

BEYOND THE CLASSROOM

Exploring Christ the King Sixth Form





Welcome to Christ the King Sixth Form

I am proud to share with you some of the wider life of our Sixth Form in our 'Beyond the Classroom' magazine. Our students, both past and present, have worked incredibly hard in putting this together. I hope it gives you a taste of what it is like to be a Sixth Former here at Christ the King.

Our Sixth Form is at the heart of our school community. We are proud of how the young people in our care mature into independent, empowered and passionate young adults ready to make a difference to the world.

Our mission is 'To provide the best education and care we can for all members of our living faith community': I hope that the articles here provide you with more of an understanding of how our Sixth Formers help to shape our school community and the opportunities they have to flourish here at Christ the King.

Our Sixth Form is a special community and it is such a privilege to work with such committed young people every day

I hope you enjoy the magazine.

Neil Reddington
Head of Sixth Form



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Catholic Life: Living the Mission of Community, Achieve, Respect, Encounter

As a Catholic Sixth Form student, you are not only a learner but a member of a community that has a mission statement of Community, Achieve, Respect, Encounter. This mission statement embodies the Catholic way of life, which seeks to foster a sense of belonging and purpose, while nurturing faith, learning, and service to others. In this article, we will explore what it means to live a Catholic life in the context of this mission statement.

Community

Community is the foundation of Catholic life. It is a community of believers who come together to worship, learn, and serve one another. As a Catholic Sixth Form student, you are part of a larger community of students, teachers, and staff who share your values, beliefs, and aspirations. You are called to live your life in a way that promotes the common good, serving others with generosity and compassion.

In the Catholic tradition, community is not just a physical gathering, but a spiritual connection. You are part of a body, the Church, which spans across time and space. This connection is expressed through the sacraments, which are the outward signs of God's grace working in your life. By participating in the sacraments, especially the Eucharist and Reconciliation, you deepen your relationship with God and with your community.

Achieve

Achievement is an important aspect of Catholic life. It is not just about getting good grades or achieving personal success, but about striving to be the best version of yourself, using your talents and abilities to make a positive difference in the world. As a Catholic Sixth Form student, you are called to use your education to serve others and contribute to the common good.

The Catholic tradition emphasises the importance of learning as a lifelong process. You are called to use your intellect to seek the truth and to make a positive impact on the world. This means not only acquiring knowledge, but also developing critical thinking skills, moral reasoning, and a deep appreciation for the arts and sciences.

Respect

Respect is a core value of Catholic life. It is about recognizing the dignity and worth of every human person, regardless of their background, beliefs, or circumstances. As a Catholic Sixth Form student, you are called to treat others with respect and to promote a culture of inclusion and diversity.

The Catholic tradition teaches that every human person is created in the image and likeness of God. This means that every person has inherent dignity and worth, regardless of their age, gender, race, or any other characteristic. You are called to promote a culture of life, respecting the sacredness of human life from conception to natural death.

Encounter

Encounter is a central aspect of Catholic life. It is about encountering God in the people and events of everyday life. As a Catholic sixth form student, you are called to be open to the presence of God in your life and to be attentive to the needs of others.

The Catholic tradition teaches that God is present in the world in a variety of ways. You are called to be open to encountering God in the sacraments, prayer, Scripture, and in the people around you. You are also called to be attentive to the needs of others, especially the poor, the marginalised, and the vulnerable.

“ As a Catholic Sixth Form student, you are called to use your education to serve others and contribute to the common good. ”

Conclusion

Living a Catholic life is about embracing the mission of Community, Achieve, Respect, Encounter. It is about being part of a community of believers who come together to worship, learn, and serve one another. It is about using your education and talents to make a positive impact on the world, while treating others with respect and promoting a culture of inclusion and diversity. It is about being open to encountering God in the people and events of everyday life and being attentive to the needs of others.

Tony



CTK Care Charter

My name is Luke, I am in Year 12 and take Biology, Maths and Business.

The CTK CARE Charter is a fantastic way for Sixth Form students to not only improve their CV but also help younger students in many areas of education. I have personally helped with Business and IT lessons with Years 8 and 10. These sessions are great help for the teacher, since they can delegate tasks to me with specific groups, so that each student can receive more individual tuition.

As well as providing more individual support, as someone who has learnt the course myself, I can offer effective study tips to students that make remembering the content they have learnt easier. In addition to Business and IT lessons, I also help run dodgeball on Monday and Friday lunch times with Years 7-9. These sessions help me to develop and improve the many leader qualities that are required in a workplace.

Two other activities that I helped run was the Sixth Form Act of Worship every day for a week and talking to Year 11 about potential A-Levels to take post Year 11. Both activities helped improve personal skills such as public speaking and provided Year 11 with a different perspective of what life at CTK Sixth Form was like.

In total so far this year, I have completed 27 hours of support across the whole school community; this means I have completed both the bronze and silver certificates that I can add to my CV. These will help me stand out from other university applicants because some courses require more than just strong grades.

In conclusion, the CTK Care Charter helps all parties involved and is a great way for younger year groups to engage with more experienced Sixth Form students.

Luke

Christ the King's Charity Work

Christ the King CVA takes great pride in its work supporting charities and many events across the academic year. As a school, we like to combine fun activities with charity work so that students (and teachers) of any age can get involved for a good cause.

For example, last year when the sun finally burst out from behind the clouds, the school took to the field to watch a charity penalty shoot-out competition. At one pound a go, many stepped up to the spot and took a strike against Mr Morgan, the intimidating figure stopping some, but seeing a few rifled efforts send the crowd wild. This was a brilliant and fun afternoon that raised hundreds for Children in Need.

Other examples of our contributions to the community include the regular cake sales across the school grounds - a sweet service that is a go to in helping us raise money for charity.

We also collect food around the Harvest Festival and donate the collections to local homeless charities, coinciding with our mission as a school to help contribute to the community around us.

Currently, a large motivation for charity work is funding the school's trip to Cambodia - a trip that will see students and teachers travel to the country and do voluntary work for 4 weeks. Funding for the trip has been a persistent task that has seen car washes, hot chocolate sales and even a Christmas Fair take place; all in aid of this vocational trip.

Christ the King always takes pride in charity work and make an effort to carry out our mission as often as possible, so that we can provide for the community the way God would have wanted.

