room 225                      12B – room 106                      12C – room 229                      12D – room 229 with 12C                      12F – room 232                      12G – room 233                      12H – room 230</p>	<p>All students in a designated computer room with their tutor to register with UCAS                      Tutor Groups 12H – 12P                      Rooms –                      See below for which tutor groups in which rooms.                      12E – room 224                      12J – room 225                      12K – room 227                      12L – room 229                      12M – room 230                      12N – room 231                      12P – room 911</p>	

Year 12 and 13 registration structure



SAMUEL WHITBREAD ACADEMY  
**Tutor Time Timetable** YEAR 12

	ACTIVITY
MONDAY	WEEK A - Assembly WEEK B - 'In the News' or subject specific work
TUESDAY	Student Learning Profiles - SLP's. Opportunity to undertake subject specific work.
WEDNESDAY	VESPA activities
THURSDAY	Registration debate topics and preparing for Year 12 Debate Challenge.
FRIDAY	Growth mindset talks

SWA Publications 2017



SAMUEL WHITBREAD ACADEMY  
**Tutor Time Timetable** YEAR 13

	ACTIVITY
MONDAY	Developing a growth mindset - VESPA activities
TUESDAY	Student Learning Profiles - SLP's. Opportunity to undertake subject specific work.
WEDNESDAY	University, apprenticeship or job application update Personal statements
THURSDAY	Tutor Group Debate
FRIDAY	WEEK A - Assembly WEEK B - TED Talk & Growth mindset talks

SWA Publications 2017



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### Registrations – Delivery Guidance

#### Year 12

	<b>Registration Activity</b>	<b>What this involves</b>
Monday	Week A – Assembly Week B – In the news or subject specific work.	Link to use to watch and discuss the morning news: <a href="http://www.bbc.co.uk/iplayer/live/bbcnews">http://www.bbc.co.uk/iplayer/live/bbcnews</a>
Tuesday	Academic mentoring/coaching sessions – one to one target setting opportunity. Student Learning Profiles - SLP's. Opportunity to undertake subject specific work.	One to one discussions need to be taking place with your tutees. Try and get two learning discussions conducted in a registration. These discussions can focus on: 1) Reflecting on achievements/failures in different courses 2) Target setting using the SLPs 3) Chance to allow students to make tutors aware of any academic and/or personal issues.
Wednesday	Developing a growth mindset - VESPA activities	Using the registration lesson plans to deliver a series of activities aimed at developing a growth mindset. Some plans may take more than one registration and therefore can be spread over two weeks.  Access the resources for these registrations here: <b>Staff area (X) --- Sixth Form --- Registration Activities ---- Developing a growth mindset</b>
Thursday	Tutor group debate - Registration debate topics and preparing for year 12 debate challenge.	Using the debate titles students can prepare and take part in a tutor group debate. Please see second page of this document for the list of titles. Others can be added. Tutor groups need to prepare for the year 12 debate challenge when it begins.
Friday	TED Talk - Growth mindset talks	Use the prescribed list of growth mindset TED talks to show and discuss in this registration. These are listed in order in this document.

#### Year 13

	<b>Registration Activity</b>	<b>What this involved</b>
Monday	Developing a growth mindset - <b>VESPA activities</b>	Accessing the following area and complete the registration activities in order. It is important that the tutor delivers these sessions and doesn't just give to students to get on with. There needs to be discussion and involvement from all in order for this to be a success. <b>Staff area --- Sixth Form – Registration Activities --- VESPA</b>
Tuesday	Academic mentoring/coaching sessions – one to one target setting opportunity. Student Learning Profiles - SLP's. Opportunity to undertake subject specific work.	One to one discussions need to be taking place with your tutees. Try and get two learning discussions conducted in a registration. These discussions can focus on: 1) Reflecting on achievements/failures in different courses 2) Target setting using the SLPs 3) Chance to allow students to make tutors aware of any academic and/or personal issues.
Wednesday	University, apprenticeship or job opportunities. Personal statements	Use this registration to get students focussing on: 1) Researching courses 2) Planning and drafting personal statements 3) Checking applications and personal statements 4) Researching apprenticeship/job opportunities
Thursday	Tutor group debate	Using the debate titles students can prepare and take part in a tutor group debate. Please see second page of this document for the list of titles. Others can be added.
Friday	Week A - Assembly Week B - TED talk - Growth mindset talks	Use the prescribed list of growth mindset TED talks to show and discuss in this registration.

