



Avonbourne Academies

#AVBPROUD



FROM THE EXECUTIVE PRINCIPAL – Mr Ingram

We would like to thank each and every student, member of staff, parent, carer and friends of the Academies for their unrelenting support and commitment this past academic year.

We are both proud and privileged to lead Avonbourne Academies and could not do it without everyone's support. The past academic year has been a hugely challenging and successful one. The Academies finish for the academic year on Wednesday 21st July at 12.15 pm. Year 7, 11, 12 and 13 return to school on Monday 6 September with Years 8, 9 and 10 on Tuesday 7 September. We wish everyone a happy, relaxing and well-earned summer break.

Very best wishes from us all at Avonbourne.

Best wishes
Stuart Ingram



Uniform

As per communication home all year groups should be wearing the new Academy uniform and PE kit from September 2021.

Our uniform can be bought online or instore (www.stevenson.co.uk)

If you have any queries, please contact your son/daughter's year team and see our Uniform policy available on the website.



Careers Update

Unifrog for All – Take the Leap



DofE Update

The Duke of Edinburgh award has gotten off to a fantastic start with over 100 year 8 and 9 students taking on the challenge of completing the Bronze D of E award. Each student will take choose a volunteering placement, physical activity, and skill to learn with each lasting at least 3 months. The students have been asked to make their choices and start at least one section over the summer holidays. I'm really excited to see the variety of activities that students will choose!

Miss Sherwood Taylor, D of E Lead

From the students – Why did you apply for the D of E award?

"I want to do the D of E award because I want to challenge myself to be able to do new things and develop new skills. I also felt really unmotivated after lockdown so I want to change that and try my best"

Ben Year 9

"I'm taking part in the D of E award because I want to work on the REACH values, and also I'd like to help more in the community" Alfie Year 9

"I'm doing the D of E award because I want to become more independent, and learn new skills along the way"

Ryan Year 9

Autumn Term 2021

- The class of 2028 (Year 7) and class of 2024 (Year 11) start back on **Monday 6th September**.
- The class of 2027, 2026 and 2025 (Year 8, 9 & 10) start back on **Tuesday 7th September**.
- Equipment for the new school year is available to purchase from Sco Pay:
 - Clear 30cm pencil case with a 30 cm ruler, reading ruler and maths set for £4.70
 - Reading rulers for £1
- These items can be collected from student reception between 9-3pm on **Friday 3rd September**.

Students from Year 7 to 13 have this incredible platform available to them, so in this newsletter we are providing an overview of what our young people can be doing to enhance their Unifrog profile and how it informs their long-term career plans.

The marketplace is increasingly competitive, and with university graduates no longer guaranteed jobs, it is no longer the case that students can rely on a job for life or even a job at the end of their degree course. Therefore, it is important that from KS3 onwards students are encouraged to think about the skills that they are developing and the way in which these skills will be viewed by universities and employers.

If students know what is required for entry onto apprenticeships and university courses, it will motivate them to work more consistently. With linear A-levels back, GCSEs are once again the benchmark on which universities will be making offers. Students need to know and understand how important their choices of and performance in GCSEs are for their futures.

If students can see the paths, they need to follow to reach their goals they will seem more achievable. Combined with motivational speakers and visits from successful alumnae, the Unifrog tool can help students see just what they need to do to get themselves that dream job or university course.

If students and families can see up to date, accurate information about job sectors and universities it will help them to make unbiased, informed decisions. It will encourage discussion and open a dialogue through which families can discover more about the wealth of future opportunities available to their children.

Students often under-estimate the value of activities they have undertaken in and out of school and are not able to identify the skills they are developing through participation in cadets, football teams, school councils etc. The Competencies Tool allows students to record their experiences by explicitly linking their activities to core skills required by universities and employers. In addition, the MOOCs Tool can open valuable stretch and challenge opportunities for more able students or introduce them to careers and pathways they have never before heard of.



Safeguarding

Please be aware that during the summer holidays you will need to contact the services below if you have any concerns or require advice for your family.

If you feel that a child is in immediate danger, call the police on 999. You can report concerns to the police on their non-emergency number, 101.

BCP Children's Service First Response Hub also provides the advice, information and support for children who are vulnerable and at risk. Please see the link below for further information.

<https://www.bournemouth.gov.uk/childreducation/ChildrensSocialCare/first-response-hub/are-you-worried-about-a-child-or-young-person.aspx>

The NSPCC Helpline is always available on 0808 800 5000, if you have concerns for your own, or another child's safety.

How to stay safe online

Children are likely to spend more time watching movies and TV shows. Common Sense Media rates movies, TV shows, books, and more so parents can feel good about the entertainment choices they make for their children. <https://www.commonsensemedia.org/>

The NSPCC and O2 have created New Aware to provide guidance on privacy settings and social media. You can sign up and get emails on the latest social media networks, apps and games. Please see the link below for a short video on Net Aware and what they offer.

https://www.youtube.com/watch?v=AKfeZ1_RQ5E <https://www.net-aware.org.uk/>

ECP includes online safety resources including guidance on negotiating 'screen time' and how to respond to online harm. <https://www.ecplimited.com/resources-centre.html>

Other useful links: <https://www.ceop.police.uk/safety-centre/> **Child Exploitation**
<https://www.thinkuknow.co.uk/> <https://parentinfo.org/> **Online Safety**
<https://www.nspcc.org.uk/> **Online Safety** <https://www.childnet.com/> **Online Safety**
<https://www.saferinternet.org.uk/> **Online Safety**
<https://charliewaller.org/information/mental-wellbeing/social-media-and-teenagers>

Wellbeing

The summer holidays are a chance to relax, sleep and take a break from school. Eating healthily, regular exercise and a good night's sleep all go hand-in-hand and will make the summer holidays a lot more enjoyable and stress-free for the whole family. If your child feels they may need some extra support during the holidays

Useful links for help and advice: Kooth - <https://www.kooth.com/>

You can chat to the counsellor online, get support and read articles written by other young people.
Dorset Mind Your Head (Dorset Mind) - <https://dorsetmindyourhead.co.uk/>

CHAT - Aged 11-19 and living in Dorset.

