



# NEWSLETTER

## A few words from Mr Mee

As we reach the end of another incredibly busy half term, I wanted to take a moment to reflect on everything our Sixth Form students have achieved over the past few weeks. It has certainly been a demanding period, with the excitement and pressure of the examination season beginning alongside our recent Ofsted visit. Throughout it all, our students have continued to demonstrate resilience, maturity and positivity, and I could not be prouder of them.

Our Year 13 students have approached their examinations with determination and confidence. They have tackled each challenge head on, supporting one another and maintaining an incredibly positive attitude throughout what can often be a stressful time. Their hard work, commitment and perseverance have been wonderful to see, and I know they will continue to make us proud as the exam season continues.

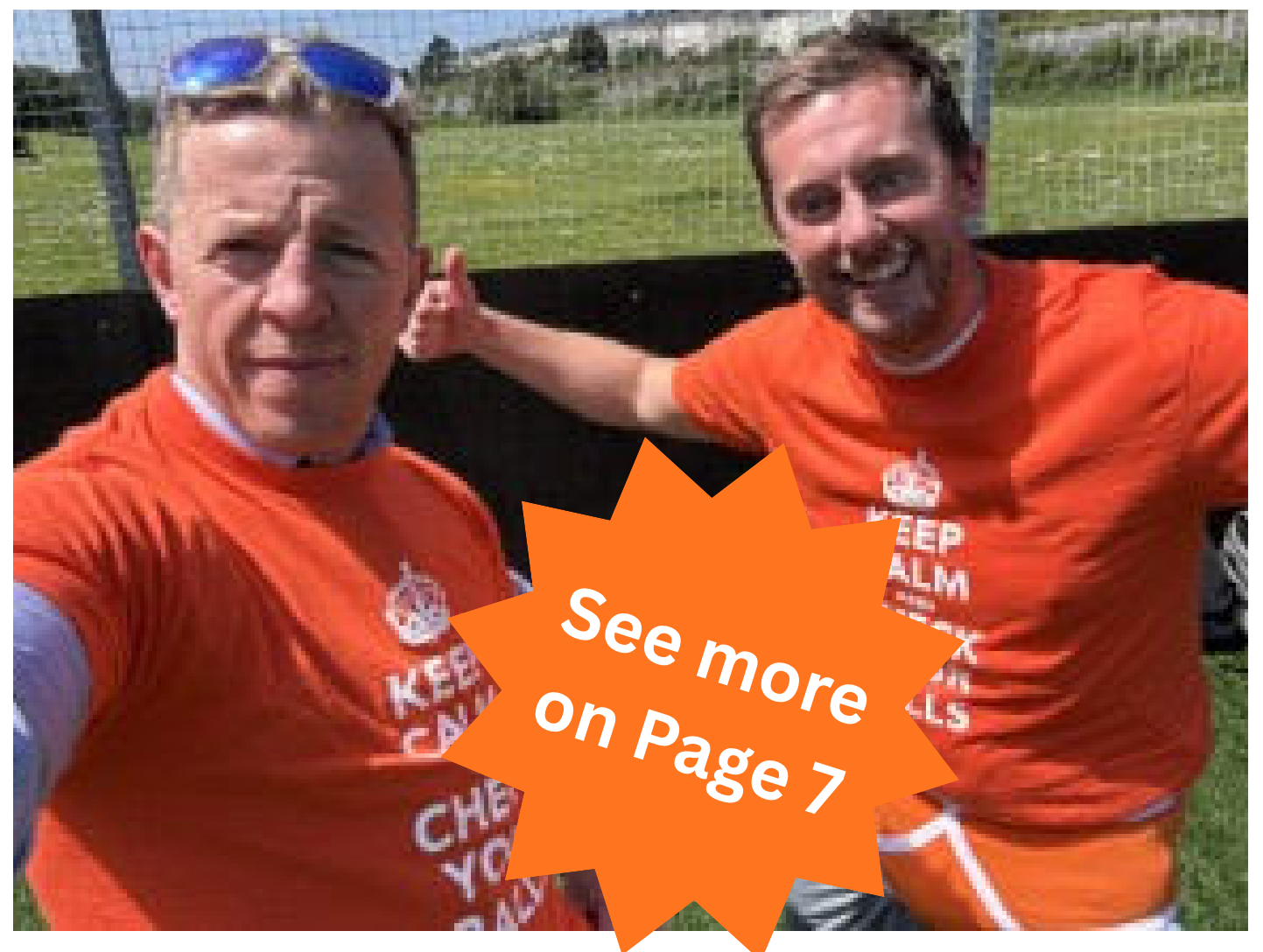
I would also like to recognise our Year 12 students, many of whom have completed external BTEC examinations this term. They have shown real dedication in preparing for these important assessments whilst continuing to balance their wider studies and commitments. Their maturity and focus have been excellent.



