



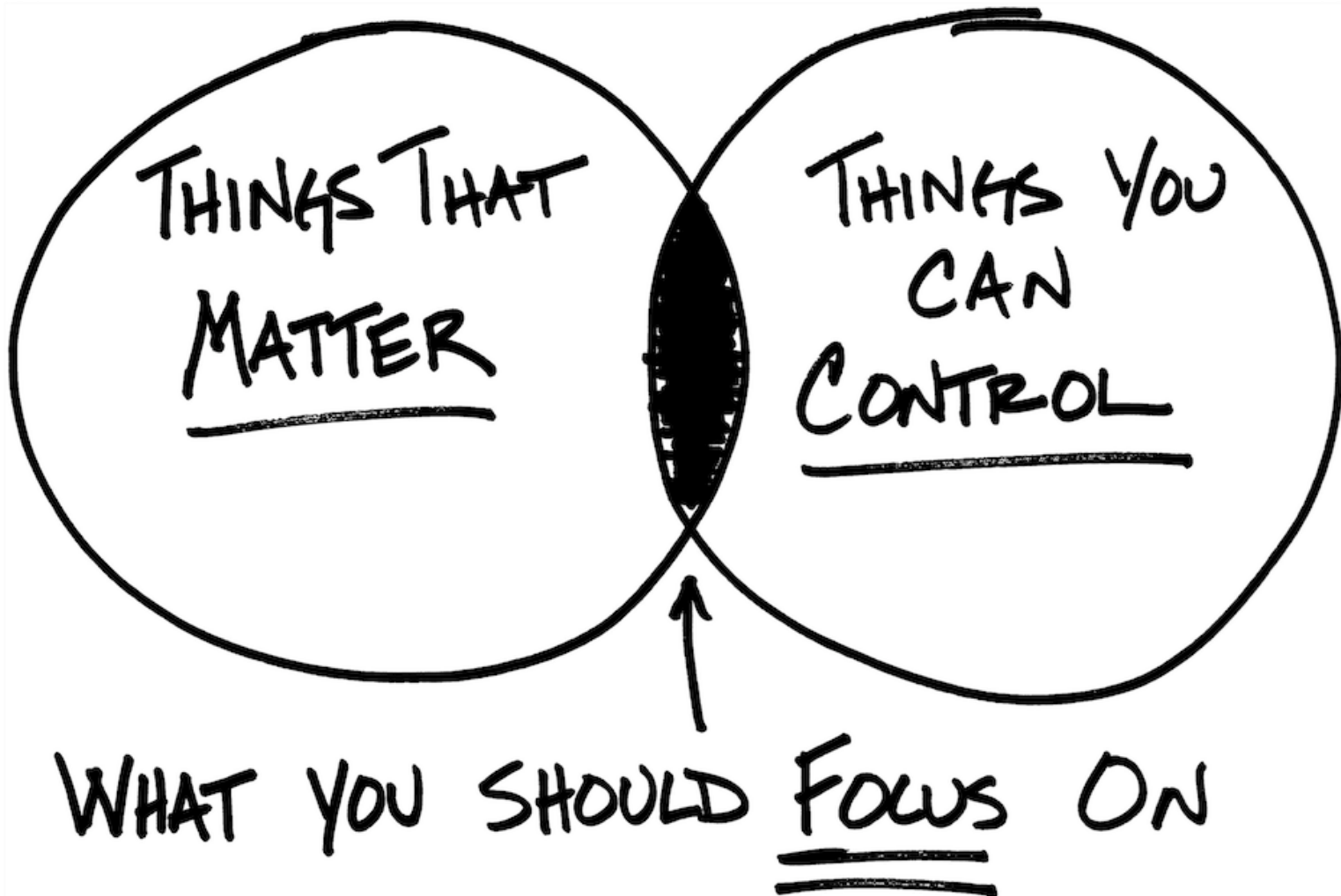
Welcome to Arden Sixth Form

# Academic Achievement with Excellent Personal Development

Health & Resilience



# Looking After your Mental Health



# The Change Curve



**Rejection:** I don't believe what you're telling me about A level study. It doesn't seem different to GCSE. I'll carry on doing what I did at GCSE.

