

# SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life



## Welcome Back and Happy New Year!

We hope you had a lovely break and are ready for the term ahead. With Y13 PPEs and Y12 assessments around the corner, this edition of the Sixth Form Focus will help you prepare for the coming weeks and keeping motivation up during the cold wintery days.

## Meet the Student Leadership Team



### Tania B

Hi, my name is Tania and I am the Head of Year 8. The thing that I love the most about the Ruislip High Sixth Form is being part of a warm and supportive community with all the students and hard working sixth form staff.



### Jessie B

My name is Jessie and I am the Deputy Head of Year 8. My favourite thing about RHS Sixth Form is the freedom to organise my work schedule and free time more flexibly.

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

## Fuelling Your Exams!

A good breakfast is important any day of the week, especially on an exam day! Whilst you might be running through all the things you need to remember for your exam, don't forget to start the day off well with a nutritious breakfast. If you are a bit fed up of the same cereal every day, why not give one of these a go? Both recipes can be adapted to your favourite flavours! And if you want a weekend treat try the pancakes!

### 2 Minute Smoothie



### Overnight Oats



### Fluffy American Pancakes



# Sixth Formers hear from gender identity research society

The Sixth Form guest speaker programme continued on Thursday 9th December with a talk from GIRES, the Gender Identity Research and Education Society.

Shaan Knan (pictured right), a trustee for the society, spoke to over 100 students in Year 12 via Zoom.

Chiyana in Year 12 said, "It was very informative and useful to understand different people's experiences of life, and human expressions. I learnt more about what is and isn't appropriate to say to people."

Harleen, also Year 12 said, "I learnt so much about gender identity. I learnt that there are hundreds of genders and there is a difference between birth assigned gender and chosen gender. I also learnt the meaning of 'cisgender'. You can also choose your pronouns, such as he/him/Mr, she/her/Mrs/Ms/Mx, they/them, whereas some people prefer for you to just use their name. Also, your pronouns don't necessarily state your gender."

This term, Year 12 will have talks from Humanists UK and Animal Aid to name a few.



## Staying Motivated in January

January can feel like it goes on and on, the days are shorter, it's cold and the festivities have ended. With PPEs around the corner, how can you maintain your motivation?

1. Make the most of the daylight. Waking up for school in the dark can be a struggle! But try to be as productive as possible during the day, you can then enjoy your evenings and relax.
2. Remember why you are doing your A-Levels and what you are working towards.
3. Plan something fun to do after your PPEs. It might be going out for a meal with your friends or a fun weekend activity, have something to look forward to.
4. Talk to your friends, you are all in a similar position, you can swap motivation ideas and remember you are not alone.

**Don't forget, we're past the shortest day of the year, the days will get longer and warmer. Before you know it, it'll be the summer!**

## Time to Get Moving

It can feel like everyone has started going to the gym and exercising as we start a new year and whilst it might be the place to avoid in January, research shows that physical activity is a great way to support your mental health as well as physical health.



If you aren't sure where to begin, start small. You could go for a walk or try a short workout video at home, there are hundreds on Youtube!

Why not try this Joe Wicks fifteen minute ultimate beginners workout. Scan the QR code for the video.