School Nurses are available to help with all kinds of things. Just text #ChatHealthNHS on 07480 635511 and they will reply.

Young Minds - <https://youngminds.org.uk/>

Young Carers

We work closely with MYTIME Young Carers to ensure that our young carers receive the support and opportunities for respite, fun and friendship that they deserve.

See the attached letter for information on MYTIME Young Carers and the support they can provide.
MYTIME Young Carers Letter

MYTIME Young Carers: Zoom Youth Group

MYTIME run regular online youth group sessions young carers. Each month they have a number of sessions in which participants undertake all sorts of different activities, all of which you can join in from home via Zoom.

Please see the July school invite below: July Zoom Youth Group

You can sign up for the latest news and articles or follow them on social media. There will be lots of activity of the summer for Young Carers. MYTIME Young Carers (@mytimeyoungcarers)

- Instagram photos and videos (14) MYTIME Young Carers | Facebook MYTIME Young Carers (@mytime_charity) / Twitter

Do you want to get involved
with a D of E scheme this
summer?

D of E are running the “Do it 4 Youth” challenge via their website. This is an opportunity to complete 4 challenges in 4 weeks over the summer, and raise some money while doing them.

If you raise over £25 you get a “Do it 4 Youth” T shirt, and if you raise over £100, you get a pin badge! It is open to all ages and is a fantastic way to show the REACH values over the Summer holidays!

More information can be found at [DofE Do it 4 Youth](#)



DO IT
4
YOUTH



Tips to consider when negotiating 'screen time' with children & young people



Too much time on devices can significantly impact a child's emotional & physical health. Consider the following when setting boundaries around 'screen time'...

Reflect on your own usage & set a positive example



Develop a 'family agreement contract' which sets out times that devices can be used - make sure everyone has input!

Download one of the many platforms available to help you to monitor you child's 'screen time'



Disable the Internet during night hours & ensure devices are stored away from the bedroom

Consider the actual game if negotiating when the child finishes rather than just stating a time for them to finish...



Examples may include; 'One more match' if playing Fifa 20 or 'One more battle' if playing Fortnite (Approximately 20 minutes).

Remember - forcing them to end their game immediately may impact on their records - something which is likely to make them more resistant.



Wellbeing Support

Looking after wellbeing helps to build resilience and take on life's challenges. The '5 ways to wellbeing' can help. These include...

Take notice - Consider practising mindfulness – a scientifically proven meditation technique. Paying more attention to the present moment – to your own thoughts & feelings, and to the world around you, can improve your mental well-being.

This grounding exercise can be done anywhere and can help with the process of becoming more mindful.

Be Active - This can be gentle exercise such as going for a walk with family; visit somewhere such as [The Walled Garden](#) at Moreton, which has free parking, 3 acres of landscaped gardens and a play area.

Keep learning – 'Reading Well for Young People' Is a scheme recently launched by BCP libraries to support young people's mental health.

<https://www.bournemouth.gov.uk/Libraries/LibraryEvents/readingwellforyoungpeople.aspx>

There are a range of support networks in the local community which you can access throughout the summer break.

- Resources for mental health and wellbeing – including Dorset Mind Your Head and Kooth helpline (emotional support for 11-24 year olds)

All the information can be found in this link: - [Resources for mental health and wellbeing \(mailchi.mp\)](#)





CHARACTER EDUCATION

Peripatetic Music Lessons at Avonbourne

As part of the music extracurricular programme we offer at Avonbourne, peripatetic lessons are a key element to develop your child's interest, knowledge and mastery of an instrument.

We currently offer lessons in vocals, piano, acoustic guitar, electric guitar, drum kit, ukuele, violin, cello, flute, alto saxophone, tenor saxophone and clarinet. From September we are also hoping to offer brass instruments too.

These lessons are taught by our visiting peripatetic teachers who are all specialists in their instrument. Students can take up an instrument at any time and those that have a particular interest in taking music at GCSE usually engage in this opportunity.

Lesson sign-up is now open, so please feel free to email the particular teacher of the instrument your son/daughter would like to start to learn.

Vocals/Piano – Ms Ozanne debra.ozanne@hotmail.co.uk



Ms Ozanne is an experienced vocal and piano teacher across many schools in Bournemouth and Poole. She teaches beginners and advanced players and encourages students to master their chosen instrument through various examination boards. Her lessons are aimed at every student's personal goals to enjoy music-making.



Guitars – Mr Mayo Pooleguitars@hotmail.com



I find Avonbourne a fascinating school to visit giving Guitar lessons. The students are creative and eager to learn this great instrument. The school has good facilities, making it fun for students to form bands which has a massive impact on their enjoyment and progress.

I have recently added 'Trinity Rock' syllabus as an option to take electric guitar exams at Avonbourne, or just to enjoy learning the great tunes. This is proving very popular. During COVID, exams were modified so that students could video themselves and upload to take their guitar exam. It was so popular that they have decided to keep it as a permanent option. This is good news as it's more relaxing than standing in front of an examiner!

Being able to play an instrument is something very special. All further education, universities and employers find it an attractive addition to students skills. How many times have you heard 'I wish I learned to play an instrument'? It also doesn't come much cooler than being able to play the electric guitar, or a beautiful piece on the classical guitar. What a great thing to do!

