

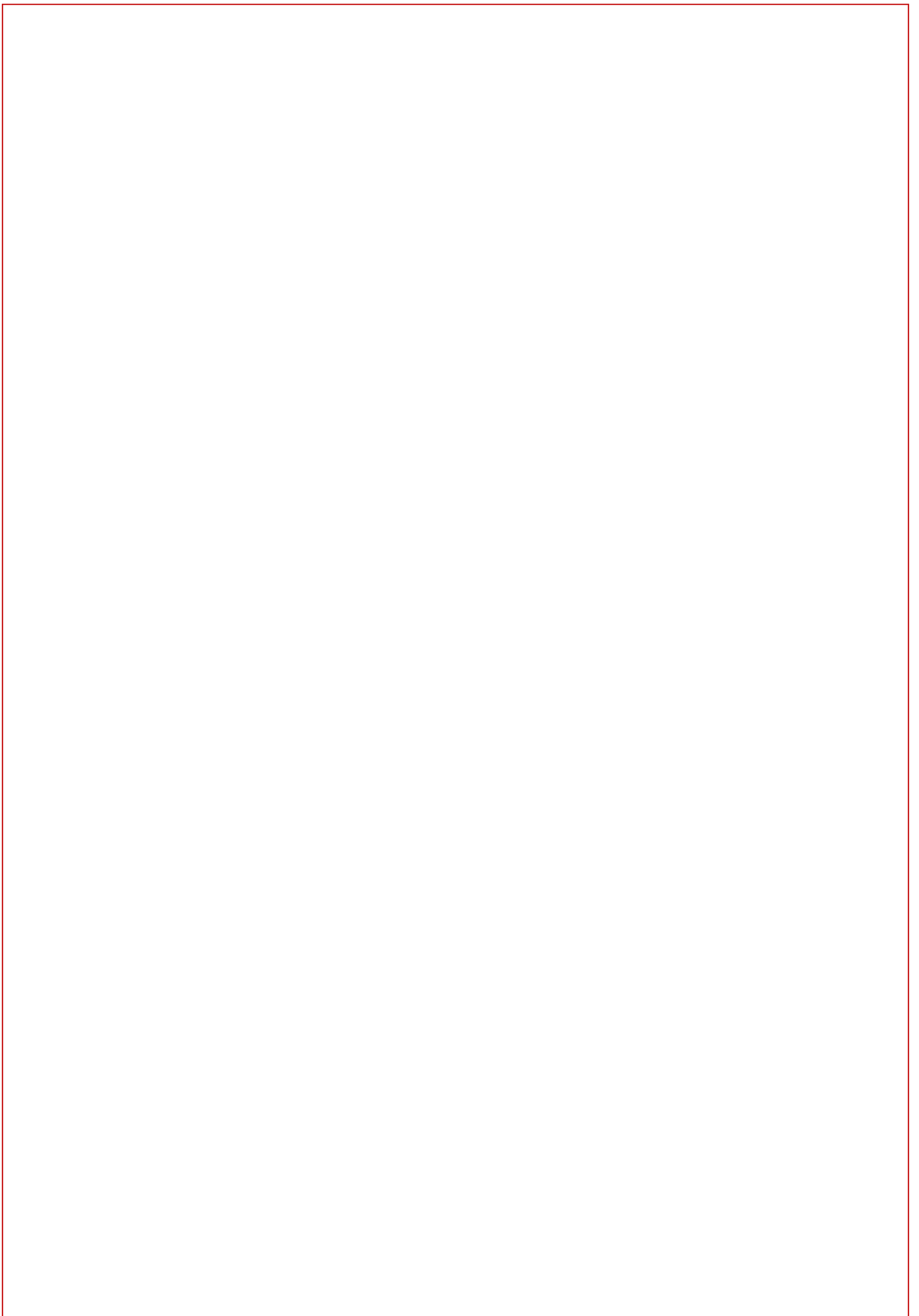
DURHAM JOHNSTON

Life in Sixth Form

2021 - 2022



Sapere Aude • Dare To Be Wise



Welcome (back) to Durham Johnston Sixth Form

In the academic year 2020 -2021, we explored two key themes with our Year 12 and Year 13 students. Many aspects of these have been positively commented on in our student surveys. We will continue to encourage these throughout this new school year.

- ✓ **BALANCE** – the importance of building a balanced routine, including sufficient independent work to make academic progress at this higher level, and engagement with leisure activities of your choice – sport, walking (with or without a dog or friends), music etc.
- ✓ The importance of **COMMUNICATION, COLLABORATION, ORGANISATION** and making the most of **ASSESSMENT** opportunities.

