



HRS Sixth Form Newsletter

Date: 1 November 2026

Facing challenges is never easy, but it is one of the most important parts of growing as a person. Whether it's pushing through revision for a subject you find difficult, or stepping up to present your ideas in front of a class, every academic challenge is an opportunity to prove to yourself that you can achieve more than you thought. Remember, progress often feels uncomfortable at first - but it's in those moments of struggle that your determination is forged.

Of course, challenges aren't confined to the classroom. Personal obstacles - whether that means managing friendships, dealing with

setbacks, or balancing responsibilities - demand patience and resilience. Each time you choose to face those difficulties rather than avoid them, you're building the kind of strength that will carry you through every stage of life.

To those students who consistently rise to such challenges, congratulations. Your willingness to step forward when things feel tough is already shaping you into ambitious, resilient, and hardworking individuals. These are qualities that universities, employers, and - most importantly - your future selves will thank you for. Keep going - you're proving what's possible.

The Sixth Form Team

Important Upcoming Dates

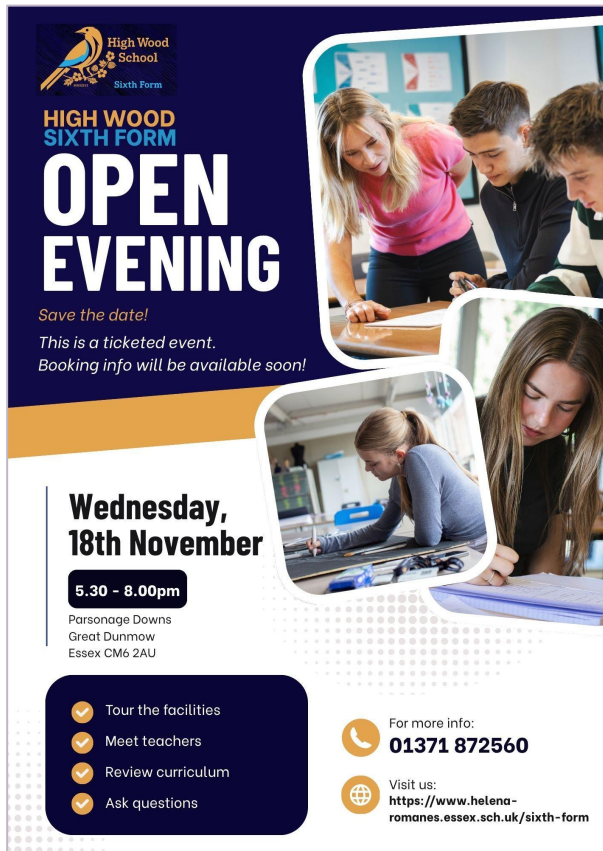
Date	Event
2 November	Return to sixth form
12 November	Year 12 careers morning at Chelmsford Racecourse. 9am - 12pm
18 November	HRS Sixth Form Open Evening. 5.30 - 8.00pm. Early closure: 12.45pm
4 December	Deadline for donations for Charities Week raffle (see page 2 for more details)
14 December	Charities Week
18 December	End of term/Christmas holidays. Early closure 12.45pm.



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Events



High Wood Sixth Form
OPEN EVENING

Save the date!
This is a ticketed event.
Booking info will be available soon!

Wednesday, 18th November
5.30 - 8.00pm

Parsonage Downs
Great Dunmow
Essex CM6 2AU

- ✓ Tour the facilities
- ✓ Meet teachers
- ✓ Review curriculum
- ✓ Ask questions

For more info:
01371 872560

Visit us:
<https://www.helena-romanes.essex.sch.uk/sixth-form>

Year 12 and 13 students will be expected to support the **HRS/High Wood Sixth Form Open Evening on Wednesday, 18 November**. Students will be required to work as guides and support subjects.

Students will need to arrive at 5pm for a 5.30pm start. The evening ends at 8.00pm.

Student knowledge on the transition from GCSE to A Level, demands of subjects and general experience so far are always valued by prospective students and parents.

We thank you in advance for your professionalism and maturity at this event.

CHRISTMAS RAFFLE

As we head towards December, we would like to ask the HRS Sixth Form community to begin thinking ahead to Charities Week. We would like to make this a bumper year and therefore need your help!

