

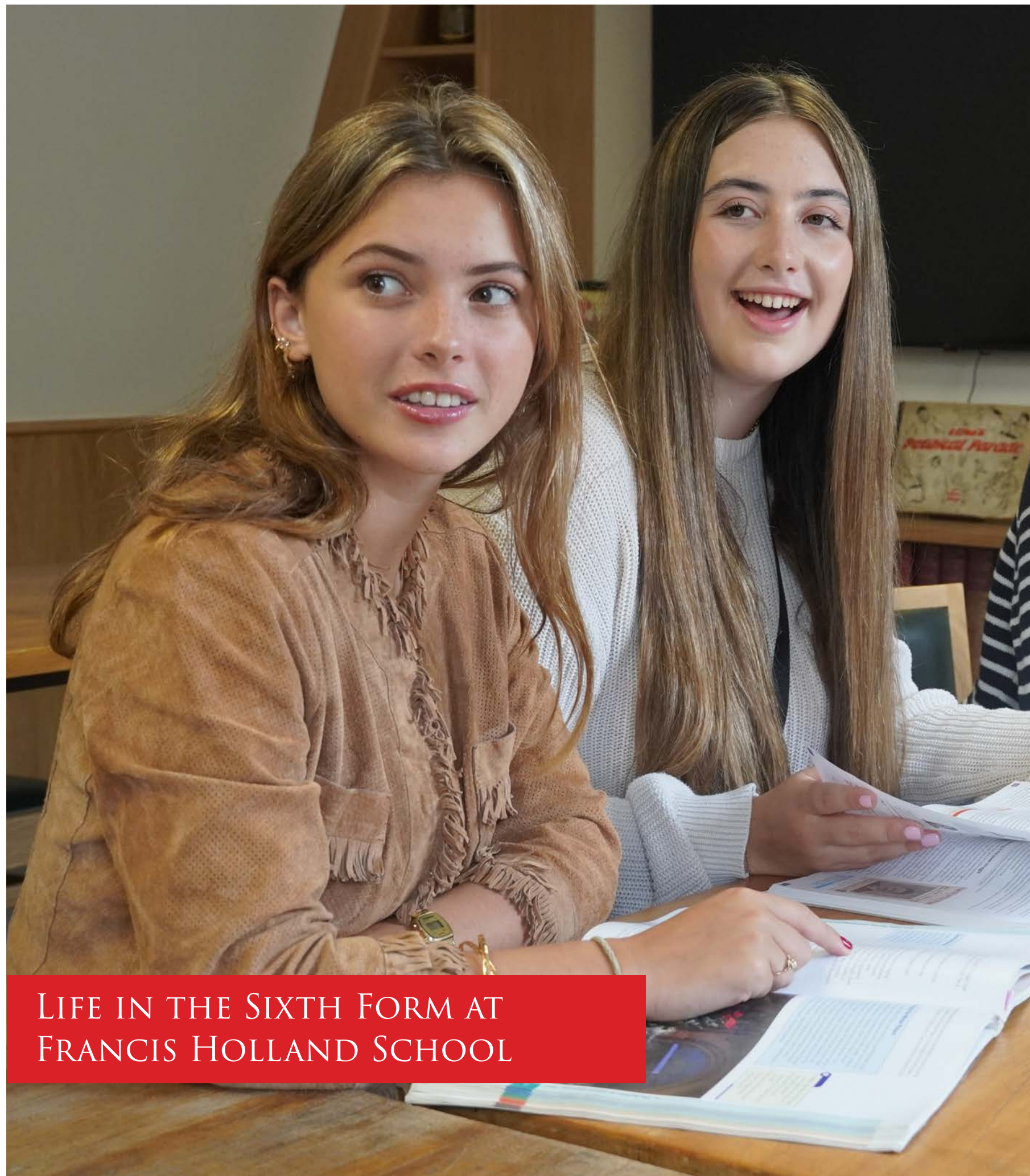


# FRANCIS HOLLAND REGENT'S PARK

SIXTH FORM







## LIFE IN THE SIXTH FORM AT FRANCIS HOLLAND SCHOOL

# WELCOME TO THE SIXTH FORM

The Sixth Form experience is rightly described as the best that education has to offer, and here at Francis Holland this is absolutely the case. You will enjoy greater academic freedom and enjoy studying subjects which genuinely interest you, in smaller classes, enabling you to form more adult relationships with your teachers. This is the time when you will gain those crucial life skills and learn to balance independence and responsibility. The two years ahead of you are likely to be the most rewarding, intense and exciting years of your school life; preparation for university, and life beyond school, begins here.

