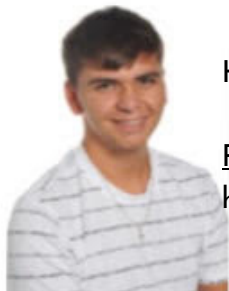


SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life

MEET THE TEAM

ALFIE EGAN



Hello everyone, my name is Alfie and I am the Head of Year 8.

Favourite aspect of RHS Sixth Form: My favourite thing about RHS Sixth Form is how friendly and encouraging all the teachers are.

COURTNEY WAREHAM



Hello! Happy new year to you all. My name is Courtney and I am the Head of Year 10.

Favourite aspect of RHS Sixth Form: One of my many favourite things is the way any teacher is willing to help you, and they all put so much effort into all of us students all the time.

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

New Year's Resolutions

'What resolutions have Sixth Form staff set for themselves this year?

To keep a journal including a memory or photograph of something that made me feel grateful each day. -Ms Horton, Head of Sixth Form

My resolution is to try to only have one coffee a day. -Mr Karimi, Head of Year 12

To go on at least one run each week, and make sure I am in bed before midnight every weeknight! -Mr Peacock, Head of Year 13

To never say no to a social event when the world goes back to normal! - Mr Amos, Assistant Head of Year 12

To exercise for at least 30 minutes a day - and less binging on Netflix. -Ms Poddar, Sixth Form Associate

Healthy start!



Did you eat too much chocolate over the holidays? Why not get the new term started in a positive way by picking a healthy breakfast maximises you brain power and will keep you full all morning. Check out these Jamie Oliver porridge recipes for yummy inspiration!

Spotlight on Sixth Form life:

EPO



As part of the diverse range of academic opportunities that RHS Sixth Form offers, students are able to take the EPO (Extended Project Qualification) which is a standalone qualification taken alongside your other subjects. Unlike other local sixth forms, we offer this opportunity for free, to all students (some colleges charge up to £100 to enter!) You may be asking: what does the EPO really involve or how do you know if it is the right choice for you? So, we put together a handy guide:

- A 5000 word independent piece of writing or a creative 'artefact' that you have made.
- The EPO is worth up to 26 UCAS points.
- It is highly regarded by both universities and employers.
- You choose the topic and project title essentially giving you the opportunity to turn your hobby into UCAS points!
- You can develop research and writing skills that will help your other subjects and is good practice for university.
- Receive invaluable help with the process from your project adviser.
- Adds interest to your personal statement.

You will receive teaching and guidance to get you started, to help with planning, researching and presentation skills, and to keep you on track as you work through your chosen project. When you have completed the project, you will present your work to a panel who want to hear about your research process and findings.

Want to find out more? Use the QR code to take a look at the free MOOC from FutureLearn.