We would like students, parents and teachers to donate an item for the fundraising Christmas raffle.

Items such as:

sweets
chocolates
biscuits
gifts
cosmetics/ toiletries
Lynx sets
sports gear
candles
gift vouchers
craft materials
bath bombs and card games are ideal.

If you work at a local business, please also ask them to support this year's fundraising initiative by donating items, gift vouchers and more.

Donation deadline: Friday, 4 December

Our charity this year is Brainbow Paediatric Brain Tumour Charity.





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Additional Studies

To make the most of your sixth form experience and broaden your horizons beyond the classroom, why not get involved in some extra curricular or enrichment activities?

FOOTBALL SQUAD

The sixth form football squad has a programme of regular Wednesday afternoon fixtures and opportunities to train together.

CHARITIES GROUP

Work together to plan, organise and deliver a range of fundraising activities and develop creative initiatives that make a real difference to the wider community.

WRITER'S CLUB

Explore your creative writing skills, developing your imagination and poetic voice while experimenting with different styles and forms of writing.

EXTENDED PROJECT QUALIFICATION (EPQ)

The AQA EPQ is a Level 3 qualification. It is awarded to students who complete an individual research project about a topic of their choice.

SIXTH FORM MAGAZINE

Develop your research, writing and editorial skills while contributing to a magazine that showcases student talent.

DEBATING SOCIETY

Step into the debating society, where you can master the art of persuasion, sharpen your critical thinking, and amplify your voice

CHEMISTRY CLINIC

A club to support A-level students hone their base chemistry skills in greater depth. Small group support with a highly qualified staff member.

MENTORING

Unlock your full potential with our student mentoring scheme - where personalised support, insider advice, and meaningful connections help lower school students.

MEDIA CLUB

In media club, you can develop your creative, writing and design skills by creating engaging content, sharing ideas and designing eye-catching media projects.

SPRINGPOD

Develop your academic knowledge and align your studies with future careers through the Springpod online courses. Delivered by experts and linked to UK universities this is a brilliant way to prepare for your next career steps.

CRIM SUPPORT CLUB

Starting after the October break, this lunch club will support revision of the Criminology Unit 3 topics in advance of the assessment period.

LITERACY SUPPORT

Develop your role as mentor and teacher by supporting younger students to develop their reading skills. A great opportunity for students looking at careers in education and psychology.



Can't find the club for you? Have a unique interest or passion? Why not start your own lunchtime club? Speak to Mrs Ross or Mrs Du Toit to get started!

THE STUDY BREAK



Introducing our student section of the newsletter.
All articles under The Study Break are written by students for students. Enjoy!

Moral Dilemma



Criminology student, Isla, debates the argument surrounding assisted dying, currently a moral crime in the UK.

Assisted dying. Should the UK make it legal? Or is it a threat to society?

So, what is meant by the term 'assisted dying'?

Let's break this down:

Assisted dying is when the patient performs the final act themselves. A medical professional or family member prescribes or provides the life-ending medication, but the patient usually performs the act.

Voluntary euthanasia is when a third party - typically a doctor or healthcare professional - performs the final act.

They directly administer the lethal substance (such as through a lethal injection) to the patient.

Under current UK law, both remain illegal and are prosecuted under homicide laws or the Suicide Act 1961. However, the debate around legalising assisted dying has been a major political focus. Politicians argue that it is a poor idea as many people who are struggling with mental health issues may use seek to perform assisted dying to end their lives, along with people terminally ill. This means that assisted dying could be a potential threat to the population.

Why legalise it?

In a debate about assisted dying, one argument supporting it would be the fact that a person might be suffering an unimaginable amount of pain for a sustained period of time. Sometimes a person might be in a very delicate state, such as being unresponsive, where their body depends completely on supportive care. It could be argued that it is inhumane to let someone live their life in this state.



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So many argue that assisted dying should be legal in the UK, as it gives the patient an opportunity to die when they wish (if they are ill enough for the procedure). Studies show that 63-75% of people in the UK want the law to change so that euthanasia can be made legal. Over 50% of the public believe that not having euthanasia is cruel and that families must watch their loved ones suffer silently in the hospital every day until they die. Assisted dying remains illegal in the UK, meaning that individuals seeking it must travel to Switzerland. This option is restricted to those with the necessary financial means and the physical strength to travel, often forcing individuals to end their lives earlier than they otherwise might have. Furthermore, over 150 million people worldwide have the option for euthanasia, so the UK should also make it an option for the terminally ill.

