

Sixth Form

Student Newsletter *December 2020*

from the heart

Welcome to our first edition of the Sixth Form student newsletter for 2020/2021!

The sixth form newsletter is written and edited by students of year 12 and 13 to reflect all that we do and celebrate here at Sacred Heart. Despite it being a difficult term, we have overcome obstacles of engagement, specifically meeting up together to get organised. Our newsletter has nevertheless materialised with special thanks to Diana P for going the extra mile; her organisation and continued support is highly appreciated. As a community, we hope that this tradition of a termly newsletter will continue, and that our voices in sixth form will grow in strength.

We also welcome Mrs Greenwood to the leadership team of key stage 5, alongside Mr Hambleton and Ms McCarthy. They have worked hard together with our fabulous form tutors.

We are saddened to bid farewell to Ms Parker who is taking up a promotion post at a school in Wimbledon. We will miss her genuine and compassionate nature and wish her all the best for the future.

The newsletter committee are wishing you a merry Christmas and happy new year; keep safe with your families during this time.

Your editor, Ciara Kavanagh



Welcome



Celebrating Sixth Form Despite the Challenges!

Returning to school for a new academic year certainly did not feel the same in September for a number of reasons. As a new member of the leadership team at Key Stage 5, I had a whole new set of academic and pastoral systems to familiarise myself with and a whole new team to get to know. The dreaded Coronavirus still threatened our corridors and it has not been easy communicating at a distance, particularly in masks.

Our students had to get used to fixed bubbles, no lockers and the loss of their basement area. Classes have been colder and going out to lunch has just not been the same. Nevertheless, students have realised just how fortunate they are to have teachers and peers alongside them in their learning, not restricted to a screen. There has been a real gratitude for what may have been taken for granted in the past and our students have returned more determined than ever to make the most of their learning.

The KS5 team have forged ahead with year 12 leadership appointments, adding a new group - HPL ambassadors - to the mix. Year 13 student leaders have formed a new magazine committee with Ciara Kavanagh at the helm, and prefects have been instrumental in engaging year 11 pu-

pils in discussions about sixth form life. Open evening took a very different shape too, with speeches and a video placed on the website, and individual subject interviews offered to parents who needed to find out more about A-levels. Year 13 are nearing the end of UCAS applications with the assistance of tutors and Mr Hambleton. We have many students currently being interviewed by Oxbridge and early-entry universities and we are grateful for all the support staff have shown for them. Amidst the strangeness, even a year 12 debating team rallied together with the support of Miss Curtis to compete successfully online.

Our sixth form has grown this year and we are delighted to welcome a number of students from other schools. It has been an honour and a real pleasure to work with sixth form and the KS5 Team. On behalf of Ms McCarthy and Mr Hambleton too, we hope that all our students continue to grow in resilience and wish them and their families a blessed and safe Christmas.

Ms Greenwood





The new Head Girl team of 2020-2021 are Head Girls Ola Lewandowska and Emma Miller. The deputies are Imogen Aquilina, Emer Tesh, Annabelle Hogan and Anna Rickinson.

Our role involves a wide range of responsibilities and duties, however the underlying role we have is to work with the Senior Leadership Team to represent the views of the student population at Sacred Heart. Although we cannot mix with bubbles we welcome your emails; please don't hesitate to contact us.

Combined we take a range of subjects each of us are passionate about and have all applied to universities, including Oxford and Cambridge.

This term alone we have worked on various initiatives including: a range of assemblies, such as our opening assembly; leading Sixth Form fundraising events; supporting in the development of the whole school's PSHE lessons for Black History month; producing an awareness video for KS3 students on anti bullying and most recently the new and improved SHHS TV relaunch!

We are very excited and eager to make our impact in the school and work with students across all year groups during the coming year.

On behalf of all the students, we would like to say a huge thank you to all our teachers, the Leadership team and all staff for going above and beyond to support and educate us during this challenging year.

We would like to wish everyone a Merry Christmas!