Finally, I would like to wish all of our Sixth Form students a very well-earned half term break. It is important that students take some time to rest, recharge and look after themselves after such a busy period. At the same time, I would encourage everyone to keep up the momentum and not take their foot off the gas completely, particularly with examinations and coursework continuing after the break. Finding the right balance between relaxation and preparation will be key. Thank you, as always, for the continued support from families and staff. I hope everyone enjoys a restful and enjoyable half term.



Well done  
12RPS



See more  
on Page 7

# How to look after yourself during exam season and how parents and carers can support you.

Exam stress can feel like a lot to cope with, but there are things you can do to look after your wellbeing. We have tips and ideas to help you cope at different times.

To survive and thrive during exam season, **prioritize consistent sleep, eat nourishing meals, and schedule dedicated study breaks.** Avoid the temptation of all-nighters, stay hydrated, and take short walks to get fresh air and manage stress.

## 1. Prioritize Sleep and Routine

Protect your rest: All-nighters rarely improve academic performance. Instead, prioritize 7 to 9 hours of sleep to help your brain consolidate memory and maintain focus the next day.

Stick to a schedule: Set a clear revision window (e.g., 9:00 AM to 5:00 PM) and completely shut off your books in the evening to wind down. **[1, 2]** Or have the day off and study in the evening.



## 3. Move and Take Breaks

Step away from the desk: Implement structured breaks (like the Pomodoro technique) to avoid burnout, and remember to set timers so you stick with your plan to make the most of study time and your breaks.

Get fresh air: Even a brisk 15-minute walk outside releases endorphins, reduces stress, and boosts your mood. **[2, 3, 4]** Don't just use your phone to distract you for a break.

## 2. Fuel Your Body & Mind



- Eat balanced meals: Start with a healthy, steady-energy breakfast. Porridge, eggs, or fruit will keep your brain fueled without the sugar or caffeine crashes.
- Stay hydrated: Keep a water bottle nearby; mild dehydration directly impacts concentration and cognitive function.

**[1, 2, 3,]**



## 4. Protect Your Mental Well-being

Stay connected: It's easy to isolate, but catching up with friends for a coffee or a study break provides essential emotional support and helps you let off steam. Be kind to yourself: Remind yourself that exams are just a temporary period. If you begin to feel overwhelmed, practice deep breathing or reach out to local support systems.

**[1, 2,]**



## 5. There are many UK-specific support services.

If the pressure becomes too much, numerous free and confidential resources across the UK can offer immediate support:

- Text SHOUT: Text *SHOUT* to 85258 for free, 24/7 mental health text support.
- Student Minds: Check out the Student Minds platform for tailored mental health resources and peer support groups.
- [https://www.mentalhealth.org.uk/sites/default/files/2024-01/MHF\\_PEP\\_TopTips\\_EXAMS\\_0.pdf](https://www.mentalhealth.org.uk/sites/default/files/2024-01/MHF_PEP_TopTips_EXAMS_0.pdf)

Dealing with exam anxiety requires a blend of smart preparation, physical care, and on-the-spot mental strategies. Tackling this involves breaking your revision into manageable chunks, mastering calming breathing techniques, and maintaining healthy sleep and diet routines.

## A good comprehensive approach includes the following methods:

### **Mindset & On-the-Spot Techniques**

- The 5-4-3-2-1 Grounding Method: If panic strikes, anchor yourself in the present by identifying 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste.
- Box Breathing: Inhale deeply for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and hold empty for 4 seconds. This resets your nervous system.
- Challenge Negative Thoughts: Halt thoughts like *"I'm going to fail"* by visualizing a red traffic light or mentally shouting "STOP," then replace them with a prepared mantra like *"I have prepared, and I will do my best."* **(2,4)**