As well as outstanding teaching, you will also be fully supported by your teachers and the Sixth Form team during your A Level years, empowering you to reach your fullest potential. We want you to be driven and motivated to realise your ambitions and enable you to have the requisite skills and confidence to succeed and thrive in your future lives. The Sixth Form is a challenging, yet hugely enriching next phase of your educational journey and forms an essential bridge to university life and beyond. It is a time when you will be encouraged to take on leadership responsibilities, to challenge yourself and to broaden your horizons through getting involved in the many exciting and enriching co-curricular opportunities.

There is far more to the Sixth Form at FHS than A Levels. You will be encouraged to immerse yourself fully in the Sixth Form experience so that you work hard, play hard, make long-term friendships, gain invaluable life skills, and have the opportunity to excel in all that you do.

Mrs Katharine Woodcock  
Head

# THE NEXT CHAPTER

The Sixth Form at Francis Holland, Regent's Park, is characterised by a strong scholarly ethos balanced by much laughter and fun. We offer an outstanding standard of pastoral care and pride ourselves on supporting each individual in their Sixth Form journey. We retain an inclusive and supportive family atmosphere while being able to offer a wide range of A Level subjects.

Our Sixth Form Centre, Linhope House, opened in September 2022, increasing the dedicated Sixth Form space by 663 sqm (300%). This unique building combines an elegant, Georgian exterior and traditional features, such as The Reading Room, with a state of the art interior including a Think Lab, collaborative learning and study spaces, soundproof private study booths, a kitchen and dining area serving delicious meals and snacks throughout the day and a spacious common room with a bio-farm plant wall, known to increase wellbeing, productivity and attention plans. It is great to see our sixth formers already enjoying and appreciating these amazing facilities which will provide the perfect transition between school and university.

A Levels are all about exploring your true academic interests, discovering the rewards of independent scholarship and intellectual curiosity. Beyond the curriculum we offer a programme for academic enrichment that includes a dynamic weekly lecture series, and there are many opportunities for developing vital leadership skills, and giving back to the wider community by taking part in meaningful voluntary work. We look forward to welcoming you!

Ms Emma Williams  
Head of Sixth Form



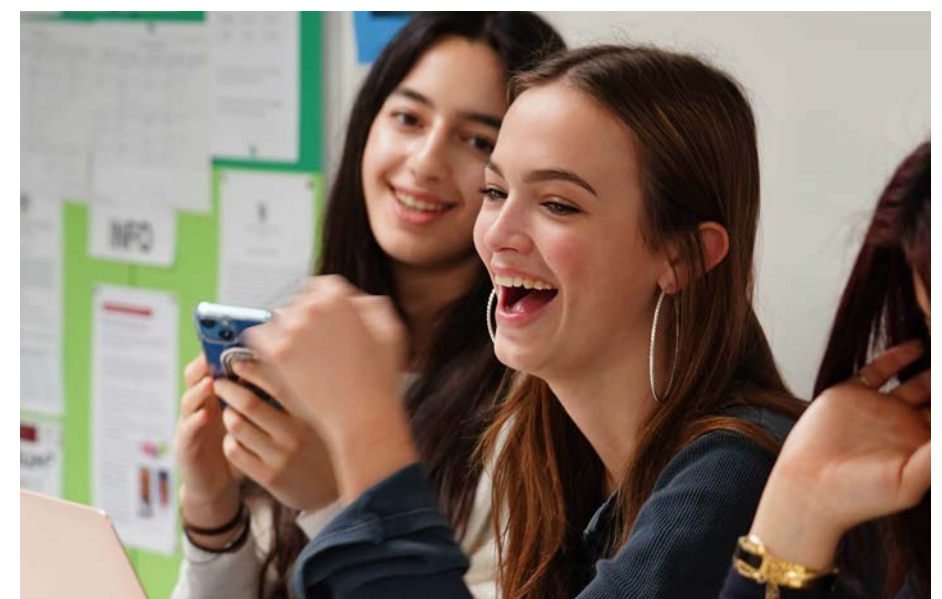
# ACADEMIC ENRICHMENT

## Sixth Form Lectures

Education at Francis Holland, Regent's Park, goes far beyond A Levels. We organise an exciting programme of compulsory weekly lectures for Sixth Formers, which prepares students extremely well for university life. The speakers come from all walks of life to share their varied experiences and wisdom by giving enriching and inspirational lectures. Speakers have covered topics as diverse as the role of diet for a successful life, blood donation and transplant, anxiety and stress-management strategies in relation to learning, the importance of inter-faith relations, entrepreneurship and careers, Olympic victories, and the work of the United Nation's Agency for Sexual and Reproductive Health.