Annabelle Hogan Head Girl Team

Year 12 share their experiences of Sixth Form so far ...

When we ended in March, we never thought we would make it to sixth form. From then to now, it has been a big jump where we have overcome many obstacles centred around COVID. Throughout this the school has greatly supported us in this jump and helped us to adjust. Here are a few words from our students and how they have found their first term as new sixth form students:

So far, I have found my time at Sacred Heart as a sixth form student very positive and enjoyable! I have gotten closer with everyone in my year and especially with the other girls in my lessons such as our business lessons. When we first started sixth form, I was quite worried as I knew our experience would be slightly different due to the pandemic as many of our trips and extracurricular activities were unfortunately cancelled. However, all the staff and teachers have made sure we have enjoyed our first term just as much.

-Olivia 12E

I am proud to have joined Sacred Heart and so far it has been a great experience! Already from my first term I know they will give me all the advice and tools I need to succeed in my further studies due to the determination shown through the teachers hard work especially during COVID 19 as they have gone to extra lengths to make sure we are on track with our learning.

-Sabrina 12H (external student)

COVID 19 has been a difficult journey for all of us, however Sacred Heart has made this time a lot more positive. So far, I have enjoyed my time at Sacred Heart and have gotten especially close with everyone in my year. The teachers have also been very supportive during this time and continue to work hard everyday to make sure we feel supported and at ease at school.

-Katarina 12H

In my opinion sixth form has been a big change, especially the leap from GCSE's into A-Levels. I have found sixth form to be more independent and we have a lot more freedom but with this new freedom we have been able to learn how to manage our time wisely which is a bog skill needed for out future, especially during our free periods to make sure we stay on top of all our work.

-Maria 12H

From GCSE's into A-levels I have found there to be a big change in terms of the amount of work we have, however I have found it to be generally more relaxed and have found to enjoy my lessons a lot more. Even though some of the fun elements of sixth form such as trips have been sadly not available due to the pandemic, the school have still put in a lot of effort to find ways for us to enjoy out time at Sacred Heart.

-Celine 12H

I have found that the amount of freedom and trust we've been given in comparison to lower school has been a massive positive difference and has allowed us to become more independent. It has taught us how to het on with work from our various subject and tasks fro homework ourselves.

-Hannah Rose 12E

Our Charity



October was the month for raising awareness for Breast Cancer. Every year around 11,500 women and 85 men die from breast cancer in the UK. That's nearly 1,000 deaths each month, 31 each day or one every 45 minutes. Breast cancer is the fourth most common cause of cancer death in the UK and is a leading cause of death in women under 50 in the UK. The Pink ribbon story. In 1991, pink ribbons were distributed to all breast cancer survivors in New York city. This ribbon signifies the promise Nancy G. Brinker made to her dying sister Susan to do what she could to end breast cancer.

We decided, that being an all girl's catholic school it was our job to raise awareness and money for Breast Cancer Support. On Thursday 22nd November girls in the sixth form and staff members were asked to wear a pink item of clothing in support of raising awareness for Breast Cancer.

Breast Cancer support is a charity that provides care and helps people with breast cancer in poverty-stricken countries who can't afford medication or treatment. They are supported by doctors, dentists and other medical professionals to make medical equipment readily available to those living in poverty. Breast Cancer Support promotes awareness, educates and reminds every young person in the UK that reminding people to check their breasts could save their lives.

-The Head Girl Team

13R's experience of Christmas Jumper Day 2020

"It was a bash."

These words summarise our form's experience of Friday 11th December, commonly known as Christmas Jumper Day.