Joshua



Briars Trips

The Briars is a local retreat that takes place a short drive up the A52. CTK Sixth Form students departed on this trip in November and spent three days under the Briars regime, and I'm writing today to communicate what would be in store for you if you were to undertake the journey that we did.

Day one saw us embark on the coach journey that took us to the Briars facilities, enjoying a vast mix of Bruno Mars, Adele and many more as we travelled. We weren't alone on this trip, as we combined with the Becket group that were also making their way to the campsite, along with reuniting with a former CTK student. Together, we made our way into Derbyshire, and arrived at our destination.

We were met with a warm welcome as the Briars Team brought us into the hall and separated us into smaller groups that mixed each visiting school and saw us make new friends, as well as reconnecting with old ones. We spent time with our group leaders playing ice breaker games and getting to know each other as a group. We were then called for dinner, which was a mixed bag of flavour, and as we ate, staff member David cracked some memorable jokes that brightened up all of our evenings and made us feel at home on the site. After some free time, we had evening prayer and spent some time reflecting on our gratitude to have this trip away with friends.

At sunrise on day two, we all met for breakfast. A mixture of sausages, beans, hash browns and cups of tea fuelled us within our small group to create a morning mass so that we could thank God for this trip up the motorway.

After a change of clothes to prepare for the muddy conditions of the Derbyshire countryside, we embarked on a walk through the dew coated fields towards the quaint town of Matlock, seeing plenty of places of religious significance as we walked. With tired legs, we came back to a hefty lunch to help us recuperate and prepare for the evenings entertainment. After a bit of free time playing football and Oasis songs around the campfire in the dark, we were welcomed into the hall to play bingo, accompanied by plenty of great music and goals flying in across the evening's World Cup fixtures. It was definitely an evening to remember.

At the crack of dawn we arose for our third and final day - another hefty, all you can eat breakfast prepared us for our departure. However, that wouldn't come until after morning mass, to appreciate the quality time we had had at the Briars facility. A game of Capture the Flag and another game of football saw us say our prayers before sitting down for lunch to have our final meal of the retreat. After telling staff member Katie that her football team, Southampton, were in fact going down, we packed our bags and said goodbye to our groups and thanked the staff. We returned to the coach taking us back to Christ the King with plenty of memories to look back on. We reflected on this character-building experience, and appreciated the time we spent with friends.

"It was an unusually extraordinary experience that touched my inner Catholicism. It was a welcoming community and the people there were very kind." - Sam, November 2022

Joshua



Moving to CTK Sixth Form from Another School

As a Sixth Former at CTK, I can confidently say that my school is absolutely amazing! The environment is warm and welcoming, and the atmosphere is one of respect and kindness. The teachers and faculty members are always willing to help us achieve our goals, and they genuinely care about our success.

One of the things that sets CTK apart from other colleges or Sixth Forms is the calm and peaceful environment. Unlike other colleges where there can often be a lot of noise and disruption, our Sixth Form is a place where students can really focus on their studies.





The classrooms are quiet and conducive to learning, and there are plenty of quiet spaces where we can study or work on assignments.

But it's not just the peaceful environment that makes CTK Sixth Form so special. The school prides itself on its strong sense of community. We have regular assemblies where we come together to celebrate each other's achievements and support one another. The staff and students are all part of a larger family, and this sense of togetherness really makes a difference.

Overall, I feel incredibly lucky to be a student at CTK. The school has everything you could want - a supportive community, a calming environment, and great opportunities to explore your interests. I really believe that this school has helped me become a better student and a better person, and I'm grateful for the experience.

Saro

DIY Deckchairs

In A level Product Design, we have been developing our skills and knowledge about different materials and processes.

We expanded our skills by making a deckchair, using varied machines such as the sander, drills, hegner saw and band saw, alongside the wood planer.

Making a deck chair may seem easy, but when making it from scratch, it can be very difficult. No matter how hard you try to get the measurements perfect, and not make any mistakes, errors were made! We managed to get there in the end, with only a few imperfections.

Alongside working with wood, we also used fabric for the seating, which expanded our skills not only for the A-Level, but for our lives - being able to sew and use sewing machines is a great piece of knowledge to have.



An unexpected feature of our deckchairs was their individuality. The woods for the two chairs were different colours, which made them both unique.

The reason for the different wood colour is their origins, and what type of wood was used. Some of the woods were recycled from other projects. For example, a few pieces of wood came from the off cuts of an old science desk. This was to be more environmentally friendly, and it was much easier to use pieces of wood we already had, rather than go to the shop to buy more.

To start our project, we used a website that Mr Baxter found us called Axminster tools. We gathered our wood and cut all the pieces down to size, trying to make them as perfect as they could be. After this, we planed the wood to make it the correct thickness. Then, we used the drills to cut out holes to place the dials in correctly, so they were a snug fit. Using the hegner saw to get the cut outs for the different height settings on the chair was difficult as they were an odd shape. However, after that everything was easier as we managed to understand how everything went together, and the rest of the process went smoothly.

This was an exciting project to have done because it developed our skills and allowed us to use something outside of school. We had lots of fun making these chairs - bring on Summer!

Natalia and India



Step Into My Shoes...!

During Year 12, my Biology class was presented with the opportunity to partake in the 'Nuffield Research Project.' We were introduced to a coordinator named Charlotte who was responsible for the students from the East Midlands area.

The Nuffield Research Project provided professional work placements for students in a STEM career of their interests. My interests were heavily in psychology and research with social science. To apply, I needed to write a personal statement of why I wanted to be part of a research placement and why I felt I was suited to working in a psychological environment.

I was eventually placed at Nottingham Trent University, with Dr Naomi Braithwaite, who was a senior lecturer in Fashion Marketing and Branding.

At first, I was quite unsure on me being placed in the fashion department as I could not see the links between that subject and psychology. However, I soon realised there was vast links between the two, as I had the chance to learn about psychological theories such as, enclothed cognition and colour psychology when it came to the choices of clothing and shoes that we wore. It broadened my scope of psychology.



