

## TRANSITION FROM YEAR 11 TO SIXTH FORM

FRIDAY 3RD JULY 2020 -ISSUE 9



#STAYSAFE

### **Invictus**

Out of the night that covers me,  
Black as the pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.  
In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.  
Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds and shall find me unafraid.  
It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate:  
I am the captain of my soul.

William Ernest Henley.

# INVICTUS

**Invictus** (meaning “unconquerable” or “undefeated” in Latin) is a poem which focuses on the human spirit and its ability to overcome adversity. It is a rallying cry for those who find themselves in challenging and trying situations, who have to dig deep and fight the demands of each day. The poet certainly knew hard times and needed all his strength to battle against disease.

Born in Gloucester, England in 1849, he was diagnosed with tubercular arthritis at the age of 12 and went through years of pain and discomfort. Henley wrote *Invictus* whilst in hospital undergoing treatment for tuberculosis of the bones, specifically those in his left leg, which had to be amputated from the knee down. He was still only a young man at this time.

*Invictus* does contain passion and defiance and it is easy to see just why so many use the powerful lines to drum up courage and to shed light in difficult times.

## Did you know?

- In a speech to the House of Commons on 9 September 1941, Winston Churchill paraphrased the last two lines of the poem, stating "We are still masters of our fate. We still are captains of our souls."
- Nelson Mandela, while incarcerated at Robben Island prison, recited the poem to other prisoners and was empowered by its message of self-mastery.
- The poem's last stanza was quoted by US President Barack Obama at the end of his speech at Nelson Mandela's memorial service (10 December 2013) in South Africa
- The *Invictus* Games; an international Paralympic multi-sport event created by Prince Harry in which wounded, injured or sick armed services personnel and their associated veterans take part in sport, has featured the poem in its promotions. Prior to the inaugural games in London in 2014, entertainers including Daniel Craig and Tom Hardy, and athletes including Louis Smith and Iwan Thomas, read the poem in a promotional video.
- The poem was recited in an early commercial for the Microsoft Xbox One.
- It was during his time in Edinburgh that Henley met the writer Robert Louis Stevenson. They became friends and corresponded on a regular basis. Stevenson later admitted that he had based his character Long John Silver - from the book *Treasure Island* - on Henley, he having a wooden leg, a strong rasping voice and a forceful personality.

# INVICTUS

The best thing about this poem is that it can be interpreted so differently by so many people.

It can really inspire anyone to achieve, believe and succeed.

This poem hangs in a frame opposite my office desk in the sixth form. It was given to me a good friend and has since provided me with much strength in good and challenging times. I have used it in assemblies with sixth form and they in turn have used it when they needed that extra motivation and determination to becoming a success.

## How does this poem relate to you?

Year 13 are planning for the next chapter in their exciting journey after sixth form. The majority are entering university and others are joining dance colleges, apprenticeships and employment with training. We are so happy for them and look forward, if circumstances allow, to meeting them at our 'Big Bash' in September at Coombe Abbey.

Last week Year 12 started their research and applications to university. I was delighted to meet them and share in their plans for the next chapter in their pathways after sixth form.

From this week, Year 12 have started lessons at sixth form in each of their subjects. We are so pleased with their engagement with online learning and showing their 'unconquerable' and 'undefeated' attitude towards success. As you can see there is and always will be an 'invictus' determination in us all. Let's harness this and be aspirational and 'live the dream'.

Higham Lane Sixth Form will always be there to support you.

We are looking forward to being part of your success story.



# SIXTH FORM INDUCTION AND ENROLMENT

We are pleased to announce that our Year 12 Transition Page on our website has been launched. Hurray! Keep checking regularly as we will keep adding information.

[www.highamlaneschool.co.uk/yr12transition](http://www.highamlaneschool.co.uk/yr12transition)

We were provided with Government advice yesterday in regards to Enrolment. Once we are given more detail I will share the arrangements with you.

## WHAT ELSE CAN YOU DO NOW?

It would be really beneficial for you to invest some time on these weekly tasks to fully prepare you for sixth form.

**Year 11 Vimeo channel link is <https://vimeo.com/showcase/7013773>**

**Year 11 student password is netsixth11**

Week 1 and 2 - Cornell note-taking skills

Week 3 - having a goal that motivates you

Week 4 - independence learning & choosing your sixth form courses

Week 5 - Understanding Harder Topics

Week 6 - Organisation

Week 7 - Choosing your sixth form subjects

Week 8 - Procrastination, phones and social media

Week 9 - A level mindset - powerpoint attached

**Week 10 - Time management and extra-curricular engagement**





Meet the inspirational scientists, healthcare professionals, engineers, technicians and students doing incredible things during lockdown.

Big Bang Digital 2020 – science, engineering & Covid-19 is a free, online event on Tuesday 14 July that celebrates the amazing work of scientists and engineers in a pandemic. The 1-day event celebrates their achievements, hears about challenges, innovation and collaboration, and explores some upsides to lockdown. Aimed at students aged 11+ #BigBangDigital gives young people a front row view of the incredible contribution of people working in science and engineering.

[Click here to go to the website](#)

Announced line-up:

- The worldwide race to develop a vaccine (GSK)
- The environmental impact of staying at home (Plastic Oceans)
- Keeping the water flowing (Thames Water)
- Designing a social distancing lanyard (RS Components)
- Feeding the nation (Harper Adams)

An inspiring day of upbeat sessions, Big Bang Digital 2020 suits students with an interest in the people, or the STEM (science, technology, engineering and maths) behind the news stories. Get involved with interactive polls, live Q&A sessions, and Big Bang activities – there's also a follow-up competition for summer inspiration.

## MEDIC MENTOR - [CLICK HERE](#)

We are delighted to announce that we are now in partnership with the organisation Medic Mentor. You will not need to pay for their courses. Hurrah!

**It is FREE for Higham Lane Sixth Form students.**

They run courses throughout the year on Medicine, Dentistry and Veterinary Science and also offer lots of super-curricular awards.

Up coming conferences:

11th July - Get into Medicine - Years 10 and 11 only.

25th July - Get into Medicine - Years 10 and 11 only.

01st Aug - Get into Medicine - Years 10 and 11 only.



Please let me know on [sixthform@highamlaneschool.co.uk](mailto:sixthform@highamlaneschool.co.uk) if you are interested and I can then share the code with you when it asks for payment at the checkout.

## USEFUL LINKS TO SUPPORT YOUR HEALTH & WELLBEING

NHS mindfulness - <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

NHS exercise - <https://www.nhs.uk/live-well/exercise/>

Sing with Aga-[new videos released each Friday](#).



LOOK OUT FOR OUR LAST ISSUE..  
NUMBER 10!  
ON FRIDAY 10TH JULY.

Please contact me on  
**sixthform@highamlaneschool.co.uk**  
if you have any questions.

Till next week – stay safe.

Mr Hanif Ladha  
Assistant Headteacher – Head of Sixth Form

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