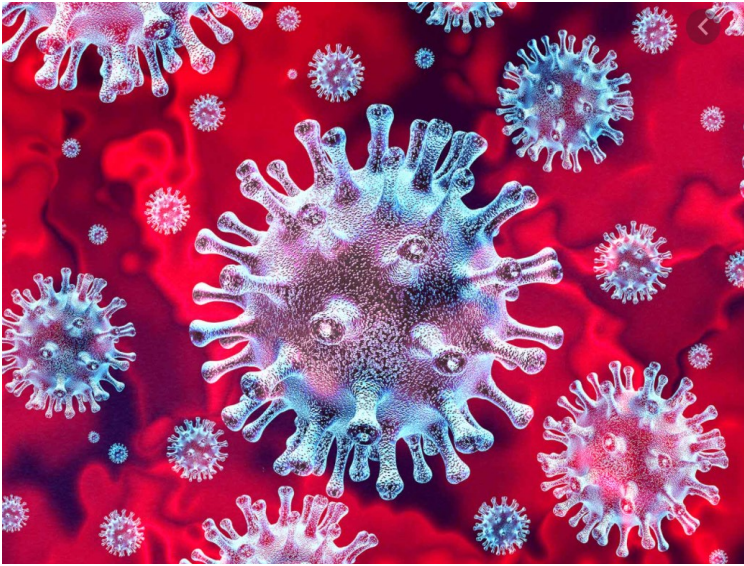
We are delighted to have raised £612 for our Sacred Heart Community Projects in the Philippines for this event; we stand proudly on the top of the podium as the year group who raised the most money.

The M corridor sparkled, glittered and shone with festive spirit as Sixth Formers paraded their snowmen, reindeer and Christmas pudding decorated garments with pride.

Thank you to all of those who participated in this joyous event and, dare we say, highlight of the Christmas term.

-13R





COVID Breakdown



Coronavirus is a large family of viruses that cause a range of diseases, COVID-19 is a new strain that was first linked with markets in Wuhan, China which sold live animals. In the UK alone, there have been well over 850,000 cases and almost 56,747 deaths; worldwide COVID 19 has infected over 73.6 million people.

It is said to pass from person to person through close contact, respiratory droplets or possibly spread through infected surfaces. The common symptoms of Covid-19 are a high temperature, a continuous cough and a loss of sense of smell and taste, however, many people may not even get symptoms. According to recent studies by the Centre for Disease Control and Prevention, just over 45% of the people who get covid-19 will be 'silent carriers' - showing none or very mild symptoms.

And so, the question is why are some people asymptomatic while others develop a life-threatening illness? To understand this concept, we first must look at what happens when COVID-19 enters the body; the virus enters through the respiratory system, then the outer spike proteins (found on the outside of the viral cell) latches onto specific receptors outside of cells in the respiratory tract allowing the viral cell to diffuse through the membrane of the Host cell. Here the virus is replicated rapidly destroying the host cell and releasing millions of new SARS-CoV-2 virus cells.

The popular belief for people with no symptoms is that their immune systems can fight off the virus so efficiently that they never get sick; this explains why children and young adults are the majority of asymptomatic people as their immune system is stronger. On the other hand, elderly people and those with chronic lung disorders may have weaker immune systems and therefore show more symptoms as the body tries to combat the disease.

Other researchers state that those receptors found on respiratory cells appear to be more prevalent in older people and therefore, the viral cells can diffuse through the plasma membrane with more ease and take over more cells; a larger attack is formed that is harder to combat. However, these are just theories and the reasons for a large number of asymptomatic people "Is a tremendous mystery at this point," claims Donald Thea, an infectious disease expert at Boston University's School of Public Health. So why does this create such an immense problem for us? Well, those that are asymptomatic display no physical signals that they are infected and so may continue to go out, use public transport, attend school, meet with friends, travel to other countries and other things without ever knowing they have COVID-19.

-Maria Vasquez De Parga Y13



Sixth Form Rowing

For the past 4 years I have been rowing at Fulham Reach Boat Club as part of the rowing team. We didn't start to get competitive until 2017 when we raced in national events like Schools Head and National Schools Regatta.

Since then, we have raced and even got into the finals of some events like The Scullery and even won two silver medals and one gold medal at the Ball Cup Regatta in 2019 the day before our GCSEs.