	<b>Staff area --- Sixth Form – Registration Activities --- TED talks</b>
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**VESPA TIMELINE OF DELIVERY - Year 12 and 13 – WEDNESDAY MORNING**

Each student will have a folder in which they need to keep all completed worksheets in order. They need to keep referring back to each resource over the weeks. The tutor needs to keep these folders safe and use them every week during the VESPA activity delivery.

**Delivery advice:** If this is to be a success, it is important that the tutor delivers the sessions and interacts with the students during the activity, as they would do in a normal lesson. This will ensure all students treat the activities properly and get the most out of them. Feedback and discussion is very important during all sessions.

The activities can be found in the following location: **Staff area ---- Sixth Form ----- Registration activities ----- VESPA**

Please read the PDF document in the VESPA area before delivering these activities. It's important you are aware of why we are delivering these sessions. The title of the document is 'VESAP – Putting it into context and why we are doing this'.

**Autumn Term**

**Half term 1:**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.
11th September 2017	<b>Tutor group settling in</b>
18 <sup>th</sup> September 2017	<b>Tutor group settling in</b>
25 <sup>th</sup> September 2017	<b>VISION: Twenty Questions</b>
9 <sup>th</sup> October 2017	<b>VISION: Twenty Questions</b>
16 <sup>th</sup> October 2017	<b>VISION: Getting dreams done</b>
Half Term Break – 23 <sup>rd</sup> October 2017	

**Half term 2:**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.
30 <sup>th</sup> October 2017	<b>VISION: Getting dreams done</b>
6 <sup>th</sup> November 2017	<b>VISION: Your 21<sup>st</sup> birthday</b>
13 <sup>th</sup> November 2017	<b>VISION: Your 21<sup>st</sup> birthday</b>
20 <sup>th</sup> November 2017	<b>VISION: Fix your dashboard</b>
27 <sup>th</sup> November 2017	<b>VISION: Fix your dashboard</b>
4 <sup>th</sup> December 2017	<b>VISION: The perfect day</b>
11 <sup>th</sup> December 2017	<b>VISION: The perfect day</b>
Xmas holidays start: 20 <sup>th</sup> December 2017	

**Spring Term**

**Half term 1:**

**Sixth Form Ethos: Believe – Achieve – Succeed - Exceed**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.
8 <sup>th</sup> January 2018	<b>VISION: SMART Goals</b>
15 <sup>th</sup> January 2018	<b>VISION: SMART Goals</b>
22 <sup>nd</sup> January 2018	<b>VISION: Mental contrasting</b>
29 <sup>th</sup> January 2018	<b>VISION: Mental contrasting</b>
5 <sup>th</sup> February 2018	<b>VISION: Fake it</b>
Half Term Break – 12 <sup>th</sup> February 2018	<b>EFFORT: The 3 Rs of habit</b>

**Half term 2:**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.
19 <sup>th</sup> February 2018	<b>EFFORT: The 3 Rs of habit</b>
26 <sup>th</sup> February 2018	<b>EFFORT: Recognising your blockers</b>
5 <sup>th</sup> March 2018	<b>EFFORT: Recognising your blockers</b>
12 <sup>th</sup> March 2018	<b>EFFORT: Frigs and banisters</b>
19 <sup>th</sup> March 2018	<b>EFFORT: Frigs and banisters</b>
26 <sup>th</sup> March	<b>EFFORT: The ten minute rule</b>
Easter holidays start: 30 <sup>th</sup> March 2018	

**Summer Term**

**Half term 1:**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.
24 <sup>th</sup> April 2017	<b>EFFORT: The ten minute rule</b>
1 <sup>st</sup> May 2017	<b>EFFORT: Inner storytelling</b>
8 <sup>th</sup> May 2017	<b>EFFORT: Inner storytelling</b>
15 <sup>th</sup> May 2017	<b>EFFORT: The power of it.... then thinking</b>
22 <sup>nd</sup> May 2017	<b>EFFORT: The power of it.... then thinking</b>
Half Term Break – 29 <sup>th</sup> May 2017	

**Half term 2:**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.
5 <sup>th</sup> June 2017	<b>SYSTEMS: The energy line</b>
12 <sup>th</sup> June 2017	<b>SYSTEMS: The energy line</b>
19 <sup>th</sup> June 2017	<b>SYSTEMS: The breakfast club</b>
26 <sup>th</sup> June 2017	<b>SYSTEMS: The breakfast club</b>
3 <sup>rd</sup> July 2017	<b>SYSTEMS: Snack don't binge</b>
10 <sup>th</sup> July 2017	<b>SYSTEMS: Snack don't binge</b>
Summer holidays start: 24 <sup>th</sup> July 2017	