The actual research that took place was working with Dr Braithwaite's ongoing longitudinal study titled, 'The Graduation Shoes Project.' This was a field study that has taken place every year since 2017, where Dr Braithwaite would interview newly graduating students on the choice of shoes they decided to wear during the ceremony. My role in the study was to take pictures within the study, of the participants shoes, to do a consent questionnaire with them and to ask and record the questions.

After working, I had to compile a poster and a 20-page research report discussing my own personal research that I did during the time in my placement. My focus was 'Do shoes worn at graduation, reflect the expectations of dress in that chosen field?' I looked through past research from the shoes worn by fashion students and law students and compared them on colour, style, cost, and whether they were open toed shoes or closed shoes.

This experience really aided me when it came to writing a professional report and conducting and assisting research in a STEM subject. It also helped me widen my knowledge with psychology and other subjects and assist me with some of my biology exam techniques on statistics and evaluate studies questions.

Empress



Creating a Geography Podcast

"What we learn with pleasure we never forget", a quote by American playwright Alfred Mercier. Here, Mercier's quote addresses that what we learn with pleasure and laughter, we never forget, a quote which can be proved to be true, as experienced by a group of students in the Year 12's Geography class.

The experience all began when Mr Lightfoot, set work for the Year 12 Geography class, which requested for the creative piece on a coastal landform created by erosion. A group of students (Ariadne D, Matthew W and Daniel C), inspired by a suggestion by Mr Lightfoot, began preparation of a podcast.

Searching for a base for the podcast, the cohort of students decided upon the landform called "Old Harry and his wife", located in Dorset, in the south of the United Kingdom. Within the project due on the 14th of March 2023, the architects of the podcast

elaborated on the stack and stump's, rock formation; the role of processes in the region Old Harry; the lithology and geology; energy transfers; as well as the links to the coastal system.

In a small talk with Mr Lightfoot, regarding his opinion for the podcast, his response to the question for his opinion was that the podcast was a "really good creative presentation". He added that it was very humorous by sharing his joy for the line "how does the geology and lithology affect your relationship?".

Overall, according to the group it was a very enjoyable process, although frustrating to create, the result was one of great contentment. This comes to show that use of creative mediums such as podcasts can help to engage students and make the learning process enjoyable and memorable.

Matthew

Othello by the Frantic Assembly

At Christ The King, the A Level English classes, accompanied by the A level Drama class, went to see a production of Othello in Leicester by Frantic Assembly. The trip consisted of a personal workshop with the cast and the crew, and a viewing of the play.

This was a different take on Othello than usual traditional productions, due to Frantic Assembly's unique acting styles. However, this provided the class with an insight to new ways Othello is adapted, compared to the ones that we've already seen. This was further emphasised by the workshop with the cast and crew, as we could really see and understand why they made the conscious decisions in this production which furthered our knowledge when viewing the play.

The play was adapted to be more modern, with clothing and prop usage being more relevant to the time, but this offered a fresh perspective to the play.

It also helped us deeply think about the emotional and psychological aspects of the characters in a more visceral way which led to a deep analysis of the key themes and motifs present in the play.

Watching the play was also useful with exam technique and essay writing as I was able to mention this version of the play and seeing how proxemics and stage directions in the play was applied to real life, enhanced my knowledge of the play overall.

Empress





Why you should take IT at CTK Sixth Form

The world of education is constantly changing in order to meet the demands of the modern world. Schools are no longer just preparing children for standard, 9-5 jobs in fields like engineering or accounting; they're being tasked with the difficult job of preparing children for unique jobs that don't exist yet.

One of the best ways that schools can prepare students for their future is to fill their curriculums with information technology lessons, because IT is arguably one of the most beneficial subjects for students to study.

Here are my reasons on why you should study IT at our Sixth Form:

It will help to prepare students for the jobs of the future

One of the most important reasons why schools should focus on IT lessons is that it helps to provide students with the skills that they need to succeed in the future. Technology is constantly

changing and almost every industry has experienced incredible innovation in recent years, so it's important that students are given the tools, traits and questions that they need to succeed in this uncertain future. Almost everyone nowadays is expected to have a good understanding of tools like email and Slack, which is vital for schools and colleges to consider for their students as well.

Having a good understanding of technology is important for all our safety

Something else to consider is that IT lessons can have several other benefits for students – one of these being a better understanding of online safety and data management. It's important that everyone has knowledge of cyber security, so including it in the curriculum in schools and colleges across the world is a logical and necessary step. Additionally, having a good understanding of technology is an important skill for children and young adults to have. Governments and authority figures all around the

world are starting to move towards digitalising their services entirely e.g., the digitalisation of tax in England, so it's vital that students are ahead of the curve in this area.

Education is heading down a digital path

A final positive aspect of IT being engrained more in the modern school system is that the world of education is starting to become more and more digital. Whether it's with the inclusion of items like computers in the classroom, with online courses through companies like Khan Academy or with a further emphasis innovative technology like 5G or virtual reality in school, education is becoming a digital industry.

So, what is different about our IT lessons compared to other colleges and sixth forms?

At CTK, our IT lessons are conducted by qualified experienced teachers who help to give you a real sense of the digital world.

For example, in one of our assignments we had to perform a presentation to our client (the teacher) about how we could help create and improve an app for his/her company. This allowed us to get a genuine feel of not only the virtual side of IT but also the business side, how you need to present yourself for future jobs etc. We have also done things like look and inspect the insides of a pc, assembled a prototype of an app and much more.

Whether you like IT or not, it has become one of the most necessary subjects to learn not because it is good for now but for the future.

Nathan

“ Our IT lessons are conducted by qualified, experienced teachers who help give you a real sense of the digital world. ”

CTK Sixth Form



Drama at CTK

Drama A Level at Christ the King is one of the most creative and hands-on subjects that is on offer. It allows you to be completely creative and have a space to produce and learn about different pieces of theatre.

The A level consists of two NEA's which are both worth 30% each and one exam which is worth 40%. For the exam section we study three plays and analyse them in terms of a director, actor and designer, for this we often built off each other's ideas and helped each other to generate different designs and styles to create a collaborative piece of work.

A huge benefit for studying Drama at Christ the King is the class sizes, this year there is only four of us which allows us to have the confidence as a team to say our ideas and how we would approach a scene, it also helps when performing to each other as you all become friends and are able to perform comfortably and confidently without any embarrassment. The subject is so enjoyable and becomes a lesson which you can always look forward to in the day whether it is a theory or a practical lesson.