I am happy to arrange a free 'taster' lesson for any interested students also.

Woodwind – Flute, Clarinet or Saxophone – Mr Cooper
newforestwoodwind@outlook.com

Have you ever wanted to play the flute, clarinet or saxophone? Lessons on these instruments are available at Avonbourne right now. Learning a



woodwind instrument is not only fun, but has been found to increase confidence, reduce stress, and strengthen your breathing. I teach all grades from 1 – 8 and there are many opportunities to develop your ensemble playing at school to develop your musical ability as both a soloist and an ensemble player.



Violin – Mr Defilet – stefandefilet@gmail.com



I graduated from Trinity College of Music London in 2000, and immediately spent the next 4 years touring the US, Canada, Europe, Asia and New Zealand with Canadian based violin show "Barrage".

Since moving back to Bournemouth, I had a 4 year stint with the BSO, has taught violin at Bournemouth University and Poole

Grammar for 13 years, and now I play in many orchestras & string quartets, and play in bands such as The Bomo Swing (Bestival, Camp Bestival, Isle of Wight Festival, Larmertree festival etc), and Black Market jazz duo.

Recording credits include many CD's with the BSO, Girls Aloud "The Promise", Alesha Dixon, and the Pet Shop Boys." I really enjoy teaching the students at Avonbourne and cannot wait to meet more interested pupils.

Cello – Mr Lockyer – simonlockyer1@hotmail.com



I trained at the Royal Academy of Music, London and I have over 25 years' experience in teaching cello and double bass. I really enjoy teaching at Avonbourne because of how dedicated the students are. Learning a string instrument is particularly helpful for developing your listening skills and enhancing your musical understanding as you will learn how to master your instrument.

Mr Consoli – Drum Kit

I have a real passion for making incredible music both live and in a recording studio and I endeavor to inspire my students to have this too. I have taught students for many years and love this part of my job, alongside my performing and composing work. For more information please visit my website:

<https://pascalconsoli.com>





Clubs and Activities

Summer Term has enabled us to continue our bubble extracurricular opportunities across the Academies. From debating club to model making, rugby coaching to baking, historic discoveries to music-making, enterprising to French grammar, our students are developing skills to support them in their character development alongside their academic knowledge.

Next year we are aiming to offer more activities that aren't as restricted to bubbles as well as external opportunities for concerts, exhibitions, matches and competitions.



Year 7 Textiles club have been making felt monsters

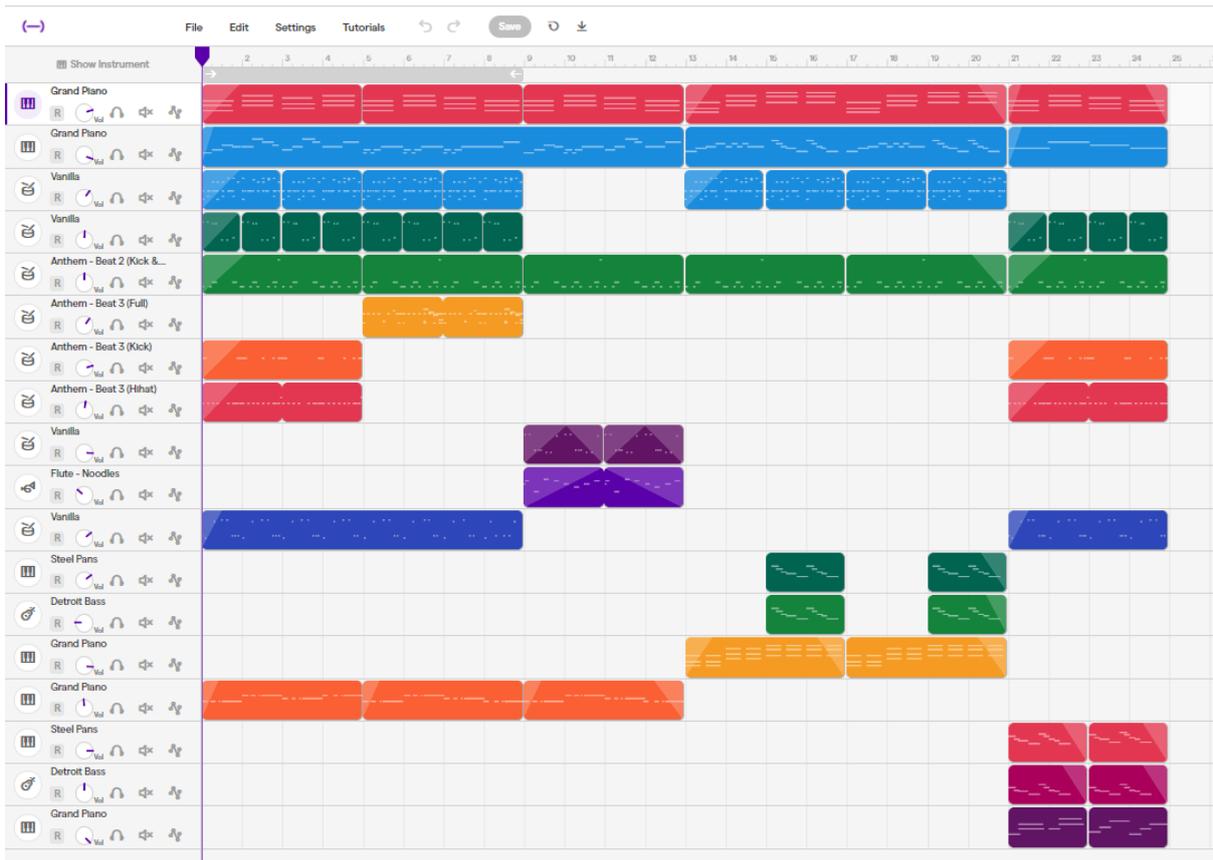
Our dance club have been learning a dance to Sia's 'Chandelier' and focusing on contemporary movement motifs.