Since March 2020, there have been quite a few changes to your education, teaching and learning. Although we are saddened that you have not had the opportunity to sit your GCSE and AS level exams, and the satisfaction and confidence that comes with this, there have also been some real positives we can draw on. I am confident that you will have strengthened some key skills for success at A level and for your future in higher education and employment beyond. In addition to the bridging work set for your Year 12 courses, you should have engaged with the Enrichment+ activities in the Sixth Form section of the website. This academic year we will be consolidating and building on these skills, so important for your success, in our assemblies, in form time with your Tutor and with your subject teachers.

We look forward to working with you throughout this academic year.

Mrs Lennon & Mr Wilbraham

Covid changes: *the dates and details included in the booklet are accurate at the time of printing. If changes are necessary, we will inform you as soon as possible, using appropriate channels of communications. Emails to students and our school website including Mr O'Sullivan's weekly updates and letters to students and parents should be regularly checked.*

DURHAM JOHNSTON - A GUIDE FOR OUR STUDENTS AND PARENTS

Who are the Sixth Form team?

Head of Sixth Form:	Mrs A Lennon
Deputy Head of Sixth Form:	Mr J Wilbraham
Administrators:	Mrs S Clarke, Miss K Boughton
Sixth Form Supervisor:	Mr E Bllaca

What do students need to do at the start of term in September?

Year 12 students new to Durham Johnston

On Friday 3rd September please make your way to the Sixth Form Area at 9am for the introductory conference. Lunch will be available from our cafés so bring cash with you or a packed lunch. Come in smart casual clothing as **school uniform is not required to be worn for this activity**. Ties can be bought from the sixth form office for £10 on the day.

All Year 12 and Year 13 students

Lessons will start on Monday 6th September when you should report to your Form Room at 8.20am prompt for registration and to receive your timetable and Student Organiser. The Student Organiser is a key document for both organisation and communication between school and home. For Year 12 students a list of tutor groups and rooms will be displayed in the corridor leading to the Sixth Form study area. You will have an extended assembly with Mrs Lennon and Mr Wilbraham to welcome you back and outline the key factors for a smooth transition from GCSE to AS level and from AS level to full A level study.

Parents please do **not** arrange to bring students to school by car unless this is absolutely unavoidable. **We do not have any parking or even drop-off space for parents on our site** and we are instructed by the Local Authority and police to prevent parents coming onto the site in cars, as our car park is so congested that extra dropping-off vehicles constitute a safety hazard. Some parents have expressed concerns about this. Our car park was built in 2009 based upon an environmental plan that set out to encourage students and staff to walk or cycle to school. Students driving themselves to school should be aware that there is **no** easy parking in the local area. Space is very limited and is entirely in residential streets. Poorly parked cars make access to residents' drives and pavements an issue and they are likely to complain to the school or to the police. Sixth formers are inexperienced drivers so we understand mistakes can be made, however as a driver, students must take responsibility for their own actions. Students need to be able to park carefully and within the law. We cannot defend you from police action.

If you have a registered disability and need to drive as a result of that, please talk to us separately.

How is the school day organised?

Our school day starts early and is organised in the following way:

08.20	All pupils to be on site and moving towards their Form Class, or Assembly. The student gates will be locked at 8.25am
08.25	Registration or Assembly
08.45	Lesson 1
09.45	Lesson 2
10.45	Morning Break
11.00	Lesson 3
12.00	Lunch
12.45	Lesson 4
13.45	Lesson 5
14.45	End of the school day

It is possible that due to social distancing these times may vary slightly. Please check your emails and/or the school website for any changes.

Usually access to Sixth Form area and Café 6 will be available before and after the times above, where students sometimes choose to work pre-school (from 7.30am) and until approximately 5pm. We have a wide and varied range of student-led societies running at lunchtimes and after school. These are an excellent way to meet with people of similar interests, explore topics beyond the classroom and develop your organisation, project management and communication skills. If we don't currently have a society that interests you why don't you start one? See Mrs Lennon for details of how you might go about this.

Catering

Sixth Form students have a choice of the main student servery, the Atrium Café and Café 6. We have a cashless catering system which enables young people to put money into the cash machines around school at any time of the day and then to pay for meals using an impression of their fingertip. Parents may also pay for meals in advance using the *ParentPay* facility on the school website. While there are always some problems with such sophisticated technology, the system generally works very well. If you encounter a problem with *ParentPay* please contact a member of staff in the **School Office** and they will offer assistance. Sixth Form students are also able to pay cash at the Atrium Café. Drinking water is usually available from chilled mains water dispensers around the school and students are encouraged to fill their bottles before school, or at break or lunch time. Students are allowed water in class (but not in Science, Computer Science or other practical lessons). We do not allow energy drinks in school and will always confiscate such drinks if we see or find them.