**Denial / Minimisation:** I'll be fine. It's all ok. Stop hassling me.

**Anger:** I hate A level. The teachers are rubbish. I wish I'd never started or come this place.

**Blaming Self:** It turns out I'm not clever enough to do this...

# The Change Curve



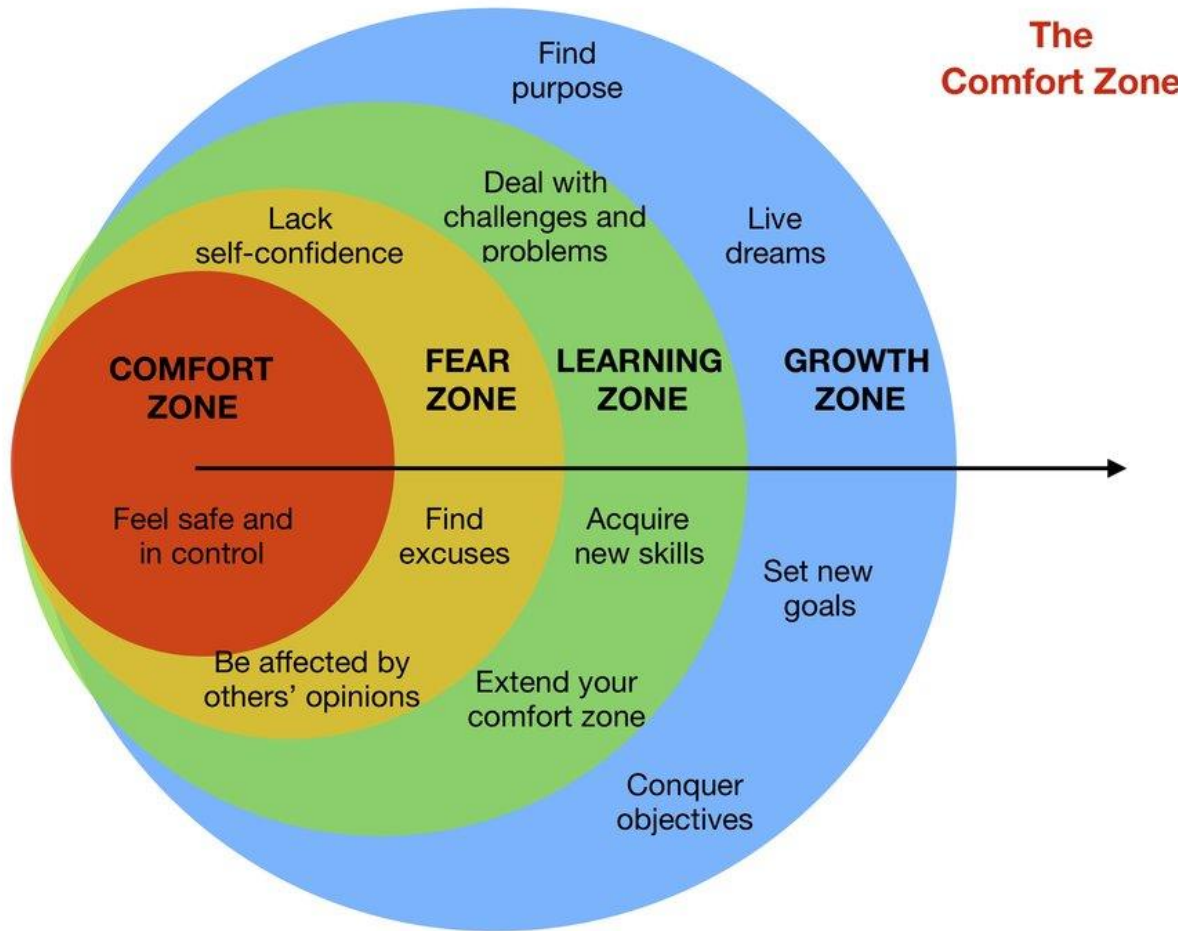
**Anxiety:** Everyone else is better than me. I'm not sleeping well. I don't understand the work. I'm not enjoying this. I think I'm going to fail.

**Emotional Fog:** Withdraw all effort. Give up.

**Acceptance** ' Letting Go: Things are different this year. It's hard but I'll get to grips with it if I follow the advice and guidance of people who know what they're doing.

**Experiment / Consolidate / Get On With It:** I'm getting better at this. My grade might not be great yet but they're improving.

# Leaving your Comfort Zone



# The Key Messages for our Students



If you are struggling the first step is to acknowledge this fact and speak someone:

- Guardians
- Form tutors
- Subject teachers
- Any member of the Sixth Form Team

# What are A-Levels at Arden?

- FULL TIME - including Tutorial Workshop / CPD
- HARD WORK
- 2 YEAR COURSE
- LINEAR - ENDING IN EXAMS WHICH COUNT FOR BETWEEN 50% AND 100% OF THE GRADE
- GRADED AT THE END OF THE COURSE BETWEEN A\* AND E
- USED TO GAIN ENTRY TO UNIVERSITY / APPRENTICESHIPS