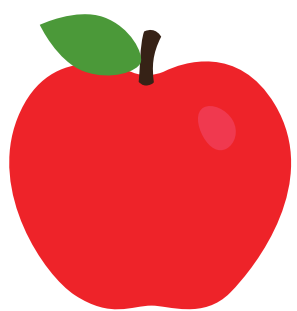
### **Study & Prep Strategies**

- Pacing: Break revision into small, spaced-out chunks rather than cramming. The brain retains information better this way, which builds your baseline confidence.
- Exam Conditions: Practice with past papers or timed questions. This makes the actual test environment feel less intimidating.
- Practical Readiness: Lay out your pens, calculators, and water the night before. Knowing exactly where you are going and what to expect removes unexpected triggers. **[1,2,5]**

### **Physical Well-being**

- Prioritize Sleep: Good sleep is directly linked to better concentration and information retention. Aim for 8-10 hours of sleep, and wind down away from screens before bed.
- Fuel Your Brain: Eat balanced meals and avoid relying on excessive caffeine or sugary snacks, which can cause jitteriness and irritable mood swings.

Get Moving: Regular aerobic exercise releases built-up physical tension and clears your mind before and after study sessions. **[1,3]**



## Year 12: UCAS 2027

We held our first assembly to launch the UCAS application process for 2027 entry with our Year 12 students. This is the first step in introducing students to the UCAS portal, where they will learn how to draft personal statements, research courses, and build their applications for competitive early-entry or standard university deadlines. This application process is also relevant for degree apprenticeships. The power point of the assembly has been shared with all year 12.

## Medicine and Dentistry: UCAT Registration & Testing

Students wishing to study Medicine or Dentistry University Clinical Aptitude Test (UCAT) cycle has begun. The key timeline to note

- **20th May:** UCAT registration opened.
- **23rd June:** Test booking officially opens.
- **13th July:** UCAT testing begins.
- Students are encouraged to register early on the [Pearson VUE UCAT](#) portal to secure their preferred testing dates and locations.



## Year 13: UCAS Finance Applications

For students submitting their applications for courses commencing this autumn, student finance applications are currently open. Students are encouraged to apply as soon as possible via [GOV.UK Student Finance](https://www.gov.uk/student-finance) to ensure their funding is fully in place before the start of their academic year.