Year 8 students have been developing their painting skills



CJ and Lilly C in year 8 have been working on their entry into the Aldi lorry design competition



Shirin's Music Technology Project



Celebrities have the leverage to get away with crimes more than any non-celebrity

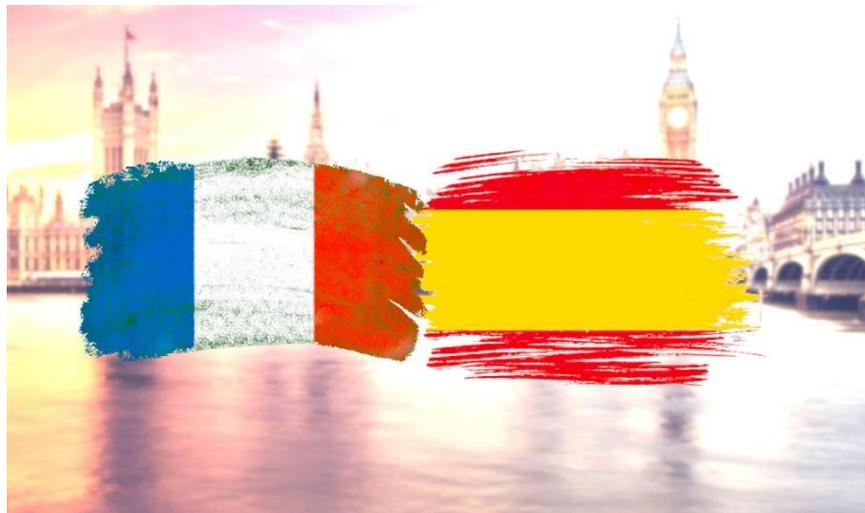
Do we still need teachers if there is an educational program on computers?

We must abolish zoos, as they are cruel to animals.



Year 9 Debating have been discussing some key social issues. Ms Jupe and Mr Noble are preparing for your first competition next year

Language Booster club have been developing an understanding of grammar in all years, particular year 9 ahead of starting their GCSEs next year



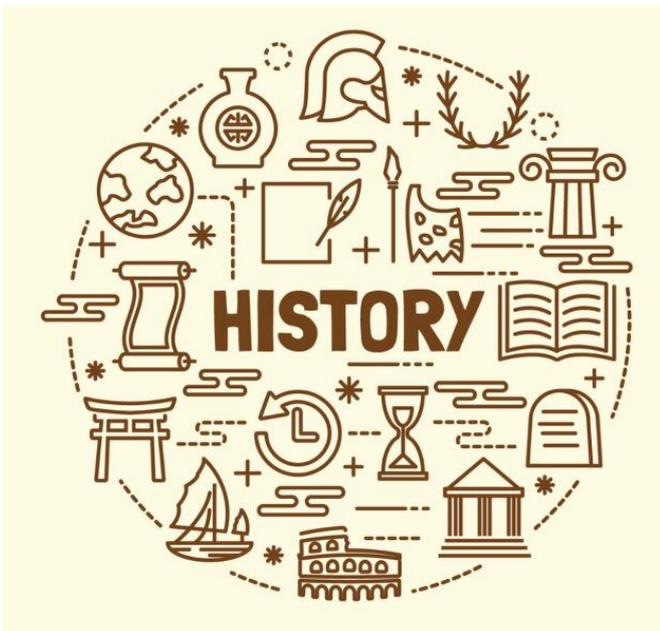
Year 9 have been working on making clay models with Mrs Davies, ready to be fired in our 800oC kiln.





Our year 8 newspaper club are almost ready to send out their first school newspaper.

Reading Club have been discovering new books and genres to explore



Year 7 history club have been learning lots of different topics in greater depth and discovering some fascinating historical events and ideas.



This term we have been proud of all pupils who have taken part in the extra-curricular clubs put on by the English department. Pupils have enjoyed Year 7 and 8 Creative Writing Club, the Reading Club, the Debate Society, and Newspaper Club. Thank you to all pupils who have taken part and to the staff involved who have given up their free time: Sam Noble, Kira Jupe (from RE), Zoe Aebischer, Joe Kendle, Calum Redman, and most importantly Jane Halle, who has run not one but two wonderful clubs.

The best way we can give you an insight into what is going on is through the pupils themselves and so we will let Chloe May Donaldson (Year 8), report on the founding of The Avonbourne Eye Newspaper.



The Avonbourne Eye Newspaper Club consists of 18 budding journalists.

Our aim is to produce a newspaper on matters of interest to us for our peers to read and enjoy.

We have talked about the different roles people have within journalism and our team decided what they wanted to focus on. We have some photographers, some eco warriors and many opinion writers.

We have interviewed Mr Ingram and a parent who works for Disney which was really interesting. Our designers have created an amazing logo which combines the Avonbourne logo and an eye.

It is a chance to make friends and work together as a team to produce a newspaper for all to read. We have all made friends and we really enjoy meeting together and discussing things that are important to us.

This is something we aim to take forward into year 9 and hopefully open it up to other year groups to enjoy as well. This is also a chance for students to use some of the Reach Values - creativity, enthusiasm, and hard work - to produce a newspaper.



