



HOLLY POWER

I have been so proud of how resilient our students have been during this latest lockdown. Our students have moved seamlessly to live lessons online and continue to produce work of a very high standard.

Following our work with Eton College on Academic Resilience, it has been great to see students sharing reflections on having a 'Growth Mindset' with their peers via our Chaplaincy.

We have been putting this into practice this week, with students successfully gaining online work experience placements and courses at Goldsmith University.

Others have been putting in applications for the Nuffield Science Bursary and Amos Bursary.

As I write we await news from Cambridge for our 2021 early entry cohort. Though this has been a difficult month for us all, we continue to challenge ourselves to be the best in all that we do.

Holly Power

Principal

CTK Aquinas

CTK Student Nomination for Mayor Award

Amy Ohiomoba nominated for supporting GCSE Maths students during lockdown

Amy, an 18 year old A Level Biology, Psychology and Maths student at CTK Aquinas, a selective A Level Sixth Form in Brockley, came up with the idea on her own to set up free Maths tuition for secondary school students, who had fallen behind during lockdown, when education moved remotely. Amy is a keen A Level Maths student, who felt she knew the Maths GCSE specification really well and wanted to help students who needed booster sessions to go over topics that they had not been able to learn or had fallen behind in.



Amy felt the sessions were important for young people whose parents could not afford additional tuition. Amy decided to promote the free Maths tuition sessions on her Snapchat story at the beginning of every week. Then every Friday, she chose four new students from those that contacted her, to join her on free Zoom sessions, which she hosted. She quickly gained more students from more and more secondary schools wanting GCSE Maths tuition, as word of mouth spread.

Amy set this tuition up completely of her own accord and gave her own personal time to help these students, as she felt passionate about helping young people who were finding learning difficult during lockdown. She put a lot of her time into planning lessons and responding to the topics that students wanted help with.

Amy says; "I'm thrilled to have been nominated for a Lewisham Mayor's Award and specially selected to appear in the video. I enjoy helping others and feel privileged knowing that I was able to help so many people. The pupils I helped were always really grateful and appreciative. I plan to continue with my online Maths tuition in the summer so I can help even more GCSE Maths students".

Lesley Davies, Assistant Principal for Character at CTK Aquinas, who nominated Amy said: "Amy is a very kind, caring person, who is always helping others. She is a real role model for CTK Aquinas students and we are so proud of everything she has achieved!"

Amy was specially selected to appear in a video, alongside other shortlisted nominees for the Lewisham Mayor's award. You can view her video here <https://www.iamlewisham.uk/mayors-awards>.

Amy will receive a certificate and a badge and as a lasting legacy, her name will be entered into the Mayor's Awards Book, kept at the Civic Suite in Catford. Cllr Joan Millbank, Chair, Mayor's Awards Panel 2020 said 'On behalf of the Mayor and your fellow citizens I wish to thank you most sincerely for your contribution. You help make Lewisham a special borough characterised by neighbourliness, caring and a strong sense of community'.



CTK Prayer

God of Love

As members of the Christ the King Sixth Forms family we ask for your continued blessing upon our work and study. You are the source of all truth and wisdom.

May we experience in full the Life that you offer us each day, to become the best that we can be.

Let no distractions or fears prevent us from trusting in your endless care for us.

Shine your Light into our lives that we may become brighter beacons of faith, hope and love in our community.

We make this prayer through Christ the Lord.

Amen.



January 2021

CHRIST THE KING SIXTH FORMS

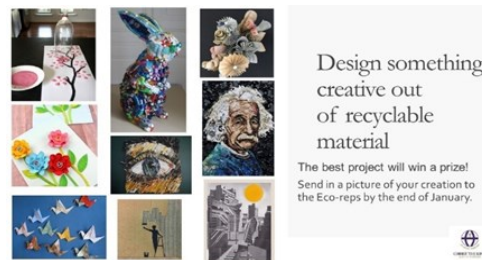
NEWSLETTER

Chaplaincy Corner

#CTKECOPROJECT



The CTK Eco-Reps have launched an eco-competition inviting students to submit designs of something made out of recyclable materials. Joyce Kadibu, an Aquinas student, designed the image below to promote the idea.