The focus at the start of:

Year 12 is on making the transition to A level study. This involves specific guidance by staff in each subject and general guidance from our pastoral team. The key skills required for success at A level are outlined in the student agreement. The first term is an induction period where we monitor that students keep to the conditions of their agreement. In particular we are looking for a commitment to engagement in their own learning both in and out of lessons. Independent work is expected to the order of four hours per subject each week of which a total of about 12 will be done after private study periods are used in school. Some independent work is directed task completion or learning. Additionally we expect students to review and consolidate their learning and to complete wider background learning starting with reading the texts they are issued. Punctual completion and submission of work is an important part of the programme. The first report will be issued to students in the week commencing 15th November focussing on transition and A level study skills.

For Year 12 performance is formally reviewed after the January internal exams and you will receive a report with up to date grades and predictions. Decisions regarding the taking of external or internal exams in summer 2022 will be made at this time.

At this time we are unsure how we can deliver our 'Settling In' meeting for parents which is usually shortly after the starting Sixth Form. This would normally be when you would find out more about life in Sixth Form. We will revisit the situation in September and see what we can offer.

Would any students new to the school with any additional needs, particularly for exams please inform us and provide documentary evidence as soon as possible.

Year 13 is on taking on the role of the most senior members of our student body; setting a positive example, acting as mentors and role models, running societies and organising House events. Of course, the main focus is on working with us to get the very best A level results possible in their final summer exams. This requires students to keep on top of Year 12 work, building on it with Year 13 content and honing their examination technique. Most of our Year 13 students will be applying for university and we will be helping them complete a strong application including our individual reference. Any student applying for degree apprenticeships/employment will be supported in researching their choices and the application, interview process and references.

For Year 13, performance is formally reviewed after the internal exams starting 27th September (covering Year 12 & 13 work) for which you will receive a report. A further report will be issued in March, in time to inform final A level preparation.

Year 12 & Year 13

Time management is one of the most important skills students must learn before moving on to Higher Education and employment. Students are expected to invest sufficient non-contact time and time at home to independent study to make academic progress. This should be balanced with hobbies, social time and perhaps voluntary or paid part time work. Part time work can provide valuable experiences for students but it is important that it does not jeopardise their chances of future

success. We do not believe a full time student should do more than ten hours of paid employment each week.

As students make the transition from GCSE through sixth form to university, we feel that they should be given increasing responsibility for managing their own study. In Year 13 we usually allow students to apply for **Home Study** where they can spend some of their non-contact periods working at home rather than supervised in school (Private Study). For safety reasons last year both years were allocated Home Study but we hope to return to our usual supervised Private Study system to help students embed good practices for independent work.

Bursaries

The bursary fund we administer is primarily aimed at those entitled to state benefits or to Free School Meals. If you believe you may be entitled to this please apply as soon as possible. Guidance can be found in the Sixth Form area of the school website. Students should apply each year through the Sixth Form Office. As evidence of family income we need copies of the following from those wishing to claim bursary funding.

- Benefit Letter for Job Seekers Allowance; Income Support, Employment & Support Allowance
- Inland Revenue Tax Credit Award TC602 - all pages
- Inland Revenue Working Tax Credit Award Notice (might be part of TC602)
- Similar evidence for the new Universal Credit award

Attendance

Good attendance is a key part of A level success. Attendance will be commented on in university and employment references. Students must attend all form periods and classes, unless Home Study is part of your timetable. You are expected to stay on site throughout the school day apart from lunchtime when sixth formers are allowed to leave school premises. Sometimes pastoral or subject activities will be arranged outside of normal class times, but within the school day. These take priority over all other arrangements. It is for the school to decide whether a particular absence is to be authorised or not. The only justification for non-attendance is illness or personal or domestic emergency. During absence, contact should be made with school by telephone or email on the first day to explain the cause and likely duration of absence and to request work. Students must not arrange routine medical and dental appointments or driving lessons in class time. You are expected not to arrange holidays within term time (see dates on later page). Sixth Form work is intensive and absence is detrimental. When a student returns to school it is their responsibility to consult teachers about missed work and the rescheduling of deadlines for the completion of assignments.

What is Durham Johnston's position regarding mobile phones and smart watches?

