



Heathfield School  
Ascot

**Sixth Form**



# A WARM WELCOME

Life in the Sixth Form is transformative. Never will you have had the same level of independence, control and excitement in deciding the direction of your education. Heathfield's Sixth Form ensures that you make the most of your abilities in a stimulating and challenging yet supportive environment, where you will be known as an individual and given every opportunity to excel.

Being taught in small classes by teachers who are experts in their field ensures that you consistently make excellent progress and receive the advice and guidance needed to prepare you for your next steps, whatever they may be. The relationships that you will develop with your teachers and other professionals at Heathfield are collaborative and relaxed. They will do all they can to help you succeed.

While our academic outcomes at A Level are excellent, Sixth Form at Heathfield is about so much more than purely academic study. Your chosen courses will form the core of your programme, but you will see from this guide that you have extensive opportunities for leadership, co-curricular activities, mentoring and to be involved in life more widely than Heathfield. Furthermore, your Sixth Form experience will be housed in our new industry leading Sixth Form Centre.

*Sarah Rollings*

Sarah Rollings  
Headmistress

PROVISION



## AN OVERVIEW

The Sixth Form at Heathfield opens a wealth of opportunities for the students, and those students who make the most of this are the ones that gain the most from their unique experience. We want our students to be role models to the younger pupils, to expand their academic horizons, to have a keen sense of what is right and to give back to the community, both locally and more widely.

They can develop skills that will benefit them during their time in the Sixth Form and after Heathfield, at university and in the world of work. Heathfield Sixth Form students also enjoy themselves through a range of extra-curricular activities and opportunities, and are given the necessary freedom to develop self-confidence and self-awareness.

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THE SCHOOL LOOKS  
TO WHAT THE CHILD  
DOES BEST NOT WHAT IS  
BEST FOR THE SCHOOL  
AND HELPS FOSTER A  
BELIEF THAT THEY CAN  
ACHIEVE IN WHATEVER  
THEY DO.

.....

A parent



ACHIEVING

## THE ACADEMIC

Academically, pupils are expected to take three A Levels and will be given guidance on subject choices by experienced members of staff.

With no pre-set option blocks and over twenty subjects at A Level plus Leiths Food & Wine Certificate, we are able to build our Sixth Form curriculum around the interests of each individual student, meaning that we can cater to a wide range of interests with small classes and personalised tuition.

We have built in additional academic enrichment to give breadth and balance to support A Level study. In the first half term of the Lower Sixth, students receive an introduction to general academic study skills provided by the Sixth Form team as well as a seminar on student elevation [goal setting] delivered by Elevate Education, an award-winning provider of study skills workshops. In the second half of the Michaelmas Term through to the end of the Lent Term, Lower Sixth students then embark on two simultaneous programmes: Pathways and Horizons. Pathways is designed to support a student's A Level interests directly and offers a choice of the Extended Project Qualification [EPQ], Massive Open Online Courses [MOOCs], IELTS (for non-native English speakers looking for UK university entrance) or Maths for Scientists (for those who are taking a Science A Level without also taking A Level Mathematics). Horizons exists to pique the intellectual curiosity of pupils by offering them a choice of subjects that go beyond the standard of A Level study. Offering topics as wide-ranging and eclectic as Beowulf, the

dark side of leadership, a study of genocide, decoding language, dystopian fiction and a study of the film 'La Haine', Horizons aims to broaden pupils horizons, getting them to think more deeply about how we construct knowledge and understanding and how this links with their own subjects, aspirations, university choices and applications. During the Upper Sixth year, students focus on university applications with the Sixth Form team, mocks and public examinations and Elevate Education present a seminar on time management.

Heathfield offers scholarships in Academics, Art & Design, Drama, Music, Photography and Sport. Heathfield Scholars receive a personalised mentorship program with a school-based mentor who supports them to excel in their area of scholarship. They are introduced to experts and professionals from their fields of interest and enjoy access to meet and question visiting speakers. Scholars make significant contributions to the school in their area of scholarship and, with the support of their mentor, will develop their leadership skills and potential for lifelong learning. Finally, additional mentoring is available through our Highly Able programme and its dedicated co-ordinators.

Academics works hand in glove with all other aspects of our Sixth Form Programme to produce confident, capable and well-rounded young people who can go out into the world and be useful both to themselves and the wider community.