Spotlight on:

Social Sciences at Avonbourne Academy



The field of Social Science covers several subject areas including *Government and Politics, Law, Archaeology, Anthropology, Criminology, Sociology and Psychology*. Social Science subjects' study human behaviour, social relationships, and cultural structures and each discipline has a unique way of exploring this. At Avonbourne, students have the option to study Sociology and Psychology, and from September 2021, we are excited to introduce our new A Level, Government and Politics at United Sixth Form.

Meet the Social Science Team

Our Social Science experts are graduates from Russell Group Universities. The team are incredibly passionate happy to answer any study of Social Science at

about their subjects and are questions you have regarding the KS4, 5 and University.



Ms Little
Head of USF and
Head of Social
Science,
Teacher of
Sociology



Miss Truesdale
Teacher of
Psychology and
Maths



Mr Robjohn
Head of History,
Teacher of
Government and
Politics



Miss Ashford
Teacher of English
and Sociology



Miss Seymour
Teacher of
Geography and
Psychology



Miss Thompson
Teacher of
Geography and
Psychology



To learn more about Social Science and the team, watch the story highlights on the United Sixth Form Instagram account.



@unitedsixthform

GCSE AND A LEVEL SOCIOLOGY

What is Sociology? And why YOU should study it at United Sixth Form

Josh (Head Boy)

Studies A Level Sociology, History and Geography

Sociology is the study of society, and the people who live and function within it. You will explore many theoretical viewpoints on society including Marxism, Feminism, Functionalism and many more. You will learn to apply these perspectives to areas of life such as the family, religion, and health.



You should study Sociology at USF because of the teacher support and structured learning that has been greatly successful at USF. Smaller class sizes at USF means you have more one-to-one time with the teacher, giving you the opportunity to ask more questions to help boost your confidence and grade. USF Sociologists achieve some of the highest grades in the UK, with 86% of the 2019 cohort achieving A*-B.

GCSE Sociology

Eve (Y10 Social Science Prefect)

My experience with GCSE Sociology has been incredibly positive. I have really enjoyed every lesson and thinking about continuing my studies at A-Level. You discuss lots of perspectives, and Sociology encourages debate. Because of Sociology, I now understand the behaviour of people, and the viewpoint of others. I'm much more aware of how society works and have been introduced to so many ideas. For example, before Sociology I didn't know about family diversity, or the nature vs nurture debate. I've particularly enjoyed learning about the hidden curriculum within Education, and how children are covertly taught, according to Marxists and Feminists, capitalist, and patriarchal values.

Cambridge Sociology Competition and UCAS Examination Preparation

Anastasia (Head Girl)

Studies A Level Sociology, History and Dance

If you study GCSE or A Level Sociology you will have lots of opportunities to participate in events, sign up to programmes and enter competitions, such as the annual University of Cambridge Photography Competition. Each year, the Sociology Department at the University of Cambridge select a topic, and students must take a photo to represent it. This year, the topic was 'The Future of Sociology'. Alongside the photo, entrants must write a short 100-word paragraph to add more context to the





photo. Top prize is £100, and you also win an extra £100 for your school. Cambridge received hundreds of photos this year, including one from myself. Some of the winning photos are shown below. Follow the Cambridge Sociology Department on Instagram to see all winning photos and for updates on their next competition.



 @camsociology

Sociology Extended Project Qualification (EPQ)

When you reach Year 13 at USF, you may wish to develop your independent study skills by signing up to the EPQ qualification. An EPQ is worth half an A Level and gives students the opportunity to increase their UCAS points.

This year, Jacqui conducted a Sociological research project and aimed to answer the question, *'To what extent is teenage pregnancy a form of social deviance in contemporary society?'*

Using her 'sociological imagination', Jacqui was able to conduct a thorough investigation over a 10-month period. Undeterred by lockdown, Jacqui was strategic and used a mixed methods approach to research and answer her question. This included electronic questionnaires and unstructured interviews. Jacqui created a written report and delivered an impressive final presentation to a small audience, including Ms Little and Director of Sixth Form, Mr Walter.

Jacqui's EPQ supported her UCAS application to study Social Work and Social Policy at the *University of Bath* from 2021. Good luck Jacqui!



 @uniofbath



An interview with Ms Little

Ms Little is a Sociology graduate from the University of Newcastle Upon Tyne.

 @newcastleuni



Why did you choose to study Sociology at A Level and Degree?

At the age of 16, I aspired to be a Travel Journalist. After speaking to several A Level Teachers, I was encouraged to study A Level Sociology. At the time, I hadn't heard of Sociology, and it seemed risky to take a subject I knew little about. After researching the subject further, I understood how Sociology could help me develop as a Journalist and made the decision to study it alongside English Language and Communication Studies.

When studying Sociology, students tend to have a 'light bulb moment'. This happened to me in Year 13. Sociology changes your perspective on society, and helps you understand the structural importance of a society, and why people act and behave in particular ways. Suddenly the world makes sense, and I wanted to develop my knowledge and understanding further, which is why I chose to study Sociology at University.

Sociology at Degree level was fascinating. Sociology is a broad subject, and at Newcastle University I was given the opportunity to study modules of interest to me including the Sociology of Tourism, Consumerism, Disability, Race and Racism and Social Justice. Additionally, I was introduced to Social Anthropology and studied a module entitled the Anthropology of India.

For further information on Sociology at Newcastle University, follow the link below.

[L300 - Sociology - Undergraduate - Newcastle University \(ncl.ac.uk\)](https://www.ncl.ac.uk/l300-sociology-undergraduate)

What is your favourite Sociological theory?

It's too difficult to select one! Each theory is so unique, and slightly controversial in its own way. Theories from the New Right, Marxism and Radical Feminism are enjoyable to teach, as they encourage students to think critically and outside the box to discuss and debate wider social issues. It's great to see students apply social theory to contemporary society and everyday life.

