

SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life

TARGET SETTING: MAKING IT WORK FOR YOU

Specific

S
G

What do you want to do?

Measurable

M
O

How will you know when you've reached it?

Achievable

A
A

Is it in your power to accomplish it?

Realistic

R
L

Can you realistically achieve it?

Timely

T
S

When exactly do you want to accomplish it?

Setting good quality targets can help you manage feelings of being overwhelmed during remote learning. The SMART technique provides the clarity, focus and motivation you need to achieve your goals. The clearer the goal, the easier it is to know if you have succeeded. So, rather than, 'Do some biology revision,' you could say 'Complete two 10 mark exam questions from unit on cells by Wednesday this week.'

S- complete two 10 mark questions from a specific unit.

M- achieved goal when two questions answered.

A- not too much to achieve/deadline not too close.

R-made time in WorkSmart schedule for biology revision.

T- goal will be completed by Wednesday this week.

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

Remote learning resources

Tip of the day

Pen, paper, plan
Routine
Exercise
Prioritise 3 tasks
Avoid constant alerts
Reach out to others
Eat well and hydrate

Check out @themindmedic on Instagram for lots of useful infographics with simple tips that you can use to make looking after your wellbeing while remote learning easier. Why not set one as wallpaper on your computer for a useful reminder!

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 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 also a vital part of our tutorial system.

If you need support, please reach out to your form tutor or Head of Year.

There is always someone listening.

YOUNGMINDS

Spotlight on Sixth Form life: Work-life balance

Spending the school day in front of the screen can be more draining than a normal day of school. Research has shown that virtual learning working can be exhausting and called Zoom Fatigue. It is important to take some time away from the screen, especially before you go to bed. Whilst it's easy to take a break by scrolling through your phone or watching Netflix, you're still looking at a screen! If you're stuck for ideas of what to do instead, keep reading...

Read a book or magazine purely for enjoyment - if you're stuck on what to read, ask friends and family if they have any recommendations.

Crafts - whether it's colouring or something else, there are lots of free templates and patterns online you can use and you might pick up a new skill along the way

Baking - everyone was making banana bread in April, but there are so many other recipes to try, why not try out a new sweet treat?

Jane's Patisserie has lots recipes to choose from and they're easy to follow! <https://www.janespatisserie.com/>



Tidy or organise your room - whilst it might not sound like the most exciting activity, a tidy living or work space is proven to increase calmness and productivity.

Play a board game or do a puzzle - get your family together to all take some time away from screens, but perhaps not Monopoly...

Keep a diary or journal - whether you are writing down your thoughts or just doodling, it can help reduce stress and organise your thoughts.

Go for a walk - it is really important to make sure you are taking time away from your desk and bedroom to get some fresh air.