BELIEVING

# VALUABLE LIFE SKILLS

## LEADERSHIP

“Leaders are made more often than they are born. You all have leadership in you. Develop it by thought training and by practice.”

Field Marshal Sir Bill Slim, 1949.

Leadership is a topic of universal appeal, yet despite the abundance of writing on the topic, leadership remains a major challenge to practitioners and, perhaps in particular, for young people.

When we think of leadership we tend to think of politicians, generals, CEOs, headteachers and the like. In reality, leadership is not about the position someone holds, it is about relationships, values and direction. As our world changes, young people will need the frameworks and skills to adapt and to drive change. More than ever, the world needs leaders who have the confidence and the ability to ensure that change is intentional, positive and meaningful.

During the Michaelmas Term the Lower Sixth have the opportunity to explore relevant leadership concepts and theory through the lens of a practitioner. The introductory programme involves critically analysing definitions of leadership and followership, as well as collectively investigating how an individual can impact the group and task. Over the term, students will investigate a range of techniques to lead others whether addressing everyday issues or leading with confidence in a crisis.

## LEADERSHIP ROLES AT HEATHFIELD

The Head Girl Team and Prefect positions run from the end of the Michaelmas term of the Lower Sixth and remain for one year. The Prefect positions encompass everything from House Captain roles to academic subject roles and other specific positions, such as Chapel Prefect, Sports Prefect, International Prefect and Charities Prefect. These positions provide students with the opportunity to develop leadership, organisational, time-management and communication skills, all of which will benefit them at university and in the world of work.



## STUDENT WELLBEING

Happiness is key to academic excellence, which is why we prioritise the wellbeing of our students. We recognise our duty to ensure that every young person in our care receives personalised care.

Students who need extra support are quickly identified by our pastoral team and all staff members take responsibility for the wellbeing of every student. For more specific needs, Form Tutors, the Head of Sixth Form, Deputy Head Pastoral, School Nurses and the School Counsellor can work together to help sustain students' happiness and progress. We also facilitate our Sixth Form benefiting from a wellbeing therapist where relaxation is prioritised.

Through LVI and UVI students are encouraged to work together as a cohesive Sixth Form body. This positive and co-operative atmosphere is reinforced by many joint activities and builds a supportive peer environment which evokes friendship and mutual respect. Both in-house and external talks focus on handling the pressures whether they be academic, social or emotional and we focus on the issues acutely related to their stage of growth. Mental health and self-care have never been so important. Here at Heathfield, there are numerous initiatives that encourage students to reflect on their own mental health and to learn strategies to help them deal with life's many challenges. Students support others using their own life

experiences to inspire and help their peers. Our Positive Psychology programme asks students to build on what is positive. Developing curiosity, gratitude, goal setting and positivity to ensure each Sixth Form student recognises their own strengths and potential, motivating a personal desire to thrive.

### FLOURISHING

Flourishing lessons are taught every fortnight. These Positive Education lessons are based on research in the field of Positive Psychology. In these lessons you will learn about:

- the science of wellbeing
- strategies to reflect on and manage your own mental health
- the benefits and practice of meditation
- qualities such as empathy, kindness, motivation and mindset
- character strengths and how they can be used to achieve success
- skills that research has proven to increase happiness

The goal of these lessons is to help you to develop a lifelong ability to maintain optimum mental health and to enable you to flourish.

THRIVING



EVOLVING

## WELL ROUNDED

### PSHE

By the end of Sixth Form many Heathfield students will leave home for the first time and live independently. Throughout the PSHE programme there is a balance between preparing students to manage their current lives and laying the foundations for managing future experiences. As students progress and mature, this balance shifts towards teaching related to their current experiences. Students continue to learn about issues with real-life relevance to them at a crucial transition point in their lives. Earlier learning is revisited and reinforced through learning that connects it to contexts that are relevant to this age group, such as the workplace.

This key stage ensures that students have the knowledge, understanding, skills, strategies and attributes they will need for independent living and the next stage in their education or career. Students attend a Drive Safe talk to help them prepare to be careful and considerate drivers. We also run personal safety and self-defence activities.

