



**Christ the King**  
Catholic Voluntary Academy

# Post-16 Essentials for Success

Supporting you to achieve your  
potential





# Christ the King

Catholic Voluntary Academy



# Meet the Chaplains



Lucy & Charles

## A short prayer for the week ahead

O Jesus, through the immaculate heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in thanksgiving for your favours, in reparations for my sins, for the intentions of all my relatives and friends, and in particular the intentions of the Holy Father, Pope Francis. Amen.

## A bit about Lucy...

- I am from South London and studied English and Music at the University of Leeds
- Before starting here, I worked at NET ministries in Glasgow, a Catholic Youth Ministry Charity
- This is the start of my second year here at Christ the King and I'm really looking forward to developing our work this year

## A bit about Charles...

- I am from Rutland and studied Geography at University
- Before starting here, I was a lay chaplain at another secondary school
- Prior to that I spent four years at The Briars Youth Retreat Centre
- I can't wait to get to work here at Christ the King and the rest of the Oscar Romero Hub.

# What is our Role in School?

What is our role in school? We work with students and staff to support their Faith. We do this through Liturgical Prayers, monthly Masses and confession, running Chaplaincy Team, supporting form prayer reps, organising retreats to our local Catholic retreat centre (The Briars), running staff prayer and various other activities around school.

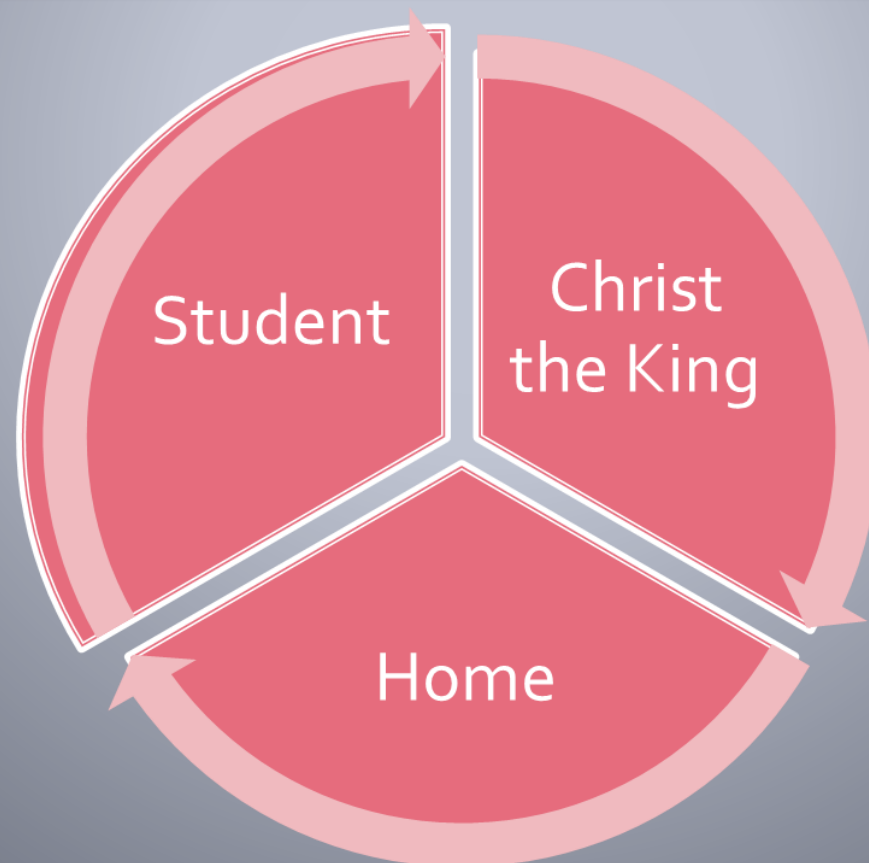
We also have a pastoral role and ensure that the Chapel is always open for students and staff to pop in for some time of peace, prayer and a chat. We work across the Oscar Romero Hub which includes four primary schools and Christ the King Secondary school but one of us is always based at Christ the King.

