



HOLLY POWER

It has been a delight to get back to the 'new normal' with students on site, relaunching our wider curriculum and re-starting outdoor social sports.

Our Year 13 students are completing their final assessments and we are now working with them on their Post 18 transition to University. A key part of this has been via Online Massive Open Online Courses which are hosted by the Universities. You can access links to all relevant courses [here](#). We are also delighted to be able to support the Year 11 cohort with their Post 16 transition by offering a host of activities both online and on site. You can sign up for these activities [here](#).

Holly Power
Principal
CTK Aquinas

General News

Mental Health Awareness Week 10-16 May

Celebrating Mental Health Awareness week began early for CTK as we were fortunate to have a Well-being and Mental Health Drop-in Session last week run by Compass. They are a Support service for Children and young people aged 10-19 (up to 25) years in Lewisham, who offer friendly, confidential, and free advice and can be contacted on 0208 690 3020 or email: LHWS@compass-uk.org. Students were invited to the drop-in session via MS Teams and the lead-



ers from Compass focused on stress, identifying the causes and looking at ways to manage it. The students found it useful and were able to ask lots of questions.



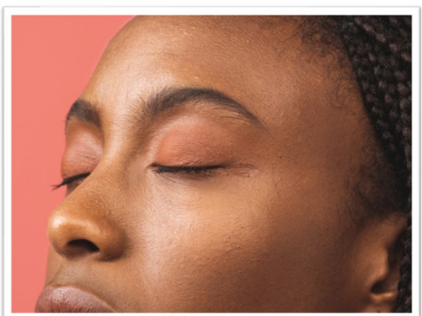
As our focus is on Mental Health week, we compared our mental health with our physical health and shared our personal mental health training plans. Students have also been practicing tutorial techniques to improve mental wellbeing.

FIVE TIPS TO IMPROVE YOUR MENTAL HEALTH

- PHYSICAL**
Exercise (think "baby steps"... even a short walk helps), drink lots of water, see your doctor, eat foods that make you healthier, take time to stretch throughout the day
- MINDFUL**
Try yoga, meditation, make a list of three things you are grateful for, engage in random acts of kindness, spend time in nature or outdoors when possible
- SOCIAL**
Try something new and creative, call a friend/family member, send a card/note, organize lunch/dinner over video chat with friends or family
- EMOTIONAL**
Focus on the present moment, not what might happen; increase positive self-talk - be a cheerleader for yourself or a friend, find activities that relieve stress and tension, journal, try therapy or support group
- MENTAL**
Try something new and creative, call a friend/family member, send a card/note, organize lunch/dinner over video chat with friends or family

Hand technique of Jin Shin Jyutsu.
Harmony and balance are the hallmarks of health and wellness of our biological systems. The ancient Japanese understood this and developed healing practices that attempted to bring order when disharmony and imbalance, in the manifestations of stress, anxiety, and disease, affected people. One such ancient healing practice out of Japan is Jin Shin Jyutsu, an art designed to help release tension, stress, fatigue and a host of other mental and emotional ailments.

Hold each digit on one hand for one minute. Then press in the palm of that hand with the thumb of the other for one minute.



Meditation
Starting the day calmly can really help our mental health and keep us balanced throughout the day. Look at the video link and for 5 minutes every morning start with meditation. <https://www.youtube.com/watch?v=inpok4MKVLM>



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.



CHRIST THE KING SIXTH FORMS

May 2021

NEWSLETTER

Chaplaincy Corner

During the month of May, the Chaplaincy highlight the role of Mary as an example of faithful discipleship and obedience to the will of God in her life. In addition, May includes other important religious occasions, such as the celebration of Eid for Muslims, to mark the end of Ramadan and the celebration of the Ascension for Christians, recalling the ascent of Jesus to heaven. This then begins the time of waiting for the promised Holy Spirit at Pentecost, that for Christians is the indwelling experience of the love of God. With all these special moments for religious believers, the Chaplaincy continue to journey and accompany our CTK community to a deeper awareness of God present in every moment, decision and circumstance. Our continued prayers are for the wellbeing for all members of the CTK family.

