

MAY EDITION: VOL. 5

#LongRoadLife

LONG ROAD SIXTH FORM COLLEGE APPLICANT NEWSLETTER

EXAM TIPS AND FIELDTRIPS

Hello from Long Road!

In this May edition of our applicant newsletter we're getting you all caught up on the exciting activities that have been taking place since Easter!

We'll be sharing the nail-biting highs and lows of the AoC Sport National Championships weekend, the excitement of Culture Day and what our Environmental Scientists got up to on their fieldtrip to sunny Somerset.

We know this time of year can get super stressful with all those GCSEs, so we've got some really helpful advice on how to manage your exam anxiety.

Happy reading!
Long Road



ADMISSIONS UPDATE

CULTURE DAY

ENVIRONMENTAL
SCIENCE FIELDTRIP

MANAGING EXAM
ANXIETY

AOC SPORT NATIONAL
CHAMPIONSHIPS

WE'RE HERE TO HELP

Our friendly Admissions Team are here to support and guide you through every stage of your Long Road application.

If you have any questions, please get in touch!



Julianna Sosnowska
Director of Admissions



Michelle Butteriss
Admissions Officer



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ADMISSIONS TEAM UPDATE

WELCOME DAYS

As part of your application to Long Road, you have the opportunity to attend our July Welcome Days. The event is created with you in mind, with the aim is to make you feel as comfortable, prepared, and excited as possible to join us as a new student in September. [Click here to register using the Welcome Day form in your Admissions+ application.](#)

If you have already accepted your offer and completed your Welcome Day form, you don't need to do anything to progress your application.

Still interested in joining us but have not accepted your offer yet? [Click here to login to your application and accept your offer as soon as possible.](#)

Don't forget, you can accept offers of study from multiple post-16 education providers before making your final decision on where you would like to study after results day.

ENROLMENT

We can confirm that this year's enrolment meetings will be taking place via telephone, with all onboarding activities set to be completed online.

In preparation for our enrolment, you will be asked to confirm your personal details, submit a photo for your college ID card, and fill in your medical information. We will send you a reminder for this soon.

Don't forget to keep an eye on your emails for any other updates to your application!

YOUR APPLICATION TIMELINE

Your application timeline will help you keep track of where you are in the admissions process and keep you informed of what happens next. Look for the arrow location to see where we are in the process!

OCTOBER 2023

Applications Open

SPRING & SUMMER 2024

Virtual Guidance Meetings & Conditional Offer

Discuss your options with an experienced member of staff. You'll receive a formal offer via your Admissions+ account shortly after your Virtual Guidance Meeting.

JANUARY 2024

Applications Close.

Applications made after the deadline may be placed on a waiting list



4 & 5 JULY 2024

Auditions, Welcome Days & Summer Work

Spend the day as a Long Road student; try out your subjects & get a taste of Long Road life. Summer work will be available online & must be completed for your first lesson at college. Auditions for Performing Arts subjects will also be held during Welcome Days

22 AUGUST 2024

GCSE Results Day

Good luck! We're keeping our fingers crossed for you

9 SEPTEMBER 2024

Start of Academic Year
2024/2025

Time to start your Long Road life!

28 - 30 AUGUST 2024

Virtual New Student Enrolment

Welcome to the Long Road family!

4 & 5 SEPTEMBER 2024

On-campus New Student
Orientation



CULTURE DAY 2024

"It was refreshing to see our students embrace and celebrate their individual heritage's as a harmonious group."

—
Ruth

I enjoyed getting to know new people. I liked seeing people that wouldn't normally come together become friends.

—
Tando

On May 1st, 2024, Long Road Sixth Form college buzzed with lively celebrations due to the much-anticipated Culture Day. Organized by students Mehrin Ambia, Kundai Mbudaya, Haddy Bojang, and Izzy Sabin, with support from the 39 eager members of the Cultural Society, the event celebrated inclusivity and diversity of the college community.

Since establishing in January 2024, the Cultural Society has been working hard to orchestrate this immense event. Their collective effort was notable with 70 roles being allocated in the build-up, covering setup arrangements to cooking culturally diverse cuisines. This level of organisation contributed to the day's success as well as ensuring it was a positive experience for all who participated.