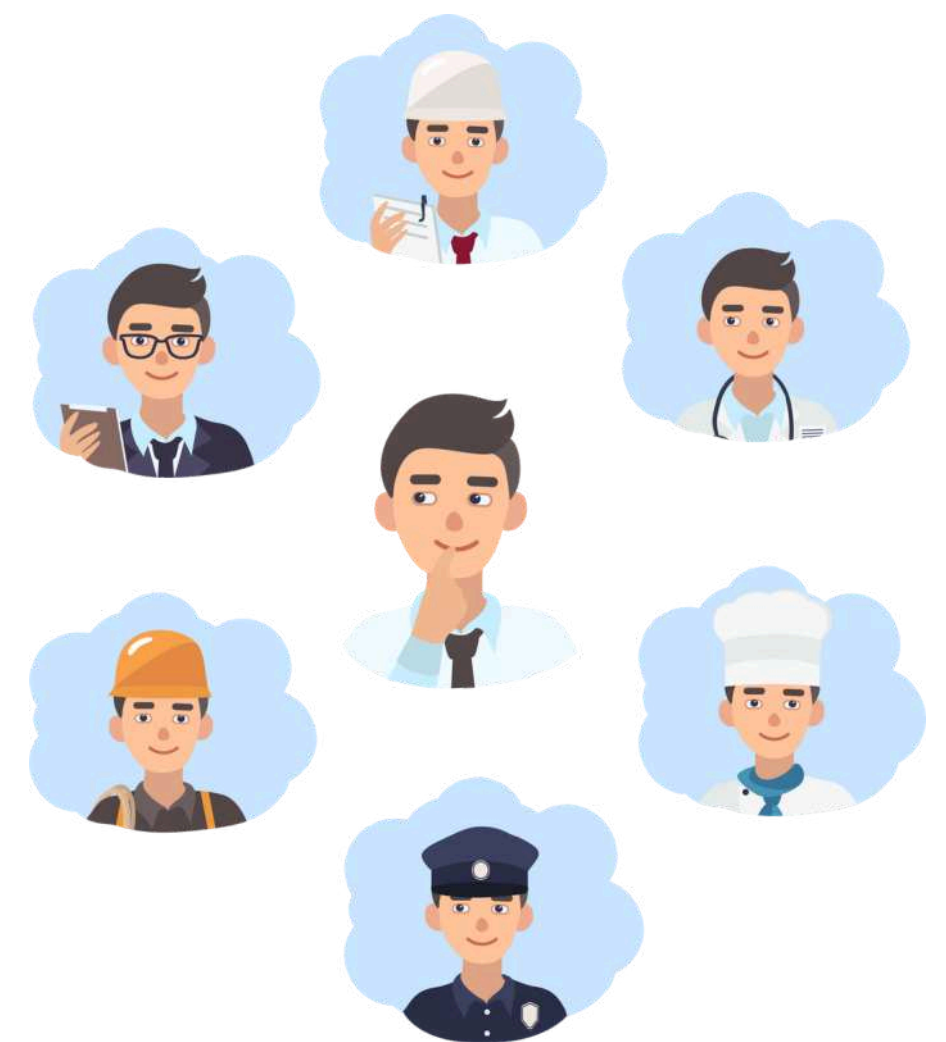


### Careers and Placements Platform

Unifrog and UCAS are powerful platforms designed to help students confidently explore careers, match skills to opportunities, and navigate post-16 or post-18 pathways. By utilizing their integrated toolkits, students can turn overwhelming future choices into a clear, personalized, and actionable plan.

### Unifrog Careers and Placements Platform

- **Careers Library:** Browse hundreds of detailed job profiles. You can filter by subject area or specific skills to find out exactly what daily life looks like in different roles.
- **Personality Quizzes:** If you are unsure where to start, take interest and personality profiles. The platform uses your answers to generate a list of career paths that best suit your unique traits.
- **Placements Tool:** Search for hands-on experience, including volunteering, in-person work experience, and virtual placements, allowing you to gain real-world insight.



### UCAS: Your Guide to Higher Education and Apprenticeships

While best known for university applications, UCAS is a comprehensive hub for mapping out your entire career

- **Career Ideas Tool:** Discover different jobs and understand exactly what qualifications, subjects, and grades are required to pursue them.
- **Course Search:** Research university and college courses across the country. You can filter and compare based on entry requirements, weekly study hours, and average starting salaries.
- **Apprenticeships:** Browse live apprenticeship and degree apprenticeship vacancies alongside traditional university degree paths.

### Work Experience 13th July 2026 to 16th July 2026

Gaining real-world experience is essential for building your future. Explore various career paths through virtual programs on

[Springpod](#)  
[Futures For All](#)

Students need to secure a placement and record this on their [Unifrog](#). Unifrog is a universal destinations platform to explore careers, build your CV, record your work experience, and craft strong applications for your next steps.

## Year 12 Take on Foot Golf... and Nature Nearly Won

This week, our fearless Year 12 sport group swapped classrooms for fairways as they took on the mighty challenge of Foot Golf. Eighteen holes, one football each, and enough time spent in the trees to make the local squirrels nervous.

While some students showed flashes of football brilliance, others appeared to be auditioning for a career in forestry management. In fact, next time we may need to issue gardening gloves alongside the scorecards due to the amount of ball retrieval missions deep inside the bushes and trees. Miraculously, despite several “creative” shots and a few balls taking unofficial detours through nearby woodland, the group completed all 18 holes without losing a single football — a statistical achievement many thought impossible by Hole 3.

As for the overall winner, we won't reveal any names... but let's just say class is permanent, and winning by 9 shots doesn't happen by accident. Some performances were smooth and controlled; others can best be described as “enthusiastically unpredictable.”

Special mention must go to the students who discovered entirely new routes around the course that the designers did not intend. Accuracy may have been questionable at times, but entertainment levels remained world class throughout.

A brilliant afternoon all round filled with laughs, competition, and enough tree encounters to keep the groundskeepers talking for weeks.



## Year 12s Taking Care of Business

A MASSIVE thank you to our friends at Rockets & Rascals for the Q&A session with our year 12 Business students around marketing.

Seeing how real businesses do it and the impact it can have in real life has really helped students extend their knowledge beyond the classroom.

Special thanks to Steve for hosting us and answering tons of questions openly and honestly - The coffee was great, as well!





## Year 12 Literacy Mentors



Some of our Year 12 students have kindly agreed to support younger learners in Years 7 and 8 through regular reading sessions. This initiative is designed to help students develop into confident, fluent readers while also fostering a genuine enjoyment of reading.

The programme has helped younger students to develop fluency, confidence and greater love for reading, while also building strong relationships across the year groups.

The commitment and maturity shown by our year 12 students has been outstanding. They have acted as excellent role models, showing patience, kindness and genuine enthusiasm for literacy.