There is significant research associated with the use of mobile phones by young people, particularly regarding the negative and potentially damaging impact of unregulated social media use. Behaviour at Durham Johnston is of a high standard. However, we sometimes have to address issues that occur **outside** of school because students lack the maturity to use modern technology safely and do not behave in an inappropriate manner. Mobile phones are often expensive items and can be easily lost and we cannot guarantee to keep them safe. **Sixth Form students are allowed to bring**

mobile phones to school and they may use them in the Sixth Form area only, never around the school site. Smart watches are not allowed in school. A student breaching this regulation will have their phone confiscated until the end of the school day, after which time they may collect it from the Sixth Form office. Our policy regarding mobile phones might change in light of new data protection laws, but it is also important to note that students cannot take photographs anywhere on the school site due to data protection laws.

How will the school communicate with parents during the school year?

We try very hard to communicate effectively with parents; it is important to us that you feel part of the school community. For example, **we communicate regularly via our school website** including **Mr O'Sullivan's weekly update** and **all covid related safety measures in place**. It also provides links to letters sent to parents in pdf format, and information about extra-curricular events.

The student organiser has much of the information you need as a student and parent at Durham Johnston Sixth Form. Parents can communicate directly with the Form Tutor using the organiser too. Although we are a large organisation, should you need to telephone or email, we endeavour to get back to you as quickly as possible. Our teachers are very busy between 8am and 3pm and cannot check emails and reply to queries as they are teaching, marking and planning. We will always try to reply as quickly as possible, but our response will rarely be immediate.

We are always developing ways in which we can communicate with parents in this digital age, and some innovations are being developed. **The school also has a Twitter feed.**

www.durhamjohnston.org.uk



Tweets DJCS

[@DurhamJohnston](https://twitter.com/DurhamJohnston)

To ensure the safety of students it is essential that the school holds up-to-date contact details in case of emergency. Please make sure that you tell the school of any change of address (including any temporary arrangements), telephone number or email address.

Contacting the School – Academic year 2021-2022

The key to our partnership with parents is communication. As students are over sixteen much more is expected of them and teachers will hold them responsible for their performance. It is important however that we are aware of problems as soon as possible so that they do not build up. The intensive nature of A level study makes this more true than lower down the school. If you have any concerns about a student then please contact us to discuss this. Emails are particularly useful as they can be distributed to colleagues most effectively. If you are emailing the school please mark your message for the attention of whichever member(s) of staff you feel ought to receive it.

- To tell us about a student's absence, please telephone the school (0191 384 3887) **before 8.20am** and either leave a message on our pupil absence answerphone or speak directly with a member of the office staff. When they are well enough to return to school you should send a letter confirming the date and reason for the absence or make a note in their student organiser.
- If you have a query or have something you would like to discuss or find out about, the Form Tutor is usually the first person to contact. You can do this either by telephoning or emailing the school for the attention of their Form Tutor.
- If your concern is of a more serious or urgent nature then you should contact Mrs Lennon or Mr Wilbraham (school number, and then when instructed, dial 3 for the Sixth Form office). Whilst we always try to respond quickly to enquiries, it is important to note that between 8am and 3pm Mrs Lennon and Mr Wilbraham also have teaching commitments. It could therefore be difficult to speak with parents or carers during the school day.

Email addresses

School

Mrs Lennon (Head of Sixth Form):

Mr Wilbraham (Deputy Head of Sixth Form):

Sixth Form Administrators

school@durhamjohnston.org.uk

a.lennon@durhamjohnston.org.uk

j.wilbraham@durhamjohnston.org.uk

6thformadmin@durhamjohnston.org.uk

Uniform

Sixth form students set an example to the main school students and this should consistently be a positive model. Your uniform and the way you wear it reflects your attitude to the Durham Johnston community and your studies. We expect all students to be *smart and decent* in their dress.

Uniform must be worn as detailed - it is part of our school policy.

Students must choose from the following:

Black formal trousers - straight leg or bootcut style only.

Trousers must be full length

or

Black formal style skirt. Skirts should be of reasonable length

Optional

* Plain black V-necked pullover or cardigan or sixth form hoody

* Please ensure that head coverings worn for religious purposes are plain black or white

AND

White shirt (short or long sleeved) worn with a Durham Johnston sixth form tie (available from Parkins). The Sixth Form Office also hold a small stock

or

White formal blouse (short or long sleeved) with collar

AND

Plain black opaque tights/socks

Plain, formal shoes or boots

Students who arrive at school wearing incorrect uniform may be sent home.

Outdoor clothing, including hats and scarves must not be worn inside the school building.

