

## TRANSITION FROM YEAR 11 TO SIXTH FORM

FRIDAY 26TH JUNE 2020 -ISSUE 8



### #STAYSAFE

This week we saw Year 12 come back to have workshops on Post 18 destinations and pathways following the subject meetings with their teachers last week. I was so pleased to see Year 12 and to listen to how they have coped and managed through the lock down. I was so impressed with their resilience, motivation and their determination to succeed. Year 12 will be joining us from next week for the remaining term for some face to face teaching.

Our Year 12 Induction day would have been yesterday. I did miss seeing you all and I hope if circumstances allow, that staff and students will be able to meet each other in September.

# SIX AMAZING FACTS ABOUT BIRD MIGRATION.

READ THIS, YOU WILL FIND IT FASCINATING!

I have often wondered about migration. This especially caught my interest whilst watching wildlife in my garden during the long summer evenings.



This was on the BBC website and it really sparked my curiosity, so I thought I would share it.

1. The ancient Greeks thought birds turned into fish over the winter. Past societies developed a range of weird and wonderful explanations for birds' annual disappearance. Some thought they became barnacles, others that they hibernated in cliffs. As recently as the late 19th century it was believed that birds lived in mud at the bottom of ponds for part of the year.

2. In 1822, a stork arrived in Germany with an African spear through its body. This was the first strong indication that birds spent their winters in other parts of the globe, and there are reports of around 25 similar cases since.

3. Early clues about migration came from captive birds behaving oddly. There are reports from the early 1700s onwards describing strange changes in caged birds' activities around the time of wild bird migration. Captive birds have been observed to put on weight, grow restless, become much more active at night, and scratch against the same side of their cages repeatedly.

4. A bird's first migration is very risky, but those that survive may live longer. Travelling long distances carries great dangers, including new environments, pathogens and predators. Adolescent birds are thought to be at the highest risk, with one study suggesting that over 80% of songbird deaths involve young migrating birds. There's evidence that birds which survive their first migration tend to live longer than those which don't migrate. A tiny 10g warbler can travel back and forth across the world for ten or twelve years.

5. Birds carry a kind of internal clock that prepares their bodies for travel. Almost like athletes, birds begin physically preparing for migration well in advance of the journey. They start to eat more and gain weight, their liver and reproductive organs often shrink, and their cell membranes change to enable oxygen and fat to be used more efficiently. Some birds renew their flight feathers, which can take up to a month.

6. Birds can return to a specific place year-on-year – even to the same twig! First-time migrants will only have a rough idea of when they've arrived in the right area, based on temperature, light and food availability. But on subsequent journeys they return to the exact same place. Scientists still don't fully understand how this precise navigational memory works.



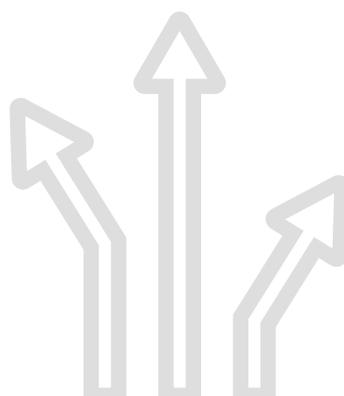
## SIXTH FORM INDUCTION AND ENROLMENT

We are pleased to announce that our Year 12 Induction Page on our website will be launched early next week. It was very bizarre filming a short film for you to watch on the day that you would have been here for our Induction. It was my chance to be a Producer, Director and actor. Shows that we learn new skills all the time. I'll let you decide how well I have done!

For those of you who are anxious about your GCSE results and entry to sixth form, I want to reassure you that we want students to have positive pathways and we are open to discussions and conversations at enrolment. It is important that we share impartial information, advice and guidance with you to help you make your choices. We are waiting for Government advice and guidance before we share our plans with you.

## SUBJECT TRANSITION TASKS

Our subject transition tasks are now on the website. We have already shared information about each subject and the wider reading you could be doing. Staff have enjoyed creating these and I hope you enjoy the tasks they have set.



## WHAT ELSE CAN YOU DO NOW?

It would be really beneficial for you to invest some time on these weekly tasks to fully prepare you for sixth form.

**Year 11 Vimeo channel link is <https://vimeo.com/showcase/7013773>**

**Year 11 student password is netsixth11**

Week 1 and 2 - Cornell note-taking skills

Week 3 - having a goal that motivates you

Week 4 - independence learning & choosing your sixth form courses

Week 5 - Understanding Harder Topics

Week 6 - Organisation

Week 7 - Choosing your sixth form subjects

Week 8 - Procrastination, phones and social media – power point attached

## USEFUL LINKS TO SUPPORT YOUR HEALTH & WELLBEING

NHS mindfulness - <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

NHS exercise - <https://www.nhs.uk/live-well/exercise/>

Sing with Aga-[new videos released each Friday](#)



**LOOK OUT FOR ISSUE 9 ON  
FRIDAY 3RD JULY.**

Please contact me on  
**sixthform@highamlaneschool.co.uk**  
if you have any questions.

Till next week – stay safe.

Mr Hanif Ladha  
Assistant Headteacher – Head of Sixth Form

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