In the summer of 2019 we raced at Henley Women's regatta, an all female regatta set up for the absence of female racing at Henley Royal regatta. Although we didn't qualify we were still the first state school to have raced at this international event, in spite of competing against private schools and that have a much longer history of competitive rowing. It is thanks to the hard work of all the coaches at Fulham Reach we have been able to achieve these results.

For the past year we have trained six times a week with double sessions on weekends, sessions before school and sessions during school lunchtime to prepare for The Head of the Charles in Boston Massachusetts that was supposed to go ahead in October this year.

However, due to Covid-19, we weren't able to go to the event but we were lucky to have that opportunity.

Despite the early morning sessions, near impossible ergs and a well thought training program, rowing continues to be a very enjoyable sport that I wish to continue in the future.

It is gratifying to see a whole new group of rowers from year 9 getting involved in rowing with the support of Miss McCarthy; hopefully this is a tradition which will continue to grow.

-Rosie Clifton 13E



SACRED HEART HIGH SCHOOL SIXTH FORM



The Debate Team

Throughout this term, the Sacred Heart debating team has more than doubled in size, going from three members of year 12 to 7 members by the end of November. The teams have taken part in debates against schools in West London, such as Godolphin & Latymer and Harrow Boys, as well as other schools across the globe, in Spain and in The USA. The first round of debates, organised by Harrow Boys school, took place over google meets, a first for the team that in no way hindered them from winning their first debate in the tournament. Subsequent debates took place, a large online tournament organised by Godolphin & Latymer saw further victories for Sacred Heart teams and the first debate of new member, Chiara Dell'Orfanello, who in one debate came in first place against opponents.

Three more members joined within the next few weeks, adding Florrie Manteo, Maya Gizachew, Indhu Marmion who competed in their first debate against Godolphin & Latymer alongside Chiara Dell'Orfanello, arguing over the legalisation of recreational drugs. Most recently, debaters Maddy Sala, Ainhua Reyes, Chiara Dell'Orfanello

and Elizabeth Woods competed against Godolphin & Latymer year 13s in a friendly online debate on the 10th of December.

Despite the challenges posed by the pandemic, this term has seen many Sacred Heart victories and a huge number of opportunities for the teams to compete and practise their skills as they would any other year. Hopefully in 2021 they will have even more opportunities to debate not just over video call, but in person as well.

-Elizabeth Woods Y12

L'Oréal Interview Workshop



My experience of this L'Oréal online interview workshop on the 26th November 2020 was very positive as it helped me, and 29 other year 12 students, to understand how a job interview works and it allowed me to gain a further insight into how life after my studies will look and how we can enter the world of work.

With the help of L'Oréal employees who volunteered to work one to one with students online, I was able to ask questions confidently about both the job interview and its process, but also about their personal experiences and about their studies before their jobs at L'Oréal.

Even though, due to Covid-19, we had to have this experience virtually, this didn't change the outcome and aims of the workshop and in fact we are still all glad and lucky that we got to have this wonderful experience and are grateful for all

the teachers, particularly Mrs Serradilla, who put their time and effort into this.

Overall, we learnt and took away a lot of information which can be useful to us in the future.

-Written by a year 12 Student



An Interview by the Bridge

The Impact of Hammersmith Bridge – BBC Appearance

Two weeks ago I was asked to be interviewed for BBC London. Since Hammersmith Bridge had been completely closed to pedestrians and cyclists in August, getting to Hammersmith has been really difficult as I live right across the bridge.

For what used to be a 10 minute journey, I now have to cycle over Putney bridge and through Fulham. Therefore the BBC reached out and asked me if I would like to be interviewed about my journey to school to be aired on the news and to help stand up for all the children that now have to travel for a much longer time than before.