A moderate amount of jewellery may be worn.

PE KIT

Sixth Formers involved in PE department activities may wear the department activity uniform on days of participation.

- ◆ Plain black running leggings or tracksuit bottoms
- ◆ Plain red sweatshirt or DJCS training top (optional)
- ◆ White plain polo shirt or T-shirt
- ◆ Trainers (indoor and outdoor)

Durham Johnston training tops and tracksuits are available to purchase from the PE department

Timetable

These are the subject blocks which form the basis of our timetable

Year 12

Block A	Block B	Block C	Block D	Block E
Business	Biology	Biology	Art	Biology
Chemistry	Chemistry	Business	Biology	Chemistry
English Language	Ethics & Philosophy	Chemistry	Economics	French
History	Geography	Computer Science	Further Maths	German
Maths	Maths	Economics	Geography	History
Music	Media Studies	English Literature	Government & Politics	Maths
Physics	Physics	Psychology	Latin	PE
Spanish	Psychology		Maths	Sociology
			Product Design	

Year 13

Block A	Block B	Block C	Block D	Block E
Business	Art	Biology	Biology	Biology
German	Business	Chemistry	Computer Science	Chemistry
Further Maths	Chemistry	Ethics & Philosophy	English Literature	Economics
History	Latin	French	Maths	English Language
Media Studies	Maths	Geography	Physics	Geography
Government & Politics	Sociology	Maths	Psychology	History
Psychology	Spanish	Music	PE	Maths
		Physics		Product Design
				Physics

As well as the core subjects students follow our **Preparation for Higher Education (PHE)** and **Careers Guidance** programme to help them select the most appropriate course and institution for them and prepare them for the next steps post Sixth Form. A description of the programme is outlined below

- Introduction/Overview
 - Higher education and the alternatives especially degree apprenticeships
 - Types of institutions
 - Types of courses
 - Teaching and Learning at University
 - Bursaries and finance

- Universities and Colleges Admissions Service (UCAS)
- Research – *'measure twice – cut once'*
- Personal Statements – *'show don't tell'*
- Interviews
- Student Finance and budgeting

- Additionally
 - Gap years
 - University life and living independently
 - Careers information

Further guidance and advice is available through teachers, visits to open days and conventions, and talks by visiting speakers. (e.g. universities, businesses, guidance organisations).

There are a number of useful website to help you explore your options for what's next. Here are two good examples:

- UCAS – helps you research your options and courses and complete your application (with our help). <https://www.ucas.com/>
- Aspire – helps you explore careers you might not have considered and included post-18 options including degrees, school leaver programmes and apprenticeships. https://www.paperturn-view.com/uk/upreach/new_aspire-guide-2020?pid=MTE111704&v=7.1

We also offer EPQ and AiFE to enhance application to university, apprenticeship or employment.

EPQ stands for extended project qualification. It is an independent research task and involves either writing an extended essay of about 5,000 words or creating a product with an accompanying shorter essay of about 3,000 words. This product could be anything from a drone to an app to a music composition. Both options require a presentation to your peers and assessors for about 10–15 minutes at the end of the EPQ journey about the final product. Students are also expected to reflect and evaluate the process as you go along, completing a logbook, which comprises part of your assessment. An EPQ is worth valuable UCAS points and can form part of a personal statement. It also develops useful skills like research, essay writing and presentation skills which will come in useful for A levels and beyond. It also lets you study your own choices, whether that be in what you want to study at university or your own personal interests e.g. birdwatching or films from North Korea.

Financial Capability – Award in Financial Education (AiFE) is accredited by the London Institute of Banking & Finance (LIBF). LIBF lessons are timetabled for 1 hour per week with 2 short paper-based assessments over the year – November/December and April. There is no homework other than independent revision before assessments. The course gives students more knowledge and understanding regarding financial matters enabling them to make better decisions, potentially saving (or making) them significant amounts of money.