Mrs Stanley is an incredible teacher, not only in Drama, but she is someone who you can always go to within the Sixth Form as she is always there to make sure we are focused on the task and that we are all achieving the best we can.

We often go on trips to see different theatre productions as this really helps in all aspects of the A Level to help with inspiration and to see the different approaches of directors, designers, and actors.

The NEA lessons are almost completely independent with us having whole lessons to work on our pieces and devise, this really gives you a chance to see how directors' minds works and gives you creative freedom to do what you think is best as a team.

It is important for drama, that you are able to work in any team; as I previously mentioned the class sizes are considerably different from GCSE with a class of 30, to a class of 4 at A Level, but this is what allows you to have much more focused lessons and target what you need to work on as an individual and as a group.

Working as a team is something that can be made easier, as for our group we spent some time making sure we were comfortable with one another to construct our productions in particular; again, Mrs Stanley is there every step of the way to make sure we are all happy and at ease in the studio.

A common stereotype about drama is that it is not as serious as other subjects however, this is not the case and although it is not assessed through exams alone, we still all work incredibly hard outside of lessons to make sure we bring our best to every single lesson.

I have extremely enjoyed Drama A level so far and do not regret picking the subject for even a second, I would happily say it is one of my favourite lessons and would recommend to any year 11 considering taking A Level Drama at Christ the King.

Evie

Sixth Form Art Gallery





Survival Guide for Year 12

Year 11 is now over, and you're joining Sixth Form in a few weeks to officially start Year 12. You might be stressed, or overwhelmed, or you might be unbothered and taking life as it comes.

Regardless, we're here today to share some tips for Year 12, and how to survive it.

Tip #1

Prepare yourself. The jump from GCSE to A-Level is big and you must realise that before it's too late. A-Level goes very in-depth, especially Biology, and mark schemes get stricter, so you must start getting into the habit of knowing things by the book.

Tip #2

Have realistic expectations of yourself. If you got mediocre grades at GCSE, don't expect to be getting A*'s straight away. Set yourself a good starting point and go from there.

Tip #3

Stay organised. It's so easy to get lost in a mountain of paperwork, so file your work into separate folders and separate teachers, so this way you'll know where what is, and you'll thank yourself when revising for A-Levels. Also, use separate notebooks for each subject.

Tip #4

Stay motivated. Okay, you got a D on a test you revised hard for, but don't let the grade define you. Use this as learning curve and learn from your mistakes, and make sure to correct your mistakes.



Tip #5

Organise your free periods. It might be tempting to sit and do nothing during your this time, but trust us when we say it's best to use your free periods for work. You can use the occasional free to socialise and do what you please, but doing work during your free periods will save you from working at home and will help you to keep on top of it all.

Tip #6

Stay on top of your work. Do not fall behind on your work by convincing yourself that "I'll do it later" because let's be real, you won't do it later. Creating revision tools and habits now in Year 12 will help you so much in Year 13 and it will save you from having to go back into Year 12 content and relearning a topic because you didn't want to do it when you were doing it in class.

Tip #7

Get enough sleep. You may think this goes without saying and is common knowledge, but you will find yourself staying up to finish some work. There is a point where you must let go and go to sleep. Studies show lack of sleep decreases attention span and makes you more irritable.

Tip #8

Don't procrastinate. (Quite ironic that we're telling you this because we're both big procrastinators). Stop telling yourself "I'll do it later" because you won't! Just do it now and get it done with.

Tip #9

Have fun! In between all the homework you'll have to do and all the revision you'll have, find some time for friends. You should socialise and have fun, or else you'll go insane.

Tip #10

Lastly, this isn't so much as a tip but something we strongly advise you do. Learn definitions and keep flashcards. Say you have lots of definitions, and you must learn them, create flashcards and have them organised by topic - it's a great way to practice active recall. And every other day go over them, so you don't forget.

And that concludes our tips for Year 12, so it would be convenient if you considered listening to them because we wish we did!

Michelle & Brooke

Our Top 10 Study Tips

Here at Sixth Form, independent study is essential to achieving the top grades you should aim for. Whilst the step up to A levels is big and learning is not easy, it is manageable if you build on your good habits from GCSE and allocate more of your time towards study each day. So here are our top tips to help you smash your exams.

- 1.** Use your free periods effectively.
- 2.** 1 hour in the classroom should be equal to 1 hour outside the class.
- 3.** Make sure to complete all homework on time.
- 4.** Ask teachers if you are ever unsure about work.
- 5.** Keep all your notes nice and organised.
- 6.** Revising with friends is a great way to make revising more enjoyable.
- 7.** Flashcards and mind maps are a great way to summarise your notes effectively.
- 8.** Don't leave revision too late.
- 9.** Use the pomodoro technique to help you stay focused whilst revising.
- 10.** Turn your phone off whilst you are revising, to help you concentrate.

Ethan & David



Finding a Balance - Mental Health Tips

As a student, you might find yourself struggling to maintain a balance between your mental health and your studies. While it's essential to work hard and do well in your academics, it's equally important to take care of your mental health. Balancing these two aspects of your life can be a challenging task, but with a little effort and planning, it's definitely achievable.

Here are some tips on how to balance mental health and studies:

Create a Schedule

Creating a schedule is an effective way to balance your studies and your mental health. It helps you to manage your time effectively and ensures that you are making time for your mental health. Make sure to include breaks in your schedule, as well as time for exercise, relaxation, and socialising.

Take Care of Your Physical Health

Taking care of your physical health is crucial for maintaining good mental health. Make sure to eat a healthy diet, get enough sleep, and exercise regularly. When your body is healthy, your mind will be healthy as well.

Seek Help When Needed

If you're struggling with your mental health, don't hesitate to seek help. Talk to a counsellor, therapist, or doctor who can provide you with the support you need. There is always someone to talk to at Christ the King, whether that be the school counsellor or teachers. It's essential to address any mental health issues as soon as possible, so they don't interfere with your studies.



Practice Self-Care

Self-care is an essential part of maintaining good mental health. Make sure to take time for yourself to do things that you enjoy, such as reading, taking a bath, or practicing yoga. Self-care can help you to feel refreshed and rejuvenated, allowing you to tackle your studies with renewed energy.

