



# Sandringham School

'Everybody can be Somebody'

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Deputy Headteacher: **Caroline Creaby, BA, M.Ed., Ed.D., F.R.S.A.**

Deputy Headteacher: **Fergal Moane, B.Sc. (Hons), M.A.**

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1<sup>st</sup> June 2020

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Dear Parents and Students,

## Year 11 into 12 update: 1st June 2020

As you will be aware we are three weeks away from our virtual Sixth Form Induction (Tuesday 23rd and Wednesday 24th June) and we wanted to communicate further information which you may find useful at this time.

### Bridging work

We hope that the bridging work that has been suggested by Sandringham staff has been useful and students have engaged with their intended Post 16 subjects. A reminder that good study habits and a familiarity with subject knowledge will be extremely beneficial for students come September.

### Wellbeing

The wellbeing of our students is of huge importance to the Sixth Form team and we are conscious that the current situation is unsettling to many. Therefore, we have attached our 'Wellbeing Indicators' for you to refer to. These indicators recognise the accumulation of characteristics that contribute to our physical, social and emotional health with suggested strategies to help in particular areas. We use these and refer to them with students throughout the two years as we aim to support positive actions and habits to promote physical and mental health.

### 16-19 Bursary application details

The 16-19 Bursary is available for students in Years 12 and 13. Students are eligible if they have specific circumstances, see the full guidance attached. We will need evidence about income or benefits from parents or carers for a student to qualify. We will ask for Bursary applications as soon as we start the term in September, but at this stage, it would be useful to register the names of students who think that they will apply. If you think that you will apply, please complete the Google Form below. Do not complete the form at all if you are not going to apply. This is just to gain a rough idea, it does not commit you to an application, and others may apply in September. Students in receipt of a bursary can ask for provision of a laptop if they don't have one, this is vital for nearly all subjects.

<https://forms.gle/v5HNBW2bxnv3RYn3A>

We will be in touch again shortly with all details about the Induction, we are just finalising materials and logistics for presentation.

Yours sincerely

**Kate Mouncey**  
Director of Sixth Form

**Katrina Clark**  
Performance Director, Year 12

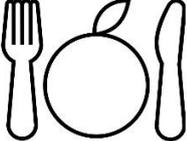


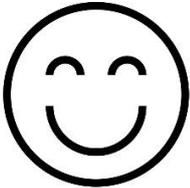
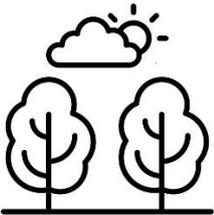
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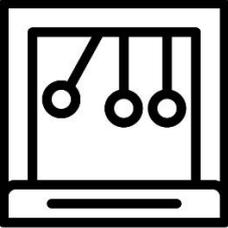


# Sandringham Sixth Form

## Indicators of mental and physical well-being

Characteristics and qualities for success	Indicators of Succeeding (What are your patterns)	Indicators of not Succeeding. (What are your patterns?)	Strategies/Solutions to Succeed
<p><b>NUTRITION:</b> You have a balanced diet and eat sensibly.</p> 	<ol style="list-style-type: none"> <li>1. You follow regular patterns of eating.</li> <li>2. Your diet is mixed.</li> <li>3. You eat plenty of natural foods.</li> <li>4. Your weight allows you to move freely.</li> </ol>	<ol style="list-style-type: none"> <li>1. You binge eat.</li> <li>2. You snack on convenience foods.</li> <li>3. You are tired.</li> <li>4. You are depressed/sad on most days.</li> </ol>	<ol style="list-style-type: none"> <li>1. Do not skip breakfast.</li> <li>2. Include plenty of high fibre carbohydrates.</li> <li>3. Eat lots of fruit and veg.</li> <li>4. Cut down on sugar, salt and saturated fat.</li> </ol>
<p><b>STRESS MANAGEMENT:</b> You can cope and respond effectively in stressful situations.</p> 	<ol style="list-style-type: none"> <li>1. You enjoy challenge.</li> <li>2. You take control and plan for success.</li> <li>3. You help others.</li> <li>4. You accept failure as necessary for learning.</li> </ol>	<ol style="list-style-type: none"> <li>1. Your stomach is sensitive.</li> <li>2. Insomnia.</li> <li>3. Low energy.</li> <li>4. You avoid stressful situations.</li> </ol>	<ol style="list-style-type: none"> <li>1. Talk to others and share.</li> <li>2. Avoid addictive substances.</li> <li>3. Exercise.</li> <li>4. Take regular breaks.</li> </ol>
<p><b>EXERCISE:</b> You take regular physical exercise.</p> 	<ol style="list-style-type: none"> <li>1. You enjoy movement.</li> <li>2. You feel happy when you exercise.</li> <li>3. You feel physically fit.</li> <li>4. You have energy.</li> </ol>	<ol style="list-style-type: none"> <li>1. You have trouble sleeping.</li> <li>2. You are constantly hungry.</li> <li>3. You are moody.</li> <li>4. You're always tired.</li> </ol>	<ol style="list-style-type: none"> <li>1. Find a physical activity/dance/sport that you enjoy.</li> <li>2. Make exercise a habit.</li> </ol>