What advice would you give to students thinking about studying Sociology at GCSE or A Level?

Sociology is not an easy A Level. Research the subject beforehand, including the assessment methods. Sociology involves critical thinking skills, and the A Level is 80% essay based. To prepare for academic study, there are lots of Sociological podcasts and more recently introductory YouTube videos on core topics and social theories. Additionally, students are more than welcome to pop down to the Sixth Form office or email me any questions regarding GCSE and A Level Sociology.



GCSE AND A LEVEL PSYCHOLOGY

What is Psychology?

Sami (Year 12)

Studies Psychology, Sociology and Geography



Psychology is the scientific study of the mind, and Psychologists aim to understand the processes of the brain, mental health, and behaviours of an individual. Psychology is a fascinating subject to study as it helps you understand the human mind more clearly and will give you a more in depth understanding on how someone's feeling or how specific changes in a body can affect individuals.

I'm interested in Forensic Psychology, and plan to study this at the University of Southampton from September 2022. I have ambitions to be a Forensic Psychologist.

KS4 on Psychology

Alicia (Year 10 Prefect)

Psychology is a vastly developing career around the world and it brings me a great deal of comfort to know Avonbourne has taken on this blessed opportunity to teach this resourceful subject to pupils. Not only does psychology address remarkable, unexplainable situations within society but it also shapes the future generation by increasing their awareness of the meaning of their own behaviour and the world around them. Therefore, in my opinion, psychology has completely opened my outlook on life itself for the better good and will assist me throughout my successful future.

Psychology UPLearn

Molly (Year 12)

Studies A Level Sociology and Psychology

During lockdown, USF invested in an amazing resource called UPLearn. This platform is great for revision and guarantees every student will get A-A* which is outstanding. UPLearn has small video lessons varying from 2-12 minutes long with questions along the way to help consolidate your knowledge. These lessons give an easy broken-down explanation of each topic both big and small. As well as this you can also access full length exam papers and questions and then have your answers checked by AQA Psychology Examiner within 24 hours. This isn't the only time you get feedback, there is also a chat function which allows you to ask any questions to an expert and the response time is usually 20 minutes to an hour. To add to the amazing service, they also have breakdown 'exam tips and tricks' which show and tell you ways which you can access the top band and top marks in your questions.



Psychology at AECC

 @aeccuniversitycollege

Each year the Anglo European College of Chiropractic (AECC) host a monthly 'Psychology Seminar Club' aimed at KS5 students. The club is structured around the AQA Psychology A Level course, and students are given the opportunity to revise key topics with Psychology experts, in preparation for their exams. This academic year, Year 13 students attended all sessions in preparation for their December mock exams and Teacher Assessed Grade Assessments May. Due to covid restrictions, students were unfortunately unable to visit the AECC and attend sessions on site, however classes were efficiently delivered via Zoom, and were well received by USF pupils.



Psychology at University

Miss Truesdale's Top Tips to studying Psychology at University



Miss Truesdale is a Cambridge graduate.

 @cambridgeuniversity

Psychology is an incredibly diverse subject, covering social and developmental psychology as well as understanding the brain and behaviour on a more physiological level. This breadth is really celebrated in the Psychology course at Cambridge, which allows students to pick topics from wider subjects such as Sociology, Anthropology, Computer Science as well as Education and Biology amongst others. This allowed me to develop wider interests from my A levels, as well as helping me to specialise in areas of Neuroscience and Education and Development. The other exciting thing about studying Psychology at Cambridge is the incredible teaching and expertise, as your lecturers and supervisors are at the height of their fields, often having written the very books and articles that you are reading and learning about - something that is both daunting but a real privilege. The teaching at Cambridge really challenges you to be critical and analyse everything that you are taught – not to accept it as fact, but to question it, and evaluate it. This is a skill that is applicable to so many areas of life and work, but is also fundamental to Psychology as a discipline, which should be critiqued and challenged, because it is attempting to scientifically study and understand human behaviour, something that is by its nature often unpredictable and confounded by so many factors.



If you are interested in studying Psychology at University, I think the best piece of advice I can give you is to read. Psychology is extremely broad, and the A level course barely scratches the surface of the many different areas of Psychology. Find a subject that specifically interests you and read more about it. It does not even need to be whole books, journals or magazine

articles are a great place to start, especially for a summary of recent developments in Psychology. Showing wider reading beyond the A level Curriculum is a great and easy way to show a passion and enthusiasm for the subject, which is exactly what Universities are looking for. If you would like any recommendations for books or articles, or further advice relating to university applications, the please do not hesitate to ask me.

What is the difference between Sociology and Psychology?

Many students misunderstand the differences between Sociology and Psychology. The department have highlighted the main differences below.

Sociology	Psychology
Scientific study of the development, structure and functioning of human society.	Scientific study of the human mind and its functions.
A focus on specific social identity groups (gender, disability, class, race etc) as well as collective society.	A strong focus on the individual.
Explores social behaviour of identity groups, cultures and institutions and identifies patterns, trends, and predictions. Challenges you to see the world through the lens of different cultures and communities.	Investigates the cause of human behaviour at the individual level using experiments and observations.
Fosters creativity, innovation, critical thinking, analytic problem solving and communication skills.	Explore the cognitive and social means by which individuals relate to one another and to their environment.
Requires good numerical and English language skills.	Requires good numerical and biological science skills.
Leads to careers in social research, data analysis, media, human resources, health, and social services.	Leads to potential careers in psychological research, sales, criminal justice, health and medicine and social services.

Take our quiz

Are you a Sociologist or Psychologist? Complete the quiz below.

