

Dear Form VI,

Good day to everyone. I hope all of you are well.

We have a number of really exciting and interesting talks, presentations and opportunities coming up over the next couple of weeks - and - we are going to try and get together to have a Form VI Quiz - nothing too serious - more of a social than an intellectual engagement! So please... read on for full details:

### **Satveer Nijjar - PSE Presentation - Mental Health and Self-Harm Awareness**

This term we would have had Satveer Nijjar coming to visit Dollar Academy to talk about Mental Health and Self-Harm Awareness. This PSE talk is now taking place online, next Tuesday 12 May 2020, at 1:30pm. The full details are on Firefly but you can also find out about Satveer Nijjar through her website: <http://satveernijjar.com/> Satveer will aim to cover the following in her talk:

- Importance of talking about our mental health and emotional wellbeing.
- Factors that can lead to emotional distress. How to manage distress.
- What and why people turn to self-harm.
- What are suicidal thoughts and why people have them?
- How to support yourself / a friend if they are struggling.

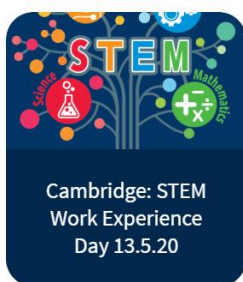
If you would like to attend this PSE session/presentation please complete the following form and you will receive a Zoom link on Tuesday at

midday: <https://forms.office.com/Pages/ResponsePage.aspx?id=xIB1eyt3zE6qOveGlrZezBF33vkl9dFEsamCfr-rRw5UQjK3TUozVEVTR1NOMFVTTkhGSDdYUIZPUi4u>

### **Work Experience Talk #3: Psychology**

Our 3rd Work Experience Talk will take place on **Wednesday 13 May 2020 at 12:30pm**, and will be of interest to any potential Psychologists. Even without the current 'lockdown' conditions, work experience for Psychology is very difficult to arrange due to the confidential and personal nature of most psychology settings. Dr Kirsty Petrie, clinical psychologist, Dr Lorraine Johnstone, forensic psychologist, and Dr Sharon Brown, educational psychologist will all be present, online, to share their experiences in the field of psychology and answer questions from pupils related to their careers. This is highly recommended for any pupil considering a future in any psychological field. Again, if you wish to attend this session, please complete the following form and you will receive a Zoom link and instructions on how to access the session on Wednesday at midday: <https://forms.office.com/Pages/ResponsePage.aspx?id=xIB1eyt3zE6qOveGlrZezBF33vkl9dFEsamCfr-rRw5URUo0VFhNRUk2UVJWN0g0RFk3RDZGRIY5OC4u>

### **STEM Work Experience Day:**



There is also a great opportunity for any pupils interested in pursuing a career or university course in any STEM subject. This is a one day, online work experience event hosted by Arm at their Cambridge offices. You will gain experience of the technology industry, career paths and get to meet a range of technology professionals. This event is also on 13 May 2020 - details can be found on Firefly and here: <https://uptree.co/events/>

### Online Courses:

I was very glad to see a much greater number of you signing up for online courses this week. I know that a number of teachers have been in touch with pupils that have signed up for individual subject specific MOOCs. The range of courses continue to grow so please do keep checking in on Firefly to see if there is anything of interest.

This week I would like to highlight the opportunity to learn to sign-language - a hugely valuable skill - and a unique opportunity to learn a language recognised throughout the world. This course has been made free to encourage pupils to take up this opportunity. Details can be found on Firefly or directly from the BSL website here: <https://www.british-sign.co.uk/> As with all the courses, please complete the Microsoft Form found on Firefly that lets us know you have signed-up to these courses. Mr Smith has offered to help and guide anyone that signs up to this BSL course.

### [British Sign Language - Online resources, games, & course.](https://www.british-sign.co.uk/)

Sign Language is a visual means of communicating using gestures, facial expression, and body language. Sign Language is used mainly by people who are Deaf or have hearing impairments. Online Signing Course – Learn BSL in your own time from the comfort of your home. What is British Sign Language? – Find out more about BSL.  
[www.british-sign.co.uk](https://www.british-sign.co.uk)

### University:

A reminder that if you receive all your uni/college decisions by 4 June 2020, you must reply to any offers by 18 June 2020 (except if you are using Extra to find a place), otherwise they'll

be declined. Please do get in touch with Mr Daniel or myself if you have any UCAS related questions and/or queries.

### Week 5 Challenge: The Rainbow Cake Challenge

So who can resist cake - and what better way to support the NHS - and have fun - than to bake a rainbow cake... and, assuming we get a handful of entries - we are going to go for some 'live' judging on Friday 15 May at 1:30pm - as part of the Form VI Quiz - see below. All information about the rainbow cake challenge can be found on Firefly here: <https://dollaracademy.fireflycloud.net/form-vi-summer-term-programme/form-vi-summer-term-programme-2020/week-5>



### Form VI Quiz:

On Friday 15 May 2020 we would like to try and host a quiz for all members of Form VI - to bring everyone together and have a bit of Friday fun. The Rainbow Cake judging will be part of this event - so, if you manage to bake a cake, show it off, online, on Friday next week. This quiz will be more about the 'fun', and getting everyone together - rather than an intellectual battle of minds - Mr Smith will be there, as will Mrs Livingstone, as will I - hopefully, so will some of you! If you want to take part please complete the following form, and the Zoom link will arrive via email at Midday next Friday.

<https://forms.office.com/Pages/ResponsePage.aspx?id=xIB1eyt3zE6qOveGlrZezBF33vkI9dFESamCfr-rRw5UQOpEMlhaQ0YwU1NTMVJYOEPUWkdSWVFXRC4u>

**And finally** - please do keep in touch with your personal tutors. They are all tasked with pulling together your farewell letters, and are really keen to know how you are all getting on. And, although it is optional, please do try to attend your Form Tutor Group sessions when your Form Tutor arranges them. I know that your Form Tutors are missing you.

All the best everyone,



Simon Burbury

Assistant Rector



Dollar, Scotland FK14 7DU

++ 44 (0) 1259 742 511

[www.dollaracademy.org.uk](http://www.dollaracademy.org.uk)