On Tuesday the SLT, Sixth Form team and members of the Pastoral team met with all Year 11 students to discuss their next steps. As ever it was such a privilege to hear our students share their aims and aspirations formally. We were able to give advice and guidance around course selection. Details of our entrance requirements are available on the website here.

We are always looking for students to experience unique opportunities. This week we learnt that two of our students have been shortlisted for work experience with Investment 2020 and we are grateful to colleagues within the ARK Schools network for their support with the opportunity. We also learnt that a number of our students who had applied for Oxbridge, medicine and dentistry have been shortlisted for interviews. Students have already started receiving support with this process through mock interviews. A huge thank you to Dr Martin J Carrier, Head of Admissions, School of Medicine & Dentistry, from QMUL for coming in on Wednesday and conducting mock interviews with our medical and dentistry applicants.

One of the other unique opportunities we provide students with is opportunities to take part in events such as the Accenture Decoded opportunity. The Year 13 who attended have shared their reflections in this week’s edition.

Finally, having met some parents and carers this week I am conscious that for Year 13 students navigating the next 6 months can feel somewhat overwhelming. Ms McEvoy has helpfully summarised tips for parents in supporting your son/daughter which is included in this week’s edition.

With best wishes,

Ms Alibhai, Vice Principal and Head of Sixth Form
Safeguarding

The welfare and safety of our students is our priority. We do everything possible to ensure our students’ safety, both within the school community and outside of school, including working with relevant agencies to address any issues related to child protection.

Students are informed of who they should go to should they have a concern about their own safety or the safety of others.

At INA, all staff have regular safeguarding training to ensure that they are able to meet their statutory responsibilities. We also have a number of staff who are designated to respond to any child protection concerns and to liaise with social services:

**Designated Safeguarding Lead (DSL)**

Leanne Abbott-Jones  
Vice Principal

**Deputy Designated Safeguarding Lead (DDSL)**

Sugra Alibhai  
Head of Sixth Form

**Designated Child Protection Officers**

Eva McEvoy  
Mariam Mayet  
Jag Singh

You can find the INA Safeguarding policy, Child Protection policy and other related policies and procedures on the Academy’s website.
Supporting your child with their level 3 studies

1. **A quiet space to study without distractions**
   It’s important that your child has a quiet space to study in. Remember the sixth form study centre is open every day until 6pm. Local libraries provide another location. Encourage your child to keep their mobile phone in another room during a study session so they are not distracted by calls, messages and notifications.

2. **The importance of regular sleep, food, fresh air and exercise**
   Regular routines for eating and sleeping train our brain and bodies to be most effective for the times of day we have lessons and exams, supporting healthy bodies and excellent attendance. Sleep is crucial to the effective functioning of our brain; staying up late builds up a sleep debt, impacting on retention and energy levels.

3. **Attendance and punctuality**
   Encourage your child to make it to school on time each day to maximise their exposure to expert teaching and guidance. The first step out the door in the morning can be the hardest, but making that step leads to the next and to success. This includes attendance at intervention for targeted development of skills for the exam and more opportunities for your child to ask questions.

4. **A realistic and specific revision timetable**
   Ensure your child has a revision timetable that breaks down not only which subject, but which topic. Make the timetable realistic, breaking revision into manageable chunks with regular breaks between sessions. It’s far more effective to do 30 minutes of successful revision than plough on for hours and not get anywhere. Display prominently at home to support your child to stick with it and to celebrate the sessions they have completed. Make sure your child’s timetable covers all areas of the specification.

5. **Resources**
   Please ensure your child has access to all the resources they need for their courses, e.g. recommended textbooks. Encourage your son/daughter to explore the revision materials that are available. The sixth form study centre is open every day until 6pm; students have access to a quiet space for learning, computers and the internet, as well as the opportunity to touch base with teachers. Ensure your child has the specifications and talk to your child about them, supporting your child to identify their target areas and refine their revision plan.