The morning began with over 80 students energetically arriving and proudly showcasing their heritage through vibrant clothing. Adding to the sense of pride, the captivating art exhibition opened, displaying artifacts, artworks, and fashion pieces, contributed by staff and students, and representing a variety of countries from around the world. Additionally, excitement started to build when the Jollof competition got under way, featuring entries from three different countries: Nigeria, Gambia, and Ghana. Each entry added a unique twist to their dish creating a crowd ready to vote for their favourite, with the winner being revealed later in the day.

longside the wonderful cuisines, skilled artists in the group decorated attendees with intricate henna and face paint, creating a sense of community





CULTURE DAY 2024

and celebration for all participants. As lunchtime approached, the excitement across college spread with the arrival of the local food trucks, adding to the cultural engagement of those not directly involved. Manna Seoul, serving Korean style corn dogs, and The Grill Plug, dishing out tasty burgers, were both delighted to join in the celebration and continue the day's success.

During the thrill of the food trucks, the Culture Day 5-a-side football tournament kicked off, with 49 enthusiastic students forming 8 separate teams. The tournament quickly built up a group full of supporters, from all corners of the college, who came to enjoy the afternoon entertainment.

The grand finale of the day ended with a runway in the

sport hall. Hosted by the charismatic Cassam Nyundo, he introduced countries one by one and students, either on their own or in groups, walked, danced, and ran onto stage and proudly represented their countries. Impressively, 49 students from 20 countries across 5 continents graced the stage exhibited the global reach of the event.

During the excitement, Gambia was announced the winner of competitive Jollof contest. Additionally, the Miss Universe competition saw representatives from Zimbabwe, Gambia, Bangladesh, and India. After a thrilling vote count, the crown was bestowed upon the student from Bangladesh. As the day drew to a close, the crowd were entertained by three captivating cultural dances which were met with tremendous cheers and support.

Culture Day created a genuine connection and understanding, where all students felt truly seen and were free to share and celebrate their cultures, without the fear or prejudice or judgement. In the end, a sense of community and belonging bloomed, positively impacting all who participated.

—
**Charlotte,
Youth Social Action
Apprentice**





Environmental Science is one of our new courses, and is quickly growing in popularity due to its large focus on sustainability!

It's a great accompaniment to A Levels in Geography, Biology, Physics and Maths.



ENVIRONMENTAL SCIENTISTS COMPLETE FIELDWORK IN SUNNY SOMERSET

The Environmental Science students just had a gloriously sunny 4 days completing fieldwork in Somerset

As soon as we arrived, it was straight to work measuring air pollution levels by analysing lichens in Taunton, and from there we travelled on to the beautiful field studies centre that was our home for the duration of the trip, set in the rolling Somerset hills.

That evening, we set up some small mammal traps in the woodland on-site, which we checked the next morning - luckily, we caught 6 or 7 (extremely cute) mice, which we weighed to assess their health, then released back into the woods. We then set out across

the border into Devon, heading to Branton Burrows and the largest sand dune system in England. Here we investigated ecological succession, examining the changes in plant species present across the dune system, and finished off with an ice cream at the beachside café.

The next day was a busy one - we completed 3 studies in the local area. We started an experiment which ran throughout the day on sampling flying invertebrate species, looking out for bees and butterflies, and also worked to capture and monitor woodlice in order to estimate population size.

Alongside this, we took measurements to estimate carbon storage in sycamore trees,



ENVIRONMENTAL SCIENTISTS COMPLETE FIELDWORK IN SUNNY SOMERSET

and then compared this with oak trees to show us how and why mature woodlands are so important for carbon storage. We then moved on to looking at the soils in the area, working to create soil profiles to allow us to compare grassland and woodland soils. This involved getting VERY muddy when trying to determine soil texture and type!

After a very busy day, a few of us went out in the evening armed with a bat detectors and successfully located a number of different species of bat by listening to their echolocation calls as they hunted at dusk.

On our final morning, we completed a study of water pollution in 2 local streams, comparing aquatic invertebrate species at both sites to determine the health of the stream ecosystems. After a jam-packed few days, it was then time to head home for a well-deserved rest after our time in the Somerset sunshine.

Next year's ES field trip will be to Wales - here's hoping for a repeat of what was an excellent trip, and of the fantastic weather!

