

BUILDING FUTURES WITH CONSTRUCTION YOUTH TRUST



**CONSTRUCTION
YOUTH TRUST**
INSPIRING YOUNG PEOPLE
BUILT ENVIRONMENTS
BRIGHTER FUTURES

A fantastic new opportunity for our Sixth Form students

This week, we were delighted to launch our Construction Youth Trust Pathways Programme at STM Sixth Form.

The programme gives students interested in **construction, engineering, quantity surveying and project management** the opportunity to develop their understanding of these industries, meet professionals and explore the wide range of careers available within the built environment.

Year 13 students taking part will work with Construction Youth Trust **every Friday throughout the programme**, developing their employability skills and gaining valuable insight into potential future pathways. We will also soon expand the programme to Year 12.

We are delighted to be able to offer opportunities like this as part of our commitment to ensuring that every Sixth Form student is able to explore ambitious pathways beyond school.



*Today's opportunities.
Tomorrow's careers.*



Succeed



Thrive



Make a Difference

EVERY
STM SIXTH FORM STUDENT IS
LIMITLESS



MESSAGE FROM THE HEAD OF SIXTH FORM

As we come to the end of another busy week in the Sixth Form, I would like to thank our students for the positive start they have made to the new academic year.

We are now beginning to move beyond the first few weeks of settling in. For our **Year 12** students in particular, the challenge is to establish the habits and routines that will sustain success over the next two years: excellent attendance, purposeful use of independent study time, meeting deadlines and developing effective study habits.

For **Year 13**, the focus is increasingly on maintaining academic momentum while making important decisions about university, apprenticeships and other post-18 pathways.

This week, we were delighted to welcome the **Construction Youth Trust**, who delivered a Personal Development session and launched their Pathways Programme for students interested in careers across construction, engineering and the built environment. Ms Marquez also launched our **Peer Mentor Scheme** in assembly. I would strongly encourage students to consider getting involved. This is an excellent opportunity to develop leadership and communication skills while making a positive difference by supporting younger students within our school community.

As always, our aim is not simply for students to achieve excellent results, but to develop into confident, independent young adults who are ready **to Succeed, Thrive and Make a Difference**.



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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CAREER AND OPPORTUNITIES

Belong at Birmingham Year 13

Unusually for a university scheme, this programme is aimed for Year 13 pupils.

Ten students have already signed up – don't miss out on this opportunity.

Applications are expected to close in October 2026; however, students are encouraged to apply as soon as possible, as places will be allocated on a rolling basis.



WELLBEING

Wellbeing Tip of the Week: Take a Proper Break – Pomodoro Technique

When your workload increases, it can be tempting to work for hours without stopping. But **effective study needs recovery time too.**

Build short breaks into your study sessions. Stand up, stretch, get some fresh air, have a drink or speak to someone. A short reset can help you return to your work with better concentration.

Try this: after **45–50 minutes of focused work**, take a **5–10 minute screen-free break** before starting again.

Work hard. Pause well. Come back focused.



STUDY SKILL OF THE WEEK

Blurting is a simple way to test what you actually know — rather than what you think you know.

After studying a topic, close your book and put your notes away. On a blank sheet of paper, **write down everything you can remember.** Then check your notes and add anything you missed in a different colour.

Try it this week: Study one topic for 20–30 minutes. Put everything away. Write everything you remember from memory. Check against your notes. Focus your next revision session on the gaps.



PRAYER AND REFLECTION

"Whatever you do, work at it with all your heart."

— Colossians 3:23

This week, think about **one area where you could give a little more** — in your studies, your relationships or your contribution to the community. Small acts of effort and kindness can make a significant difference.

How will you use your gifts to make a difference this week?



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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.