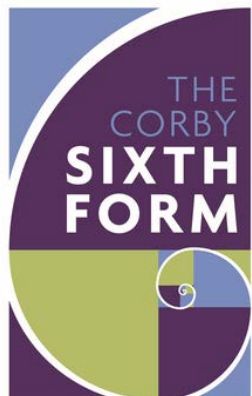


# Corby Sixth Form Bulletin

19TH JANUARY 2026

**NOT IN SIXTH FORM TODAY? LET US KNOW! - C6FABSENCES@CORBYSIXTHFORM.AC.UK**



## DIARY DATES

**Tuesday 20<sup>th</sup> January** - Open Evening 5-7pm

**Wednesday 28<sup>th</sup> January** - Year 13 Parents Evening 4.30-6.30pm (in person)

**\*Please note that these dates may be subject to change**

## Message From The Head

It has been another busy and purposeful week at TCSF, with students continuing to demonstrate great focus, hard work, and a real commitment to their learning as the term progresses.

This week we reflected on a highly successful Year 13 Mock Results Assembly, and it has been extremely encouraging to see the mature and proactive response from students so far. Many Year 13s have already begun engaging thoughtfully with their feedback, identifying strengths, and taking ownership of the areas they want to improve as we move toward the next set of mock in February. Further guidance and support on refining revision strategies and making meaningful improvements will be shared shortly, but please remember the Year 13 Parents Evening next Wednesday.

We would also like to confirm that the Year 12 Next Steps session, which was due to take place last week, has been postponed and will now take place this Friday. This session will be an important opportunity for Year 12 students to begin thinking more deliberately about future pathways and progression.

We are also looking forward to welcoming prospective students and their families to our Open Evening this week. Thank you in advance to the students who are supporting the event, your kindness and enthusiasm make a real difference and help showcase the very best of The Corby Sixth Form.

Thank you once again for your continued effort and positive attitudes; it's been another strong and truly splendid week across the Sixth Form.

Stay spiffy,  
BM

## ATTENDANCE MATTERS

Regular attendance and high standards of behaviour are central to student success. We expect students to attend all lessons, mentoring sessions, and directed independent study periods. Where attendance falls below expectations, parents will be contacted promptly. Behaviour that does not meet the standards of respect and responsibility we expect will also be addressed swiftly in line with our policy.

If a student is absent for a full or part of a day, the student or someone on their behalf should email the Sixth Form to inform us. This can be done through the absence email address which is [C6FAbsences@corbysixthform.ac.uk](mailto:C6FAbsences@corbysixthform.ac.uk) . Upon receipt of the email, they will automatically be sent a link to our absence form which must be completed with any additional details so that we may code our register accordingly.

We expect students to notify us of an absence before 9:00am of each and every day of their absence. The absence form must be completed before 4:00pm of each day.

### Attendance Texts

We are working on improving our attendance levels here at The Corby Sixth Form.

When we receive an email informing us of your absence or late arrival, a text will be sent home to further confirm this.

If you do not inform us of your absence, a text will be sent home explaining that a reason for absence is required.

Please remember that all absence or late arrival emails should be sent BEFORE 9AM to

[C6FAbsences@corbysixthform.ac.uk](mailto:C6FAbsences@corbysixthform.ac.uk)

### Absence Reporting Procedure

Students must email the designated inbox **each day** they are absent or provide details of any appointments that will cause them to miss part or all of the day.

In addition:

- Copy in all teachers for the classes scheduled that day.
- Complete the absence form provided in the email each time

**Students must email the absence address, not just tutors directly**

## REPLACEMENT ID CARDS

As you may know, as part of our safeguarding procedures at the Sixth Form, we have issued all staff and students with an ID card and lanyard which must be worn at all times. Replacement cards will be charged at a rate of £2 for a replacement card and can be ordered through this link

<https://buytickets.at/treshamcollege/797473>



## Did you know.....?

Students from Corby Sixth Form can use the Tresham College libraries.

If you are looking for a quiet space to catch up on some studying, take your ID along to any of the Tresham campuses where you can use their facilities.



## Bake Sale

Wednesday 21st January

LRC – Lunchtime | 1:15 PM–2:00 PM

♥ All proceeds go towards the Year 13 Prom! ★



Save the Date:  
19th June



# **Unifrog - What's Coming up this Half Term?**

## **National Apprenticeship Week (9–13 February)**

We've got you covered for National Apprenticeship Week with ready-made 15 minute lessons for every day of the week!