A wonderful way to increase better mental health as recommended by this year's theme for Mental Health awareness week is to Connect to Nature. According to research, our relationship with nature, how much we notice, think about and appreciate our natural surroundings through all our senses, is a critical factor in supporting good mental health and preventing distress. To appreciate the beauty and wonder of nature will impact all our relationships. According to Pope Francis, 'if we feel intimately united with all that exists, then sobriety and care will well up spontaneously.' (Laudato Si', paragraph 11) Perhaps we might take time to notice this correlation. With better environmentalism, comes an authentic humanism. And hopefully, vice versa.

During Mental Health Awareness Week we have been carrying out activities in support of those who may be suffering, or who have previously suffered. **Negative thoughts can weight us down and we need to get rid of them.** So our students shredded their negative thoughts.

But there is also a positive side to this and it is important to focus on that. Students celebrated their positive thoughts by displaying them in our chapel.



Tuesday 25th May: George Floyd Anniversary

- Students took time to pause and reflect this week, in remembrance of George Floyd and others who have lost their lives through injustice.
- The Chaplaincy had stones available to place in the center of our labyrinths in the Chapels across all sites.



Friday Dress-down Day Charity Collection

- On the last day of term, this Friday, there was a dress-down day for charity
- Donations were collected for the CAFOD/DEC Coronavirus appeal for India.
- Many students were keen to donate to this worthy cause.
- Thank you to all who donated!





CHRIST THE KING SIXTH FORMS

May 2021

NEWSLETTER

The Hill's Development Programme

We are delighted to be offering our students the opportunity to take part in The Hill's Development Programme, which has been created by CTK alumnus Seye Olokede. The programme includes a number of masterclasses as well as access to long term mentoring to help make the best use of their talents. Please encourage your son daughter to email hello@thehillcomm.org if they would like to take part.




The Hill's Development programme

Do you want to excel at school and have an edge over your peers to shine in the workplace? Do you want to be supported by a community of mentors and professionals that can help you succeed?

We are offering:

- 24 mentors
- From diverse backgrounds
- Industry links and career opportunities
- A 6-week series of virtual masterclasses
- Access to long term mentoring
- Membership to our alumni network

Programme runs: 11th June to 10th July
Times: 9:00am - 5:00pm

[Apply Now](#)

Other News

WIN A £10 GIFT VOUCHER!

Specifications for poster:

- Vertical (portrait)
- Size A4
- Create a poster on either 'biodiversity or climate change'

Deadline is **Monday 7th June**, and 2 winners will be announced on **Wednesday 9th June**. Please submit your posters to **Ava Tambala** and **Grace Tchine** by email.

Launching the CTK Gardening Club

See poster opposite

Contact Staff on your site to sign up:

- Miss K Sillem (EM)
- Miss M Grant-Che (AQ)
- Miss K Katama (SM)



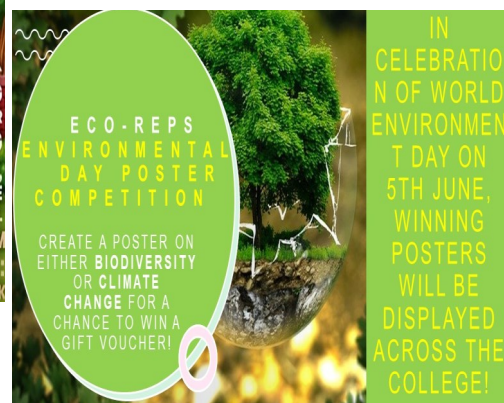
BENEFITS OF GARDENING:

- INCREASES MOOD AND SELF ESTEEM
- AIDS IN PRESERVING HEALTHY NATURE
- PROVIDES A SENSE OF COMMUNITY

JOIN THE GARDENING ELECTIVE IN WIDENING YOUR UNDERSTANDING OF OUR ENVIRONMENT, AS WELL AS PARTICIPATE IN FUN ACTIVITIES AND TRIPS.

YOUR SMALL ACTIONS WILL HAVE A WIDE-SCALE IMPACT ON MAKING THE ENVIRONMENT A SAFER PLACE.

