

ST NEOTS SIXTH FORM CENTRE DIARY

WEEK COMMENCING MONDAY, 11TH FEBRUARY

WEEK A

Dates for your diary

Year 12

Wednesday 13th March Future Pathways 6-7.30pm

Wednesday 20th March Parent Consultation evening

Year 13

Tuesday 5th March Final Furlong Evening

Wednesday 13th March MK Apprenticeship trip for those who have not applied to University. Please return reply slip to your form tutor (letter has been emailed to all targeted students)

**Are you feeling stressed? Anxious? Low mood?
If so please see below!**

Monday	Event/Activity
Morning	pre-school Library open only to those involved with KS3 and KS4 interventions Year 13 assembly in the New Hall – All students must attend
Afternoon	
Tuesday	
Morning	pre-school Library open only to those involved with KS3 and KS4 interventions
Afternoon	Sixth Form Centre open to all students 3.10 – 4.30pm
Wednesday	
Morning	pre-school Library open only to those involved with KS3 and KS4 interventions Year 12 assembly – All students must attend Lunchtime – Student Council meeting in the classroom on the top floor or Sixth Form
Afternoon	LLW – Year 12 Silent study LLW – Year 13 Study and support sessions begin – see tutor for more details Sixth Form Centre open to all students 3.10 – 4.30pm
Thursday	Classics/RE Rome trip departs
Morning	pre-school Library open only to those involved with KS3 and KS4 interventions Lunchtime – LGBT group in N1.13
Afternoon	3.15pm – 4.30pm – Psychology help sessions in D10 Sixth Form Centre open to all students 3.10 – 4.30pm
Friday	
Morning	pre-school Library open only to those involved with KS3 and KS4 interventions
Afternoon	Sixth Form Centre open to all students 3.10 – 4.30pm

KS5 Inclusion and Wellbeing Support

Are you feeling.....

Anxious?

Stressed?

Low mood?

Not eating properly?

If so please come and speak with Mrs Emanuel, KS5 Inclusion and Wellbeing Officer about how you are feeling.

I will be able to offer you some support in school either by listening and talking about how you are feeling or by going through some basic Cognitive Behaviour Therapy strategies with you to. CBT says that it is not the event which causes our emotional and behavioural reactions, but the meaning we give that event – what we think ABOUT that event.

I can also work with you on some mental resilience activities and offer support with referrals to outside agencies such as counselling services, school nursing team, CASUS (Cambridgeshire Child and Adolescent Substance Use Service) and the Kite Trust (LGBTQ students).

You can either send me an email asking for a meeting or call in to my office at any time.