

SIXTH FORM BULLETIN, February 2021 #2

Dear Sixth Form students, parents and carers

I trust you enjoyed this week's assemblies with our guest speakers Alex Staniforth (Year 13) and Andy Grant (Year 12) which touched on the importance of goals, resilience, humility and being adaptable in a changing environment like the one we find ourselves stuck in at the moment. We hope you are all managing to stay fit and healthy and engaging in some daily exercise, either alone or with people you live with. It is amazing just what a positive impact just a little bit of exercise and fresh air can have on your mental health and wellbeing. It has been transformative for both of our speakers and I hope many of you enjoyed some time in the fresh air on Tuesday as was recommended through our Nurture Day suggested activities. Perhaps inspired by Jamie and Conor's amazing efforts this week and after bouncing back from Covid last month I have entered the Chester marathon for later this year. I'm making my goal to run a personal best in this race public so you can all hold me to account if I'm not training hard enough in the months to come. Success won't happen by chance though and I'll need to make sure I'm in the best shape possibly for that to happen, both physically and mentally, much like you and your successes this summer. As you already know through our assembly programme success also takes hard work, sacrifice, resilience and motivation along the way too so I will have to demonstrate plenty of that, too.



During this prolonged period of remote learning please also consider the importance of eating as well as you can and keeping to a positive sleep routine by not burning the midnight oil too much. Remember you're probably sat at your screen for upwards of 5/6 hours per day working at the minute so aim to limit your screen time on social media / games and give yourself and your poor eyes a break in the evenings! It is also important to not spend time worrying about things that are out of your control, either. Whether it be the weather, how Man Utd will get on this weekend or what the government will announce at the end of this month – I can't control any of those things so I won't spend time feeling anxious or stressing over them. We can after all only 'control the controllables'!

Although I appreciate it can be difficult to work from home in the same manner as you do in Sixth Form it is vital that we maintain the highest of standards and expectations of ourselves. As Michael Jordan said, "The game has its ups and downs, but you can never lose focus of your individual goals and you can't let yourself be beat because of lack of effort." "You have competition every day because you **set such high standards for yourself** that you have to go out every day and live up to that." The overwhelming majority of our Year 13 students were delighted with their centre assessed grades last summer as they knew when they looked themselves in the mirror they had performed to the best of their ability day in day out and had held themselves to

the highest of expectations. So many of our students are doing that right now and have absolutely nothing to be worried about – I was delighted to send out over 50 rewards bundles this week to students in the post & a further 65 students were nominated to take part in today's wheel of fortune with 10 lucky students taking away a £15 'Just Eat' voucher to enjoy a little treat on me over the half term.

You can see the video [here](#) on our twitter feed.

Remember the core Sixth Form high performance mindset and you won't go far wrong. *Work Hard. Focus. Be Resilient. Take Risks. Get Good.*

Moff's Friday assembly; this weeks thought for the weekend is a piece of recommended reading and inspired by one of the most amazing runners of all time. It is entitled "Breaking Runnings Mythic Barrier" and made me think of Andy Grant's message shared with us all in the last few weeks. "If your goals don't scare you, they aren't big enough". Some people thought Kipchoge was mad to suggest sub 2 was possible but he aimed high, aspired and achieved, inspiring a generation of runner along the way.

<https://www.gq.com/story/inside-eliud-kipchoge-kenya-training-compound>



That's it for this weeks newsletter – I'll be in touch again after the next Government announcement with hopefully a little clarity about our return and the summer. If you do have questions about exams, UCAS, studying, next steps - anything really, email us. We are always here for you.

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Although I miss you all I am so proud with how you are all coping with the most challenging of times. We will get through this, together. We are a community, so make sure you are looking out for one another, whether that be your friends, classmates, family or neighbours and aim to share a little positivity among all the chaos. It will make you feel better, too!

With very best wishes,

Mr S Moffatt
Assistant Headteacher: Head of Sixth Form