How can you support our work? At the end of each term, we celebrate with an end of year liturgical prayer or Mass held at Good Shepherd Church. We send out a livestream link to ensure that you can participate online, please feel free to watch these and join us in prayer. From this year, we also film weekly videos which are uploaded to the school website talking through the theme of the week. Please watch these and discuss them with your children.

Support your children in joining the chaplaincy team, signing up for retreats and to be a form prayer rep. The roles we support in school allow our young people to grow in confidence, leadership and faith. We believe that each student has unique gifts and talents to bring to our School Community. Please support and encourage them in joining these initiatives.

# The Ingredients of Success

Neil Reddington, Head of Sixth Form  
nreddington@christtheking.notts.sch.uk





# 1. Supporting Your Future



# Essential 1. Aim High

- What do you want to do post-18?
- What do you need to do to get there?
- Are you planning now and taking the initiative?
- Have ambitious goals and understand the steps you need to take to get there!



# Start With a Destination in Mind

- Universities and Colleges Admissions Service (UCAS).
- Careers and Apprenticeships
- Tutor Programme
- What else we do to support careers choices.
- Where you can find additional support.





	Year 12		Year 13
13/9	Memory and VESPA	21/9	Retreat Day for 6 <sup>th</sup> Form
25/9	Tom Randall MP and Representatives from Parliament		Tom Randall MP and Representatives from Parliament
27/9	National Citizenship Service launch 2.15 VESPA	5/10	DANCOP- Goal setting and self-efficacy
11/10	Bank of England	19/10	DANCOP- Resilience
8/11	Learning to Work- DANCOP	16/11	Uni of Lincoln- Next Steps After Applying
25/11	Braking Point Driver Awareness		Braking Point Driver Awareness
22/11	Learning to Work- DANCOP	30/11	MOCKS
6/12	Learning to Work- DANCOP	14/12	DANCOP- Finance and Budgeting
20/12	Learning to Work- DANCOP	4/1	CPR and Defibrillator Training
10/1	NTU- Researching Your Options	18/1	NTU- Student Finance
24/1	NTU- The UCAS Process	1 / 2	
7/2	REGISTER BE A LIFESAVER	22/2	NTU- Stress Less
28/2	University of Nottingham: Why Nottingham- Student Life	7/3	MOCKS
13/3	University of Nottingham: Applying to Competitive Universities	17/3	Mock results next steps
27/3	Sex Education	18/4	NTU- Results Day and Clearing
24/4	NTU- Personal Statement Workshop	2/5	
24/7			



# Additional Careers Support for Years 12 and 13

- Tutor Time post-18 Pathways Programme focusing on careers options.
- Careers focused lessons developing employability skills: Interview skills, Personal Statement and CV Workshops.
- Work experience week.
- Opportunities to visit universities and attend summer schools are shared weekly with students via e-mail.

# Additional Sources of Guidance

- National Careers Service: 0800 100 900  
<https://nationalcareers.service.gov.uk/>
- <https://www.gov.uk/apply-apprenticeship>
- <https://www.ucas.com/understanding-apprenticeships>
- <https://www.ucas.com/which-apprenticeships>
- <https://www.movementtowork.com/>



## 2. Independence and the Challenge of A Levels



# Essential 2. Make the Most of Your Time

	Mon	Tues	Wed	Thurs	Fri	Sun
P1						
P2						
P3						
P4						
P5						
3.05 – 4.05						
4.05 – 5.05						
7.30- 8.30						

**Year 12:**  
9 hours a week  
39 weeks  
351 hours of study  
70 full school days

**Year 13:**  
9 hours a week  
29 weeks  
261 hours of study  
52 full school days





- Planning and Organisation- Revision timetables, prioritising.
- Flipped Learning and Chunking.
- Interleaving and Creating Flashcards.
- Current Tutor Time Programme on Study Skills.
- Keep Revisiting.
- Read ahead.
- Learn from your mistakes.
- Ask for help and communicate



# Essential 3. Embrace the Challenge and Look After Yourself

- Stretch yourself beyond your comfort zone and learn from your mistakes.
- Look after your wellbeing: rest, sleep, exercise, diet, read.
- Limit social media.
- Prioritise your time and energy: limit part-time jobs and link their skills and content to any post-18 options.
- Make time for your hobbies.



