



Updates for the parents and community of The South Wolds Academy and Sixth Form



KEY DATES

Girls Football Team Success

By Mr Shaw

For the final time this year, I am writing to highlight the success of our amazing Year 7 Girls Football Team.

We have finally finished the year with silverware in the shape of South Notts Cup winners! After the many highs and occasional lows of the season, it was a great way to finish, beating Southwell Minster School 4-1 in the final.

Another superb performance from the team: reliable and brave goalkeeping; strong, uncompromising defending; dynamic running and energy in midfield and calm and ruthless finishing in attack. It was nothing short of what the girls deserved. I am already looking forward to next year and building on this success and hopefully going a step closer in some of the competitions. A fantastic group of girls to coach and work with, they have certainly embodied the ethos of South Wolds.

- 2nd Sept - INSET Day
- 3rd Sept - Years 8 - 11 Student Review Day
- 3rd Sept - Years 7 & 12 timetable begins
- 4th Sept - Timetable begins for whole school
- 19th Sept - Years 5/6 Open Evening
- 3rd Oct - Post 16 Open Evening
- 10th October - Year 9 Parents Evening
- 17th October - Years 7 & 12 Tutor Evening
- 18th October - End of Half Term



Back row from L-R: Eviee, Molly, Pia, Isla and Jessie (not pictured) Millie and Imogen.

Front row, from L-R: Brianne, Esme, Lauren, Eva and Lilly



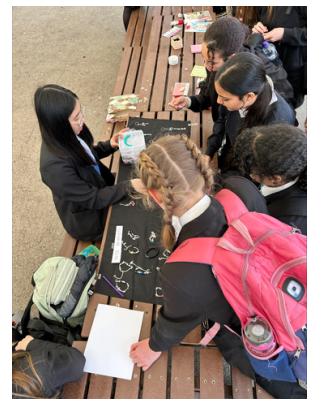
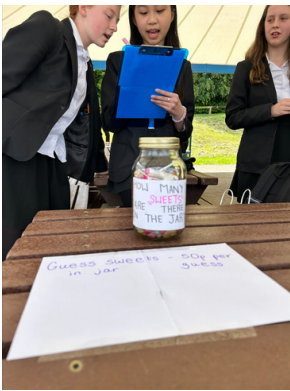
Diversity Week

By Ms Drewett

Our Diversity Week was held during the week commencing 17th June. This was a week focused on learning about our differences in order to encourage a supportive and inclusive school community.

The student council planned and hosted a number of activities throughout the week including a bake sale, poster competition and mini market.

Through all the efforts from the students, we managed to raise a fantastic £488! It has been decided that this will be split between the Proud Trust and Service Dogs charity.



Maths Challenge

By Mr Gell and Miss Williams

On 9th July, we took two teams of new Year 8s to participate in the EMET Maths Challenge at The Kimberley School. They participated in three challenging rounds of 45 minutes of elite mathematics.

We are so proud of the way our students represented South Wolds, tackling some very difficult maths problems and making new friends across the trust.



Our team consisted of Robert B, Sherine C, Jacob E, Dominic J, Ethan T and Tamzin T (pictured) and Imogen G and Briane M (not pictured).

Young Geographer of the Year Award

By Mrs Martin



Two of our students were commended by the Royal Geographic Society for Young Geographer of the Year Award. The Topic was 'A Blueprint for the Future'. Chloe C and Lottie D designed original and thoughtful presentations to suggest how we could make our planet good for now and the future.

This year's topic is 'Why should we study geography?' and all years can enter. We will introduce them to the project in lesson, but the work needs to be independent.

Congratulations girls - it's good to know our future is in your hands!

Year 11 Virtual Work Experience

By Mr Wall



On 2nd July, 31 students from Year 11 took part in a virtual work experience through the Unifrog platform. The work experience gave students to attend the event sponsored by Tesco.

It gave students the opportunity to gain hands-on industry experience by designing their own promotional meal deal, develop pitching skills essential for presenting ideas and products effectively, and craft compelling social media posts to promote their designed product.