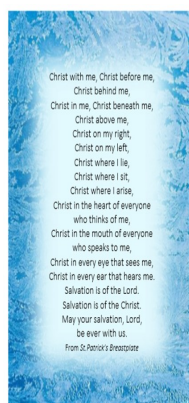


Chaplaincy Competition

The Chaplaincy team have launched an art and photography competition for students. Mindful of the amount of time our students are now having to spend online, the Chaplains want to encourage students to explore activities away from their screens. Students were invited to take a moment away



from their busy schedules, to go out and photograph their environments or express themselves through art. Winners will be awarded with Amazon gift vouchers, and the Chaplains hope that all students who enter will benefit from the opportunity to have fun, relax and be creative.



The Mizen Foundation

At CTK we are proud supporters of the Mizen Foundation.

Last week, we were honoured that Margaret Mizen & Barry Mizen spoke to our Year 13 General RE students about the devastating murder of their son Jimmy, which has led them to promote forgiveness, peace & hope to young people.



CTK Aquinas student Daniel has been continuing to help local elderly people during lockdown, writing the Bring me Sunshine Magazine. Well done, Daniel!



CHRIST THE KING SIXTH FORMS

January 2021

NEWSLETTER

Headstart for Linguists

Following the success of our previous Headstart events, CTK Aquinas are holding a Headstart for linguists in Year 10 and Year 11 that are interested in studying Languages, English Literature or Film Studies at Sixth Form. If you know any school pupils that would be interested, the sessions take place from 11 – 12 noon during February half term and you can sign up here

Monday - [French](#)

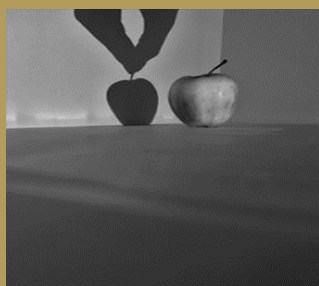
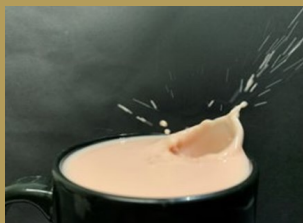
Tuesday - [Spanish](#)

Wednesday - [Italian](#)

Thursday - [English Literature](#)

Student Work

A Level Textiles and Photography student Jessica has been doing fantastic work from home, just look at these stunning images! Well done Jessica.



Having a Growth Mindset

by Daniel Adekoya (Aquinas student)

Daniel Adekoya, a student at CTK Aquinas, wrote the following piece in response to a Chaplaincy request for students to write reflections for their peers.

Daniel chose to write on the concept of having a growth mindset. This thought emerged for him, from a programme he attended called the Elevate Programme, supported by BT and hosted by Trevor Gomes. Daniel writes:

'The purpose of Elevate is to equip students with the skills, knowledge and experiences required for the world of work and higher education. In the early sessions of this programme, we were introduced to the idea of having a growth mindset, developing resilience, and the importance of wellbeing. Having a growth mindset means you view situations in your day-to-day life positively, with a sense of optimism. An example of having a growth mindset can be describing 'weaknesses' as being 'areas of improvements', rather than categorising them as 'weaknesses. Our minds automatically construct the word 'weakness' as being negative, which may reduce our motivation to improve these qualities.'

'If you struggle to see activities in your life positively, then there is a chance that you also lack motivation to complete these activities. Procrastination may even be a more influencing factor when you need to do an activity. Procrastination is a common attribute, which everyone shares, but having a growth mindset can reduce it. This is coming from someone who has experienced it first-hand.'

'Having a growth mindset is particularly important during the current circumstances of the Pandemic. Your goals may seem unattainable during these difficult times, but achieving them is not impossible. It just requires more hard work and dedication than ever before. The Pandemic can really test your endeavour to strive towards your goals. Resilience has never been more important.'

I can personally say that having a growth mindset when facing these challenges has significantly improved the outcome. Even in a negative situation, keeping calm and collected has allowed me to move on efficiently and keep striving towards my end goal.'

'Overall, implementing a growth mindset in your life enables you to approach challenges with confidence, enabling positive results to occur more frequently. I hope you can begin attempting to have a growth mindset, which may reduce procrastinations, and help motivate you to complete tasks more efficiently.'

Careers

Students have recently been emailed the January edition of the Careers Bulletin from the Careers Team. If you would like to see it you can view it here [January 2021 Bulletin](#). Please encourage students to read it as it contains helpful information regarding universities, apprenticeships and employment. Students should use it to take advantage of any opportunities that they feel will help them in achieving their academic and professional goals.