School term/holidays dates for the academic year 2021 - 2022

Holiday/Inset	Closing date	Date school re-opens
		Friday 3 September 2021
Autumn Half Term 2021 (1 week)	Friday 22 October 2021	Monday 1 November 2021
INSET (School closed 26 November)	Thursday 25 November 2021	Monday 29 November 2021
Christmas 2021 (2 weeks and 1 day)	Friday 17 December 2021	Tuesday 4 January 2022
Spring Half Term 2022 (1 week)	Friday 18 February 2022	Monday 28 February 2022
Easter 2022 (2 weeks)	Friday 8 April 2022	Monday 25 April 2022
May Day 2022 (School closed on Monday 2 May)	Friday 29 April 2022	Tuesday 3 May 2022
Summer Half Term 2022 (1 week)	Friday 27 May 2022	Monday 6 June 2022
Summer 2022	Tuesday 19 July 2022	To be confirmed

- ✓ My top tip would be pick subjects you enjoy the most because there is a lot of work that has to be put in and if you don't enjoy something you won't have the motivation to do this.
- ✓ Choose subjects that you want to study, not the ones that your friends take or that you think look good, but also ones that suit the way you work. Don't take a subject if it is incredibly hard for you to do.
- ✓ Make a definition list and put it at the front of your folder adding in every new definition you receive as soon as you get it.
- ✓ Keep on top of work and make sure to ask questions about what you don't understand. Always try to get the best result possible in mocks because you don't know what could happen down the line (lockdown).
- ✓ Get homework done. Do not let it gather up because you will regret it.
- ✓ Utilise your study periods.
- ✓ Love the subjects you're doing.
- ✓ Consolidate what you've learnt in lessons and ASK QUESTIONS.
- ✓ READ AHEAD! I find it so much easier in lessons and further down the line for revision by reading ahead to start with. At the start of year 12, I was told to do this but was a bit too lazy to do it but then everything gets a bit much and you end up stressed to bits. It's far better to do it now than later.
- ✓ Get on top of your work and don't get stressed. A LEVELS ARE SO MUCH MORE DIFFICULT! I went comfortably from 8s to Ds and I understand now that I needed a different approach. In fairness, I was told this was the case in assemblies. Making mistakes is fine so long as you change and learn from them (after that I'm not getting Ds anymore).
- ✓ Use your private study periods!! Even if you set aside your one-hour period for a more relaxed work approach, using your frees for work is the best habit to get into. Make a study playlist – this will help you 'get in the zone'.
- ✓ Work with the teachers help because that's what they're there to do and they will happily help you.
- ✓ Use sessions provided for extra support. Some subjects do lunchtime or afterschool drop-ins and if it's about anything else then Mrs Lennon can see you early or at lunchtime. Don't be afraid to ask.

- ✓ Make the most of it and enjoy what Johnston has to offer.
- ✓ Be yourself and don't make a new personality to fit it.
- ✓ Hit a good balance of work and play. If you don't work enough, you'll fall behind and will only get more and more stressed but equally importantly, make the most of your time to enjoy yourself. The lessons and relationships with the teachers are more relaxed and so that element of fun is crucial.
- ✓ Don't abuse the free time you're given between lessons as it comes in very valuable for homework if you're struggling to do it at home. Also get in a good relationship with your teachers and constantly ask them questions about things you don't understand.
- ✓ Getting involved in societies. Looking back at year 11 me, I never thought I would have joined any and am so happy that I was encouraged in assemblies at the start of year 12. I enjoyed them way more than I thought I would and it had become valuable to my studies as well as just a lunchtime activity! Loved MedSoc and Language Soc. Also taking other opportunities such as becoming a house leader, which I also never would have done in the past but it has been nothing but fun and rewarding.
- ✓ Don't miss days of school, keep your attendance high, lessons have so much more content compared to GCSE lessons (which are easier to catch up on the work).
- ✓ Don't hold back, meet new people, try new societies, learn new things.
- ✓ If you're new to the school (coming to the sixth form from doing GCSEs at another school) then don't stay in your previous school bubble, make friends. If you came from Durham Johnston previously then make new friends with the people from other schools, I made friends with somebody from another school who I would now consider to be one of my closest friends – so do it.
- ✓ Never be afraid to ask for help – whether this is for subject help with your teachers or personal issues with the sixth form leadership/head students, there are always people around who are more than willing to share their knowledge and advice.
- ✓ Collaborate. Be resilient. Get involved.
- ✓ Only surround yourself with people who make you happy. Remove yourself from negative situations. Don't necessarily cut off friendships completely, but if it is bad then it will translate into the rest of your life and cloud your enjoyment of school. Also, if you get a job, always prioritise school; say no to shifts if you have tests and deadlines because at the end of the day that is going to be more important than the £4.35 an hour you would have gotten. Don't work too much; the money is nice but you need time to yourself to keep sane, and no one is forcing you to have a job.
- ✓ Don't compare yourself to others. Just because someone else is working / revising in a certain way doesn't mean it will work for you! Be confident in what you are doing and know that if you are always focusing on learning and meeting deadlines, you are doing well.
- ✓ Be kind to everyone, it really does make the year feel more like a community.