They also had the opportunity to learn about the diverse career opportunities available at Tesco. In particular they found out about Tesco's apprenticeship program for 16 - 18-year-olds, such as their Retail Apprenticeships, with a minimum starting salary £22,501.44 (36 hours per week). For more information see <https://www.tesco-programmes.com/apprenticeships/stronger-starts-retail/>

Any student in Year 11 who would like to take part in any of the virtual work experience can access the materials on their Unifrog account. This year there are experiences hosted by The Institute of Chartered Accountants, Tesco, the NHS and the BBC.

School Games Olympic Challenge

By Mr Shaw

At the beginning of July, we took a group of Year 7 students to the Harvey Hadden Sports Village to take part in an inaugural Olympic Challenge. There were over 30 schools from across the county taking part in the first edition, with the event consisting of some track and field disciplines (70m sprint, 400m, standing long jump and vortex howler throw) and some indoor events (rowing, golf and nerf gun shooting). Each student took part in each event and worked hard to produce their best effort and score.

There was great teamwork, perseverance and positive attitude demonstrated throughout the day by all students and it was an absolute pleasure to see the students enjoy themselves and enjoy the day.

Well done to our team, Johnnie, Hamish, Owen, Leo, Jensen, Sadie, Emelia, Nancy, Alwande, Olivea and Brianna!

Reading Rewards Tea Party

By Miss Wightman & Miss Mitchell

On 17th June, we celebrated our highest achieving readers with a special tea party in the library with our Head Teacher, Mrs Angus. Our 22 amazing readers completed over 72 hours of reading, logged in their reading passports.

7K - Briana M
7H - Kitra Y and Hamza J
7R - Isla K and Emma H
7T - Esme L and Imogen G
7W - Jessica T-H and Aayhan K
7Y - Jessica H
8E - Agnes M, Daniel C, Freya M, Jerome B and Evie M
8R - Isabelle W
8H - Megan C
8K - Isabelle D and Naomi H
8T - Oliver M
8W - Daniel P
8Y - Libby T and Isaac S

The students enjoyed a selection of biscuits, cakes and drinks and they were then presented with a book, signed by Mrs Angus.

A fantastic achievement - reading is the key to academic success and expanding the world of our imagination. Thank you to all our star readers, congratulations on your achievement!

Carnegie Shadowing Club

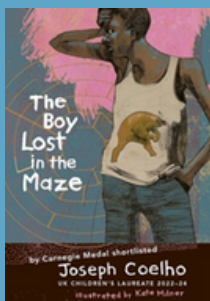
By Mrs Arnold

Our Carnegie Shadowing Club proved as popular as ever this year with over 30 students from Years 7-13 regularly attending the Friday lunchtime meets in the library to discuss the 2024, eight-book, shortlist.

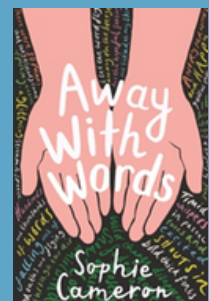
And what a shortlist it was! There was a real range of stories on offer, including Kwame Alexander's 'The Door of No Return': a compelling, and brutal, verse novel about a boy who is sold into slavery; Hiba Noor Khan's 'Safiyah's War', which brings to light The Grand Central Mosque's resistance work in occupied Paris during the Second World War; Zillah Bethell's 'The Song Walker': a mysterious book about friendship set in the Australian outback; Tia Fisher's 'Crossing the Line' which follows protagonist, Erik, as he gets entangled in county lines drug dealing; Nicola Davies' 'Choose Love': a collection of incredibly moving poems about the refugee experience and Nathaniel Lessor's 'Steady for This', a very funny book, full of brilliantly written one-liners and malapropisms that tells the story of Shaun and his hopes to become a famous rap artist.

The SWA Readers voted for Sophie Cameron's 'Away with Words' as their favourite read this year. It tells Gala's story – a girl who has moved away from her beloved home in Spain to a remote part of Scotland – as she navigates a new school and makes new friends, in a world where, originally, people's spoken words manifest physically. The official judges gave the top prize, however, to Child Laureate, Joseph Coelho, for his novel 'The Boy Lost in the Maze', a book that combines the Theseus and the Minotaur myth with modern day Theo's story. It's creative intertwining of mythology with contemporary issues, as well as its verse form, illustrations and 'choose your own adventure' options, makes this experimental work deserving of the accolade.