Also, don't forget if students require a 1 to 1 meeting with a member of the Careers Team these need to be booked by emailing the relevant member of staff at their site. When they email to request an appointment, they should ideally suggest a couple of times when they are available outside of their lessons:

Mrs Lower l.lower@ctksfc.ac.uk



CHRIST THE KING SIXTH FORMS

NEWSLETTER

LRC

The LRC Team were delighted to create and share online resources with both students and staff regarding Martin Luther King Day. Martin Luther King Day is an annual celebration of the Dr Martin Luther King Jr's achievements. It is a national holiday in USA and always takes place on the third Monday of the month to mark Martin Luther King's birthday.

Martin Luther King Day



Monday 18 January 2021

'I have a dream...' - The March on Washington DC ended with King's most famous address, known as the "I Have a Dream" speech. It is a call for peace and equality. He shared his vision of a future in which "this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'" The full text of the speech can be found [here](#).



Partnerships

We were delighted that alumnus Seni Fawehinmi was able to return and talk to CTK students via Teams. Seni studied Travel and Tourism over 10 years ago with us and has gone on to become the Assistant Vice President at Crown Agents Bank. We are also especially proud of Seni, as whilst a student, he inspired John Sinik, Managing Partner of Metric Capital, to create the Metric Scholarship Programme, which supports aspirational students at Christ the King, who dream of going on to university, but face financial challenges in doing so.



The Metric Capital Scholarship Programme with Christ the King is in its ninth year to date and has awarded almost £500,000 in scholarships to hardworking, ambitious Christ the King students. Metric Capital, worked in conjunction with Our Turn Global, a charitable organisation that uses social media to raise awareness about initiatives that have a positive impact on society to award the scholarship.



Student Wellbeing Fitness Activities

Student physical and mental wellbeing is of utmost importance, especially through the current climate we are all facing. Therefore, we are setting a number of fitness challenges, both weekly and of longer duration to help enhance wellbeing.

We have set a 'lockdown long' activity of taking part in virtual walks. Students can sign up to the World Walking website or app and record the number of steps they have taken throughout the day. They can then log these steps which go towards the groups total steps. A wide range of virtual walks can be undertaken - currently taking on the London to Paris walk.

Each week, new challenges are put to the students to conquer. This week we have challenged our students to take a 20-30 minute walk every day - capturing anything interesting or stunning scenic views along the way for us to showcase. We have also challenged them to take part in 1-3 of Joe Wicks' exercise routines throughout the week - a great way to maintain fitness and have some fun!



Year 11 Virtual Hub

CTK have launched a Year 11 Virtual Hub to support year 11 pupils during lockdown. The sites include resources such as videos and reading lists and we will be adding more content each week. If you know a year 11 student that could benefit from this, please send them the link www.cktaquinas.ac.uk/year-11-virtual-resource-hub.

Curriculum

As part of Christ the King Aquinas' 'De-Colonising the Curriculum' 2020-21 project, you are warmly invited to a screening of

Alex Wheatle's
CRONGTON KNIGHTS

Wednesday 27th January at 3.30pm

[Please click on this link to join!](#)

★★★★ The Stage
★★★★ WhatsOnStage
★★★★ Reviews Hub



As part of CTK Aquinas' 'De-Colonising the Curriculum' 2020-21 project, we screened Alex Wheatle's CRONGTON KNIGHTS. Alex Wheatle's is a local South London author, and his life has recently been dramatised as part of Steve McQueen's Small Axe series for BBC. It was brilliant to discuss the key themes of the play around identity.

- The Secrets of Mathematics - Thursday Lunchtime
- Spanish for Beginners - Monday Lunchtime
- Sciences Olympiad - Monday Lunchtime
- French Film Club - Tuesday Lunchtime
- Film podcasts - Wednesday Lunchtime
- Public speaking - Thursday Lunchtime
- Italian - Thursday Lunchtime
- Debating society - Thursday Lunchtime
- Art Club - Friday Lunchtime
- Music society - Friday Lunchtime
- Medicinal chemistry for Chemistry students - Friday Lunchtime
- Future Learn - Wednesday Lunchtime
- Masterclass - Fiction and Storytelling - Monday Lunchtime
- Masterclass - Songwriting and Producing - Tuesday Lunchtime
- Masterclass - Creativity in Choreography - Wednesday Lunchtime
- Masterclass - Creativity and Leadership - Friday Lunchtime
- Masterclass - Scientific thinking - Thursday Lunchtime
- Masterclass - Sales and persuasion - Monday 9.20
- Masterclass - Economics - Tuesday 9.20
- Academic Literacy - Wednesday lunchtime

We are delighted that despite the lockdown we are still able to run our wider curriculum remotely. With over 20 options there really is something for everyone!