<p><b>FREEDOM FROM DISTRESS:</b> You have no symptoms of mental or physical illness.</p> 	<ol style="list-style-type: none"> <li>1. You are not anxious.</li> <li>2. You enjoy life.</li> <li>3. You enjoy being with your family and friends.</li> <li>4. You have a positive self-image.</li> </ol>	<ol style="list-style-type: none"> <li>1. Sadness-feeling down.</li> <li>2. Feeling confused.</li> <li>3. You self-harm.</li> <li>4. You have extreme mood changes of highs and lows.</li> </ol>	<ol style="list-style-type: none"> <li>1. Seek professional help.</li> <li>2. Talk to someone you trust.</li> <li>3. Put away some time for 'self'.</li> </ol>
<p><b>RATIONAL and REALISTIC:</b> You perceive yourself accurately.</p> 	<ol style="list-style-type: none"> <li>1. You understand that you will change and grow.</li> <li>2. You understand that perfection does not exist.</li> <li>3. Your aspirations are achievable with effort.</li> </ol>	<ol style="list-style-type: none"> <li>1. You seek to be perfect.</li> <li>2. You perceive yourself to be great or small/powerful or weak.</li> <li>3. You dream without planning for success.</li> </ol>	<ol style="list-style-type: none"> <li>1. Imagine looking back at yourself objectively.</li> <li>2. Keep a diary of your thoughts. Note the patterns.</li> <li>3. Share the diary with someone you trust so that they can give you an alternative perspective.</li> </ol>
<p><b>FRESH AIR:</b> You enjoy being outdoors.</p> 	<ol style="list-style-type: none"> <li>1. You enjoy going out in all weathers.</li> <li>2. You experience your mind relaxing when out of doors.</li> </ol>	<ol style="list-style-type: none"> <li>1. You spend most of your day inside a box.</li> <li>2. You cannot cope with extreme heat/cold.</li> </ol>	<ol style="list-style-type: none"> <li>1. Walk to school.</li> <li>2. Join a physical activity out of doors most days.</li> </ol>
<p><b>REST:</b> You sleep deeply and recover.</p> 	<ol style="list-style-type: none"> <li>1. You wake up refreshed.</li> <li>2. You remain alert throughout the day.</li> <li>3. You fall asleep quickly.</li> </ol>	<ol style="list-style-type: none"> <li>1. You have difficulty paying attention.</li> <li>2. You are irritable/depressed.</li> <li>3. You have difficulty falling asleep.</li> </ol>	<ol style="list-style-type: none"> <li>1. Remove all electronic devices from your bedroom.</li> <li>2. Prepare to sleep – wind down gently.</li> <li>3. Go to bed at a regular time.</li> </ol>