We celebrated the end of our Carnegie shadowing fun with a big quiz and some on-brand cakes in the library. Hopefully we'll see you all again for Carnegie 2025 next year!



All of the shortlisted titles are now available in the library, so if any of these sound like they might be something you'd enjoy, come along and borrow them.



“The Day” Reading Challenge

By Ms Haywood

Looking for something to do with the kids over the next five weeks? Our online newspaper 'The Day' is running an exciting challenge over the summer holidays (more details below). A reminder that The Day is free to use for all our students when accessed via the icon on our school homepage, so please do make the most of it.

“Did you know that your young person has unlimited access to a student friendly, balanced news publication through their school called The Day!

They can read The Day at home whenever they wish and because we know how difficult it can be to keep young people entertained all Summer, we've prepared a summer reading challenge that will take you on a journey around the world, from the comfort of your own home!

Log into The Day every day between 22nd July and the 30th August to read the newly published article, discover the clues, get your passport stamped and be in with the chance to win a £100 Amazon voucher! All entrants will receive a certificate!

Encourage your young person to take part in 'Around the world in 30 days' and keep them interested in reading over the holidays - who knows they may also win the £100 voucher!

Please send any completed passports to editorial@theday.co.uk”

English Star Students

By Miss Wightman



Your teachers have been voting and the winners for this term's star students are:-

Year 7 - Sara W

Year 8 - Louis S

Year 9 - Kade H

Year 10 - Edward D

Year 11 - Gracie M

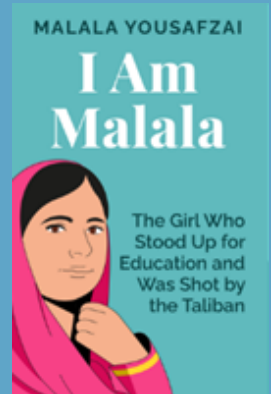
Geography Reading Recommendations

By Mr Inufusa

Here are my top 3 books linked to topics students have been learning about in KS3, KS4 and KS5 geography lessons over the last term.

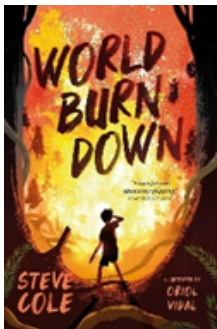
I am Malala: The Girl Who Stood Up for Education and Changed the World by Malala Yousafzai

In this fiction novel, Lyra's intrepid journey takes her through the icy polar regions, including the stunning landscapes of Svalbard. Here, amidst towering glaciers and perilous ice fields, the presence of polar bears adds both awe and danger. As Lyra navigates this frozen realm in search of kidnapped friends, she encounters not only the harsh elements but also the enchantment of Svalbard's mystical secrets. The Arctic becomes a canvas where magic intertwines with the natural world, shaping Lyra's quest for truth and identity.



Link to Geography at SWA: KS3 – Fantastic Places, Icy World. KS4 – Natural Hazards.

World Burn Down by Steve Cole

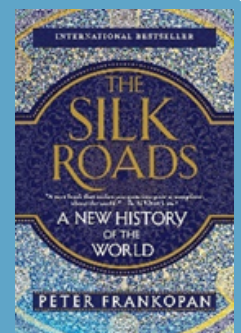


The story follows Alem's escape from conflict in Ethiopia and Eritrea to seek safety in London. Amidst bureaucratic hurdles and prejudice, Alem's story reflects the struggles of refugees globally. His journey illustrates how geopolitical conflicts impact individuals, emphasizing the universal quest for safety and belonging in a world marked by displacement and adversity.

Link to Geography at SWA: GCSE – The Living World: Tropical Rainforests

The Silk Roads: A New History of the World by Peter Frankopan

Revisits global history through the lens of the ancient trade routes connecting East and West. Key geographic concepts are explored through the cultural, economic, and political exchanges facilitated by the Silk Roads, gaining insights into how these interactions shaped civilizations. The book highlights the interconnectedness of regions and the pivotal role of the Silk Roads in world history.



Link to Geography at SWA: GCSE – The Changing Economic World, A level – Global Systems and Global Governance – International trade and Interdependency.