**Autumn Term – Year 13**

**Half term 1:**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.
10th September 2018	<b>SYSTEMS: The 2-4-8 rule</b>
17 <sup>th</sup> September 2018	<b>SYSTEMS: The 2-4-8 rule</b>
24 <sup>th</sup> September 2018	<b>SYSTEMS: STQR</b>
1 <sup>st</sup> October 2018	<b>SYSTEMS: STQR</b>
8 <sup>th</sup> October 2018	<b>SYSTEMS: Project progress chart</b>
15 <sup>th</sup> October 2018	<b>SYSTEMS: Project progress chart</b>
Half Term Break – 22 <sup>nd</sup> October 2018	

**Half term 2:**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.
30 <sup>th</sup> October 2018	<b>SYSTEMS: The Eisenhower matrix</b>
5 <sup>th</sup> November 2018	<b>SYSTEMS: The Eisenhower matrix</b>
12 <sup>th</sup> November 2018	<b>SYSTEMS: The lead domino</b>
19 <sup>th</sup> November 2018	<b>SYSTEMS: The lead domino</b>
26 <sup>th</sup> November 2018	<b>PRACTICE: Revision questionnaire</b>
3 <sup>rd</sup> December 2018	<b>PRACTICE: Revision questionnaire</b>
10 <sup>th</sup> December 2018	<b>PRACTICE: Know the skills</b>
Xmas holidays start: 20 <sup>th</sup> December 2018	

**Spring Term – year 13**

**Half term 1:**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.
7 <sup>th</sup> January 2019	<b>PRACTICE: Know the skills</b>
14 <sup>th</sup> January 2019	<b>PRACTICE: Graphic organiser</b>
21 <sup>st</sup> January 2019	<b>PRACTICE: Graphic organiser</b>
28 <sup>th</sup> January 2019	<b>PRACTICE: The Letiner box</b>
4 <sup>th</sup> February 2019	<b>PRACTICE: The slow one fast</b>
Half Term Break – 11 <sup>th</sup> February 2019	

**Half term 2:**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.

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18 <sup>th</sup> February 2019	<b>PRACTICE: Right wrong right</b>
25 <sup>th</sup> February 2019	<b>PRACTICE: Learning from mistakes</b>
4 <sup>th</sup> March 2019	<b>PRACTICE: Mechanical vs flexible</b>
11 <sup>th</sup> March 2019	<b>ATTITUDE: Force field analysis</b>
18 <sup>th</sup> March 2019	<b>ATTITUDE: Stopping negative thoughts</b>
25 <sup>th</sup> March 2019	<b>ATTITUDE: Kill your critic</b>
1 <sup>st</sup> April 2019	<b>ATTITUDE: There and back</b>
Easter holidays start: 8 <sup>th</sup> April 2019	

**Summer Term – year 13**

**Half term 1:**

<b>Week commencing</b>	<b>VESPA activity</b>
	2 registrations needed in order to complete the activity with feedback and discussion.
23 <sup>rd</sup> April 2019	<b>ATTITUDE: Failing forwards</b>
29 <sup>th</sup> April 2019	<b>ATTITUDE: The change curve</b>
6 <sup>th</sup> May 2019	<b>ATTITUDE: The vampire test</b>
13 <sup>th</sup> May 2019	<b>ATTITUDE: Stand tall</b>
20 <sup>th</sup> May 2019	<b>Summary of VESPA</b>
Half Term Break – 27 <sup>th</sup> May 2019 – Year 13 go on study leave	