What's the argument against this?

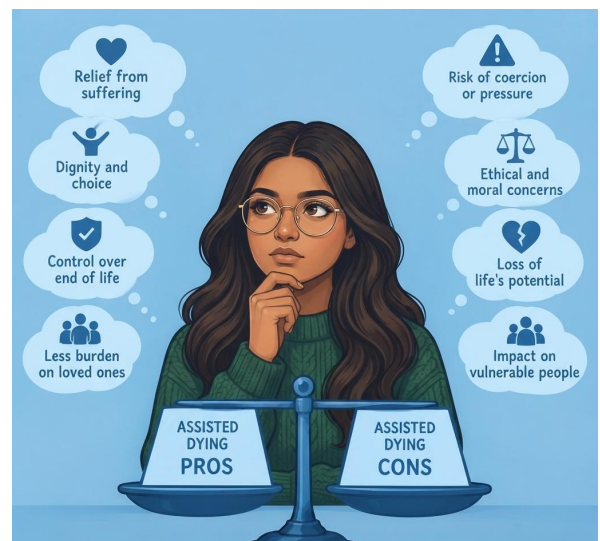
On the other hand, many people may argue that assisted dying should stay illegal as it may be used for other purposes. Euthanasia could change society for the worse as some of the public may view the elderly, terminally ill and disabled differently, and pressure them to end their life as they could be seen as a 'burden to society'. Also, people who are struggling with mental health issues, may think about suicide every day, the assisted dying law would give them an opportunity to end their life, when they shouldn't. Instead, the government should supply therapy for people with an extremely poor mental state. This gives them an opportunity to recover. In addition, religious views like the sanctity of life can influence this argument. This is because it is believed that you should die naturally without the help of a human invention to simply end life on your own terms. Furthermore, doctors and nurses make it their priority to keep you alive - no matter what - so euthanasia goes against the Hippocratic oath of medical professionals to always act in

the best interests of the patient. Furthermore, if euthanasia becomes too normalised, research for new undiscovered medicines will simply stop, as death might become the cheaper option.

Therefore, assisted dying can or will potentially ruin the whole population, and in the future it could become so out of control that no one could stop the people who want to die, even if they're not terminally ill.

Where do we stand in the UK?

The Government has recently rejected the Terminally ill Adults Bill on September 11 2026, finalising the latest attempt to make assisted dying legal in the UK and Wales. This clearly shows the division between an individual being able to make their own decisions and the moral laws you must abide by to protect the population. The vote of 286 against the assisted dying act and there was 270 in favour, indicating that the UK was very close to getting the act legalised by only 16 fewer votes. Therefore, this implies that the majority of the public want to have euthanasia made legal as it gives the terminally ill the choice to continue suffering or end their life when they wish to, which gives them the right to their own body. ■





Next Level Learning



Evie offers a reassuring exploration of how to transition from GCSE to sixth form studies.

Are you concerned about the jump from GCSE to A-level? Keep reading. This article will address any questions or concerns you may have with the change to the next step of your school life.

Workload

Many students have found that the significant increase in workload as opposed to year 11 is 'stressful' and 'too much to handle' but don't worry if this is you. You're not the only one feeling like this, even current year 13s have said that they felt the same for the first term of year 12. It's just a matter of getting used to how differently sixth form runs and finding a way to be able to manage the workload effectively without overdoing it. For example, make sure you use your independent study sessions effectively and don't forget to spend time at home completing work. It's advised that at sixth form students spend four hours a week on studying independently and four hours a week completing homework, and if you are putting in the effort and trying your hardest to meet those targets that's all that anyone can do. Remember, you chose to be here, you chose to do your A-levels and BTECs after GCSEs, that means that you know you are capable of doing well no matter how hard you are finding everything.