Other books to enrich learning for KS4 & KS5 students/for adults at home

- On the Map by Simon Garfield
- Adventures in the Anthropocene by Gaia Vince
- Dead Aid: Why aid is not working and how there is a better way for Africa by Dambisa Moyo
- This changes everything: Capitalism vs the Climate by Naomi Klein

Geography Reading Recommendations

By Mr Inufusa

Quiz based on the recommended books above:

1. What natural feature is the Swat Valley (Where Malala is from) known for?

Desert

Mountains

Plains

2. What is the capital city of Pakistan?

Karachi

Islamabad

Lahore

3. When was the Silk Road trade routes closed off?

Early 12th
Century

Mid 15th
Century

Late 17th
Century

4. The story of 'World Burn Down' is set in the Amazon Rainforest. What is the total area of the Amazon rainforest?

4.6 million km²

6.7 million km²

8.5 million km²

5. What is the main cause of deforestation in the Amazon Rainforest?

Mining

Logging for
wood

Cattle Ranches

6. Which regions were connected by the Silk Road?

Asia and Middle
East

Europe and
Africa

North and
South America

7. What natural features posed challenges to travellers along the Silk Roads?

Large rivers and
lakes

Dense Forests

Deserts and
mountains

8. Malala has risked her life as a female education activist fighting for equal rights to education. **True or False:** There are now equal number of boys and girls in education in Pakistan.

True

False

Answers can be
found on Page 16

June and July High Flyers

Evie B, George B, Isaac C, Alex C, Tom C-B, Edward D, Anna G, Rebecca N & Alicia H (Year 10) German

An outstanding mock German speaking exam! Well done! **Mrs Pabari**

Hari K, Casey C, Yanis H, Dimah H, Rowan G, Hayah R, Hedia K, Barney T & Isabel R (Year 10) Spanish

For a great mock Spanish speaking exam! **Mr Roberts**

Sophia C (Year 9) English

Sophia's recent essay on 'Frankenstein' was insightful, thoughtfully developed and reflects the great progress she has made this year! **Ms Shaw**

Lucas P (Year 9) English

Lucas created a fabulous film poster which showed a secure understanding of the conventions but with real imagination and was also suitably terrifying! **Ms Shaw**

Curtis P (Year 9) English

Almost literally a human dictionary - thank you, Curtis, for always having a perfect definition to hand but also your enthusiasm and hard work throughout year 9. **Ms Shaw**

Charlotte C (Year 10) English

During the past year, Charlotte has flourished in her English: her confidence, her understanding and the quality of her work are so improved. I hope you feel proud with how far you've come. **Mss Shaw**

Nicholas P (Year 9) English

Throughout year 9, Nicholas has produced some stunning creative pieces of art to accompany our studies in English, most notably his "End of the World" comic strip! Thank you for sharing such brilliance. **Ms Shaw**

Year 7 Boys Football Team

I want to give a shout out to all the year 7 students who played against Radcliffe FC. It's been a pleasure to watch you play and have a chat about the matches. Keep up with the footie, you're great! **Miss Gale**



June and July High Flyers

All in 7B1 Maths

You are a truly wonderful group and I've been really impressed with your effort and participation in lessons. You even managed to get everyone to complete all their homework on time! [Miss Gale](#)

Bailey S (Year 10) English

Bailey showed a meteoric improvement in his English Literature mock exam - be proud. [Ms Shaw](#)

Ben P (Year 9) Geography

Made a great start to GCSE Geography - Excellent knowledge on Ecosystems. [Mr Inufusa](#)

Taylor P (Year 9) Geography

Amazing start to GCSE Geography - loved the sketches for the animal adaptations! [Mr Inufusa](#)

Billy S-L (Year 9) Geography

Geography superstar, fantastic contributor in lessons and all round nice guy! [Mr Inufusa](#)

Florence D-S (Year 8) Geography

Amazing extended piece of writing on the impact of "sweatshops". Keep up the good work! [Mr Inufusa](#)

Freda F-D (Year 8) Geography

Great work on the Sweatshop article. Excellent extended piece of writing and great annotated picture to go with it.. [Mr Inufusa](#)

Jerome B (Year 8) Geography

Super work on the Sweatshops mid unit assessment. Keep up the great work. [Mr Inufusa](#)

Harry A (Year 7) Maths

Well done, Harry for keeping up with all the maths work at home. I'm really proud of you and look forward to seeing you soon. [Miss Gale](#)



Futures Week

By Alex & Lexi (Year 12)

In Sixth Form this month we had a range of events that would help prepare us for life after post-16. Futures Week at South Wolds was an incredible experience for all students, whether you are wanting to continue your learning at university or perhaps take on an apprenticeship- there were events that would benefit everyone.