[See ideas for National Apprenticeship Week](#)

Students can also join our popular virtual apprenticeship fair on Wednesday 11 February, where they can meet a diverse range of employers including BBC, Aldi, and Unilever.

There'll be live sessions to help students understand apprenticeships and apply successfully, plus the opportunity to hear from current apprentices.

[Sign up here](#)

## **Subject discovery fair (18 March)**

For students interested in university, we're hosting a subject discovery fair on Wednesday 18 March. Students can explore a wide range of subjects in university-led taster sessions on trending topics, and they'll have the opportunity to meet 32 universities throughout the fair.

[Sign up here](#)

## **Virtual Work Experience**

If you're planning ahead for your summer term work experience, we're excited to share that our Virtual Work Experience Week will return! Save the date (29 June – 3 July) and keep an eye on your inbox for more information nearer the time.

[Virtual Work Experience](#)



## LRC support Guidance



### Bouncing back from mock exams: how to make a game plan

If your mock exams didn't go as well as you hoped, all is not lost. Once you've had a chance to reflect, you can then make a game plan moving forward. Here's how:

#### 1. Get to the root of the problem

Were you disappointed in just one subject area or a whole range of them? In other words:

Are you struggling with something in particular?

Or do you need to change your general approach to revision?

#### 2. Help to re-frame your attitude to tough subjects

It's easy for anyone to write off a challenging subject. Don't be discouraged. Make an action plan for the next round of revision and break tough modules down into smaller chunks. Incentivise your learning with small rewards, like a favourite snack or episodes of your favourite TV show.

#### 3. Try a different revision approach

If you were disappointed with a few of your results, it's probably worth changing your revision strategy. A few small tweaks to your revision methods could make a big difference to your grades. For example:

Re-think time management –make a (realistic) study timetable and stick to it, or try the Pomodoro

### WHAT IS THE POMODORO TECHNIQUE?

**A method for staying focused and mentally fresh**

STEP 1



Pick a task

STEP 2



Set a 25-minute timer

STEP 3



Work on your task until the time is up

STEP 4



Take a 5 minute break

STEP 5



Every 4 pomodoros, take a longer 15-30 minute break

#### Technique

- Test, test, test – with past papers, 15-minute speed essays or getting someone to test you. Make sure you do plenty of testing as this is what helps you remember.
- Go visual – not everyone learns by re-reading or writing out notes. From mind maps to flashcards, if you're a more visual learner, these techniques can help.



#### **4. Get some extra support**

If you're really struggling, think about getting some extra help. The LRC advisor Emma and Holly can help with study skills advice, helping you build a study timetable or give some tips on how to revise. To help manage any anxiety or stress, speak to our wonderful PDT's Jenni and Georgia. It's a good idea to reach out earlier than later, so you can get back on track for the real exams.

#### **5. Talk to your teachers for more detailed feedback**

Teachers might be able to provide specific feedback. Learning how to improve your work based on constructive feedback is a great life skill to learn, too.

#### **6. Learn from how things are marked**

There are often repeated patterns or themes to questions. Science papers might ask similar questions but in different ways and there are common questions asked on each set-text in English. A great thing to do is to look at the mark scheme of a paper and make sure that you fully understand the assessment objectives and know how to pick up the marks. Even if you know all there is to know about photosynthesis, you can only be rewarded if you say what the examiner is looking for.

#### **7. Take some downtime**

Not getting the grades you were expecting can be stressful and bring on feelings of self-doubt. It's important to remember that there are bigger things in life than exams (despite how it might feel). It's also important to take a break and have some time to recharge before the real exams start. Check out these 5 mindful activities that can help ease stress and anxiety:

##### **1. Going for a walk in nature**

Researchers found that walking for an hour in a green space – like a park, woodland or countryside – dampens the stress activity in your brain.

##### **2. Trying out some deep breathing**

Square breathing is a good one. Breathe deeply in through your nose for four seconds, hold for four seconds, breathe out through your mouth for four seconds, hold for four seconds and repeat. You can also check out [Headspace's breathing techniques](#).