CONTACT MISS SILLEM TO GET INVOLVED!
C.SILLEM@CTKSFC.AC.UK



ECO-REPS ENVIRONMENTAL DAY POSTER COMPETITION

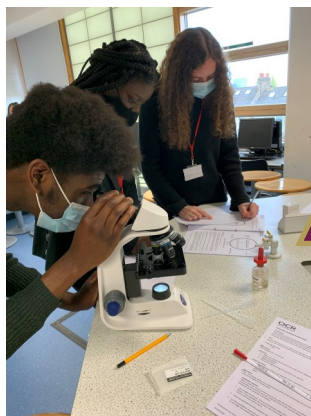
CREATE A POSTER ON EITHER BIODIVERSITY OR CLIMATE CHANGE FOR A CHANCE TO WIN A GIFT VOUCHER!

IN CELEBRATION OF WORLD ENVIRONMENT DAY ON 5TH JUNE, WINNING POSTERS WILL BE DISPLAYED ACROSS THE COLLEGE!

Curriculum

A number of interesting things were happening across our wider curriculum this month, take a look below to see some of the snippets:

A level biologists investigating antibiotic resistance in bacteria.



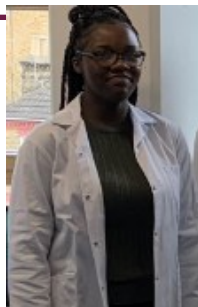
We were making up for lost time in the labs at Aquinas, looking at Alveoli and Horse blood in the microscopes.



Dr Bravo was celebrating his TES teacher of the year shortlisting with some Fractional Distillation.



Student Ashley has been accepted onto the Nuffield science bursary for Neuroscience at the University of Reading! It is a huge achievement!



We have been delighted to offer new Wider Curriculum options this term, including Local History and our Gardening team. We have built five new raised beds in which we will grow fruit and veg for our community. We are excited about the reopening of museums and Art Galleries in June and are busy planning trips and visits for the summer term.

Our Achievement tutors are busy preparing Year 12 students for their assessment in June, supporting by delivering revision techniques covering topics such as chunking, using flash cards and motivation.



Awards

Christ the King – Shortlisted for two National SFCA Awards

We are delighted to have been shortlisted for two National Sixth Form Awards.

The **first** award is for our outstanding Enrichment & Employability provision. Such as the 'Elevate Mentoring Programme.' This highly successful programme has been designed in Partnership with British Telecom (BT) employees which provides both knowledge and opportunities for our students. The Elevate programme has been available to CTK students since September 2019. Over 40 students each year have greatly benefited from attending the core-workshops which focus on improving their skills, knowledge and experiences for the world of work and higher education. As part of the programme each student is allocated an individual mentor to support their personal/career development through a series of mentoring sessions. This year the programme quickly adapted its approach from face to face to a virtual programme ensuring it could continue during the COVID Pandemic. This approach meant that students were able to make the most of the opportunities and it provided them with the ability to continue engaging with the programme and meeting their mentors.

The **second** award is for our Community Cohesion work. All students at CTK are encouraged to take part in Social Action. So far this year we have two large appeals, our Christmas Gift Appeal and our Easter Appeal. Both of which were a huge success and provided great support and generosity to our local communities during the difficult COVID recovery times. The 'Christmas Gift Appeal' brought tremendous joy, hope and love to our CTK Community. During what had been a very difficult year students and staff were keen to help do something magical for their local community. It brought joy to those receiving the gifts and the three charities. It gave joy to students and staff involved in organising the event and provided a healing bond of hope.