On Monday, we used Unifrog to choose universities that we would be interested in applying to and then we participated in a workshop on the process of applying to these universities. After this, some of us attended a seminar focussed on competitive universities and courses. This included applying to Cambridge and Oxford, medicine, dentistry, and law. This was extremely beneficial as it allowed us to get insight into what going to university would mean, and what we would need to get there.

On Tuesday, we visited the University of Lincoln. We found it very useful as not only did they show us around the wonderful campus, but they also ran some engaging lectures on how to plan out an effective and persuasive personal statement. We also had free time to explore the beautiful city and even grab a McDonalds with our friends.

On Wednesday, there was a spotlight on apprenticeships and why they are a good option for future career progression. We had some incredible guest speakers including alumnus Ryan Brooks from PepsiCo, who gave up his time to assist us with our educational journey. Later in the day, we took a trip to Motorpoint Arena to the UCAS fair, this was where we spoke to university representatives who provided us with a plethora of advice tailored to our subject choices to assist us with potential applications (and have an unofficial tote bag collecting competition - I got 12 😊). It was incredibly fun and informative.

On Thursday, each student had a 20-minute mock interview with a chosen field professional. We had to dress and act professionally and after we got feedback about what went well and what we could do better. This was an incredible opportunity as it helped prepare us for future interviews.

Overall, Futures Week was an extraordinarily beneficial and on behalf of the entire Sixth Form, we would like to thank Ms Capewell and Miss Aston for putting this all together.

By Demi & Hattie (Year 12)

Off the back of what was a very informative week, I believe we now all have a better understanding of our post-18 options and what awaits us after Sixth Form. We started the week strong, with enlightening sessions on how to successfully complete a UCAS application, guidance on taking part in super curricular activities and we were given advice regarding different courses made available to us by Unifrog.

Working with UCAS and Unifrog at this early stage will be very helpful as they are the two most useful online platforms we will need in the upcoming year. This was followed by an insightful and enjoyable day trip to the University of Lincoln. We were told about the wide range of courses and opportunities provided by the university, received a tutorial on the 'do's and don'ts' regarding personal statements and finally had the opportunity to explore the campus as well as the city of Lincoln.

As the first few days were more university orientated, Wednesday was predominantly focused around the future opportunities offered by apprenticeships so there are also alternative options available for those who don't feel university is for them. Being introduced to various post-18 pathways definitely developed our understanding of the possibilities for the future. We were later taught skills needed to acquire jobs and other potential ventures including interviews we may have in the near future.

Possibly, the most beneficial part of the week, for me at least, was the UCAS fair we attended at The Motorpoint Arena. Not only did it give me a better and clearer understanding of the course options and 'uni lifestyle/experience' but I found it incredibly helpful talking to students, who attend or have previously attended some universities that took my interest as they have valuable views and insights that others will not be able to provide you with.

The week came to an end with our 'Mock interviews', these entailed: a professional handshake, dressing appropriately for the activity, answering unknown questions on the spot, and receiving feedback from the adult who we did not previously know. For this we had to apply the skills we learnt earlier in the week to complete this task successfully.

Futures Week is a critical part of year 12 as it really helps you think and focus on what you want to do after your time at Sixth Form and how to achieve that goal. If you have not made the final decision on what you wish to do then it is an excellent way to narrow down your options and choose what the best way forward for you may be. It also instils an array of skills that you may use in numerous different areas throughout life.



Year 13 Prom

By Ms Capewell

On Friday 28th June, the Sixth Form hosted their Summer prom at Rushcliffe Golf Club in East Leake. It was a gorgeously sunny evening and the students were able to enjoy the beautiful grounds and views over Nottinghamshire. We had a 2-course meal followed by an awards ceremony on the theme of 'The Grammys', then danced till midnight to tunes provided by DJ Leo.

