

SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life

SCHOOL-LIFE BALANCE

Striking the right balance between your study time and personal time is essential all year round to ensure you are performing at your best whilst also maintaining good physical and mental wellbeing. It is a great skill to develop now as it's something you will need throughout life!



At the moment your revision and assessment preparation is at the top of your list of things to do, however it is also important to take some time to have a break and relax. If you work all the time, you'll become tired and unproductive. Your brain needs time to relax and assimilate what you've been learning. Everyone has different ways of relaxing: it might be watching a film, doing some exercise or socialising with friends, but the main aim is to feel refreshed when you return to your studies.



TOP TIPS

- Plan out and structure your study time so you know what you are doing each day and can make time for breaks.
- Make sure you are eating regular meals, drinking plenty of water and maintaining a good sleeping pattern.
- Talk to your friends and plan some time to spend together away from your textbooks, this might be a game of football or a picnic in the park.

Black Lives Matter

The Sixth Form tutorial programme is focusing on the Black Lives Matter Movement and how as a society we cannot just be non-racist, we need to actively be anti-racist. Thus far, the tutorials have begun to explore how racist ideologies and social constructs emerge, what discrimination means and the events of 2020 that led to the largest global protests in support of BLM to date.

The Black Lives Matter Movement began in 2013 as a hashtag on social media after George Zimmerman was acquitted of the shooting of Trayvon Martin, who was walking home, in Florida. In 2020, the movement received global attention following a number of deaths of African Americans, including Breonna Taylor, Ahmaud Arbery and George Floyd as well as the disproportionate effects of Covid-19 on people from BAME backgrounds. Whilst the BLM Movement began in the USA, racism is a global issue and needs to be addressed around the world.

Watch [this video](#) to find out why the movement is so important:



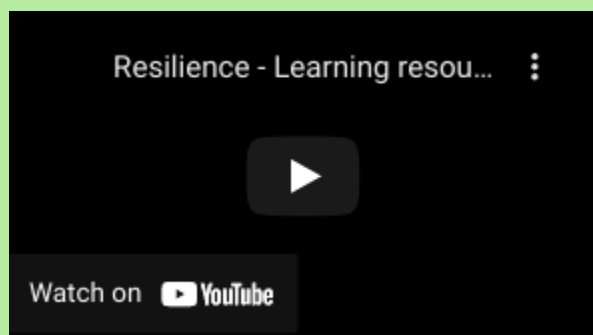
Black Lives Matter Resources:

FutureLearn has an excellent selection of resources to educate yourself about the movement and help you get involved:

<https://www.futurelearn.com/info/blog/black-lives-matter-resources>

Coping with change

Returning to a sense of normality as restrictions are being lifted is great but sometimes, periods of change and transition can be tough. Feeling anxious because of change is a perfectly normal response. However there are things that we can do to try to build our resilience: click on the link to watch a short animated video by Samaritans for some ideas or search 'DEAL Samaritans' on YouTube. The Sixth Form team is always here if you need support.



Make sure you read the next edition to find out more about Sixth Form life!