6. **A range of active revision techniques**
   Help your child to find effective methods of learning and retaining information. Reading notes and textbooks feels comfortable, but it isn’t effective. Active revision that includes retrieval practice feels uncomfortable, but it is effective.
   a. Mind mapping the various stages of each topic before trying practice questions
   b. Drawing flow charts and diagrams before trying practice questions
   c. Creating flash cards with bite size facts and figures and then using them for self-testing
   d. Making notes and talking through them, then using them for self-testing

7. **Exam questions**
   Many departments have uploaded these to Edmodo. Use these in timed conditions the closer your child gets to the exams, without checking against the answers all the time. You could support your child in checking their marking using mark schemes.

8. **Perspective**
   Help your child to keep everything in perspective. Remind them that the better they prepare and the more confident they feel in their subject knowledge, the less stressed they will feel when the exams start. Have a chat with them, give them a snack. By the end of June, the exams will be over and it will be the start of the long summer holidays.
On Tuesday 19th November, a few Year 13, including myself, were able to attend a fantastic event held by Accenture (one of the world’s leading tech companies). They had organised a team-building exercise, where the central aim for the day was to allow us to solve mysteries in an immersive and challenging way, building on already existing skills needed for this very competitive field as well as adding new ones along the way. The day began with each person having a clue on the back of their name card which, when solved, would lead us to our allocated group. We were joined by around 5 other schools from across London. The big mystery we all had to solve was to find out who hacked the Accenture database and leaked classified information to the public.

Initially each group was given a laptop and 2 other small clues, further clues were drip-fed throughout the day and we had to think outside of the box to decipher these. A key moment in the investigating process was having to answer a specific clue that required not only our combined tech knowledge but quick thinking as well, for which we received a package that contained vital bits of information to solve the case. Finally, nearing the end of the day, each team had to present to the other groups as well as some judges comprised of Accenture staff and apprentices. The presentation had to include the whole process of finally coming to the conclusion of who we really think breached the system.

Overall, the entire day was fun and extremely useful, giving us the chance to have some hands-on experience of what working in a global company would be like, alongside getting to talk to, and ask questions of, staff on the graduate scheme and apprentices (assigned mentors) who were all in the same position as us not too long ago. The day really opened my eyes to the different pathways we have available to us. - Anushri

The event involved a problem-solving task which required us to find out who leaked unreleased movie footage given multiple clues. At the end we had to give a presentation to show who we thought leaked it and how we excluded the other possible perpetrators. On top of this we were given talks from employees and apprentices from Accenture detailing their experiences and their journeys. I enjoyed the event as I found out about their apprenticeship programme and what is required to work there, as well as developing my problem-solving skills. - Amman

On 19th November we attended an Accenture taster day. We took part in a team-building exercise in which we had to solve mysteries in order to find the person who hacked the Accenture database and leaked confidential information to the public. From this exercise we built upon our skills and acquired many new ones. The day started off with a clue on the back of our name tags, which we had to solve in order to find our teammates. At the end of the day we were required to present our findings in a group presentation.

The best part of the day was the team building exercise as we got to experience what working in a global company would be like. Also, the question and answer session were very helpful as it gave me an insight into what other options there are besides attending university from people that have actually taken those routes and have been successful. Overall attending Accenture Decoded was a worthwhile experience as it gave us a well-rounded idea of what Accenture is all about. - Gurpreet

Attending Accenture Decoded was a great experience for me, and opened my eyes to what I want to pursue in the future. During the day, I worked with 4 students from other schools to investigate a hack and find the culprit. Through this activity, I was able to learn more about the importance of teamwork and I was also able to meet interesting new people. I was also fortunate enough to consult with an experienced employer about my career path and learnt
about the various qualities companies expect you to bring to the job other than your exam grades. - **Nahimul**

Attending the Accenture taster day provided me with the opportunity to see a range of new career options by seeing how consulting and technology come together. The best part of this experience was that it taught me new skills that can be applied in real life situations as I worked as a team to solve problems for clients. Another key aspect of this opportunity was that we, as teams, were required to create and present a report of our work. This highly benefitted me as it pushed me out of my comfort zone.