##### **3. Doing some mindful meditation**

Try focusing on a lit candle and watch the flame flicker for 5 minutes, allowing thoughts to come and go, without judgement. It's a great intro to meditation and tuning into the simple movement of the flame can help you feel more present and shift away from worrying thoughts.

##### **4. Keeping a gratitude journal**

Gratitude researchers have found that people who write things they're grateful for (versus the things that irritate them) feel more satisfied and motivated.

##### **5. Guided sleep meditation**

Guided sleep stories are becoming increasingly popular – everyone from Harry Styles to Mary Berry have recorded them for brands like Calm. It's all about exploring what works for you when it comes to lowering and managing your stress levels.

# THYROID AWARENESS MONTH

According to the World Health Organization, an estimated 750 million people worldwide have some form of thyroid disorder.

## Early warning signs of thyroid problems

- **Overactive thyroid:** Racing heart rate, Palpitations, Anxiety, Insomnia, Nervousness, Weight loss with increased appetite, Excessive sweating/heat intolerance, Muscle weakness
- **Underactive thyroid:** Fatigue / sluggishness (mental and physical), Cold intolerance, Constipation, Hair loss, Weight gain, Depression

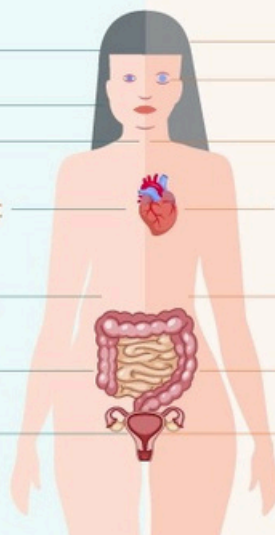
In the UK, it's believed that 1 in 20 people are affected, with women being disproportionately impacted.

## DISORDER OF THE THYROID GLAND

### HYPOTHYROIDISM



Dry hair  
Puffy face  
Goiter  
Slow heartbeat  
Weight gain  
Constipation  
Possible infertility and an increased risk of miscarriage. Irregular menstrual cycles



### HYPERTHYROIDISM



Hair loss  
Bulging eyes  
Goiter  
Rapid heartbeat  
Weight loss  
Diarrhea  
Menstrual periods may occur less often, or with longer cycles

# PATIENT LEAFLETS

*Read our patient information to help you understand more about your thyroid condition.*





## Introducing Locker Space

Unfortunately sometimes students lose things, jumpers, trainers, electronic items and to replace them is costly, that's why it makes sense to rent a locker. Carrying heavy books and files around is a thing of the past! A recent survey revealed that on average it costs £93 per year per child, costing a whopping £1209 over a school lifetime.



Visit [www.lockerspace.co.uk](http://www.lockerspace.co.uk) and press **Rent a Locker** to get started or scan the QR code using your phone camera

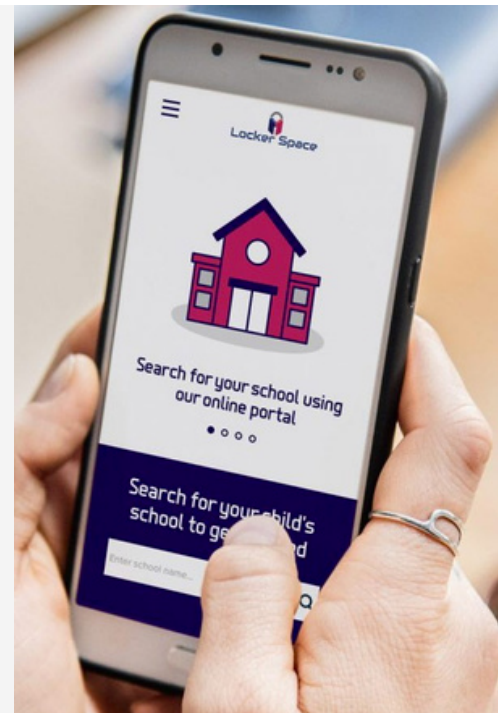
**Special Offer** - The rental price is usually **£33** until the end of **July 2026**, but you can now book your locker for just **£16**!