<b>DEBATE TITLES – THURSDAY MORNING</b>
<b>“The Internet should never have been invented”</b>
<b>“All students should take a Language GCSE at school”</b>
<b>“Animals should have rights”</b>
<b>“ The Death Penalty should never be bought back into UK society”</b>
<b>“ The age at which young adults are allowed to receive a driving license should be raised to 21 years old”</b>
<b>“The British Monarchy (Queen or King) should be abolished”</b>
<b>“The UK government should ban any form of gambling”</b>
<b>“Reality TV shows do more harm than good”</b>
<b>“ A packet of cigarettes should be increased to £10 for a packet of 20”</b>
<b>“Most museums in London have free entrance. This should change and people should pay an entrance fee”</b>
<b>“The sport of Boxing should be banned”</b>
<b>“The UK Premier football league should introduce restrictions on overseas players”</b>
<b>“ The use of animal testing in the research and creation of new drugs, should be banned”</b>
<b>“Gay marriage should not be allowed in the UK”</b>
<b>“People in the UK should not concern themselves with the destruction of the Amazon Rainforest in South America”</b>
<b>“Terrorism can be justified”</b>
<b>“Religion does more harm than good”</b>
<b>“The UK legal drinking age should be lowered to 14”</b>
<b>“Assisted suicide should be legalised”</b>
<b>“Junk food should be banned from schools”</b>
<b>“Prostitution should be legalised”</b>
<b>“Everyone over the age of 25 should be made to sponsor a child in another country”</b>
<b>“Cannabis should be legalised in the UK”</b>
<b>“Abortion should be banned in the UK”</b>
<b>“There needs to be a CAP (limit) on the number of immigrants the UK accepts”</b>
<b>“Sex changes should be allowed on the NHS”</b>
<b>“The UK Pornography industry should be irradiated”</b>
<b>“The use of facebook should only be allowed once you are 18 years old”</b>
<b>“Mobile phones should be banned at Samuel Whitbread Academy”</b>
<b>“The catholic church should allow Catholic priests and nuns to have sex”</b>
<b>“If someone is found guilty of rape, the law should state that that person is castrated”</b>
<b>“The ban of smoking in public places should be overturned”</b>
<b>“The motorway speed limit of 70MPH should be scrapped and replaced with no speed limit as some Germany motorways have done”</b>
<b>“Music with offensive language should be banned”</b>
<b>Would you like to live forever?????</b>
<b>“National Service should be reintroduced during two summer term breaks for every person aged over 16”</b>

## Sixth Form Ethos: Believe – Achieve – Succeed - Exceed

### Growth Mindset TED Talks – Friday Mornings

1. Change your mindset, change the game | Dr. Alia Crum | TEDxTraverseCity:  
<https://youtu.be/0tqq66zwa7g>
2. The Power of belief -- mindset and success | Eduardo Briceno | TEDxManhattanBeach:  
<https://youtu.be/pN34FNbOKXc>
3. You're Already Awesome. Just Get Out of Your Own Way!: Judson Brewer MD, Ph.D. at TEDxRockCreekPark:  
<https://youtu.be/jE1j5Om7g0U>
4. Getting stuck in the negatives (and how to get unstuck) | Alison Ledgerwood | TEDxUCDavis:  
<https://youtu.be/7XFLTDQ4JMK>
5. Removing Negative Self Talk | Abria Joseph | TEDxYouth@NIST:  
<https://youtu.be/teVE3VGrBhM>
6. You Are What You Think | Milton Gonzalez | TEDxMcAllen:  
<https://youtu.be/OeVdWJRk6Mw>
7. Who decides what you think? Not you... | Staffan Ehde | TEDxYouth@Helsingborg:  
<https://youtu.be/M8JdkfZdhe8>
8. What separates successful people from unsuccessful? | Claudiu Moldovan | TEDxYouth@Helsingborg:  
<https://youtu.be/ppbwElbRuiM>
9. How Ordinary People Become Extraordinary | Dr. Sukhi Muker | TEDxWestVancouverED:  
<https://youtu.be/j538T80V2PM>
10. Mind Control: How to win the war in your head | Owen Fitzpatrick | TEDxTallaght:  
  
[https://youtu.be/rBwQZv3\\_OXE](https://youtu.be/rBwQZv3_OXE)
11. The secret to self control | Jonathan Bricker | TEDxRainier:  
<https://youtu.be/tTb3d5cjSFI>
12. Own Your Behaviours, Master Your Communication, Determine Your Success | Louise Evans | TEDxGenova:  
<https://youtu.be/4BZuWrdC-9Q=>
13. Programming your mind for success | Carrie Green | TEDxManchester:  
<https://youtu.be/MmfikLimeQ8>
14. After watching this, your brain will not be the same | Lara Boyd | TEDxVancouver:  
<https://youtu.be/LNHBMFCzznE>
15. How to stop screwing yourself over | Mel Robbins | TEDxSF:  
<https://youtu.be/Lp7E973zozc>

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16. The skill of self confidence | Dr. Ivan Joseph | TEDxRyersonU:

<https://youtu.be/w-HYZv6HzAs>

17. If you want to achieve your goals, don't focus on them: Reggie Rivers at TEDxCrestmoorParkED:

[https://youtu.be/V2PP3p4\\_4R8](https://youtu.be/V2PP3p4_4R8)