

SIXTH FORM NEWSLETTER

Succeed • Thrive • Make a Difference

A fantastic start to the year!

It has been a busy and exciting start to the new academic year in Sixth Form.
Here are just some of the highlights so far...



YEAR 13 MASS

Faith • Community • A new year



IntoUniversity

Supporting our aspirations



CAMBRIDGE TRIP

Inspiration • Learning • New horizons



YEAR 12 WELCOME SOCIAL

New friendships • Bright futures



Succeed



Thrive



Make a Difference



MESSAGE FROM THE HEAD OF SIXTH FORM

Dear Students, Parents and Carers,

Thank you to all the parents and carers who attended our Parent Information Evenings this week. Your support and partnership are invaluable as we help our students succeed throughout their Sixth Form journey.

One message I would like to emphasise to every student is simple: take advantage of the opportunities available to you.

On Monday, we welcomed our new Access Project University Application Officer, Mr Aldou, who will provide personalised support to 30 Sixth Form students. This week, we also welcomed IntoUniversity, whose team worked with our Year 13 students to strengthen their personal statements and university applications. Fifteen Year 13 English Literature students also visited Murray Edwards College, University of Cambridge.

We ended the week with our Year 12 Welcome Social, excellently organised by Ms Pitfield and the Sixth Form team. It was wonderful to see our new students relaxing, building friendships and becoming part of our Sixth Form community.

Whether an opportunity offers academic support, careers guidance, enrichment or the chance to meet new people, I encourage every student to get involved. Say yes, participate fully and make the most of everything STM Sixth Form has to offer.



KEY DATES

FOR YOUR DIARY



THORPE PARK REWARD TRIP

Wednesday 21st October



YEAR 13 NOVEMBER MOCKS

w/c Monday 9th November



YEAR 12 JANUARY MOCKS

w/c Monday 11th January



STM Sixth Form
Limitless



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UNIVERSITY AND CAREERS

We are pleased to share six excellent opportunities currently available for our Year 12 students. These programmes can help students develop their skills, explore their interests and make competitive applications for university, apprenticeships and future careers. We strongly encourage all Year 12 students to explore the opportunities below.



THE ACCESS PROJECT

Tuition • Mentoring • Brighter Futures

The Access Project provides free one-to-one academic tuition and university mentoring throughout Sixth Form.

Students receive regular support to strengthen their academic performance and make competitive applications to leading universities.

- 15 places available for Year 12 students.
- A significant commitment is required – students must attend every scheduled tuition and mentoring session.
- Reply to the email sent to your school account if you are interested in being considered for a place.



MedCompass

Guidance • Preparation • Future Doctors

MedCompass is an AI-powered platform designed to support students throughout the Medicine application process.

The platform enables students to:

- record and track their work experience
- develop thoughtful, interview-ready reflections
- keep track of important application deadlines
- research universities and make informed choices
- prepare for the different stages of the Medicine application process.



MedCompass



Register at:
www.medcompass.uk/school/join
Enter the Student School Code: STM26



SUTTON TRUST PROGRAMMES

Universities • Apprenticeships • Careers

The Sutton Trust offers a range of programmes designed to help young people explore leading universities, apprenticeships and professional career pathways.

Applications are currently open for a number of opportunities.



www.suttontrust.com/our-programmes/



ROYAL GEOGRAPHICAL SOCIETY ESSAY COMPETITION

Geography • Current Issues • Wider Learning

Organised in partnership with the Financial Times, this competition invites students to respond to a topical geographical question and is an excellent opportunity to demonstrate wider academic engagement beyond the classroom.

Royal Geographical Society
with IBG

Advancing geography
and geographical learning



www.rgs.org/schools/competitions/school-essay-competition



LUCY CAVENDISH COLLEGE ACADEMIC ATTAINMENT PROGRAMME

Aspiration • Academic Support • Cambridge

A programme for academically high-achieving students, including those who achieved five or more GCSE grades at 8 or 9.

Students take part in regular online academic sessions from November 2026 to March 2027, alongside preparatory and optional extension activities designed to deepen their subject knowledge.