We also were able to meet a range of people from Accenture with varying roles, from the managing director to post-graduate interns and apprentices, giving us an all-round idea of Accenture as a company but also its culture for its employees. - **Fariha**

At Accenture Decoded, I found myself taking more risks than usual as I had to collaborate with a group of people who I had never met before. This event allowed me to work on my teamwork and problem-solving skills as we were tasked with having to find out who leaked a movie early. There were many challenges that my group had to face as we were not organised at the start. However, after deciding on a group leader, we were able to work smoothly as a group to complete the challenge and work out who the hacker was. Along with this, I got to meet a lot of new people and socialise with them throughout the day, which is something I rarely ever do. I also appreciate the fact that we were served a delicious lunch.

At the end of the event, we presented our findings which was very enjoyable as I was doing something out of my comfort zone, and many other people were also in the same situation. Since this event, I have been considering applying for Accenture as I feel like doing an apprenticeship suits me a lot more than going to University, as of now. I would like to thank the people at Accenture for organising this event, as I learnt a lot and now I have a better understanding of what I want to do, If I decide not to go to University. - **Mahdi**

I learnt about the day to day life of an Accenture apprentice and how every day is a new challenge and experience for them. Even though someone may be an apprentice, they are treated as equal to an employee and given the same tasks and responsibilities. I also learnt about a more practical approach to solving a cyber security breach which intensified my desire to pursue this as a career.

A particular aspect of Accenture that I really appreciated was how interconnected each member is and how help and support is always available, as well as the numerous societies that Accenture has. I will definitely be applying to be a technical apprentice when applications open and hope to be a part of this company. - **Naym**

My time at the Accenture Decoded event was a fascinating one: I learnt about apprenticeships in detail and how you could go to university while working with a company and gaining experience. The day itself was an enjoyable one as we took part in a mystery solving task where I was able to exercise my skills of noticing and questioning to solve each puzzle.

As well as having a fun time, I found out more about the many options I have after sixth form and I am now more confident in my choices for the future. - **Avni**

At this event, I took many risks, something I usually don’t do, as we had to collaborate with a group of people we had not met before. We were given a scenario where we had to use teamwork and problem-solving skills to find out who had leaked a movie. This was a really helpful activity in enabling me to understand how digital consulting works and to realise another path I could take after A levels. - **Vikram**

The students would all like to express their gratitude to both Accenture and Teach First for facilitating this very enjoyable and useful experience.
Taster Sessions and Open Days

Following on from the LSE talk, we would strongly recommend that both Year 12 and 13 students begin/continue to take the research into university options very seriously.

It is well-worth your time and effort to try to attend a taster or, if there is no taster, then at least an Open Day, at the universities you are considering. For Year 13, it is very important to do this before you finalise your Firm and Insurance choices. Often, there will be Offer Holder Days, and these allow you to fit in a visit between being made an offer and having to decide whether you wish to accept or decline it.

Many London universities offer taster courses at: [https://london.ac.uk/ways-study/study-campus-london/university-taster-courses](https://london.ac.uk/ways-study/study-campus-london/university-taster-courses)

Below, are some of the courses available through the London Universities website, but I have also included a few taster courses outside London, or other courses in London not shown on the London University taster courses site. For the latter, I have included the shortened URLs.