Connect With Others

Connecting with others is a great way to boost your mental health. Join a club at school, or make time to hang out with friends. Having a support system can make a significant difference in how you feel and can help you to stay motivated and focused on your studies.

Prioritise Your Workload

It's essential to prioritise your workload and focus on what's most important. Try not to take on too much at once, and make sure to break down larger assignments into smaller, more manageable tasks. By prioritising your workload, you can reduce stress and ensure that you have enough time to take care of your mental health.

In conclusion, balancing your mental health and your studies can be a challenging task, but it's definitely achievable. By creating a schedule, taking care of your physical health, seeking help when needed, practicing self-care, connecting with others, and prioritising your workload, you can maintain good mental health while excelling in your academics. Remember to be kind to yourself and to take things one step at a time.

Kaitlyn

My Time at Christ the King

I'm Niamh and in 2021, and I was Head Student at the Sixth Form at Christ the King. This is an opportunity that I have relished and have been grateful to have the chance to do. I wanted to take some time to reflect on my experiences these past 7 years in the hope that I can pass some guidance and advice onto you all.

My time at Christ the King is about how everyday school life has shaped me to be who I am today. Since being in Year 7, I have had so many opportunities from helping with the of running sports days, playing in netball competitions and having work experience with the army. These things can sometimes be underestimated in terms of the positive impact it can have on you.

When I think about these things, I think they help build you in character, and make you more resilient. Plus, they were all really fun! But one memory that has stuck with me the most was the trip to Briars in Year 10, it was a chance to really bring our year together with fun activities, but also explore our faith further.

I came from a non-feeder school and didn't know many people before I started. However, having mixed years in the forms really helped me have a wider range of support and create new friendships with other years. I chose to

carry on studying at Christ the King to further encourage my passion for the subjects I really enjoyed at GCSE. It gave me the chance to continue to work with teachers who really understood me and could support me in ways other schools couldn't.

When I think of my journey starting a school from a non-feeder school and not knowing many people, to today as Head Girl of Christ the King, it makes me proud of what I have achieved as a person and confident in embarking on the next stage of my studies. This is a role that has stretched and challenged me, but has definitely supported me in being ready for the next stage of my life.

Our community here at Christ the King is





very diverse with a mix of ethnicities and students from a wide variety of cultures. I think this is something we should celebrate. It makes us special and stand out from other schools.

As a group of students, they have been so giving and supportive with the charity events that the Sixth Form have run this past year, including Children in Need, Remembrance Day and a bake sale for Ukraine to name but a few. As a community we come together to support charities in need which also allows the opportunities for fun along the way.

These provided so many memories from celebrating different cultures, spreading love around school on Valentines Day and an absolute highlight of seeing Mr Reddington, who is a massive Forest fan, dressed in a Derby kit for a day to raise more money for Children in Need. All money raised was underpinned by our belief that we should help others who are less fortunate.

The one event that really brings the school together each year is Sports Day, and though we're not the biggest school, there is a great sense of community with everyone rooting for their house to win. Sports day involves everyone, staff and students, all congregating

in their allocated area on the field to celebrate 'our highlight of the year'. The atmosphere of support was always great for people of all sporting abilities. You were made to feel special for taking part by creating events for everyone to get involved in.

As an A-Level student I couldn't be more grateful for the teachers that have supported us all these past years. It was so important for us to have a strong support network within the Sixth Form and make sure we had people we could talk to when we were struggling with stress and motivation.

Having a good teacher who is passionate about their subject inspires us to work harder and become better within ourselves. In September I am hoping to go on to study International Business and Spanish at John Moore's University. My time at CtK helped me move onto these next steps.

*Niamh - Head Student Leaving Speech
(July 2022)*

From CTK to Oxford!

My name is Alicja and I went to Christ The King from Year 7 until Year 13. My time at the school set me up brilliantly for my future, both academic and personal.

Currently, I am studying medicine at the University of Oxford. It is a very challenging degree with a big workload, but it is incredibly rewarding. I am currently in my second year of study. It is a 6 year degree split into two parts, with the first 3 years spent studying for a Bachelor of Arts in Medical Sciences, and the last 3 years being clinical studying for a Bachelor of Medicine, Bachelor of Surgery. This means that I will have no clinical experience until 4th year.

Most of my time is spent attending lectures, practicals, and writing essays for my tutorials. The tutorials are what makes University of Oxford special – they are a chance to speak to the experts in the field you are studying, discuss scientific concepts and recent studies, and receive feedback on our essays. They are usually done in groups of two, so there is plenty of time to ask any questions and figure out anything that is missing from your knowledge.

This year I am studying four topics: Principles of Pathology, Neuroscience, Applied Physiology and Pharmacology, and Psychology of Medicine. As I write this I am revising for my exams which

start in the last week of April – we have an essay paper as well as 100 multiple choice questions in each subject. It is definitely an extremely difficult degree and it does take its toll, but it is also a fantastic learning opportunity at every step, and with good time management there is plenty of time to enjoy your time here.

In terms of advice, I would say enjoy whatever it is that you are doing now. Time really does fly, and you will be looking back fondly at your time in sixth form. Try and do a little bit of work every day, as getting started is the most difficult part. Chances are once you do the small task you have been dreading, the rest of the work will follow. Getting enough sleep is crucial to both your mental health but also your memory and your ability to retain the skills and information you have learnt.

Most importantly, be confident in your abilities and do not let anyone tell you that you cannot achieve your dreams. It is incredibly cliché but you really can do anything you put your mind to!

Good luck with your upcoming A-Levels! I hope you are all very proud of the grades you will achieve.

Alicja





Choosing What to Do After Sixth Form

Throughout the UCAS process, through which you enter those hallowed halls of academia, you'll receive a range of opportunities to explore multivarious factettes of university life. Firstly, I'd wholeheartedly recommend visiting the universities you've applied to in your own time. They all have open days throughout the year and have various other visiting opportunities, and it's well worth going to get a taste of the university itself, your potential tutors, and the towns or cities; the last point is particularly important. Remember, you'll be living there for several years.