A huge thank you to all the students involved. The programme is a wonderful example of our school community working together to support learning and promote a culture of reading pleasure.



### Klevia

This year we have been unable to sail on the Pelican of London so instead our students will be sailing on the Klevia which is a Dutch Gaff Ketch. Due to the change to a smaller ship there is only 1 bedroom which means this year's voyage will be a female only crew. 10 students from Lipson will be learning to sail as well undertaking ocean science experiments throughout the voyage which departs on the 4th September from Plymouth. More information about the Pelican of London Organisation can be found here about Sail Training <https://pelicanoflondon.org/sail-training/> and Ocean Science <https://pelicanoflondon.org/ocean-science/>



# 12RPS Charity Fundraising Extravaganza

This week, the Sixth Form hosted a fantastic fundraising week in support of the charity It's in the Bag. The week was filled with enthusiasm, teamwork, and an incredible level of participation from both students and staff.

One of the highlights of the week was the highly anticipated penalty shoot-out competition, which attracted an amazing attendance. Mr Mee put in a brilliant performance in goal, saving more penalties than he let in, much to the enjoyment of everyone watching. It was great to see such effort, involvement, and support from all those who took part.



## Testicular Cancer Charity | It's in the Bag

Explore 'It's in the Bag' - a charity dedicated to supporting and raising awareness for men with testicular cancer....

👉 It's in the Bag

The bake sale also proved extremely popular throughout the week, with students and staff enjoying a wide range of delicious homemade treats. Particular favourites included the incredible owl cake and the much-loved lemon drizzle cake, both of which were a huge success.

Another exciting event was the "Spot the Ball" competition, which was hotly contested. Winners were delighted to receive plenty of chocolate prizes, adding to the fun and excitement of the week.

The Year 12 representatives worked tirelessly to organise and run the events, showing great dedication and commitment throughout the week. As well as raising money, we hope the events also helped to raise awareness for the important work carried out by It's in the Bag charity.

A huge thank you goes to everyone who supported the fundraising week and helped make it such a success.

the group raised an incredible total of over £250.00 for the charity.



## Attendance

Attendance in sixth form is more than just being present in a classroom — it is a commitment to your future, your ambitions, and the person you are becoming.

Every lesson attended is another opportunity to strengthen your understanding, ask questions, and build confidence, especially during the pressure and intensity of current exams. These exams are not only testing knowledge, but also resilience, discipline, and consistency. Missing even a single day can mean missing vital explanations, revision strategies, or the encouragement that helps you push through difficult moments.

In sixth form, attendance reflects determination, responsibility, and the mindset needed for university, apprenticeships, and future careers. The students who achieve their goals are often not the ones who never struggled, but the ones who kept showing up, kept learning, and kept believing that their effort today would shape their opportunities tomorrow.

We are proud to say this term our overall attendance in Sixth Form is 91.5% compared to the Whole school at 89.4%..

## UpLearn

The use of Up Learn throughout sixth form has provided students with an excellent opportunity to strengthen their understanding, build confidence, and prepare effectively for their exams. With exams now taking place, we hope the programme has supported students in developing independent study habits, revising key content, and improving their exam technique through its structured lessons and practice resources.

The dedication shown in engaging with the programme alongside lessons and revision will hopefully be reflected in strong results, rewarding the hard work and commitment students have shown throughout the year.