Self-Motivation

In sixth form, teachers put a lot more trust in us as students. For example, we are given 'free

periods' to spend studying, doing homework or just catching up with friends. I personally feel like having this time is beneficial because it means that during the day we have more time to get work done which significantly decreases the amount of work left to do at home. We also have more opportunity to ask our teachers or friends for help with the work during school hours instead of having to email and then receiving a few sentences back that we don't understand. This is a new way of working and one that takes some adaptation. Having a goal in mind is always useful when motivating yourself so begin to think ahead: what are your ambitions after sixth form and what grades will you need to get there?

Study Skills

You may start to find that the revision techniques that you used in year 11 maybe aren't as effective now. This is because the content is given in much more detail which means that your revision needs to reflect that. Maybe instead of re-reading through notes, try active recall or practice questions. As someone who has used almost every revision option possible, I found that these are my favourite because it is a good way of testing understanding of the topics and further consolidating anything else. However, not everyone is able to revise the same way, you may find that flashcards are the best way for you to revise, but once you've found the way that works best for you, revision will become easy.

There are many things that you can do if you are struggling in school this year, you just need to have the confidence to ask for help, whether that's from a teacher, a friend or even a parent. Teachers are here to help you. It's their job, they want you to succeed and do well in your studies. ■



Careers Section

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In our experience...

We're excited to introduce a new feature on **careers** called 'In Our Experience'. Each month, a professional from a particular field will share an insight into their motivations, their proudest moments and why their profession is a good career choice, giving you a first-hand look at what their work really involves.



**Cherrelle
Blake-Wilson**
Events Organiser



What does an events organiser do?

An events organiser plans and coordinates events such as conferences, parties, weddings, and corporate functions. They manage everything from choosing venues and arranging suppliers to creating schedules, coordinating guests, and ensuring the event runs smoothly from start to finish.

What motivated you to choose this career path?

I've always been that organised person – the one who likes having a plan, making lists and knowing what's happening and when! As I started thinking about my career, I realised I could turn those skills into something I genuinely enjoyed.

Events felt like the perfect fit because it combines organisation with creativity, problem-solving and working with people. I love taking an idea that starts as a few notes on a page and turning it into a real event that people can attend and enjoy.

Can you describe your career trajectory?

I didn't start my career with a perfectly mapped-out plan. Your first job doesn't have to decide the rest of your life!

I've progressed by constantly challenging myself, volunteering for new responsibilities and bringing new ideas to the organisation I work for. Every event has taught me something different, whether that's managing budgets, working with venues and suppliers, communicating with different people or staying calm when plans suddenly change.



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Over time, I've taken on more responsibility and progressed into my current role as a **Membership and Events Team Leader**, where I not only help deliver events but also support and lead others within the team.

Why is it a good career choice?

If the thought of doing exactly the same thing every day makes you want to stare dramatically out of a window, events might be for you!

One of my favourite things about working in events is that no two days are the same. One day I might be planning a conference, another I could be visiting a venue, meeting suppliers, working on an event budget or travelling somewhere new.

You also develop lots of useful skills along the way – communication, organisation, teamwork, leadership, budgeting, creativity and problem-solving. And yes, sometimes you become very good at solving problems that nobody knew existed five minutes earlier!

Can you describe either a moment of great pride or difficulty?

Deadlines are a huge part of working in events. There are definitely moments when you have a long list of things to do and not nearly enough hours in the day! But that's also what makes the job so rewarding. There's an amazing feeling when you finally stand in the room on the day of an event and see something you've spent months planning come to life.

I'm especially proud when attendees tell me how much they enjoyed an event or compliment how well it was organised.

They might only see the finished event, but I know how much work happened behind the scenes to make everything run smoothly. That feeling makes the stressful moments worth it.

Can you suggest ways to get into your profession?

There isn't one set route into events, which is one of the great things about the industry. If you're interested in events, start by getting involved wherever you can.

“ Help organise a school event, sports day, charity fundraiser, prom, club activity or community event. Even organising activities with friends can help you discover whether you enjoy planning and bringing people together. ”

Subjects and skills that can be useful include Business, English, Media, IT, Maths and Hospitality, but qualities such as being organised, confident communicating with people, creative and willing to solve problems are just as important.

My biggest advice would be: don't worry if you don't have your whole career figured out yet. Try things, volunteer for opportunities, ask questions and pay attention to what you enjoy. Sometimes your career finds you while you're busy discovering what you're good at. ■