On Friday afternoon my mum and I met with the BBC reporter who would ask us questions. I had to cycle along the path by the river and he walked beside me as he filmed me with a camera on his shoulder. After re-doing this a couple of times it was time to interview me. He quick-fired a load of questions and I had to think on my toes and come up with a good response, sometimes having to repeat my answer if I made a mistake. Every now and again a plane would fly over and we would have to pause because the noise of the plane would ruin the clip. A few people also walked past and we had to wait for them to pass too because otherwise the clips wouldn't align.

After that, they interviewed my mum as well to ask

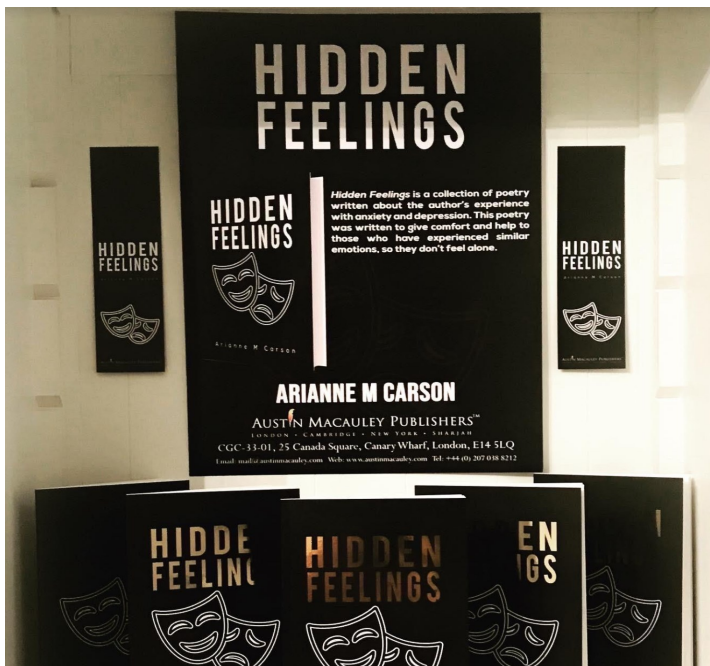
her about how she felt about the situation. Before I knew it we were all done and we now had to wait to see how the end result would turn out.

On Tuesday the 24th November they aired the news segment with my interview on BBC London. In the end they only used a couple things I had said but I was really happy with how it turned out. It was quite a nerve-wracking experience but fun at the same time and definitely worth it. After it had aired, lots of people told me that they had seen me in the news and complimented me; it was crazy to think how many people had seen it!

In the end I was really glad I had taken part and was able to raise awareness in bringing it to people's attention. I really hope that it makes a good impact to improve the situation with Hammersmith Bridge!

-Victoria Boorsma 13H





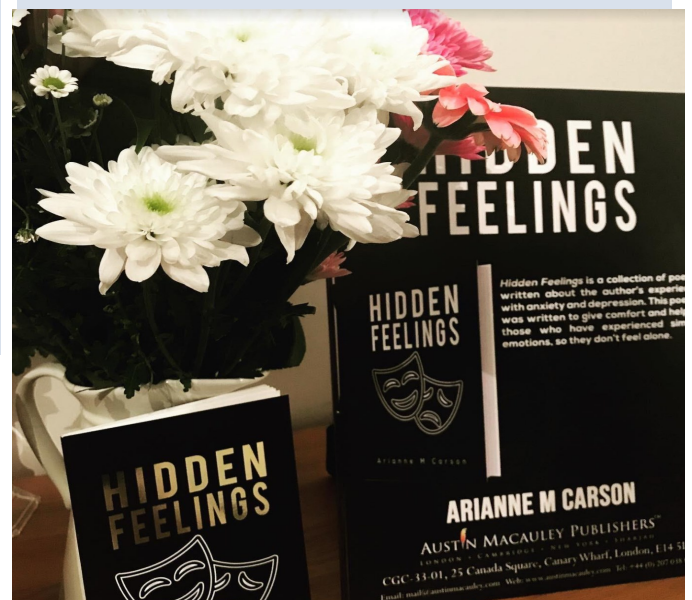
‘Hidden Feelings’

I wrote *Hidden Feelings* when I was fifteen (year 10) which explores themes of mental health, anxiety, depression and self-harm which has been published by Austin Macauley. I found Austin Macauley through searching free submissions to publishers and they originally advised the publishing process would take 6 weeks, but it actually took 4-5 weeks. I was sixteen at the time of receiving the contract and therefore needed parental consent.