<p><b>TEMPERANCE:</b> You live a balanced life and do not engage in excess.</p> 	<ol style="list-style-type: none"> <li>1. You enjoy pleasure but are not attached to it.</li> <li>2. You moderate your own desires.</li> </ol>	<ol style="list-style-type: none"> <li>1. You seek pleasure and when you find it, it is never enough.</li> <li>2. You overindulge.</li> </ol>	<ol style="list-style-type: none"> <li>1. Understand that 'your lust for comfort is also your enemy'.</li> <li>2. Make a habit of self-control.</li> </ol>
<p><b>TRUST:</b> You have at least one person in your life that you trust.</p> 	<ol style="list-style-type: none"> <li>1. You share your thoughts and concerns with another person/s.</li> <li>2. You have a close warm bond with at least one or more people.</li> </ol>	<ol style="list-style-type: none"> <li>1. You keep yourself to yourself and do not share your thoughts.</li> <li>2. You have no-one to turn when you need help.</li> </ol>	<ol style="list-style-type: none"> <li>1. Understand that relationships need work.</li> <li>2. Realise that if you invest in another person they may or may not invest in you.</li> <li>3. Spend time with people that you find have a positive impact on you.</li> </ol>

This info has been put together by Mr Stidever from the work of psychologist Carl Rogers (1902-1987), widely regarded as the founder of counselling. Everyone has a perceived or ideal self and then their perception of self in that moment. Most of us are in a state of incongruence because we know our ideal self, but this is not matched by the current perception of self. The closer the match, the more healthy we are psychologically. More info here: <https://www.bapca.org.uk/about/what-is-it.html>



## **BeauSandVer Schools 16-19 Bursary Fund 2020-2021**

To be eligible to receive a bursary you must be aged under 19 on 31<sup>st</sup> August 2020 taking a full-time further education course in 2020/21 and you must satisfy the ESFA residency criteria. Students aged 19 and over are only eligible to receive a discretionary bursary if they are continuing on a study programme they began aged 16-18 or have an Education Health Care Plan.

To continue to receive a bursary you must satisfy the following conditions:

- No unauthorised absences (you should not miss any lessons or study sessions without authorisation from a parent/carer or teacher)
- Your record of completion of academic work and effort level should be “good” or better

There are two levels of 16-19 bursary payment:

### **Bursary Fund for Vulnerable Students (Level 1)**

A bursary is available through application only for young people in the defined vulnerable groups listed below:

- Students living in care
- Care leaver
- Student in receipt of income support or in receipt of Universal Credit
- Student in receipt of Employment Support Allowance (ESA) and Disability Living Allowance (DLA) or in receipt of ESA and Personal Independence Payment

To enable you to apply for the Vulnerable Bursary a funding claim form needs to be completed by the school for submission to the ESFA and evidence of eligibility from the checklist below will be required.

#### **Eligibility Checklist**

- Copy of Student Benefits received /P60
- Tax Credit Award Notice or evidence of self-employment income
- No unauthorised absences (you should not miss any lessons or study sessions without authorisation from a parent/carer or teacher)
- A standard of behaviour consistent with your Home School Agreement

### **Discretionary Award (Level 2)**

This will be issued to students who are in receipt of free school meals or are Pupil Premium students or can provide evidence of a need for a bursary to support their learning.

#### **Eligibility Checklist**

- Free School meals/Pupil Premium allocation
- Family in receipt of benefits or Tax Credit (evidence must be provided)
- Those who do not qualify for Free School Meals/Pupil Premium but have an identifiable need (supporting documentation will be required such as proof of income or a letter explaining circumstances from parent/carer).
- No unauthorised absences (you should not miss any lessons or study sessions without authorisation from a parent/carer or teacher)
- Record of school effort as ‘good’ or better

For level 2 applications, please provide a breakdown of the specific educational purpose for the funds you are requesting on the first page e.g. Cost of transport, books and equipment, laptop.

#### **Notes**

If you believe you are entitled to Free School Meals parents/carers should apply online at [www.hertsdirect.org/freeschoolmeals](http://www.hertsdirect.org/freeschoolmeals)

Please note that all approved funding will be reviewed for eligibility on a termly basis.

If you require any further information please go to the Department of Education website or telephone the Sixth Form Office.