<table>
<thead>
<tr>
<th>Course</th>
<th>University</th>
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<tbody>
<tr>
<td>History</td>
<td>Kings College London (KCL)</td>
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<tr>
<td>Electronic Engineering</td>
<td>KCL</td>
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<tr>
<td>Neuroscience &amp; Psychology</td>
<td>KCL</td>
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<td>Culture, Media &amp; Creative Industries</td>
<td>KCL</td>
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<tr>
<td>Global Health</td>
<td>Queen Mary (QMUL)</td>
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<td>Geography</td>
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<td>Music</td>
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<td>Child Nursing</td>
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<td>General Engineering</td>
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<td>Biomedical Engineering</td>
<td>KCL</td>
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<tr>
<td>International Women in Engineering</td>
<td>University College London (UCL)</td>
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<tr>
<td>Physics</td>
<td>Royal Holloway (RHUL)</td>
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<td>Theoretical Physics</td>
<td>RHUL</td>
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<tr>
<td>Biochemical Engineering</td>
<td>UCL</td>
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<tr>
<td>Applied Science</td>
<td>[London South Bank (LSBU)]</td>
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<tr>
<td>Veterinary Nursing</td>
<td>[Royal Veterinary College]</td>
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<td>Your Future in Marketing</td>
<td>[Lancaster University]</td>
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<td>Architecture</td>
<td>[Reading University]</td>
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<tr>
<td>Health and Medical Sciences</td>
<td>[Warwick University]</td>
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<tr>
<td>Inspiring Minds, STEM</td>
<td>[Loughborough]</td>
</tr>
<tr>
<td>English: Fantasy and Literature</td>
<td>RHUL</td>
</tr>
<tr>
<td>Law and Criminology</td>
<td>RHUL</td>
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</tbody>
</table>
Links to information about open days and taster events at recommended universities:

- University of Bath
- Lancaster University
- University of Birmingham
- University of Leeds
- University of Bristol
- Loughborough University
- The University of Manchester
- Durham University
- Manchester 1824
- The University of Nottingham
- University of Exeter
- University of St Andrews
- Imperial College London
- UCL
- University of East Anglia
- King's College London
- University of Warwick

(Open days are referred to as ‘Visiting Days’)

Ms Joy,
Sixth Form Study Centre Supervisor & Information, Advice and Guidance Advisor
What is Engineering Experience?

1st and 2nd July 2020

Engineering Experience is an annual residential offering Year 12 students (lower sixth form) an opportunity to visit and stay overnight at one of the UK’s leading universities for engineering.

You’ll take part in our annual, two day event, which will give you an insight into what it would be like to study engineering at Loughborough University. It is your chance to experience first-hand the University campus and student accommodation. You’ll also have an opportunity to take part in a number of different ‘taster events’ within our engineering departments.

Staff and students are on-hand throughout the two days to talk about the courses we offer and answer other questions you may have. There is a small charge for this event of £60 which covers meals and accommodation. If you are successful in your application, we will contact you for payment and further details.

Application Process 2020 residential

Applications for the 2020 (1st and 2nd July 2020) residential are now open

BUSINESS & ECONOMICS

Wednesday 29th January 2020

Students will have the opportunity to attend their choice of example lectures and workshops from the School of Business & Economics, receive university application guidance, as well as take a tour of our outstanding campus. Students will also learn more about the chance to study abroad, placement year opportunities and graduate destinations.

STEM

Tuesday 31st March 2020

This event will bring together a range of STEM subjects from across the university, for those students interested in learning more about the options available to them. Students have the opportunity to attend their choice of lectures and workshops, hear from some of our graduates, as well as take a tour of our outstanding campus and facilities.

SOCIAL SCIENCES & HUMANITIES

Wednesday 24th June 2020

This event is for those students interested in studying subjects from across the social sciences and humanities at university. Students will be able to attend their choice of talks and workshops, receive university application guidance and take a tour of our outstanding campus.
Phillips Exeter Academy Summer School

“If you are a serious student, intellectually curious, creative, eager to embrace new challenges and opportunities, then Phillips Exeter Summer School may be for you.”

This week Ms Abbott-Jones spoke to Year 8 and Year 12 students about a fantastic opportunity for six students to attend the Phillips Exeter Summer School from 6th July to 8th August 2020. This is a prestigious programme of Harkness lessons, sports and cultural excursions at one of the top independent schools in the USA.

Any student wishing to apply to be considered for this amazing opportunity MUST attend a meeting with their parent/carer at the school on Tuesday 17th December 2019 at 6.00pm prompt, where there will be the opportunity to find out much more and to ask questions. Application forms will be live on the Academy website following this meeting, with a deadline of 4.00 pm 7th January 2020 for returns. Interviews are being held the week commencing 13th January 2020.