The financial side of publishing a book it is quite expensive and the more options that you want such as hardback, paperback, eBook or audiobook the more expensive it is. I decided that I wanted the ‘basic’ option of publishing paperback and eBook because I saw this as the first step in my dream career. I was aware of experiences from authors such as Stephen King that there is a lot of rejection within publishing and I thought that although I had been successful at the publishing stage, I may face rejection from the public. My book was officially published on the 28th February 2020 and was given to outlets (Amazon,

Waterstones, Book Depository, World of Books and Barnes and Noble to name a few). However, due to the pandemic my book did not get the levels of marketing it should have, such as book signing events. I have spent eight months trying to market the book by emailing different newspapers, magazines and on-line media reviewers to promote my book and encourage interest in reviewing my book. As of October 2020, I have received some positive reviews (4.60-star average on Goodreads) and although I see this whole process of writing to publishing as a positive experience, I in the future I would like to work with an agent.

-Arianne Carson 13H





Volunteering at City Har-

During lockdown, I kept seeing articles regarding the lack of food provided for starving children. Marcus Rashford also appeared consecutively in the news as a leading figure in campaigning for free school meals during the school holidays, wanting to 'protect the most vulnerable kids in the country'. Aware and grateful that I am able to enjoy a hot meal every day, I wanted to play a part in helping those who weren't as fortunate to obtain this important necessity. This is what caused me to register in my local food bank, City Harvest (Acton); a friend of mine who had previously volunteered had told me how impactful it was in her life so inspired me all the more to volunteer.

Although thousands of Londoners are going hungry, there is a surplus of usable food that is being wasted which is what City Harvest strives to minimize. This made me think, 'Are my family also guilty of disposing food that was bought but accidentally left to expire?' After signing up for a session, I went to find out exactly what the charity did. In the 3 hours that I was there, the volunteers had to dismount the consistent trucks of food imported; sort them out into categories eg dairy, meat, vegetable etc.; and then continue to divide the categories in terms of their expiration dates. Alternatively, there was the option to

drive with another team of volunteers to the locations where the food would be delivered to. After the first day, I went home and booked sessions for the whole month as were quickly being reserved by others who wanted the opportunity to give back.

Now having volunteered at City Harvest for the past 3 months, I look forward to the weekends where I have a time to detach myself from my busy world and piles of homework and instead, meet a team of like minded individuals that want to volunteer. Moreover, the volunteers are able to bring back any food that has had the packaging opened or damaged when being transported in the truck to the base, which prevents any further loss of edible food. I highly advocate that you search for the local food banks in your area and sign up as it is an extremely rewarding experience.

-Ainhua Reyes Y12





Celebrating our Achievements

We have had many achievements to celebrate this term, however we would like to give a special mention to the following students:

Students of the Term

An award given to six students who have been nominated by Tutors and/or Year Team Leader for their outstanding achievement throughout the term, including their commitment to Sixth Form Life and wider school contributions

In Year 12 this was awarded to Maya G, Erika B, Jerusalem A and Jada V-W.

In Year 13 this was awarded to Diana P and Tilly S.

Form Group of the Term

This is awarded to the form group whom have achieved the highest achievement points in the term. This term we awarded it to;

12H - Ms Feenstra

13R - Ms Parker

Jack Petchey Award

The Jack Petchey awards are for those students who have gone above and beyond what might be expected of them. Young people achieve in lots of ways, including overcoming personal challenges and adversity, achieving sporting and musical success as well as by volunteering and making a difference in the community. The Achievement Award Scheme is not intended solely to recognize young people's academic achievement.

This was awarded to Karolina O Y13.

