



## Post-18 Options

Last week we sent the following documents to you (via your school email address) and your parents/carers. We hope these will help you to start the process of researching your post-18 options and understand what needs to be done and when. If you have any questions please don't hesitate to contact us on [sixthform@king-james.n-yorks.sch.uk](mailto:sixthform@king-james.n-yorks.sch.uk)



[Letter to parents/carers & students re Post-18 Options.](#)



[Presentation by Mr O'Hara, Director of Sixth Form.](#)



[Guide to King James's Application Process & Deadlines for Applying to Higher Education.](#)

## Virtual Work Experience Opportunities



Speakers for Schools is proud to announce the launch of the Speakers for Schools Virtual Work Experience (VWEX) programme. Read about our [VWEX in the media](#). We invite young people to [register their interest](#).

## Virtual Open Days

These are just a few universities which we have received information from. Please make sure you check the websites of all the universities you are interested in.

- Northumbria University virtual events
- [Teeside University open days](#)
- [University of Cambridge open days](#) and [HE+ Super Curricula Resources](#)
- [University of Leeds](#)
- [University of Leicester](#) – lots of information can also be found on [YouTube](#)
- [University of Manchester](#)



[Webinar Wednesdays](#) – Free on-line sessions which include Student Finance, Apprenticeships and Life at University

If you need any information, advice or guidance please contact to contact Lucy Hazelton via Email : [lucyhzlton@king-james.n-yorks.sch.uk](mailto:lucyhzlton@king-james.n-yorks.sch.uk)

## Virtual Talks

These include :

- Robert Peston – Journalist & Political Editor
- David Dein - Former Chairman of Arsenal & the FA
- Josie Rourke – Film Theatre Director
- Your Squiggly Career – practical tools, exercises & actions to help you grow in confidence.
- Prof Bill McCaffery, Uni of Leeds – STEM & Sciences

You can see the schedule of talks [here!](#)

Speakers will appear at set times - 10am and 2pm.

The schedule is updated every Thursday for the following week. Keep looking out for any which may be of interest to you.

### Tips on participating in the VTalk

To access the talks, links should be opened in a browser that is not Internet Explorer and you should join the live event anonymously, there is no need to create a login.

Q&A function during the talk which will be made live so you can submit questions

Twitter: #SFSvtalk @speakers4schools  
Instagram: @speakers4school

## How about a learning to run?

Yes, you can learn to run!

Follow this programme and by the end you will be able to run a 5K...  
no problem!



Running is not only good for your fitness but your mental health too.

## Looking after yourself...

We will keep the [wellbeing page](#) on the Sixth Form section of the website updated with information to help you look after your mental health and wellbeing while school is closed.

Please check the [main school information page](#) for the latest information.

[BBC Sounds](#) - listen to BBC Radio stations, programmes, podcasts, music and a whole bunch of other lovely stuff online. With over 80,000 hours of BBC audio available, BBC Sounds introduces you to new audio you may not otherwise have discovered.

The logo consists of the text 'BBC SOUNDS' in white, with 'BBC' in a smaller font above 'SOUNDS'. The text is set against a solid orange rectangular background.

11-17 May 2020

National Vegetarian Week.

Why not try and make at least one of your meal's meat-free this week. Going to try [Bangin' Bolognese](#) by BOSH... looks delicious!

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