[www.lockerspace.co.uk/rent-a-locker/#rentalarea](http://www.lockerspace.co.uk/rent-a-locker/#rentalarea)

### Once on the Rent a Locker page of the website:

- Scroll down the page or press the Rent a Locker button.
- Enter: **The school's name into the search box.**
- Select: **Your school's name**
- Select the locker zone area you wish to rent a locker in
- Select the location of the locker (Top, Middle or Bottom)
- Enter your child's name, class form details, email address, and mobile number.
- Press Continue
- Complete billing information and agree to the terms and conditions
- Choose to Pay by Credit or Debit card or Paypal
- You will receive an email and text with your unique locker code & locker location area. Keep the code safe and private



## How to access the locker: <https://www.lockerspace.co.uk/how-to-use-your-l>

- Go to the locker location and number detailed on your confirmation email/text.
- Enter the 4-digit code detailed on your confirmation email/text and open the lock clockwise.
- If you forget your code, it can be reissued by visiting the [www.lockerspace.co.uk](http://www.lockerspace.co.uk) link on the FAQ's page.

# THE DANGERS OF FROZEN WATER

## TOP TIPS TO STAY SAFE

### NEVER GO ON THE ICE

### UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

### ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

### KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

### ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50 % of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous.

Here are some useful tips to help you enjoy these areas safely.

## WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'

Spread your arms across the surface of the ice in front of you

Try to kick your legs and pull yourself out of the water and on to the ice

Lie flat, spreading your weight across the surface and pull yourself to the bank. you may find it easier to roll.

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together

Once you are safe, it is important that you go to hospital immediately for a check up



## WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for 'help' and dial 999 or 112 if you can

do not walk on to the ice to attempt a rescue

Shout to the person to 'keep still' and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING AND FALLING ONTO**

the ice, and try to reach them with a tree branch clothing tied together or anything else which can extend your reach.

If you cannot reach them, slide something which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.



# National Year of Reading 2026

Everyone knows reading expands worlds, sharpens minds, and fuels creativity. But fewer of us are making time for it.

It's time for the nation to Go All In.

The National Year of Reading 2026 is a landmark campaign to reignite a nationwide passion for reading. The “Go All In” campaign marks a fresh approach



to tackling the steep decline in reading enjoyment amongst children, young people and adults. At the heart of the campaign is a powerful proposition: "If you're into it, read into it." Whether it's music, football, fashion, spending time with family or food, reading is positioned as the ultimate tool for diving deeper into the things that matter to you. Designed to spark curiosity and drive behaviour change, the campaign focuses on appeal, not duty, and highlights the immediate rewards of reading, rather than the long-term benefits.

## What to look forward to in the LRC

**January: New beginnings**  
We have some wonderful new autobiographies as well as a Guess the Writer Competition

**February: The Love of Books**  
Make a Blind Date with a book

**March: Comic Women**  
Award-winning women writers, cartoonist and illustrators proving why graphic novels are a powerful tool for literacy, empathy and creativity.



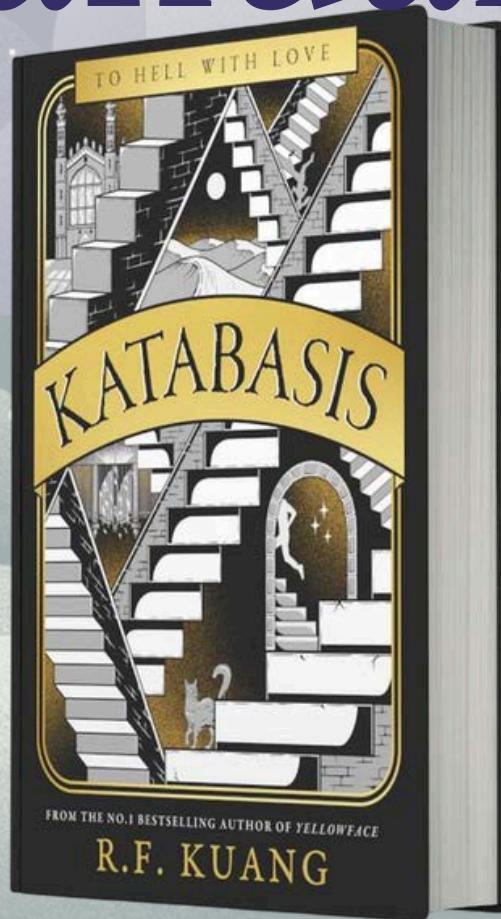
Proud to support  
The National Year  
of Reading 2026.





# Book Club

## January



Scan the code to join us!