Anyhow, by proxy of CTK, you'll get to visit a couple of different events hosted by UCAS and Nottingham Trent (NTU). First off is UCAS's University Fair, code for a bunch of UK universities gathering in an inordinate, crepuscular stadium. Therein you will get to visit various University stalls, ask their representatives any questions, attend presentations on applications and the like, and collect prodigious quantities

of tat, which I can only imagine was amassed in some vast panoply dedicated to the god of trinkets and tote bags.

The highlight is most definitely having the opportunity to go through various prospectuses with the universities. If you visit the Lincoln University stand for example, and are keen on an engineering course, you can go through the requirements, teaching method, campus, and the like. It's an all-around good place to talk with some universities.

You'll then get an opportunity to visit NTU. This involves everyone in the year gathering within a lecture hall, and there you can take notes (or otherwise just listen) as an academic goes over NTU's accomplishments, clubs and societies, and general university application processes, like how to craft your personal statement. Subsequently, an eager student will give you a tour of the university, its libraries, an overview of accommodation, and the mock courtrooms used by legal students.

There you can play Phoenix Wright and stage the world's most histrionic trial, which will probably violate just about every law. I for one, playing the world's most unscrupulous jury member, still don't entirely know what the crime was, who the plaintiff was, and whether I did or did not accept a bribe.

However, the most invaluable part of visiting NTU was, in my opinion, not the lecture, or even touring the university, but just interacting with the students. If you take time to ask questions, they can give you advice from a far more applicable perspective. For example, talking about accommodation, house shares, and basic things like laundry. Again, it will be even better if you can scarper off to one of your universities of choice and speak to students there. Ultimately, they can give you a more personal and empathetic insight than anyone else.

So voila! There's your whirlwind rundown of the university and UCAS events you'll get to experience at CTK, through which you will hopefully get a pleasant taste of university life. Stay diligent to get into your university of choice, and good luck!

Ethan

“It's well worth going to get a taste of the university itself and meet your potential tutors”





Applying to University

I am currently in my 3rd year at Nottingham Trent University studying BSc Zoo Biology (Hons).

I went to CTK Sixth Form during 2018-2020 and originally, University was not my plan, but with the help and guidance of the Sixth Form, that is where I am today.

I chose to stay at home rather than move away to University, seeing as though it wasn't a long commute and it was during the height of covid at the time, so it seemed for the best.

I have continued to live at home since but this doesn't mean you have to be isolated from everything else that goes on.

I made friends with people on the same course as me (which is easy as you more than likely have similar interests) and I also joined the Netball team on my campus during my second year which also had a great social aspect to it too.

The move from Sixth Form to University can be difficult, your studies become much more self directed, and you have to organise your own time which can be tricky, but as long as your passionate about your subject and you have an interest in it, anyone can succeed.

I am currently on work placement as my degree is a sandwich course, meaning I do 2 years of study, 1 year in industry and then my final year and my dissertation.



Although I did apply to do the sandwich course through UCAS, you can decide later on if you want to do a placement year and this can be easily arranged by the University.

I would definitely recommend a placement year if it is applicable for your course, as work experience is so much more desirable to employers than just a degree.

I've done 6 months at Yorkshire Wildlife Park as an Animal Ranger Intern, and I am going on to do 3 months in the Apennines in Italy, where I will be volunteering for an organisation who do work to support the conservation of the Marsican Brown Bear, as well as many other wildlife species there.

Both of these placements I applied for myself but were sourced by the university and I was given lots of support with my application. I am sure you will enjoy your time at CTK Sixth Form as much as I did.

Holly - Former Head Student

My Advice

Hello everyone, my name is Munashe Sitima. I am an ex-student at Christ the King. I completed my GCSE's at Christ the King and I also completed my Sixth Form at Christ The King...well sort of (I am a Sixth Former of the COVID era).

My experiences at Christ The King Sixth form were all positive. This is because I had supportive teachers and tutors around me. One thing I took from both Sixth Form and lower school is that there is no such thing as negative feedback, rather it is constructive feedback. We all have our strengths and weaknesses. Sometimes we may notice too much of our weaknesses, especially if they are pointed out. But I tried to always remember that we can always improve on things, that's why we get feedback on what we did well and what we can IMPROVE on, to become better.

I have also applied this same principle at University and it helped me to work harder to make sure I keep improving.

Currently, I am in my last year at The University of Nottingham and I am studying Social Work. Prior to picking Social Work as my course, I had picked ICT and I changed my personal statement at the very last minute (literally before the due date). My point is, it is okay if you are not sure what you want to do yet.

Take your time and do not rush things, however it is important to pick subjects which you enjoy and which will also keep your options open.

For anyone wanting to study Social Work at University, do not let anyone tell you that you do not need a degree for it because this is not true. From my experience people who may not know about what Social Work is say "you don't need a degree for that", but I assure you that you do, and when you bump into someone like that, make sure to educate them on what Social Workers do and what Social Work is.

For all students applying for University, my best advice is make sure your degree is always a priority, always look for any work experience if you can and try to make sure it relates to what you want to do to in the future.

Always remember to work hard and when things do not go the way you want, sit back, reflect and see what you can do better to make sure that you are successful next time.

Lastly, one interesting thing about me is that people think I am smart, but truthfully, I am very much a hard worker, and it always pays off.

I nearly forgot to mention that I was Head Boy too.

Munashe - Former Head Student



My Journey to Medical School

Hello, my name is Tamar, I went to Christ the King from Year 7 through to Year 13, and I'm currently in my first year of medical school at the University of Nottingham.

I am currently coming towards the end of my second year of studies, as I completed a foundation year. I applied for the 6 year course, where I completed a year in Derby, before this year joining the traditional 5 years, at the medical school in Nottingham. This was because I didn't meet the predicted grades criteria, so after looking at different options, I decided this would be best for me. It was a nice transition into University life, whilst also building a core knowledge foundation for the 5 years ahead.





I recently attended the Careers Fair at Christ the King with an organisation called WAMS, which is run by medical student from the University, with the aim of helping more people gain a place at medical school, particularly those from an underrepresented background.

I thoroughly enjoyed the day, meeting many students from all the different years, some who wanted to ask direct questions, some who wanted to know more about the process and steps into medical school, and some who had never thought particularly about medicine, and it had sparked an interest and they wanted to know more.