It was a night of celebrations, Year 13 marked their official leaving date and the end of their A level exams. Year 12 were happy to see the back of their Year 12 exams which they had finished that day. The Sixth Form management team, along with teachers, tutors and support staff in school wish our Year 13 leavers lots of luck for their A level results and good fortune for their futures. It has been a pleasure to work with you.



A Trip to France

By Mr Kelly

At the beginning of June, French students from Years 7, 9, and 10 went on a trip to Normandy where we stayed in a traditional French Chateau!

The students all got to experience different parts of French culture and got to practice speaking in French to the locals allowing them to showcase all of the skills they have learnt this year.

Here is a review from one of the Y10 students:

“I really enjoyed the French trip because, not only was it a chance to better my French skills, but I also got to learn about French culture. Whilst we were there, we did a variety of activities, including visiting the local village market and the largest aquarium in Europe. At the aquarium, I was able to use my French to understand bits and pieces from the signs, as well as learn new words and phrases. I really loved the visit, but especially the penguins and sea lions! To end the trip, we visited a snail farm and had the opportunity to eat snails and buy all sorts of different things (including snail pâté!). Altogether, I really loved the trip and had loads of fun.”

The languages department is looking forward to running this trip again next year and wishes everyone a happy summer holiday, Bonnes Vacances !

Manchester City FC Trip

By Mr Wall

On 20th June, 65 students embarked on a coach journey to the Etihad stadium in Manchester as part of the GCSE Business Studies. The journey there passed swiftly as we listened to the trained voices of the newly formed Year 11 choir who gave us a rendition of several well-known hits. The trip involved a tour of the stadium and a presentation on how the stadium runs as a business. Students gained valuable insight into how football clubs generate revenues and the wide range of careers available at a football club, other than being available to pass the ball to Haaland. On this occasion the closest the students got to seeing a player was the appearance of Jack Grealish's shin pad whilst touring the changing room area. Then it was back on the coach to be home in time to see England play Denmark.



Perlethorpe Adventures

By Mrs Martin

Our Year 10's recently completed one of their fieldwork trips to Perlethorpe to study the changing characteristics of rivers (I'm sure many of you will remember such a trip). Our pupils were brilliantly behaved as commented by the leader. They worked quickly and efficiently to collect their data and even had some time left over for some river dipping at the end. Good job everyone.



Ethics & Philosophy Film Recommendations

By Mr Baines

Inside Out 2 (PG)

Joy, Sadness, Anger, Fear and Disgust have been running a successful operation by all accounts. However, when Anxiety shows up, they aren't sure how to feel. A whole host of new emotions shake Riley's head up. Lots of raw emotion, nostalgia, and reminder of what's important in life.



Philosophy and Ethics reference:

The film centres around what it is to grow up and the emotions we truly have to do with. Some strong ties to emotivism in meta ethics and whether we decide our actions based on feelings or something else.

Links to KS3 where we look at justice and the environment, deciding what is the right action. KS4 in our relationships and families topic. Then KS5 Meta Ethics.



Monkey Man (15)

A young man ekes out a meagre living in an underground fight club where, night after night, wearing a gorilla mask, he's beaten bloody by more popular fighters for cash. After years of suppressed rage, he discovers a way to infiltrate the enclave of the city's sinister elite. It is here he conquers his childhood and seeks revenge for what was once done.

Philosophy and Ethics reference:

Monkey man is the more realistic of the films this month, with links to peace and conflict- what is justified violence? As well as whether pacifism can truly be done. Such a good movie with clear ethical links which we face in the real world.

Links to KS4 peace and conflict topic, as well as KS5 looking at ethical dilemmas.

The Fall Guy (12A)

After leaving the business one year earlier, battle-scarred stuntman Colt Seavers springs back into action when the star of a big studio movie suddenly disappears. As the mystery surrounding the missing actor deepens, Colt soon finds himself ensnared in a sinister plot that pushes him to the edge of a fall more dangerous than any stunt. It is up to Cole to figure out the reality and use his skills for his own livelihood.



Philosophy and Ethics reference:

The Fall Guy asks about morality, what is right and wrong when it comes to helping ourselves? Does it matter if we are doing things from our best interest? It's also about taking a leap of faith which is one of the best philosophies out there.

Links to KS3 on morality topic, as well as Some Kierkegaard links in KS5.