Ensure you keep a balance:

- Mental wellbeing, where to ask for help, physical wellbeing.
- Diet
- Limit any paid work you do. Look for ways to link this to your post-18 options.



# Welcome to the Sixth Form Team

- Mr Reddington-Head of Sixth Form  
[nreddington@christtheking.notts.sch.uk](mailto:nreddington@christtheking.notts.sch.uk)
- Mr Hughes- (6L Dymphna) [shughes@christtheking.notts.sch.uk](mailto:shughes@christtheking.notts.sch.uk)
- Mrs Myatt- (6H Elen) amyatt[@christtheking.notts.sch.uk](mailto:amyatt@christtheking.notts.sch.uk)
- Mrs Felstead- (6W Bernadette) [afelstead@christtheking.notts.sch.uk](mailto:afelstead@christtheking.notts.sch.uk)
- Mr McGahey- (6C Thomas) [jmccahey@christtheking.notts.sch.uk](mailto:jmccahey@christtheking.notts.sch.uk)
- Mrs Humphreys - (6I William) [khumphreys@christtheking.notts.sch.uk](mailto:khumphreys@christtheking.notts.sch.uk)



# Tutor Time

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING</b>	<b>Act Of Worship</b>	<b>Quiz- Current Affairs</b>	<b>Reading for Pleasure</b>	<b>Mindfulness: Booklet Term 1 Meditation/ colouring term 2</b>	<b>Care Points and student led AOW</b>
<b>AFTERNOON</b>	<b>Personal Organisers</b>	<b>Careers and university links</b>	<b>Term 1: Learning to Learn. Term 2: Post-18 pathways Term 3: UCAS</b>	<b>Independent revision and tutor mentoring</b>	<b>Academic Reading: DOLS/ SL to resource plus tutors to take students to the LRC each half-term.</b>





# Essential 4. Ask for Help: Be Pro-Active and Communicate with the Sixth Form Team

- Tutors
- Subject teachers
- Mr Reddington



# CTK 6<sup>th</sup> form – thriving and surviving top tips

1. Balance your time – between homework, revision, friends, family, jobs etc
2. Good relationships with parents/carers – don't stress yourself out with extra arguments
3. Be organised – have folders and dividers for each subject
4. First year counts – you will be tested on everything you have learned in two years time so pay attention
5. Make the most of opportunities presented – get involved.



# Top Tips from our Head Girl and Boy

## Be organised

- Folders, dividers, plan your frees, pre read before lessons

## Don't leave revision last minute

- Create resources as you learn, keep recapping lessons

## Practice questions.

- Complete as many past papers as possible, look at mark schemes & examiners comment

## Use different revision techniques

- Vary your learning, flash cards, mind maps ,summary posters, pictures, models

## Have a bit of fun

- Have breaks, do something you enjoy
- If you overwork.. NOTHING WILL GO IN



# Key Dates Year 12

Date	Event
ONGOING	Virtual Careers and Apprenticeships Fairs
8th November	Year 12 Tutor Evening 3.30-5.00
21st February	Parents' Evening
17th June	Year 12 Mocks Begin
UCAS Opens	Summer Term

# KEY DATES YEAR 13

Date	Event
16th October	UCAS Deadline: Oxbridge, Medicine, Veterinary Medicine/ Science and Dentistry
20th November	CTK UCAS Completion Deadline
6th November	Year 13 Mocks 1
31st January	Official UCAS Deadline
21st February	Year 12 and 13 Parents Evening
wc 4 <sup>th</sup> March	Year 13 Mock exams 2
May	A Levels start
4th July	Year 13 Prom- Colwick Hall
15 <sup>th</sup> August	A Level Results Day



# Reaching Your Goals



**“It’s not that I’m so smart. It’s just that I stay with problems longer”**

**Albert Einstein**