

SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life

MEET THE TEAM EMMA MASTERS-OCA



Hi, I'm Emma, the Head Student. If there is anything you need, I'm here for you!

Favourite aspect of RHS Sixth Form: The high levels of academic and mental wellbeing support staff give you. It definitely helps you prepare for life after A-levels.

ALEX HONEIN-GONZALEZ



Hello, I'm Alex and I'm the Deputy Head Student.

Favourite aspect of RHS Sixth Form: We can choose to study in a way that best suits us; we have a silent study room for independent, focused study or the more relaxed environment of the common room, where you can work with the support of a classmate or on a group project.

Make sure you read the next edition to meet some more of the Student Leadership Team!

Lockdown Living Tips

"I've been trying to improve my baking skills which has surprisingly been successful so far!" - *Alicja, Head of Joining Students*

"I recommend learning a new skill like a language, art or even programming; whatever you can do to make your time as productive as possible and to change the pace and refresh yourself." - *Hajra, Head of Communications.*

Stay connected with your friends and family, look after your wellbeing and take this time to try something new - I've started yoga to focus on my physical and mental wellbeing! - *Lily, Head of Year 10*

"Continuing to exercise frequently has been a huge help, whether that's following videos online, adjusting stuff I would usually do at the gym or even walking through the woods for five hours (and getting lost!)" - *Natasha, Head of Year 11*



Spotlight on Sixth Form life: What is the PPG programme?

PPG stands for Personal and Professional Growth. We receive PPG mentoring and Head of Year post-18 one-to-one meetings which provide us with invaluable advice which guides us towards our future and ensures we have a clear plan for what we will be doing when we leave Ruislip High.

PPG mentoring with a specific staff mentor from the sixth form team allows us to discuss our future ambitions and explore our options through different university courses and apprenticeships. We are given advice on writing a successful application for competitive courses through super-curricular opportunities suggesting a deep interest and passion in our chosen course. This includes work experience, competitions, lectures and extra-reading in order to stand out ahead of other candidates.

In our Head of Year one-to-ones, we focus heavily on a unique selling point. This aspect of an application makes us unique and strongly boosts an application. We also receive regular emails and updates ensuring we stay up to date with opportunities and events so that we have the best chance of attending the university or apprenticeship of our choice. The PPG mentoring is essential in making sure we are constantly making progress towards our future ambitions and nobody is left behind.

From personal experience, I found PPG mentoring important in helping me to narrow my options and make a decision about a future course and university. Using the UCAS website, my mentor helped me understand my future steps and what must be done to achieve the best possible grades as well as super-curricular options." - *Alex, Deputy Head Student*