English Literature: A Student's Perspective

By Oliva B-B (Year 13)

'Women and fiction remain, so far as I'm concerned, unsolved problems', says Virginia Woolf in A Room Of One's Own.

As a female student studying literature and fiction, Virginia Woolf's comment is somewhat unsettling to me, yet inspirational. The Virginia Woolf Essay Competition gave me the opportunity to explore the issues that Virginia Woolf writes of in her *A Room Of One's Own*; women and fiction for example. The competition involves students studying and analysing *A Room Of One's Own* and then responding to questions, drawn from the text, and set by Newnham College, University of Cambridge.

The competition gave me the chance explore English outside of the A Level Curriculum; allowing me to write an essay with a topic that was my own choice, central to my own beliefs and the specific areas of English that I am interested in. English Literature is a subject that requires you to read as much as you can, and I feel that the essay competition heralded to this. I enjoyed reading and researching more of a variety of content than is usual to the English curriculum; reading magazines, articles, books and even listening to podcast and videos. There was a comfortableness developed with writing essays, especially in a style that is closer to that which you would write at university, rather than A Level. Personally, I gained confidence in sharing my ideas with others which is so integral to the study of English Literature.

For any English student, this opportunity is perfect for practising key skills such as writing, researching, essay planning and actually having fun in your subject, without the stress of exams.

Geography Quiz Answers

By Mr Inufusa

Down

1. Desert
2. Islamabad
3. False - Unfortunately, millions of girls are out of school, however global school enrolment rates are getting closer to equal
4. 6.7 million km² - That's 27 times larger than the UK!
5. Cattle ranches - 80% of deforestation in the Amazon is due to clearing the land for cattle ranches
6. Asia and Middle East - The Silk Road were network of trade routes for trading silk, spices, prices metal and other goods
7. Deserts and Mountains were the barriers for example Gobi Desert and the Himalayas
8. Mid 15th Century - it was during the Ottoman Empire when they boycotted trade with China



An interview with **Henry Thomas** **Physiotherapy Student**

oooooooooooooooo

What year did you leave the South Wolds Academy & Sixth Form?

I left in 2023

Please briefly describe your typical week.

Physiotherapy is a very intensive degree so my week tends to be pretty full on. They mainly consist of attending practical workshops where we cover the anatomy of the human body, fundamental skills of a PT, the pathologies of conditions such as MS, PD and stroke. We also have lectures and seminars around the approach of physiotherapists such as the Biopsychosocial model and how best to conduct assessments outside of studies.

I climb and compete for the University in events, such as the BUCS nationals event. I also play Handball on Sunday casually.

What did you do today?

Today, I have two workshops on Neuroplasticity which is the nervous systems ability to adapt and change after events such as injuries. For my learning, my other lecture is on muscular tone which can be likened to the amount of resting tension is in a muscle.

What work/assignments/ tasks need completing this week?

This week I need to write up my notes properly and also start on a presentation about coronary heart disease and myocardial infarcts.

What are the challenges in your course/job role?

The time constraints; there is an extremely heavy workload and you should be prepared to not get many days off or reading weeks. It is vital to stay on top of your workload otherwise you'll be bailing out throughout the holidays in preparations for exams.

Another challenge is placements because, as brilliant and rewarding as they are, they will be fatiguing as you might have to commute quite a while to them. That said, I really do value them because they are fantastic for your journey in physiotherapy.

How did you get this job/onto this course? (previous jobs, qualifications needed)

Physiotherapy requires you to be interviewed by the university and you may find that colleagues in the local NHS Trust sit in the interview too. A solid personal statement will show that you understand fully the role of a PT. My advice would be to avoid talking about sports physiotherapy, bar from MSK, and to talk more about cardiorespiratory and Neuro as I found that they will hold you to be a better candidate. Be prepared in the interviews to be asked some clinical reasoning questions; you don't need a medical background for these you just need to explain your logic. In terms of qualifications, most will ask for at least a B in a physio related subject such as Biology or PE and the usual entry criteria is ABB.

What advice do you have for students either generally or to do with following your example?

Remember physiotherapy is much larger than just sports and Musculoskeletal; there's Neuro and Cardiorespiratory as well. Try and talk about the latter two in your statement and learn about the models of practice such as the "Biopsychosocial" model. I believe this along with learning the hospitals in the area, researching the trusts and being prepared for logic based questions, will massively help in your interview and puts you in good heading.

