

# SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life

## MEET THE TEAM

### MARK PAYNE

Hello, my name is Mark and I am part of the Student Leadership team as the Head of Volunteering.

Favourite aspect of RHS Sixth Form: My favourite thing about RHS Sixth Form is how we are treated as more independent learners, but can still get support from teachers easily if we need it.

## RACHEL STRUTT

Hello everyone, my name is Rachel and I am the joint Head of Communications along with Hajra.

Favourite aspect of RHS Sixth Form: My favourite part about RHS Sixth Form is the independence that not only prepares you for further studies and employment, but also gives you the freedom that makes studying enjoyable and rewarding.

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

## Lockdown Living Tips

Keep that work-life balance strong like our Head Student Emma, by taking time to keep active! She has designed a quick and easy full-body workout that can be accessed by clicking [here](#):

### Emma's 20 Minute Full Body Workout

No equipment needed but can add extra weight or resistance bands for an extra challenge!  
5 exercises | 4 rounds (or as many as possible)

**BEGINNERS:**  
30 seconds on | 30 seconds off

**INTERMEDIATE:**  
40 seconds on | 20 seconds off

**MOVE #1:** Jump squats (modification: regular squats)



**MOVE #2:** Press up into 4 mountain climbers



**MOVE #3:** Alternating jump lunges (modification: alternating reverse lunges)



**MOVE #4:** Tricep dips on a chair/bench/the side of your bed



**MOVE #5:** Side to side plank (modification: regular plank)



We also really like the quick and easy [YouTube videos](#) by The Body Coach (Joe Wicks) who's been encouraging the UK to get healthy while in lockdown.

**JOE WICKS**  
THE BODY COACH  
WORKOUT



## Spotlight on Sixth Form life:

### Mental Health Awareness and the value of kindness

During the past few months, we have been isolated from our friends and family which, coupled with anxiety surrounding coronavirus, means it is so important that we focus on our well-being and mental health. During the week of 18th - 24th May, the Mental Health Foundation launched its annual Mental Health awareness week and chose the theme of kindness at its core. The week focused on the power and potential of kindness as a way to protect our mental health. Kindness does not cost anything and research consistently shows that kindness is beneficial for both the person giving and receiving acts of kindness.

This pandemic has made us all face a number of challenges, but seeing the positives is so important. As we see acts of human kindness around the world, we are reminded of the importance of human relationships and can learn to appreciate the things we often took for granted when life was 'normal'. Carrying out random acts of kindness go a long way and even just picking up shopping for a family or friend, calling a friend to see how they are or smiling at someone as we pass by in the supermarket (while socially distancing of course!) can make a difference to somebody's day.

However, kindness helps us too. David Hamilton, author of 'Five Side Effects of Kindness' gives scientific evidence that kindness makes us happier and can be contagious. When we carry out an act of kindness, oxytocin and serotonin is released in our brain which helps to reduce stress, depression and anxiety. Kindness is not just directed at others; it is important that we are kind to ourselves! This means learning to stop judging ourselves so harshly for not being perfect and stop comparing ourselves to others. It means accepting when we make mistakes and learning to be compassionate to others so we can put things right if we need to. - Lily, Head of Year 10

One to one meetings with your form tutor happen every half term, there are regular assemblies on the topic, and specific mental health lessons are delivered through our compulsory PSHE programme. There is also an annual safeguarding week which focuses on mental health support amongst other issues.



## MENTAL HEALTH SUPPORT AT RHS SIXTH FORM

At our sixth form, there's plenty of mental health support. Above all, we have a team of experienced and specially trained staff, including form tutors, Head of Year and Mental Health First Aiders, who can offer you personalised one to one support.

We offer the Transform mentoring programme to specific students in need.

We work closely with outside agencies such as CAHMS, the NHS and YoungMinds, as well as local services, to provide an extra level of care. Mental health support is a vital part of our tutorial system as you can see to the right.