## Sixth Form Life Skills

In their carousel lessons and form time, students in the Sixth Form have sessions on study skills, such as for instance time management, note taking, revision techniques, critical thinking, and life skills such as CV and cover letter writing, first aid and public speaking and body language. Form time activities also offer the opportunity to discuss and debate current affairs and ethics to equip our students with the ability to take their place as responsible, informed adults in society. Linhope House has been specially designed with individual soundproof booths and collaborative study spaces, providing the perfect environment for both individual and group work and offering girls excellent preparation for university style learning.



ACHIEVEMENT





## Extended Project Qualification

The opportunity to acquire this qualification beyond A Level and to enhance self-motivated learning is available to every student in the Sixth Form. This is worth half of an A Level and can cover any topic whatsoever which may inspire a student. This qualification is highly respected by many universities, and is increasingly recognised by university offers. All students in the Sixth Form attend lessons on research skills and they visit the London Library to have some first-hand research experience. The qualification is optional.

Recent EPQ projects have included: the impact of robotics and AI on economic sectors; the extent to which synthetic diamonds are affecting the diamond market; creating a dress in the style of Grayson Perry; the representation of BAME actors in London's West End Theatre; architectural explorations and comparisons; and finally, an analysis of the desiccation of the Aral Sea.

## The Pre-U Global Perspectives Qualification

The Pre-U Global Perspectives course is a 'stand-alone' qualification taken in addition to the 3 or 4 A Levels studied in the Sixth Form. The course aims to prepare young people for positive engagement with a rapidly changing world, broadening their outlook through the critical analysis of, and reflection on, issues of global significance. It is designed to allow students to develop the key analytical, research and problem-solving skills that they will need in the Sixth Form and beyond, helping them to be confident in working with information and ideas – their own and those of others, responsible for themselves, responsible to and respectful of others, innovative and equipped for new and future challenges, and engaged intellectually and socially, ready to make a difference. All Lower Sixth students attend these lessons as part of their carousel, but the qualification is optional.

## Oxbridge Teaching

Students who wish to apply to Oxford and Cambridge receive exhaustive preparation from subject-specific teachers as well as weekly Critical Thinking sessions. Oxbridge challenges start in the Spring Term of the Lower Sixth and increase in complexity in order to provoke and engage the aspirations of the student. Aspiring Oxbridge candidates will be expected to complement their schoolwork with a full programme of academic enrichment and participation. Staff and prospective candidates thrive on a shared passion for their particular subject. Students are thoroughly prepared for the admissions assessment tests and for their potential interview.

# UNIVERSITY PREPARATION

## Bespoke University Advice

Students receive one-to-one, specialist guidance from experienced tutors in order to help them prepare for higher education. Advice begins in Year 11 before GCSE examinations, when each girl receives an individual interview to help her choose the A Level subjects which are most appropriate for her.

The Higher Education Evening takes place for the Lower Sixth in the Spring Term. This event introduces the application process to both British and overseas universities, with talks given by outside speakers. All Lower Sixth girls will open an account with Unifrog, a platform that allows them to browse multiple courses, universities and A Level results scenarios. This motivates aspiration and commitment.

The FHS UCAS Day takes place in June of the Lower Sixth. Here, School Liaison Officers from universities such as Oxford, Imperial College and Nottingham give talks and hold workshops about how to complete successful UCAS applications and how to write the most effective Personal Statements. Students are also encouraged to attend University Open Days and Subject Taster Days.

## Every Step of the Way

The individual support continues throughout the Autumn Term of the Upper Sixth year, and advice is available every step of the way from the Director of Higher Education. The Sixth Form team helps students choose the most appropriate courses and universities, and weekly tutor periods are dedicated to supporting pupils with their decisions. All university applications will be complete and submitted before October half term to allow the Upper Sixth to concentrate on A Level work ahead of those all-important grades.

## Careers Guidance

The school has a well-stocked and up-to-date careers library and software which is accessible via our learning platform. The Biennial Careers Evening, featuring over 50 professions and career options, gives invaluable advice and inspiration from those generous enough to come to the school and share their expertise with the students. As part of their carousel and tutorial time, students will learn how to compile their curriculum vitae and covering letter, they will reflect on their on-line footprint, and they will receive interview practice in preparation for job interviews and part-time employment. What is more, there is a rolling two-year programme of careers events and international work experience is also offered every year.