In terms of grades and getting there, put the work in early and keep putting the work in; you don't want to sacrifice your wellbeing playing catch up. Finally, build a good support bubble to push you on!





The South Wolds Academy
and Sixth Form

A top class
education closer
than you think!

Come and join us...

YEAR 5/6 OPEN EVENING

Thurs 19th Sept 2024
5:30pm - 8:00pm



A note for your diary.
Further details coming soon...

SAFEGUARDING ADVICE

If you require urgent help during this period, you do not need to be alone:

Emergency Help and Support

For urgent help, if someone is in danger or an active crime is being committed call 999. If you are aware that someone has committed a crime or been a victim of a crime please call 101.

Mental Health and Wellbeing

There are a range of support services available. Please see below:

KOOTH - for children and young people aged between 11-24 years who want to talk to a mental health professional online, anonymously and free. Visit their website www.kooth.com for further details.

HARMLESS - provide a range of advice and support about self harm, people who self harm, their friends and families. www.harmless.org.uk or call 01159 348445
MIND - provide advice and support to empower anyone experiencing a mental health problem. www.mind.org.uk

THE SAMARITANS - are available 24/7 to help with anything that's troubling you, no matter how large or small the issue feels. Calls for free on 116 123 or email jo@samaritans.org (response time for email 24 hours)

CHILDLINE - available 24/7 for all mental health needs, concerns, help and advice. Call free on 0800 1111 or visit www.childline.org.uk

BE U NOTTS - to support early mental health and emotional wellbeing for young people and parents/carers. www.beusupport.co.uk

NOTTALONE - provides local mental health advice and help for young people in Nottingham and Nottinghamshire.

YOUNGMINDS - supporting young people, parents and those that work with young people's mental health

Nottinghamshire NHS Mental Health Crisis Line: Anyone needing mental health support for themselves or others can call the NHS crisis line on 0808 196 3779. 24/7, 7 days a week.

Drugs & Alcohol

FRANK National Drugs Helpline
Call: 0300 123 6600

DRINK LINE
Call: 0800 917 8282
www.drinkaware.co.uk/alcohol-support-services

CHANGE GROW LIVE (Notts)
www.changegrowlive.org/nottinghamshire

Food Banks

The Trussell Trust have a range of food bank services within the Nottinghamshire area. Visit their website www.trusselltrust.org

Abuse and Radicalisation

If you are worried that you or someone you know is being abused or radicalised, even if you're unsure, you can speak to NSPCC about your concern. Call 0800 1111, report it online or email help@NSPCC.org.uk

If you are an adult call 0808 800 5000

Online Safety

We value the importance of educating our students in staying safe online. There are a range of support services available. Please see below:

CEOP - helps any child or young person under the age of 18 who is being pressured, forced or tricked into taking part in sexual activity of any kind (online and/or in 'the real world'). www.ceop.police.uk/Safety-Centre or www.thinkuknow.co.uk/11_81

PARENT SAFE - a very useful website containing top tips for parents. www.parentsafe.lgfl.net

REPORT HARMFUL CONTENT - reports can be made online, response time is 72 hours. www.reportharmfulcontent.com/report

UK SAFER INTERNET CENTRE AND NATIONAL ONLINE SAFETY - for additional information and guides for any additional e-safety advice. www.saferinternet.org.uk, www.nationalonlinesafety.com

Further Support

If you have concerns for the safety of a child during school holidays, please contact Nottinghamshire Multi Agency Safeguarding Hub: 0300 500 80 80 or visit the website www.nottinghamshire.gov.uk. If you require an urgent response outside of working hours (8.30am-5pm) contact Nottinghamshire's Emergency Duty Team (EDT) on 0300 456 4546

If the child lives in Nottingham City please contact Child and Families Direct: 0115 8764800

If you believe that a child is at immediate risk and in need of protection then you should call the Police - 999 immediately.

Alternatively, if you feel the child is at risk of abuse or neglect, but not in immediate need of protection, you should call the Police on 101.

Housing Support

If you need support to find somewhere safe to stay, please contact:

Nottingham Community Housing Association
Call: 0800 013 8555 www.ncha.org.uk