### PEER MENTORING

Care and support for each other lies at the core of Heathfield. Our peer mentoring programme trains volunteers to listen and support peers across the school to cope with the challenges they are facing. Peer mentoring provides younger students with

an impartial, relatable mentor to help resolve issues in an informal space where they feel at ease. This is a responsibility that demands commitment and confidentiality; but the rewards are plentiful. The skills developed through this mentoring role are valued on UCAS references and for a student's personal development. The programme extends the plethora of pastoral support for our young people and will provide our Lower Sixth with an enhanced skillset for pastoral leadership as they transition into the Upper Sixth.

### LEITHS

Leiths School of Food and Wine is one of the most prestigious and respected cookery schools in the country. We offer Sixth Form students the opportunity to study the Leiths Introductory Certificate in Food and Wine. This course is designed for the interested amateur cook as well as the potential professional chef. Students will be shown a wide range of professional practical cooking methods and taught the associated theory. The primary aim is to provide vital life skills for independent living which could also create areas of possible employment. Students will gain the confidence to become proficient in family cooking and entertaining, learn to interpret and follow recipes and manage time efficiently.



## CO-CURRICULAR

Sixth Form students continue their participation in all dramatic, musical and sporting activities and play a leading role as ambassadors to our younger students. Sixth Formers take on the responsibility of organising and running clubs not only in their roles as prefects, but also following passions they may have in certain areas. In doing so they acquire the vital leadership skills they will need on leaving Heathfield.

### CLUBS AND ACTIVITIES

#### ARTiculation

Staff led, the Roche Court Educational Trust's ARTiculation initiative is designed to stimulate students' interest and understanding of art while developing individual thinking, observation, research, language and presentation skills. Workshops are held throughout the year and an annual competition for Sixth Formers takes place in the Lent Term.

#### Athena Society

The Athena Society is dedicated to creating a forum for interaction and collaboration between students and staff, other schools and guest speakers. The committee organise events on themes that they select which stimulate curiosity and learning, making links between subjects as well as political and social issues such as consent. The society organises visits to the theatre, to films, talks and exhibitions which enhance topics and inspires learning in the Liberal Arts.

#### Drama

There are plenty of opportunities to be involved in theatre. Plays and musicals are performed in alternating years in the Lent term and for those who are not budding actresses, stage management and lighting and sound are also ways of being involved. Sixth Formers in each House are responsible for writing and producing the House Panto each year to include every member of their respective Houses – a highlight of the term!

#### Gold Duke of Edinburgh Award

Students do not need to have completed the Bronze and Silver Awards to participate in the Gold award which is started at the end of Year 11 after GCSEs. Students are rewarded by a presentation at Buckingham Palace having completed all the sections: physical, skills and volunteering. The expedition is completed during the summer term of the LVI year, and the 5-day residential course is undertaken at a time to suit each student.

ACTIVITY





## CO-CURRICULAR cont.

### Music

Band, Choir, Orchestra, Top 12 and Wind Ensemble are led by the Director of Music but also include members of staff providing a wonderful opportunity for students and staff to collaborate outside of the classroom setting. Lunchtime and evening concerts provide an opportunity for students to showcase their talents and the band or orchestra perform in all school musical productions. House music provides the Sixth Formers the opportunity to take the lead and compose the House Shout as well as arrange ensemble pieces and accompany younger members of their House. The Acapella group is a student led activity and is always a popular choice.

### Scuba Diving

Led by outside instructors and held offsite, students can gain the PADI qualification. An online theoretical component is completed before the water-based part of the course can be undertaken and the qualification can be achieved in one day.

### Sport

As well as offering teams in all our major sports, there is plenty of individual choice in the Sixth Form. Our new fitness suite is a popular choice alongside yoga and spinning as methods of relaxing after a day in the classroom and there is a comprehensive fixtures programme for the more competitive sportswoman. House matches provide an opportunity for those who want to participate and activities such as golf, ice skating and rock climbing are also available. The school also competes in the annual British Schoolgirls' Ski Racing competition held in Flaine.

### WEEKENDS

At weekends, Sixth Form students are given greater flexibility and independence as well as being able to participate in the regular Heathfield weekend programme. There are additional specific events for the Sixth Form including visits to Oxford and London, Spa and Treatment days, Go Karting, cinema and theatre trips are all popular choices, as are movie nights and a favourite takeaway!