**Our Environmental
Science teacher
Georgia took some
amazing photos
throughout the field
trip.**

**If you want to
check them out
[click here to visit
our website!](#)**





STOP ANXIETY FROM RUINING YOUR SLEEP

It is often when we get into bed that we really have time to stop and worry - until we're overwhelmed & can't sleep!

Try out these strategies and you'll be drifting off peacefully in no time...

THANKFUL THOUGHTS

We know that fixating on negative thoughts has a negative impact on sleep, so it follows that the opposite is also true! Trying thinking about the things in life that you are thankful for and make you feel positive. This will help calm your mind and therefore get a better nights sleep.



MANAGING EXAM ANXIETY

Many of you are probably feeling more anxious than usual at the moment. Not only have we been living through a global pandemic for the last few years, and adjusting to a new normal, you're also having to sit exams for the first time - it's a lot to deal with!

Whether you are experiencing anxiety for the first time, or have suffered from anxiety in the past, it's important to find some coping mechanisms that work for you.

We've been researching different techniques for dealing with anxiety and found 5 top coping skills that work for lots of people - and will hopefully work for you too!

All of these techniques are very subtle, so where ever you are - even if you're in the middle of an exam - you can use them to regain control over your feelings.

IMAGERY

Your thoughts have immense power over how you feel. If you think of something happy and calming, you will start to feel relaxed. This is the imagery technique and you can harness this inner super-power to reduce your anxiety. Think about a place you find comforting - use all your sense to imagine this place in full detail

DEEP BREATHING

Deep breathing is a really simple technique that is a great way of managing your emotions and anxiety. Breathe in deeply through your nose, for 4 seconds.

- Hold your breath for 4 seconds.
- Breathe out slowly through your mouth for 6 seconds.
- Try and repeat this for 3 minutes, or until you feel calmer.



MANAGING EXAM ANXIETY

PROGRESSIVE MUSCLE RELAXATION

Progressively relaxing your muscles will teach you to spot anxiety by recognising the feelings of muscle tension. Sit in a comfortable position and work through the list of body areas below, tensing your muscles tightly for 10 seconds before releasing.

- Feet: Curl your toes tightly into your feet. Hold for 10 seconds. Relax
- Calves: Point or flex your feet. Hold for 10 seconds. Relax.
- Thighs: Squeeze your thighs together tightly. Hold for 10 seconds. Relax.
- Torso: Suck in your abdomen. Hold for 10 seconds. Relax.
- Back: Squeeze your shoulders together. Hold for 10 seconds. Relax.
- Shoulders: Lift and squeeze your shoulders towards your ears. Hold for 10 seconds. Relax.

- Arms: Make fists and squeeze them towards your shoulders. Hold for 10 seconds. Relax.
- Hands: Curl your fingers into your palm and make a fist. Hold for 10 seconds. Relax.
- Face: Scrunch your facial features to the centre of your face. Hold for 10 seconds. Relax.

5-4-3-2-1 TECHNIQUE

This is another really simple technique that you can use any time that anxiety strikes, no matter where you are!

- First, look around you and identify 5 things that you can see.
- Now identify 4 different sounds you can hear.
- Next, identify 3 things that you can feel.
- Then identify 2 things that you can smell.
- Finally, identify 1 thing that you can taste.

STOP ANXIETY FROM RUINING YOUR SLEEP

WRITE AWAY WORRIES

Set aside some time before you go to bed to write all your worries down and plan how you are going to tackle them

PUT YOUR DAY TO BED

Engaging in activities that make us feel anxious or stressed just before we go to bed makes it really hard to get to sleep. So while you may feel the need to cram some late night revision, try and avoid this! Put your revision to bed, then put yourself to bed! You can look at it again in the morning when you are refreshed and well rested.





OUR COMPETITIVE SPORTS TEAMS

- Men's Basketball
- Men's Football
- Men's Rugby
- Mixed Hockey
- Women's Football
- Women's Netball
- Women's Basketball

Team sports information will be sent to you in the summer giving you the opportunity to sign up for any teams you're interested in playing for!



AOC SPORT NATIONAL CHAMPIONSHIPS 2024

This year our Men's Basketball Team, Women's Basketball Team and 2 badminton players headed up to Nottingham to compete in the AoC Sport National Championships! Tight games were played by all, with some great wins and some close losses – everyone came home with a sense of achievement and new friendships after a fantastic weekend!