CHRIST THE KING SIXTH FORMS

May 2021

NEWSLETTER

Celebrating Our Staff

TES Awards

We are delighted that Dr Jose Bravo has been [shortlisted](#) for the National TES Teacher of the year award. The event takes place on Friday 28th May. Jose teaches Chemistry and Physics at Aquinas & Emmanuel. He is a Doctor with two PhDs, the author of three patents and six-peer reviewed articles. He was recently mentioned in a Nobel Prize lecture and provides students with opportunities to take their learning outside the curriculum, through Super Curricular Clubs, including 'Design and Synthesis of Molecular Machines (2016 Nobel prize)' or lessons delivered to local school pupils in the holidays. To enable students to appreciate the synoptic nature of Science, Jose led a series of outreach talks to inspire A Level Biologists about his discovery of an HIV inhibitor and involvement in the COVID vaccine development. During COVID, Jose had a huge impact on teaching and learning across CTK's three Sixth Forms. Overnight, he became the College ambassador for remote teaching, becoming adept at using Teams in interactive and creative ways and his ability to share his enthusiasm and skills with other teachers is outstanding. Jose invested huge amounts of time and energy into developing his remote and blended learning skillset, sharing his good practice in training sessions for over 200 staff across CTK Sixth Forms. Jose's website and Youtube channel have proven popular with both students and staff. He values the importance of contributing to the wider community and has volunteered to speak on a panel of Doctors, to reassure the local community about the safety of the Covid19 vaccination. And was the first to volunteer to lead lateral testing of staff and students on site. Jose contributes to the wellbeing curriculum, recently facilitating a collaboration with charity 'One2one'.



Additional Mental Health Information

CHRIST THE KING SIXTH FORMS

Mental Health Week:

- How do you train? Personal training plan!
- Sleep
 - Stopping work 1hr before trying to sleep.
 - Listening to podcasts/ Radio 4/Audiobooks.
 - Reading fiction.
- Running
- Seeing friends



Comparing our mental health with our physical health and sharing our personal mental health training plans helped to understand our peers.

A Level Admissions

As part of our recent A Level admissions morning, we asked year 11 students to create vision boards inspired by their session on Resilience and Growth mindset. Thank you to Chanelle for sharing hers with us!





CHRIST THE KING SIXTH FORMS

May 2021

NEWSLETTER

Fundraising

Our Upper Sixth students have been raising money for Sickie Cell Charity with Cup Pong! Ms Davis beat Ms Power 6-0!



CTK Remembers

To commemorate the anniversary of the passing of George Floyd our student council led a project where tutor groups suggested names of people they would like to remember who have lost their lives. We decorated pebbles to remember them, placed them in the center of the labyrinth in the chapel for a moment of reflection accompanied by our talented students singing Amazing Grace.



Careers & LRC

PwC & Urban Synergy Virtual Careers Conference

Students were able to take part recently in a virtual Careers Conference with PwC and local charity Urban Synergy. During the event students were able to learn about career pathways, discover megatrends and join speed mentoring with wide a variety of professionals.



PwC is a multinational professional services network of firms. It ranks as the second largest professional services network in the world and is considered one of the Big Four accounting firms. They offer work experience, internships, apprenticeships and graduate placements which many of our students have been able to take advantage of.

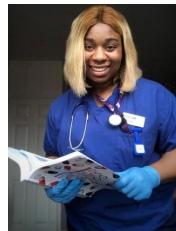
One student had the following to say *"I was extremely impressed with how conversations surrounding race and gender were not shied away from and that PwC held itself accountable and took responsibility through action to change and develop their company."*

CV's

We are encouraging every student who is leaving us this year to have created a CV before they progress, even if they are planning on going to Higher Education. As I am sure you are aware it is always good to have a strong and up to date CV in case any future opportunities arise, in terms of employment or gaining work experience. Have you seen your son or daughters? If they have not yet created one they should reach out to the Careers Team at their site for help or to careers@ctksfc.ac.uk.



The LRC team have been helping to support a number of national and international events that have been taking place including that of **Mental Health Week** and **International Nurses Day**.



We are proud that some of the teaching staff at CTK used to be nurses before they moved in to education and we are also delighted that many of our students go on to become nurses. One student who was a dedicated user of the LRC was Sarah Onile, she rightly commented *"not all superheroes wear a cape."*

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. Did you know, as well as being the founder of modern nursing, Florence Nightingale was also a prodigious and versatile writer. In her lifetime, much of her published work was concerned with spreading medical knowledge. Some of her tracts were written in simple English so that they could easily be understood by those with poor literary skills. She was also a pioneer in data visualization with the use of infographics, effectively using graphical presentations of statistical data. Much of her writing, including her extensive work on religion and mysticism, has only been published posthumously.