Lucy Cavendish College
University of Cambridge



www.lucy.cam.ac.uk/aap-apply



TRINITY COLLEGE, CAMBRIDGE – STEM SMART

Science • Engineering • Computer Science

STEM SMART is a free 16-month programme for Year 12 students interested in studying Science, Engineering or Computer Science at university.

The programme provides academic support, subject tutorials, mentoring and enrichment activities across three phases.



TRINITY COLLEGE
UNIVERSITY OF CAMBRIDGE



www.trin.cam.ac.uk/access/outreach-home/outreach-programmes/stem-smart



"Opportunities don't happen. You create them."



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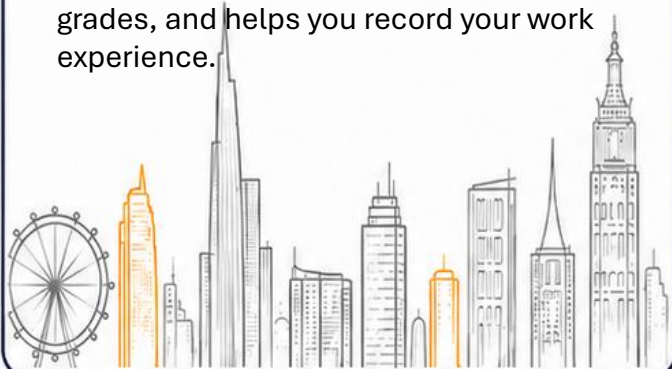


CAREER AND OPPORTUNITIES

Med Compass Year 12 and 13

Register now on MedCompass, for AI-driven personalised application support.

MedCompass helps students write their personal statement for medical school, create a shortlist of medical schools based on your UCAT score and predicted grades, and helps you record your work experience.



WELLBEING

Protect Your Sleep

Sleep is essential for memory, concentration and emotional wellbeing. Studying late into the night may feel productive, but a tired brain finds it harder to learn and recall information.

Try to keep a consistent bedtime. Put your phone away at least 30 minutes before sleeping. Prepare your bag and clothes the night before. Write down any worries or unfinished tasks so you can return to them tomorrow.

This week's challenge: Choose a realistic bedtime and follow it for five nights. Rest is not time wasted—it is part of effective preparation.



STUDY SKILL OF THE WEEK

FLASHCARDS – THE LEITNER SYSTEM

Flashcards are most effective when they make you **retrieve information from memory**, rather than simply reread it. Write a question, keyword or diagram prompt on one side of each card and the answer on the other. Test yourself before checking the answer, then sort your cards into three groups:

Not secure: Review every day.

Nearly there: Review every three days.

Secure: Review once a week.

Move cards between the groups according to how well you remember them.



PRAYER AND REFLECTION

“Each of you should use whatever gift you have received to serve others.” — **1 Peter 4:10**

God has given each of us unique gifts, talents and opportunities. Sometimes an opportunity may require us to step outside our comfort zone, meet new people or attempt something difficult. This week, let us have the courage to say yes, make the most of what is offered and use our gifts to make a positive difference to others.



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SEPTEMBER

Challenge



Better environment.
Better focus.
Better you.

ENVIRONMENT DESIGN CHALLENGE

A COMMITMENT TO RADICALLY CHANGE
YOUR ROOM AND YOUR PHONE FOR
THE START OF TERM



STUDENT CHALLENGE

“Throughout September I will assess and redesign my study space and my phone to promote greater levels of concentration and focus, so I can get my work done without distraction and build positive study habits.”



VISION

I am a leader
I have a clear sense of purpose and inspire others to achieve their best.



EFFORT

I am a professional
I work hard, build great habits and prepare myself for the world beyond school.



SYSTEMS

I am a scholar
I think deeply, learn independently and use effective systems to succeed.



PRACTICES

I am a citizen
I serve others, take initiative and make a positive difference in my community.



ATTITUDE

I am a person of character
I choose what is right, even when it is difficult, and build resilience through challenges.

TO SUCCEED, THRIVE AND MAKE A DIFFERENCE.