Friday 19 April

Setting off from college around 11am, we were all super excited about heading to Nationals – however, we knew we had a long journey ahead and a small window to get warmed-up and in the zone before our first matches. Our Badminton team started the weekend with 2 defeats against North West and East Midlands

regions. The weekend for the Men's Basketball team opened up with a win against the South East region, whilst the Women's Basketball had no matches so took the opportunity to cheer on the rest of our teams!

We had an eventful night; settling into the hotel and enjoying an evening meal which was followed by the opening ceremony – coming together with all the other competitors to celebrate the games!

Saturday 20 April

Badminton unfortunately started the day with another loss, but despite seeming down and out, they managed to rally together and win the next 3 games on the bounce against the South West, West Midlands and London! With 4 wins and 3 defeats, it all came



AOC SPORT NATIONAL CHAMPIONSHIPS 2024

down to the deciding game on Sunday when they took on Yorkshire and Humberside. The winner of that game will claim the Bronze Medal, before finishing the day with a win against the North East Region!

A great start to the day for our Men's Basketball team, who won their morning games against East Midlands and North West and went on to beat London in the afternoon, meaning they finished top of the group and got into the semi-finals against Wales! Sadly, the pressure and long day took its toll on the lads, and they lost 30 - 17, meaning they missed out on their chance for the top spot but still went into the Bronze medal match on Sunday.

The Women's Basketball team had a great 37 - 2 win against London, but suffered close losses against the North West and South West regions, meaning they would need to win both games on Sunday to have any chance of claiming the Bronze medal.

Sunday 21 April

Sadly, the Women's Basketball lost their last 2 games, meaning they finished 5th out of 6 overall. Even with 4 defeats, they were competitive and had tight score lines barring one match. Men's Basketball went up afterwards in the Bronze medal match against the West Midlands. After the heartbreak of a semi-final defeat to the eventual winners, the lads rallied to comfortably win and claim Bronze - 3 out of 10!

STUDENT GYM

Our on-campus student gym provides a wide range of cardiovascular machines, weight resistant machines and free weights. The gym is open all day for students to use at lunchtimes, independent study periods and even before and after college!

To join the gym you simply need to pay a one-off induction fee of £15 and attend a gym induction led by our Sports Services team.





CASUAL SPORTS

If you're just in it for the fun try our Casual Sports programme which runs throughout the week. You can turn up, play for fun and get involved with the social side of sport!

The current causal sports taking place are:

- Badminton
- Short Tennis
- Table Tennis
- Volleyball
- 5-a-side Football



AOC SPORT NATIONAL CHAMPIONSHIPS 2024

Last to go was badminton, and what an emotional roller coaster this was! After 2 wins each, it came down to the 5th and final match against Yorkshire and Humberside. After winning the 1st set 15-14, we then went on to lose the next 2 games 13-15 and 14-15! All the games were so tight, but sadly, a 2-1 defeat in the final match meant we finished 4th out of 9, narrowly missing out on a medal! Yize Gao and Amelia Martell were our 2 badminton players and joined 2 other Hills Road students and a Colchester Sixth Form player in forming the Eastern Region team - we couldn't be proud of them coming together and putting on such a great performance!

All the students who attended the Nationals represented the college to the best they possibly could from a performance point of view, but they were also very professional and well-behaved over the weekend. We got back to college by 5pm on Sunday, all a bit tired but feeling that the weekend was well worth it, having had a brilliant sporting experience!

ATTENTION
YEAR 10s
*Scan here to
book now!*

YEAR 11s WELCOME




OPEN EVENINGS FOR SEPTEMBER 2025 ENTRY

LAUNCH YOUR FUTURE

LONG ROAD OPEN EVENINGS

2ND & 3RD JULY 2024, 5-9PM

www.longroad.ac.uk
#BeLong



Launch your future at Long Road Sixth Form College. Explore our green and leafy campus, meet our staff and students, and design a study programme that is tailored to **YOU**. Whatever direction you take, as a member of our friendly and vibrant community you will develop the skills, independence and focus you need to keep moving forward.

**Be Prepared.
Be Inspired.
Be Long Road.**

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