### TRIPS

Alongside academic curricula trips (Geography and Biology fieldwork, art galleries, Auschwitz) there are sports tours to Canada and the USA, Choir Tours to Florence, Salzburg and Vienna, a Spanish Cultural trip to Cordoba to experience the festivals and History of Art and Theatre Studies to New York. These are just some of the overseas trips that form an integral part of the 'Spirit & Adventure' programme.

Every three years the school aims to offer a 'trip of a lifetime'; the purpose is to challenge, step outside the comfort zone, discover just how far you can push yourself and experience the exhilaration of achieving something you never believed possible. Trek across a frozen lake, play lacrosse at the base camp of Everest or follow the Telemark Trail – anything is possible!

LOVING IT



ADVISOR

# GREAT MENTORING

Heathfield students all benefit from the many advantages of our Sixth Form Programme. However, one area in particular where we feel that students benefit from greater outside involvement is in mentoring. Utilising the goodwill and enthusiasm of our Alumnae and parents, our students will have the opportunity to form a positive, professional relationship with someone in the world of work, who will be able to give them advice and encouragement within a particular career area.

Our mentors will assist our students to discover what is needed so that hurdles can be overcome. A great mentor will ask questions, but not necessarily provide the answers, but rather help the student to find the answers for themselves.

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THE DELICATE BALANCE  
OF MENTORING  
SOMEONE IS NOT  
CREATING THEM IN  
YOUR OWN IMAGE  
BUT GIVING THEM  
THE OPPORTUNITY TO  
CREATE THEMSELVES.  
.....

Steven Spielberg



LEAVING

## THE FUTURE

Higher Education and the world of work are introduced to students in the Michaelmas term of the Lower Sixth year. The students gain an understanding of the UCAS process, overseas universities and the availability of apprenticeships and work opportunities.

Further discussions on an individual basis then take place with the Sixth Form team. During the Lent Term we attend a local UCAS Fair, where students can talk to university staff about courses in which they are interested. After examinations in the summer, the students have two days put aside to begin their Higher Education applications which then continue in the Michaelmas term of the Upper Sixth year.

A variety of support is offered to students, be it preparation for ACTs for US universities, or any of the supplementary testing that takes place for Oxbridge and some other courses, such as UCAT (University Clinical Aptitude Test), BMAT (Biomedical Admissions Test) or the LNAT (Law National Aptitude Test).

A varied and interesting range of talks and speakers are arranged throughout the year to give the pupils an insight into particular career paths, alongside enabling students to develop a greater global and cultural awareness.

PUPILS GROW INTO  
YOUNG PEOPLE WHO  
MAKE A DIFFERENCE TO  
THE WORLD AND LIVE  
THEIR LIVES BOLDLY.

Independent Schools Inspectorate



GIVING

## GIVING BACK

All students in the Sixth Form are encouraged to consider ways that they can contribute to both the local and international communities as well as the school community. Sixth Form students are actively involved in a wide variety of volunteering activities, partnerships and fundraising events, both large and small.

In association with The Kindness Bank, Sixth Formers are working on sustainability projects within the United Nations 17 Global Goals with the aim to create a better world by 2030. Starting with recycling projects and social and economic sustainability, students research and put into practice everything that they learn about better and more sustainable habits and processes.

PHAB encourages and supports the self-confidence and independence of both disabled and non-disabled children, and we are pleased to be continuing our involvement with PHAB by setting up a weekly get together at Heathfield. Students enjoy helping the children in activities such as painting and music which provides an hour or two of respite for the parents.

Heathfield has a strong link with the Oscar Foundation who visited us in 2018. Students raised funds to fly fifteen girls from the Mumbai slums to the UK for a life-changing two-week sport and education tour. The OSCAR Foundation drives social change by encouraging gender equality in underprivileged communities through football and education. The link continues with visits by the Founder of Oscar and with students going to Mumbai to volunteer.

In addition to supporting and fundraising for our four House charities, students also support two additional charities, selected every year. All of these charities are nominated by the students and include a mix of local, national and international causes. Our main annual, student led fundraising event, St Nicholas Stalls, is hugely successful and is a great start to students' fundraising efforts.

Sixth Formers also thoroughly enjoy the links they have with pupils at local primary schools where they help with reading practice and setting up and running fun activity days including sport. Students have also connected with the residents of Dormy House care home in Sunningdale, corresponding with them throughout the pandemic and beyond.



Sixth Form Centre,  
completion September 2022



Heathfield School  
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**2022**

**Heathfield School**

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