A	I am fascinated by the human mind and the development of the brain	
B	I am interested in how society influences people and behaviour.	
A	I am interested in developing my understanding of mental illness.	
B	I'd like to develop my understanding of discrimination and disadvantage regarding class, race, gender, age and disability.	
A	I prefer to work with people on a one-to-one basis to help solve problems.	
B	I'd like to help solve social problems within my community.	
A	Child and adolescent development are of interest to me.	
B	Identity and social inequality are of interest to me.	
A	It's important to understand how individuals impact society.	
B	It's important to understand how society impacts individuals.	

Total A= If you scored mostly As, you are more likely to have an interest in Psychology.
 Total B= you scored mostly Bs, you are more likely to have an interest in Sociology.

A LEVEL Government and Politics - A sneak peek at our new course!

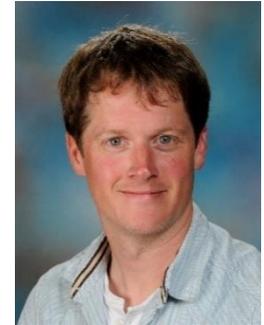


Mr Robjohn is a History and Politics graduate from the University of Keele.

 @keeleuniversity

What is Government and politics?

Government and Politics is the process by which people decide how to live together – whether it is a family, a school, or a nation. Government is the system used to make the decisions. There are many different systems of government – ranging from an autocracy to a democracy. In a democracy everyone has the right to an equal say, and decisions are made through discussion and voting.



Why is it important to study government and politics?

Politics impacts nearly every aspect of our lives, ranging from the amount of tax you pay, to the restrictions on the use of e-scooters. Having knowledge of politics also helps make you an informed voter. Having the facts about a candidate or a party before a national or local election will help you make an informed decision on the issues. Finally, politics is entertaining. Who is ahead in the polls? What was the latest blunder? How did politicians come across during a television debate? Also, who doesn't like a good political scandal!

If you have an interest in current affairs, both in the UK and wider world, and you enjoy topical debates, then you should choose to study A level government and politics.

What career paths are linked to government and politics?

The skills you will develop studying A level government and politics will equip you for a wide range of subject areas, whether at college or university, including law, international relations, economics, history, philosophy and of course politics.

After graduation, some may eventually work in politics, as parliamentary researchers, or special advisers. Some may work within local government or even go on to become MPs. Not all politics graduates pursue a career in politics. A proportion go into public affairs, marketing, media and communications, business, finance, and human resources. Many work for supranational organisations like the United Nations, European Union, World Trade Organisation, World Bank and World Health Organization. Others work in think tanks, pressure groups and charities.

What will you study in Government and Politics?

At United Sixth Form, we follow Edexcel exam board. In your first year, you will focus on 'Component 1 and 2'. The focus of Component 1 is UK Politics, which consists of UK Participation in Politics and Core Political Ideas. The focus of Component 2 is UK Government, which consists of UK Government and Non-core Political Ideas. In your second year, you will study 'Comparative Politics: the USA'. The course is assessed entirely through exams, with no coursework.

PHYSICAL EDUCATION

With things beginning to get back to normal, students have been able to get back into sports. The PE department wanted to highlight a few success stories of students within the Academies.

Athletics

Over the last few weeks, we have had students participating at the County Athletics Championships, with several deserving a special mention:

Prosiri S (yr7) 200m Final 5th place - 28.7sec

Shaylan E narrowly missed out on a spot in the final, with a heat run of 30.02sec

800m Finals:

Shaylan E 7th place - 2:38.5

Zac T 10th place 2:43.8

European 6-aside football competition

The standard of competition was extremely high, but what was even better was the number of students taking part and having fun. Over 160 boys from year 7, 8, and 9 competed in the competition.

Winners:

Year 7- Gracjain Z, Reece K, Matty M, Myles C, Gianluca G, Milo J, Myles T, Riley L

Year 8- Joel W, Ollie W, Ollie D, Max R, Ewan R, Vinny S, Finley C, Oliver S

Year 9- Will G, Stanley K, Finlay S, Issac H, Joe F

Wimbledon Tennis Doubles competition

This was another hugely successful competition with large numbers of students participating.

Winners:

Year 7- Eddie I & Harry F

Year 8- Oliver S & Vinny S

Year 9- Jack C & Finley HM

The final week of term will see students competing in **sports day**. This event will see students taking part in running, jumping, and throwing activities on the following dates:

Friday 16th July - year 7

Monday 19th July - year 9

Tuesday 20th July - year 8

Outside of school

We always have a large number of students participating in sport and activities outside of school, please pass any achievements that you hear of, to the PE dept.

BMX Racing: A number of our students regularly participate in local races and competitions, but **Zac T** in year 7 is setting his sights on bigger things. Zac is currently in the **National series**, competing around the country and is placed 11th for his age group (photo shows Zac leading the way at his recent event)

RUGBY: Joe F (year 9) has been taking part in a skills series run by Bath Rugby Club. Joe did extremely well in these sessions and impressed the coaches. Joe is waiting to hear if he has made it into the Developmental Player Programme.



ART



Students from years 7 and 8 have been coming to painting club running every Monday after school. These students have shown exceptional commitment by attending on other days to try and get their group mask paintings completed. These have been inspired by their portrait project and the links to Japanese Noh masks. We think they look incredible! Well done to all who have attended



Raquel, Joe and Alice have spent the summer term working on a range of photography skills every Wednesday after school, from double exposure, light trails to 'flat lay' studio experiments they have produced some fantastic results



Inspired by Magritte and Dali and the theme of Surrealism students have explored the idea of combining food and inedible elements. Check out Peta's 'Pancake Camera', Aimee's 'Fish Cake' and Imogen's 'Iced Zebra'. Our dedicated model makers committed to attending after school club every Friday throughout the summer term, it's been a great way to end the week!