What our students say..... This subject is great because

<p>Art Creativity freedom of choice of what you want to explore and study and I was also surprised by how deep and mind broadening the subject is.</p>	<p>Biology Studying biology has an equal balance of theory work and practical work. There are always fun practicals to do and alongside with the theory work it makes understanding the course much better. The best thing about studying biology is learning about the body and other organisms in depth and still having fun.</p>	<p>Business I had never taken business before so it was entirely new to me. However, it ended up becoming my favourite subject as I ended up learning the most from it as it is all around us. You notice more things day to day.</p>	<p>Chemistry It is so interesting and the Chemistry department make such a hard and challenging subject become a lot less scary. Practical endorsement means that you are not staying at a desk for every lesson, which makes the subject fun to study.</p>	<p>Computer Science It's challenging but the small class size means that you always have someone you can ask for help when you get stuck. Teamwork is really important.</p>
<p>Economics Economics - satisfying how it all comes together and altogether helps you get a good understanding of a lot of things for later life , also pretty fun and Mr Everett is a good lad.</p>	<p>English Language English language - The way the exam is designed gives you a lot of freedom. You can learn whatever theories you think will be useful and the essay questions are so open that you can interpret them in lots of different ways.</p>	<p>English Literature English Literature- the content is very interesting and the lessons have quite a lot of class debate within them, which I prefer because it helps you to examine separate viewpoints.</p>	<p>French French stops being about learning answers to questions such as what's your favourite food and becomes an exploration into different cultures and thought-provoking topics. You have to be more self-motivated, but this can push you to a higher level of proficiency.</p>	<p>Further Maths Further Maths - it's an extra challenge that lends itself to normal Maths (i.e. it makes normal Maths genuinely easy).</p>
<p>Geography I love how the specification gradually builds on GCSE making it a nice subject to study when other subjects are different straight away.</p>	<p>German The small class size means it really feels like a team. It's a real step up from GCSE and you get a much deeper understanding of the language and culture.</p>	<p>History It is simply a fascinating yet complex subject. It offers an insight into the time our ancestors have lived, but it also helps us understand the way the world and its surroundings worked. In my opinion history teaches individuals to learn new things and while learning it teaches us to ask important questions to further our research.</p>	<p>Latin Latin gives you the opportunity to learn language skills that not only allow you to read classical literature written thousands of years ago but also helps in understanding the origins of so many other languages. Studying Latin is an education in history, literature, and language all in a fun and close-knit setting.</p>	<p>Maths With Maths, the main thrill comes from a question you struggle to answer but ultimately get it right with no help. The feeling of satisfaction is great.</p>
<p>Media Studies Such an interesting subject that is so different to all of the others. So enjoyable but academic at the same time. Allows you to get a good balance between practical and written work.</p>	<p>Music Music - because it goes way more in depth at A level and you learn so many more techniques and appreciate the subject more as a whole.</p>	<p>Philosophy & Ethics A very interesting subject that explores understanding and the fundamental questions under-pinning the human condition.</p>	<p>Physical Education I like how the subject is full of different sub topics with 3 main components to it. It keeps the content fresh and prevents repetition.</p>	<p>Physics The practical part of A-level physics is very interesting and helps visualise a lot of the difficult theories. I am finally getting answers to questions about physics that I have had for years now. That is the best part of A-level physics!</p>
<p>Politics I expected I'd really enjoy this A level, because I knew a lot of it would be about discussing the news. I have politics last thing on a Friday, and I can always look forward to having a chat about the topical issues, which is very important for understanding the wider world for the course!</p>	<p>Product Design Product design to me is imagining, creating, manufacturing and succeeding in order to solve a problem. It's the perfect blend of creativity and theory in a subject at a level which is what makes it so engaging.</p>	<p>Psychology There are many different areas of psychology and all different types of things included in the subject for example maths skills, science skills etc. It can be interactive by sometimes working in a group, which I enjoy. Finally, it's a very interesting subject because it relates to everyday life.</p>	<p>Sociology The best part about studying this subject is how much content you can apply to everyday life, it's very easy to incorporate your own personality and experiences into your study and vice versa.</p>	<p>Spanish There's a much bigger focus on the history and culture of Spain making it even more interesting than GCSE.</p>