# Academic Achievement with Excellent Personal Development

## Code of Conduct

- I will attend school all day, every day, from 8.40am until 3.30pm.
- I will display an excellent attitude to learning.
- I will be active in my learning both in lessons and between lessons.
- I will act as a role model to all the younger students in the school.
- I will attend ALL lessons, assemblies and morning tutor period, plus any additional enrichment sessions, unless I am ill, when the school will be notified of my illness.
- The school must be notified of any absence before 9am by calling 01564 773348 (Opt 2, then Opt 1) or via Edulink.
- I will maintain a high level of punctuality.
- I will scan in as soon as I arrive on the school site and scan out if I leave before 3.30pm.
- I will arrive on time for all sessions with the necessary equipment and resources for each class.
- If I am late or miss a session, with no valid reason, I will make up this time after school on a pre-arranged day that is set by the school.
- If my attendance or punctuality is an issue, I will be placed on a monitoring system and improve it.
- I will wear the appropriate dress code (details below) and visibly wear the identity badge (lanyard) at all times when on Arden premises (even during study time). I will pay for a replacement if I lose it (total cost is £3).
- If my dress code is incorrect, I accept I will be sent home to change into the correct dress code.
- I will listen to and respect the opinions of others.
- I will not use any language and behaviour that may cause offence.
- I will submit all work set by deadline and seek permission in advance if this is not possible.
- I will only use a mobile phone in the Sixth Form block during break and lunch times. I will not use my phone anywhere else in school.
- I accept that Social Media is to be used in a mature and responsible manner, and will not do anything that brings the school into disrepute. If my use of Social Media brings the school into disrepute or is discriminatory, I may lose my place at Sixth Form.
- I will not bring or consume any alcohol, drugs or cigarettes/e-cigarettes onto school site, nor will I smoke/vape within the vicinity of the school.
- I will check my personal email, Edulink and Google Classroom on a daily basis for messages from school, home learning and resources. I will notify the school if the address changes.
- I will not park within 1 mile of the school premises and will not drive onto the school site at any time.

I understand that if any of the above is not adhered to, I will attend a meeting with my Head of Year/Head of Sixth Form and my parents/guardians will be informed.



# Academic Achievement with Excellent Personal Development

## Dress Code

We strongly believe that a smart appearance creates the best atmosphere for learning and, as a result, achievement reaches its full potential.

The expectations are:

### Male Students

- A smart suit
- A formal shirt
- Arden Sixth Form tie (available at Early Years or Palmers)
- Smart shoes

### Female Students

- A smart suit or a smart tailored jacket with trousers/skirt or smart dress, suitable for a school environment.
- A formal shirt or blouse
- Smart shoes

### General

In the cold weather, students may wear a plain dark cardigan or V-neck jumper under their jacket. Hooded tops are not permitted. A jumper is not a replacement for a jacket.

Skirts, dresses or trousers that are judged too short or tight are not permitted.

No denim, lycra or stretch material is permitted.

A shirt or blouse that is judged as low cut, cropped, transparent or revealing is not permitted.

Unnatural colour hair dye is not permitted.

Piercings are only permitted in the ears.

Students should adhere to this dress code to avoid unnecessary conversations about their appearance so that a focus can remain on their learning.

Students who do not adhere to this dress code will be sent home to change.

**Please note that our Code of Conduct and Dress Code is subject to approval by the Governing Body.**



# Rhythm of the Year

- 7th October: parents consultations with tutors
- w/c 17th October: PR1 - the ISA
- w/c 5th December: PR2 - using a rolling average to determine the working at grade
- w/c 13th February: PR3 - rolling average / working at grade
- w/c 27th February: work experience
- w/c 19th June - 28th June - Year 12 exams which are used to inform UCAS predictions
- w/c 3rd July - PR4, mock results, predicted grades



# VAR - your Virtual Academic Record

- Track all feedback and actions
- RAG all skills and content
- Plan study time



# ASSESSMENT

- Initial Skills Assessment
  - 1 - outstanding; 2 - good; 3 support needed.
- We use percentages or raw marks on individual responses or tests
- We use rolling averages to create a **working at grade** so that students and parents know how well the course is going.
- The key is to use assessment to enable improvement.



# FUTURES

- Conference
- Mock Interviews (external interviewers)
- Expert guidance on the process of applying to university or apprenticeship
- 1-1 support with personal statements
- Work Experience (w/c 27th February)





v

E

S



a



# Introducing VESPA



**Vision** – You know what you want to achieve

**Effort** – You put in many hours of proactive independent study

**Systems** – You organise your learning resources and your time

**Practice** – You practise and develop your skills

**Attitude** – You respond constructively to setbacks