Ms J Spencer, Interim Principal & Ms L Abbott-Jones, Vice Principal
What is Fast Track?
Fast Track is an outreach project taking place at Loughborough University London based in the Olympic Park, Stratford. This project is designed to help prepare Black or Mixed African/Caribbean students in Year 12 for university life.

When?
Monday 17th February – Tuesday 18th February 2020
Tuesday 26th May – Wednesday 27th May 2020

What will you be doing?
• Take part in academic skills workshops
• Engage in academic masterclasses
• Learn more about career options after university
• Help and support in preparing for the UCAS process
• Find out what it is like to be a current student living away from home

Application process
If you would like to apply for a place on this programme, please click this link.
Applications will close on Monday 13th January 2020 and you will be notified about the outcome of your application by the end of January 2020.

This exciting and informative event will provide attendees with the opportunity to speak to a multitude of exhibiting universities and apprenticeship providers. These will include; the Russell Group, red brick, modern institutions, as well as many of the UK’s biggest apprenticeship providers and local colleges. Other features will include interactive STEM and creative zones, seminars throughout the day and free student brochures with detailed UCAS application guides.

9.30 am - 2.30 pm

Our Spring London Fair is the perfect way for students to choose which university or apprenticeship is right for them.

Seminar Timetable
10:00 – 10:30 Student Finance – Includes loan, scholarship & bursary info
10:35 – 11:00 Higher & Degree Apprenticeships
11:05 – 11:30 Oxford & Cambridge Explained
11:35 – 12:00 UCAS Personal Statement & Application Advice
12:05 – 12:30 Why take an Apprenticeship?
12:35 – 13:00 Russell Group University Seminar
13:05 – 13:30 Life at University – Inspirational talk about the benefits of university education
13:35 – 14:00 UCAS Personal Statement & Application Advice

Venue: Arsenal Football Club, Emirates Stadium N7 7AJ
Nearest Station: Holloway Road or Arsenal - Piccadilly Line or Drayton Park London Overground
100+ EXHIBITORS!
Christmas Physics Lecture
3 December 2019, 18:30–19:30

Our popular Christmas lecture is back for 2019! This time we have a fantastic line up of young researchers, who will be talking about their work at Royal Holloway. Topics will vary from superconductors and superfluids to virtual reality and immersive audio, and from particle accelerators and building a new type of detector for dark matter to measuring lead contamination in water. Join us and find out about the diverse, cutting edge research taking place in a festive spirit!

Rockin’ Around the LHC   Callum Booth
I invite you to join me on a tour of Large (Hadron) Colliders, Giant Particle Detectors and the Higgs Boson’s relationship with the heaviest known particle in our universe - the top quark.

Beam me up - What does a particle beam look like?   Siobhan Alden
In this talk I will discuss how a particle beam is shaped and how they can be measured, in my case using lasers!”

Building the next generation of neutrino detectors   Adam Tarrant
The development of new and novel detectors could help answer questions like: Where is all the antimatter gone? What is dark matter? Here at Royal Holloway we are developing high pressure time projection Chambers (HPTPC) to try and answer these questions.

A dark matter spin off: measuring lead contamination in drinking water   Adriana Dias
By bringing biology and particle physics together, the project aims to develop a low-cost device which will measure the concentration of lead in drinking water. The data is then acquired via a mobile phone app, ready to be shared to the cloud!

Superfluids: playing with spooky behaviours in the quantum world   Sebastian Spence
Superfluids are materials that flow with zero viscosity. At very low temperatures superfluid helium expresses increasingly exotic behaviours, many of which are still not fully understood. If we confine this exotic fluid within nano-fabricated glass chips, we can reach a small enough size and low enough temperature to clearly observe quantum effects.

Superconductors, magnets and making really tiny electronics   Daniel Woods
In this short talk, I will discuss the benefits of superconductors, what we use them for, and how we use them.

Virtual Reality and Immersive Audio   Florence Roberts
Although the current VR headsets were originally intended for gaming purposes, this technology has expanded into the research world, allowing for further exploration into virtual immersive experiences.