Durham Johnston Student-Led Societies

<p>MedSoc</p> 	<p>FemSoc</p> 	<p>Pride</p> 
<p>QuizSoc</p> 	<p>Global Discussion Society</p> 	<p>BioSoc</p> 
<p>Physics</p> 	<p>Debating</p> 	<p>Computer Science</p> 
<p>Drama</p> 	<p>ChemSoc</p> 	<p>Languages Soc</p> 
<p>Psychology</p> 	<p>PolSoc</p> 	<p>LawSoc</p> 
<p>History</p> 	<p>Music Society</p> 	<p>Christian Union</p> 
<p>That's Life</p> 	<p>Young Minds YOUNGMINDS fighting for young people's mental health</p>	<p>Maths Soc</p> 



And - there are lots of music events each week:

Monday - Chamber choir - MU2 - 12.15 to 12.45

Tuesday - Wind Band - Hall - 2.45 to 3.45

Wednesday - Senior Choir - Hall - 2.45 to 3.45

Thursday - Senior Orchestra - Hall - 2.45 to 3.45

Friday - Big Band - MU1 - 2.45 to 3.45

Looking after mental wellbeing – our own and others

At DJSF we take mental wellbeing seriously and work together to build resilience and good habits. Our Year 12 survey in May 2021 was shared with students and staff in depth. Two key messages came through in particular.

Mental Wellbeing Survey

1. **Be proactive in communicating** (both ways) with us – checking emails/notices and asking the appropriate member of staff to help resolve any issues. Who can help at DJSF? Form Tutor / subject teachers/Sixth Form staff? If you are unsure who the best person is – come to see Mrs Lennon/Mr Wilbraham to ask. We will help &/or point you in the right direction.
2. **Support one another** – we are all members of one community – DJSF. If you see or hear something that concerns you – help. This might be smiling/including the student – or coming to see Mrs Lennon/Mr Wilbraham to pass on your concerns

These are some of the useful websites that we suggest you explore – many form the basis for Tutor group discussions.

- We have these calendar / posters up on the Sixth Form office door. They just help to give you a little nudge to keep you in a good place. The website is worth exploring - something for everyone. You can download the app and it will give you little daily support messages. Have a look.
 - <https://www.actionforhappiness.org/calendars>
 - <https://www.actionforhappiness.org/10-keys-to-happier-living>
- <https://youngminds.org.uk/>
- <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>
- <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>
4 minute video.
- <https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/videos-websites-and-apps/>
- <https://www.kooth.com/> - and watch the video - <https://www.kooth.com/video> (1 min 35secs)
- We liked these very simple and accessible ways to help you feel good – how many do you do regularly?
 - <https://www.bbc.co.uk/programmes/articles/56kW7S2dWkWSQjsTzrBywfH/10-simple-pleasures-to-keep-you-going>



Who can help you at Durham Johnston?

We have a number of experienced members of staff to support you through your transition to more independent and advanced study. Additionally, your increasing maturity brings with it new challenges and opportunities. Key people to support and guide you are: your Form Tutor, subject teachers and your Sixth Form staff:

- Mrs Lennon – Head of Sixth Form
- Mr Wilbraham – Deputy Head of Sixth Form
- Mrs Clarke & Miss Boughton – Sixth Form Administrators
- Mr Blaca – Sixth Form Independent Study Supervisor

How do I contact staff? Any member of Durham Johnston staff can usually be contacted in person or by school email (for a quick decision or to arrange a meeting).

Not sure who to ask? Come to the **Sixth Form Office** or send an email to **Mrs Lennon or Mr Wilbraham**.

Other contact details:

- **School Nurse** – appointments through Mrs Clarke / Miss Boughton or Mrs Coady.
- **Counsellors** – See Mrs Clarke / Miss Boughton to arrange a confidential meeting with a Counsellor.



A few comments from our students

I know that teachers are on my side. They really do want me to get the best grades I can

Don't compare yourself to other students

I feel a lot more comfortable studying independently for subjects that I enjoy and take an interest in

Get homework done. Do not let it gather up because you will regret it

Make the most of it and enjoy what Johnston has to offer

Don't hold back, meet new people, try new societies, learn new things

It was easy to settle in DJSF, harder to settle into A level study habits

Collaborate. Be resilient. Get involved.

Use your private study periods!!
Make a study playlist-this will help you 'get in the zone'

Be confident in what you are doing and know that if you are focussing on learning and are meeting deadlines, you are doing well

Find the right revision style for you as early as possible

Keep on top of work and make sure you ask questions about what you don't understand

Don't miss days of school, keep your attendance high, lessons have so much more content compared to GCSE lessons

Only surround yourself with people who make you happy. Remove yourself from negative situations

I settled in quickly. I much prefer the Sixth Form experience to GCSEs

Be kind to everyone, it really does make the year feel more like a community

Hit a good balance of work and play

I use my planner every day