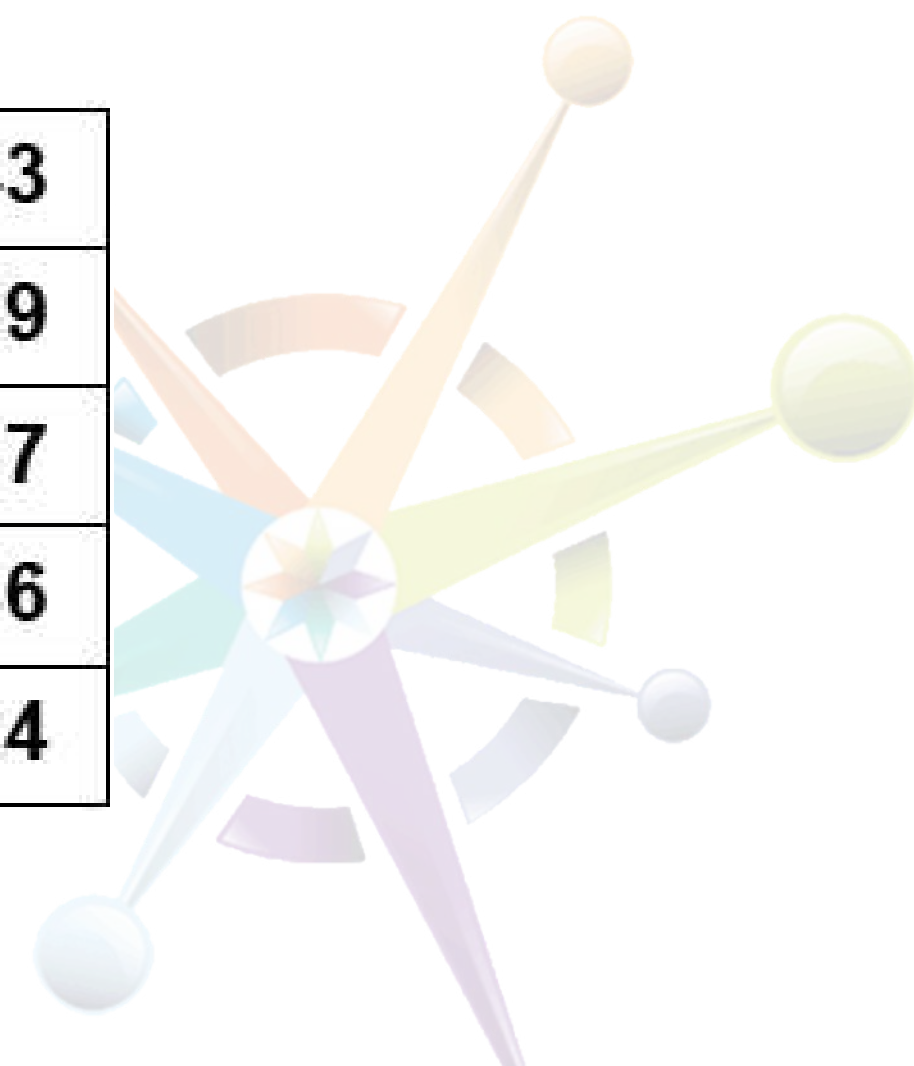
## Tutor League

Each week Tutor Groups gain points for the tutor league, these points are earned by their attendance, Up Learn hours, Golden Tickets, Quiz Scores and application forms completed (Work Experience / UCAS / Apprenticeships). There are also one off events like applying for Age UK Volunteering and the Pelican of London.

The current standings are

<b>13 DGE</b>	<b>44</b>
<b>13 BME</b>	<b>26</b>
<b>13 NHS</b>	<b>17</b>
<b>13 CGW</b>	<b>14</b>

<b>12 RPS</b>	<b>43</b>
<b>12 SLE</b>	<b>39</b>
<b>12 DBD</b>	<b>37</b>
<b>12 ECE</b>	<b>36</b>
<b>12 MPE</b>	<b>24</b>



## Year 13 Lesson 6's

To support our Year 13's in the run up to their final exams teachers are offering lesson 6's to run through assessments from the Exam Ready Room, look at exam techniques and revise the course content. We highly recommend all students should be attending these lessons and if they are unable to they need to speak to the teacher before hand.

### Week A

Monday	Tuesday	Thursday	Friday
Biology English C Geography - HNG Politics - JRS	Chemistry English A Sociology	Art History Maths Photography Physics Politics - TBN Psychology	Art Photography

### Week B

Monday	Tuesday	Thursday	Friday
Biology English C Geography - ABS Politics - JRS	Chemistry English A Sociology RE - MLR	Art History Maths Photography Physics Politics - JRS Psychology	Art Photography

### Key Dates

25-29<sup>TH</sup> May - Half Term  
 15<sup>th</sup> June - Year 12 PPE  
 18<sup>th</sup> June - Final External Exams  
 19<sup>th</sup> June- Year 13 Leavers BBQ Celebration  
 24<sup>th</sup> June - Year 13 Leavers Celebration evening  
 1<sup>st</sup> July Year 12 Crash Investigation Session  
 6<sup>th</sup> July - INSET DAY  
 10<sup>th</sup> July Falmouth Art/ Photography trip  
 13<sup>th</sup> July Year 12 Work Experience  
 17<sup>th</sup> July - SUMMER HOLIDAYS!  
 14<sup>th</sup> August Results Day (830-1130)  
 4<sup>th</sup> September Klevia Voyage

Address:  
 Lipson Co-operative Academy  
 Bernice Terrace  
 Plymouth  
 Devon  
 PL4 7PG