I think days like those are invaluable to so many students, providing opportunities to explore interests and be exposed to many different avenues for their future. I enjoyed my time at CTK and made some friend friends.

Tamar



Student Nurse of the Year

Well, hello there! It was certainly a pleasant surprise when my old school and Sixth Form wanted me to write about my recent award: Nursing Times - Student Nurse of the Year, Clinical Research. It seems like a lifetime ago that I was sitting in the foyer of the Sixth Form building with my friends - many of whom I'm still friends with - it does make me wonder what has changed?

I guess I'm supposed to write how I got here? Well, like most of you it started with me being a socially awkward teenager desperately trying to figure out what I wanted to do with my life. I don't know what it's like now but

basically 'back in my day' - now I sound old - there was the unspoken rule that you did your GCSE's, then your A-levels, and then you HAD to go to University, pick your degree and whatever job that degree led to that was your job for the rest of your life...pressure right?

I was caught up in all of this and, to be honest, I really didn't know what I wanted to do. I tried for medical school and quickly figured out I wasn't smart enough to get in, so settled for Biological Sciences with the mind to still attempt to get into medical school as a postgrad.

Cut to four years later, by this point I was massively unhappy, I knew I still wasn't smart enough to get into med school, and my job prospects for the degree I picked were not really what I wanted. So I took a gamble - my University released a nursing degree, and I just kind of went for it.

That was probably the best decision I've ever made. It was ironic because I did consider nursing when I was originally applying to uni but, I don't know, I was young, dumb, and full of myself and decided with zero insight into nursing I was 'too smart for that'. It was a 4 year, expensive detour, but we got there.

My nursing course wasn't all sunshine and rainbows - I started in 2019, being a student nurse during the pandemic was AWFUL, and nursing as a course is just hard - you have all the same exams

and assignments as other students but for half the year you're working full time without being paid for it.

I really got to mature and mould my nursing career to exactly where I wanted to be which was nursing research, which is the beauty of the nursing profession, the opportunities are pretty much endless, and this leads me to my nomination. I ran a student support group on Twitter for a year; I wrote for the nursing times and got to do some very important stuff in my local trust to advocate for my fellow students because of that; and I created and piloted a research placement in my local trust to help support students who were interested in research, and I then presented the findings of this placement at the RCN Education Forum.

These things got me two nominations: Student Nurse of the Year - Children's, and Student Nurse of the Year - Clinical Research. Just to be nominated was awesome, but winning one of those nominations was amazing. It was validation for all the things I've achieved whilst being a student nurse. Not to mention, just a very fancy awards ceremony down in London.

I'm now seizing every opportunity I can get! I'm publishing my findings from my placement in a journal, I got to talk on the radio, and I'm writing for the National Institute for Health and Care Research. All of this before I've even qualified as a nurse.

I guess if you can take anything from my journey to where I am now is you absolutely do not have to get things right first time. I basically flopped at

“ My journey shows that when opportunities are presented to you, if you have the capacity to take them, please do. ”

my first attempt at a degree, and I've managed to make things work and still achieve great things.

Most importantly I think my journey shows that when opportunities are presented to you, if you have the capacity to take them, please do. If I hadn't made the switch to nursing none of my achievements would have happened, and I wouldn't have been nominated if I hadn't taken the opportunities such as creating my own placement when they came my way.

Anyway, I wish you all the best of luck with exam season, and please be kind to yourselves during this time and with your results, it really isn't the end of the world if you don't get what you were expecting, I think my journey is a testament to that. Good Luck!

Bethan

CTK Sixth Form



Cambodia 2024

A group of 11 students, currently in years 9 to 12, are fundraising for an exciting once in a lifetime adventure during the summer of 2024. The group will be travelling to Cambodia for four weeks to explore the country's diverse culture and rich history. This expedition is being organised by Camps International, accompanied by Mr. Hughes.

Camps International is a school expedition provider which works towards tackling global challenges on a local scale by taking a holistic approach to developing projects by focusing on the most critical humanitarian, wildlife and environmental issues in the countries they work in. By partnering with local communities, they achieve these purposeful goals.

Cambodia is our chosen country to visit since it remains as one of the poorest countries in the world. There is increased poverty due to seasonal food shortages and a lack of employment opportunities. Our students will work hard during those four weeks that they are there, to be involved in construction projects like improving infrastructure at the local schools, refurbishing community buildings and building much needed drinking wells. These projects will focus on sustainability and environmental concerns by promoting reforestation with native sampling. Any spare time will be spent with the community teaching the children English and developing life skills; in return they will teach us how to speak Khmer.

As well as the service work, the itinerary for the trip is packed with a variety of activities ranging from visiting historical sites and cultural landmarks

to opportunities for adventure. One of the highlights of the trip will be a visit to the Angkor Wat Temple, which is a UNESCO world heritage site and known as the "8th wonder of the World". These temples were thought to have been "lost" for hundreds of years, seeing them will teach us about its cultural significance in Cambodia.

After this, we will travel to Cambodia's capital, Phnom Penh, to visit the S21 prisons and killing fields to learn about the corruption which had occurred and how it has influenced Cambodia's modern-day society.

In the lead up to this voluntary service overseas, we are fundraising inside and out of school to help fund our way. Within school so far, we have raised money by holding a Christmas fair, a tuck shop, a staff car wash and during the coldest days of the year, selling hot chocolates.

This trip is not just about travelling to a new country; it's about fostering global citizenship and expanding our perspectives by experiencing new cultures and engaging in Community service work, which will allow us to gain a greater appreciation for the world around us.

Overall, this trip to Cambodia promises to be an enriching experience for us, CTK students, as it will be eye opening to the different challenges faced by people in different parts of the world. We will have the chance to learn, grow, build resilience, develop new skills, and have fun whilst exploring a beautiful and fascinating country.

Ariadne



Cricket Interview

How old were you when you got into cricket?

I was 7 years old when I first started playing cricket for my club (Gedling Colliery cricket club) and then I was 9 when I made the Under 12's county team and I have continued to play for both Gedling and County ever since.

Who got you into cricket?

My friend Naomi convinced me to train one weekend with her and we still remain teammates to this day.

Do you enjoy cricket?

Yes I have a passion for cricket but it can get difficult at times.

What made you continue with it?

