

Life in the Sixth Form & Student Wellbeing



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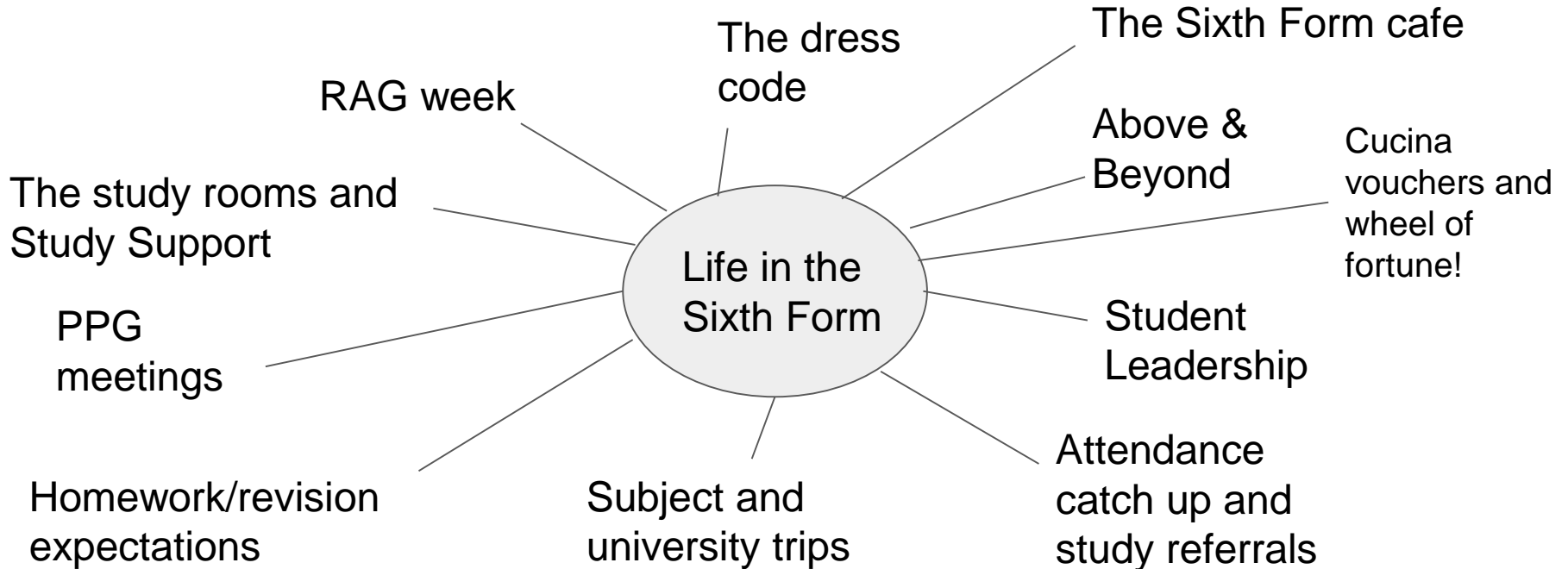
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Some key aspects of life in the Sixth Form

Talk to your partner about what you know about each one. We will then discuss each aspect in turn.



Wellbeing support in the Sixth Form

We take your wellbeing very seriously in the Sixth Form. Here's just a few ways how:

1. Regular tutorials and assemblies on mental health and wellbeing.
2. Form tutor, learning mentors and Heads of Year who are here for you to talk to about your wellbeing.
3. De-stress tutorials and after school activities to help you relax.

Remember: We are always here to listen to you and do our best to support you.

Wellbeing support - SF team

Form Tutor

The form tutor has a crucial role with the school and as a first contact for students. Your form tutor will see you everyday, checking in on your wellbeing, workload and life in general. Form tutors will also monitor your attendance and liaise with your subject teachers and the Sixth Form Team if necessary.

Assistant Head of Year - Ms Vaghela

Your assistant head of Year will pastoral assistants support students in a variety of ways. They monitor student attendance to identify any potential issues, they work with students who may need additional support; either academically or in terms of their wellbeing.

Wellbeing support - SF team

Head of Year - Ms Vora

Your Head of Year is a key figure in your time at RHS. Your Head of Year will monitor your overall academic progress, your attendance, and your wellbeing. They will offer support in a number of different ways should you need it as well as staying in contact with your parents / carers as appropriate. As well as your form tutor, they will get to know you and give you opportunities to develop and reach your full potential.

Wellbeing support

Learning Mentors

Ms Carley and myself who will support and guide you to develop good study habits. Our role is key to you becoming an effective learner; a student who makes the most of their supported and independent study sessions. We also mentor students who may need extra support around their wellbeing.

Subject Teachers

For academic issues, your class teacher will usually be the best person to speak to. Targeted intervention sessions will be arranged for students who need it.

Wellbeing support - **External Agencies**

We work with a variety of external agencies who provide intervention for students on a range of mental health issues. This includes guest speakers in assembly, school counsellors and mental health nurses.

Scenarios: What have you learned in this session?

Discuss in pairs and write down your answers. What would you do in the Sixth Form if...

1. You have a StudySupport session but have finished all of your homework?
2. You are feeling down and struggling with your motivation and wellbeing?
3. You would like to get involved with mentoring younger students and helping more around school?
4. You need some advice about your post-18 options?
5. Your alarm goes off in the morning but you feel exhausted, and don't really enjoy the lesson you have period 1 that day?

To conclude

1. Write down what you are looking forward to most about Sixth Form life.
2. Write down what you are most worried about Sixth Form life.
3. Then write down any questions you have.

Any questions?