LEADERSHIP

# ROLE MODELS FOR THE SCHOOL

FHS is preparing its pupils for positions of leadership in society, and in the Sixth Form students are given invaluable opportunities to develop the necessary skills.

## Head Girl's Team

All students in the Sixth Form can apply to be on the Head Girl's Team. They act as a link between the staff and the pupils. In addition to the Head Girl herself there are four members of the team: the Senior Prefect, President of the Help Fund, Sixth Form Delegate and School Sports Captain. The team meets weekly with the Headmistress and the Head of Sixth Form, and plays a significant role in the life of the school.

## Sixth Form Prefects and House Captains

Any Sixth Former can act as a valued guide and mentor to younger pupils in our Sixth Form Prefect Programme; whilst School Prefects are elected in December of the Lower Sixth and they represent the school at various events. Sixth Formers also apply for the position of House Captain and Deputy House Captain, a role that enables them to lead a varied group ranging from Thirds to Sixth Form.

## Other Leadership Opportunities

Willingness to take on responsibility, to be dependable and organised are assets which will take our students far in life. All Sixth Formers are encouraged to support staff in organising clubs for the younger girls. Whilst there is always a member of staff in overall responsibility, Sixth Formers are entrusted with the day-to-day running of many clubs.

There are clubs specifically for the Sixth Formers, such as the prestigious History & Politics Society, and the FHS Magazine Committee.







# DEVELOPING INITIATIVE

## Debating

Sixth Formers are encouraged to be active members of our flourishing Debating Society. FHS has entered promising debaters in both the Oxford and the Cambridge Schools' Debating Competitions and the English Speaking Union Schools' MACE Debating Competition.



## Young Enterprise Scheme

In Young Enterprise, understanding is acquired gradually through the practical process of setting up and running a business. Students learn the importance of working as part of a team, the essence of marketing, basic finance and accounts as well as sales strategy.

FHS team Sock 'n' Sole recently won the Marketing Award at the Young Enterprise Company of the Year awards.





# BEYOND THE CLASSROOM

## Sport

There are plenty of opportunities for Sixth Form students to involve themselves in sporting activities. Sixth Formers are integral to the Hockey, Netball, Tennis and Rounders teams, and they have the chance to help coach junior teams. Sixth Formers participate in a compulsory double lesson of Physical Education each week, in a recreational activity of their choice. They choose from Netball, Football, Hockey, Yoga, Zumba, Boxercise, using a local gym, Rounders and Tennis.



OPPORTUNITY



## Music

The FHS Sixth Form contributes greatly to the musical life of the school. There is always a real feeling of community due to the fact that orchestras, choirs and bands include girls of all ages. Overseas music tours are always very popular with our Sixth Formers. These are musically exhilarating but they are also great social events! There are many weekly rehearsals, culminating in concerts about every three weeks. In the Autumn Term, musicians are always involved in the main school drama production which is a musical every other year. In the Spring Term the Senior Choir joins the boys of Harrow School for a full performance of a major choral work, accompanied by a professional orchestra and soloists. The final concert of the Upper Sixth year is always marked by an emotional performance that our Leavers arrange, rehearse and perform.



## Drama

Drama, which takes place in the Helen McCrory Studio Theatre on the Ivor Place site, is one of the subjects which affords the most collaboration between year groups, and leadership opportunities for the Sixth Form. The Sixth Form girls often lead the cast and normally stage manage the School Play, which is a major production held in December. In recent years productions have included: Much Ado About Nothing, Grease, Twelfth Night, The Sound of Music and A Midsummer Night's Dream.

There are regular trips to the theatre, organised by the English Department, which are open to all Sixth Formers. There is also a private programme of one-to-one and group tuition in Speech and Drama leading to individual and group awards. The Lower Sixth are invited each year to form and run a Drama Club for the younger girls, and the Form Prefects also help their tutor groups with the annual Inter-house Drama Competition.