The ability to play with my friends weekly.

Who's your cricket idol?

Nat Sciver who is a female English cricketer and was the first cricketer for England to take a hat-trick in a Women's T20 international match.

What qualities should a sports person have?

- The desire to continuously improve
- Passion for the sport
- Sportsmanship
- Team work
- Patience
- To stay calm in stressful situations

Nora, Nottinghamshire County Cricketer, interviewed by Liyah

Cooper's Column

We are sure that many readers are familiar with Nottingham Forest football club, one of the many bright sparks in Nottingham's sporting history. After a mediocre couple of decades of flitting between the second and third division of English football- filled with plenty of relegation scraps and cold, windy nights in Stoke- The entrance of Steve Cooper turned the tides of the Trent towards the Premier League.

After a record breakingly poor start to the 21/22 season under former manager Chris Hughton, the Welshman took to the helm of the seemingly turbulent ship that was Nottingham Forest and instantaneously brought about stabilisation- taking 13 points from his first 15 available. This miracle resurgence in form saw Forest come from the bottom of the league to continuously climb the table over the course of the season, with an unforgettable FA cup run to match (dispatching the likes of Arsenal and Leicester). However, after conceding a Kieffer Moore goal away at Bournemouth that broke many red hearts across the city, Forest fell short of automatic promotion places and were condemned to the unforgiving life of the Championship Playoffs.

Drawn to Sheffield United away in the semi-final, the reds took what was seemingly a comfortable lead back from Bramall Lane to the banks of the Trent. However, a Morgan Gibbs-White masterclass (who at the time was wearing the red and white stripes of the blades) saw Paul Heckingbottom's side cancel out the two goals from starboy and academy product Brennan Johnson, and put the hearts into the



mouths of all four stands of the City Ground. The trusty gloves of now France international goalkeeper Brice Samba were called into action to settle the ninety minutes of madness. And with an impressive penalty shootout display- the Reds were sent down south to the famed Wembley arches.

Heading into the international break this week on the back of the first home Premier League loss since November, the squad will hope to recuperate and come back to hit the ground running against relegation rivals Wolverhampton Wanderers on the first of April; and with the impending returns of many injury stricken players, Forest will aim to finally gain ground on the relegation zone that looms just three points below them and hopefully attain Premier League status for the Garibaldi reds for the forthcoming season.

Joshua



Review : Legend by Marie Lu

I literally devoured this book, and I loved every second of it!! It's been a while since I got that feeling when you cannot put a book down, but Legend did exactly that!

I read as much as possible whenever possible, and I honestly could not put this book down! The story was unique, interesting, and extremely intriguing, leaving you wanting/needing to read on! Dual POV books can often be risky, but Marie Lu did an excellent job of it, and I completely fell in love with June and Day. The contrast between these two characters at the start is pretty big.

However, as the book progresses you can see how they're basically the same person but have been brought up entirely differently! I had no idea where the story would go. However, the dual POVs really kept me hooked and I desperately needed to know what happened!

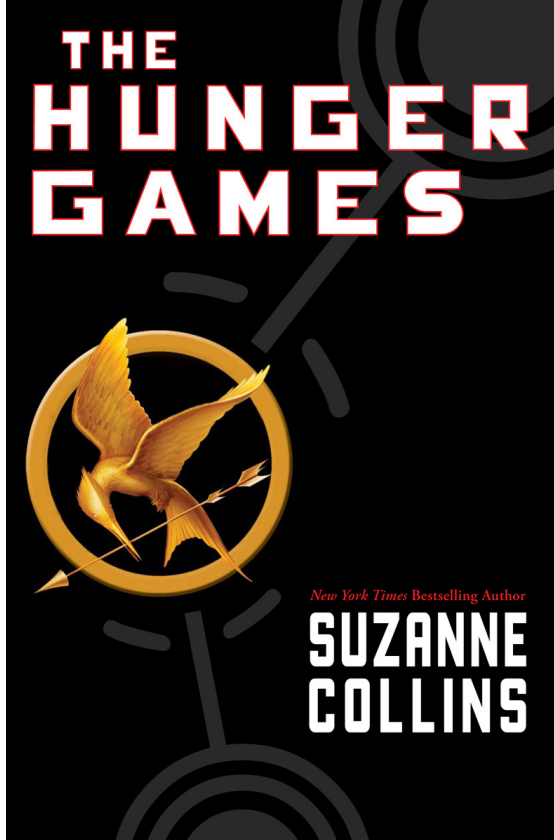
The world the story is set in really interests me. It's crazy to see how society works and I genuinely look forward to learning more about the world in the later books!

I feel like this book is unique compared to other dystopias as often they seem similar and become predictable. Throughout the book I was like "yep I know what's going to happen" but I was never right because this book throws so many twists at you that there's no point even trying to guess what's going to happen!

The writing is so gripping and engaging, I literally felt like I was in the story. It's truly magical and rare for this to happen to me! I'm so glad I finally read this book and can't WAIT to read the rest of the series!

Djovel-Elaura





Review : The Hunger Games by Suzanne Collins

Where North America once was, Panem is now in its place and it is ruled over by the Capitol. The Capitol is a horrible and cruel place and they keep the districts in place by forcing them all to send one boy and one girl between the ages of 12 and 18 to participate in the annual Hunger Games, a televised fight to the death.

The story follows sixteen-year-old Katniss Everdeen who lives with her mum and younger sister. When her sister gets reaped to go into the Hunger Games, Katniss volunteers to go in her place.

I started this book back in the summer of 2019 after I had watched the movies, although I didn't finish it until March 2020. In all honesty, I don't know why it had taken me so long to read as The Hunger Games has easily become one of my all-time favourite book trilogies.

One day I just randomly decided to pick up the book and read it. I read over 200 pages of it in just one sitting and I finished it that day. Since that day I am never without a book.

Reading has become a comfort for me and The Hunger Games trilogy were the books that got me into reading. The Hunger Games books will always hold a special place in my heart. It is one of those books that you just simply can't put down.

There's twists and turns. The books in The Hunger Games trilogy are amazing reads, easy to follow also with phenomenal messages behind them.

The main one is how it shows us that sacrifice can show true humanity and emotion in a time where there is a lack of it.

Emma

Good Luck Year 13!