Miss Little – Head of United Sixth Form

During the Summer 2 term, we were delighted to welcome our Year 11 offer holders to our 3-day USF Induction Event. The programme began with 2 days on site including taster lessons, enrichment sessions, an indoor barbecue (you just can't trust the weather in June!) and team-building activities. On the third day, Bournemouth University kindly hosted USF as their first school group of visitors since the Covid-19 lockdowns. Students were able to gain a valuable insight into student life and enjoyed an informative guided tour of the impressive facilities on offer at BU.

Our Class of 2022 have been enjoying additional morning classes ranging from Life Skills in Maths to revision classes in Psychology, Geography, Business and English Language. During the first week of July, Year 12 sat their UCAS exams, so called as the resulting grades will help determine their predicted grades for their University applications (UCAS). We hope that all their hard work will be rewarded with the best grades possible. Having secured placements as diverse as the University of York, Bournemouth Aviation Museum and Medical Centres, Year 12 now head out on Work Experience for the last week of term where they will gain valuable insight into work in their chosen field.

And finally... we look forward to celebrating with Year 13 on Results Day on 10th August as they prepare to take up places at university. In some ways, they have been the Class of Lockdown but to the USF Team, they will always be the amazingly determined and resilient Class of 2021!
#USFproud!



Heads of Year



Avonbourne Boys' & Girls' Academies
The best in everyone™
Part of United Learning

Mr Plunkett – Head of Year 7

As you are aware I have recently begun to work with the class of 2027 after previously being head of year 11. Over the last few weeks, I have enjoyed getting to know the students and have been struck by how polite and hardworking they are.

This has been particularly evident before line-up when I have had many conversations with students regarding ROA's. It is clear your children care deeply about their academic performance and have put so much effort into their assessments. Thanks to Miss Barr and Mr Taylor for creating such a positive culture. It was also lovely to see so many children participating in the recent sporting tournaments run by the PE department. Congratulations to the winners of our "Euros" and "Wimbledon" competitions! The sports day was equally competitive. My further appreciation to all competitors and participants who made this afternoon fun and successful.

Thank you to parents and carers for joining the recent parents evening through school cloud. I enjoyed speaking to many parents and look forward to meeting you all soon. I hope everyone has a restful summer and I look forward to welcoming your child in year 8 on the first day back, Tuesday 7th September.

Mrs Thomson – Head of Year 8

This term has been the busiest yet and it has been wonderful to see so many year 8 students get fully involved with all aspects of school.

The return of extracurricular activities has meant that students have been delving into additional sports, cooking, writing newspaper articles and painting, just to name a few. The 2020 Euros had us all talking and competing in a year-based football tournament, where 75 students created their own teams to fight for the year 8 Euros winners title (or chocolate). In addition to this, our Wimbledon tournament saw over 50 students compete as part of a duo to be the best. Well done to all who took part.

Not only have students been working hard outside of the classroom, but they have also shown dedication towards their studies inside the classroom. Students sat their Rank Order Assessments, and I was incredibly impressed with how much revision and effort went into these. Students clearly wanted to do well. I hope you are all pleased with your results.

It has been a turbulent year, of which self-isolation was a key feature for some of our year group. Thank you and well done for being patient and understanding when having to follow guidelines and learn from home.

I wish you all a lovely, sunny, and relaxing summer holiday. Take care and use this time to do all the things you enjoy.

Mrs Burley – Head of Year 9

As we approach the end of the year, let us take the time to reflect on the highs and lows. Year 9 as a year group dealt incredibly well with lockdown and the intensity of home learning, as a Year group over the lockdown period we managed to maintain the highest attendance figures across the school and engaged fully. Since returning attendance has dropped however and this needs to be a focus for next year, but overall, you have been committed to your studies and worked really hard.

The last couple of weeks have seen a number of Year 9's taking part in the 5 a side Euro's football tournament and the Wimbledon tennis tournament. Congratulations to the winners of both these tournaments, you did us proud!

As I end my period of being your Head of Year and welcome Ms Adams back, I would like to say what an absolute pleasure it has been working with you and I am really looking forward to working with you next year as your Deputy Head of Year, thank you Year 9, it has been an honour.



Miss Ball – Head of Year 10

What a half term! There was yet another buzz in the air when the cohort received their first set of exam results. The students have worked exceptionally hard over this last year – which has been more than a little disrupted – yet still achieved so highly. The positive attitude going forward towards Year 11 is full of enthusiasm and dedication which will reap its own rewards.

The prefect team are making themselves known around the academy and are beginning to establish themselves within their leadership roles. We have had some fantastic ideas regarding putting Avonbourne on the 'green' map and elevating the community spirit so keep your ears and eyes peeled for the upcoming announcements.

We also had the privilege of Toni and Guy representatives come in to offer excellent careers advice to a group of budding hair stylists. It was a huge success and has invigorated them into seeking further advice on following this dream. Further 1:1 careers appointments are underway for the whole year group to help them organise their future planning.

Attendance has been a huge focus throughout the term and those with 100% attendance, are entered into rewards draws including vouchers and internal rewards such as cream teas and ice creams. A little thank you as recognition of the effort against rather difficult circumstances.

Exciting times lie ahead!

Have a fantastic, well-earned summer break.

Stay safe.

We would like to wish all of our Avonbourne community a fantastic SUMMER HOLIDAY full of sunshine and look forward to seeing you all back on Monday 6th (Year 7&11) or Tuesday 7th September (Year 8,9&10).

www.avonbourneacademy.org.uk

Call 01202 398 451 or email office@avonbourneacademy.org.uk

Harewood Avenue, Bournemouth, BH7 6NY