## Trips

Sixth Formers are encouraged to make full use of the wonderful opportunities on their doorstep, provided by the capital city. Students can attend open lectures at UCL and King's College. Politics students visit Parliament; historians see documents first hand at the National Archives in Kew; economists and mathematicians are invited to commercial organisations such as Goldman Sachs; Art students and art historians make excellent use of our proximity to the National Gallery and museums. Chemists spend a day working in the labs at UCL as part of the practical component of their A Level as well as taking part in a spectroscopy workshop with Imperial College. English Literature and Theatre Studies students profit from the excellent drama performed in London theatres, and mathematicians pit themselves against the best brains of their age in the Hans Woyda Maths Challenge. Furthermore, in the spirit of true internationalism, Sixth Formers regularly take part in residential trips abroad to practise their language skills and to bring the subject content to life.







RESPONSIBILITY

## TAKING RESPONSIBILITY

At FHS, Sixth Form students are proud to contribute to the wider society beyond school. These experiences develop Sixth Formers' maturity and their appreciation of the need to consider others. Volunteering in the local community is part of the core principles of the Sixth Form. Students are encouraged to seek their own placements developing their own strengths and interests for example volunteering in homework clubs in local libraries, helping at local youth groups or offering time in local residential care homes. Some of our Sixth Formers volunteer for the Rugby Portobello Trust, an association that helps young people to build their community by providing facilities, skills, activities and guidance that promote a stable society in a deprived area.



### FHS Summer Camp

FHS Summer Camp is a unique charitable enterprise between the school and Westminster Social Services. FHS Sixth Form students raise money to take "looked after" children from Westminster Borough on holiday. Each summer fifteen of our own students are chosen to spend a week at Sayers Croft in Surrey, mentoring and enjoying outward bound experiences with children who have very different lives from their own.

### The Rainbow Centre

The Rainbow Centre provides daily education, welfare and loving support to children living in extreme poverty in south western Sri Lanka. Its key aim is to enable children to obtain an education. This is life-changing work and the Sixth Form are proud to be associated with this UK Registered Charity. In addition to raising money for the centre, several of our students visit the centre during the October half-term. During their time in Sri Lanka the students teach lessons, lead sports and art activities and tutor the children. This opportunity promotes global and humanitarian awareness.



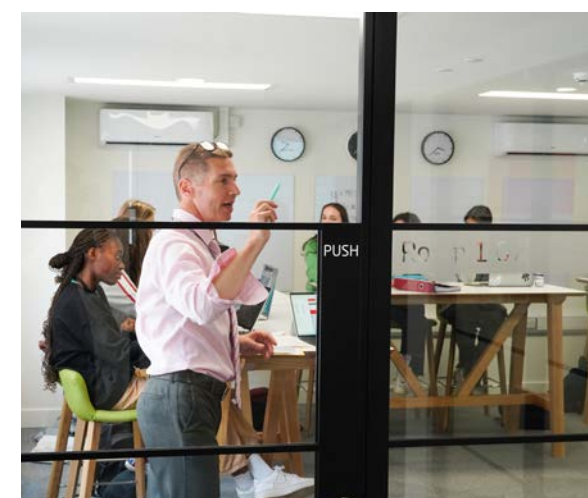
## Helping in Local Primary Schools

Many of our students go to local primary schools to help the pupils with their reading and assist staff with whole-school events. We have strong links with St Edward's and St Vincent's Primary Schools. Our Sixth Formers also volunteer at Swiss Cottage Special School where they help the students with a variety of educational learning needs.



## Mosaic Club

Once a week a group of elderly people visit FHS, and enjoy making mosaics with members of our Sixth Form. The colourful mosaics are on display throughout our school for all to appreciate.



## SIXTH FORM CENTRE: LINHOPE HOUSE

Linhope House, our Sixth Form Centre, was opened in September 2022 and has increased our dedicated Sixth Form space by 663 sqm (300%). This unique building combines an elegant, Georgian exterior and traditional features, such as The Reading Room, with a state of the art interior including a Think Lab and collaborative learning and study spaces, providing the perfect transition between school and university.

Student voice is key at FHS and current students had significant input into the design of the interior, where natural materials, cool colours and abundant natural light have resulted in a calm and serene Scandinavian-style decor. The spacious Common Room features a bio-farm plant wall, known to increase wellbeing, productivity and attention spans, creating the ideal environment for Sixth Form learning.

The close proximity of Linhope House to the Ivor Place site, just two minutes away, ensures that the Sixth Form gain a level of independence but retain their important roles as pastoral ambassadors and leadership role models for the lower years.

We are proud of the warm and friendly atmosphere of the FHS Sixth Form. To find out more for yourself please arrange a visit by contacting the Registrar at:  
**registrar@fhs-nw1.org.uk**  
or **020 7723 0176**

Find us at:  
**www.fhs-nw1.org.uk**







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