

Stony Dean Sixth Form Newsletter



Autumn / Winter 2018

Amersham & Wycombe College
Our Hobbies and interests
Practical Skills for Life
Alfriston School Links
Radio Christmas
Work Experience
Christmas dinner
Camp Paccar
Volunteering
Animal Care
Careers Fair



STONY DEAN
SCHOOL

SIXTH FORM

Cover design by Ryan B



STONY DEAN SCHOOL
Working to Inspire

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6th Form Activity Day

We went to Camp Paccar which is a big Scout activity Camp in Chalfont Heights for our October Activity Day. The activities included high ropes, abseiling and the Campion climb. The high ropes were made of different bridges and challenges that run from tree to tree, each getting higher and higher as the trees grew in to the side of a hill. Each high wire connects to the next tree, you had to hook your harness onto the next wire. At the end of the high ropes there is a zip line that sped down to the ground. Once you got to the third tree there was no going back! You had to carry onto the zip wire. By Peter Year 13



You can see how high up we were, look how small the people on the ground are!!!



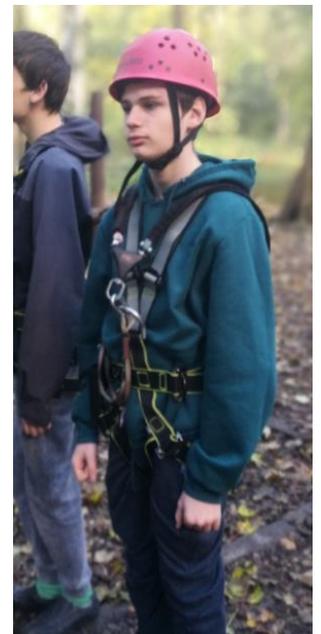
6th Form Activity Day



Gladiator Challenge



The Gladiator Challenge is located next to the abseiling area. The climb started off with a log hang off the ground and then you had to climb a log that had hand and foot poles attached, to climb up. Then you had to climb a 'rope net' to get to the tyres, after that you had to sit on top of the log that was above the tyres. If you couldn't make it all the way up you just had to say that you wanted to come down, then the instructors would slowly lower you down. You also had a choice to do it blindfolded! Peter Year 13





In the Sixth Form the year 13's visit Amersham and Wycombe College to experience three different BTEC units. The first unit we are completing is Art and Design. We go for the whole Wednesday morning and have our break time in the campus café. We have been learning to work with clay and have made music themed tiles. Our design theme is music, concerts and bands our second brief is to design a music logo for a t-shirts, we will then learn how to silk screen print onto material.

Music themed tiles and T-shirt printing



First we moulded the clay in to the shape of tiles. Then we started to design them with the designs we wanted on them. When it was finished and dry we started to paint them..



We are given a 30 minute break time, we enjoy this as it helps us to meet other college students and get used to college life. The good thing about visiting the college is that we are all getting used to college and now know what to expect when we go to college next year.



Making our T-Shirt designs



We have learnt how to apply the ink on to the silk print screens and printing on to a white t-shirts.



By Toby



Photo shoot
T-Shirt Printing
BTEC Art and design

We have learnt how to screen print. To do screen printing you need a silk screen, paint, a squeegee, a template and white fabric. First we have to make a design and template. You have to use a squeegee to spread the paint around the screen, then put it onto the T-shirt.



We had a photo shoot to show our t-shirts. These are some of our designs.

16M FOUNDATION - LIFE SKILLS IN THE COMMUNITY.

I can choose , order and pay for my own lunch



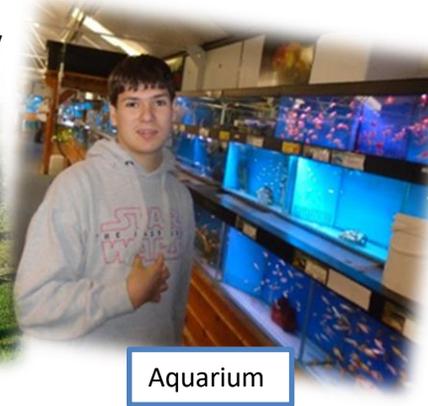
I liked it when we went to the garden centre and fed the enormous goldfish. We all went to the restaurant and took turns to pay for our drinks and food. Harvinder

I like my life skills days. Daniel

Water safety



River Thames



Aquarium

We are map reading in High Wycombe. Afterwards we went to the café for a cup of tea.

We are given shopping lists and take turns to find the items, pay and pack the shopping.



Problem solving skills

Travel training



Communication skills



16M have been going out and about, visiting different venues in the community to develop independence and problem solving skills. A big focus of the trips out are to ensure that pupils begin to problem solve "on the spot" and develop their confidence when making a choice. By practicing this in various places 16M have become more confident and will independently look for signs to know where to go and support each other to make choices in situations such as what to do with reminding time or how to balance having fun with doing a task (such as shopping). They have been developing their communication skills with each other and with people in the community. 16M will sit and talk with each other on transport and while having a break and are not looking to staff for support. They will go and pay for things independently and are helping each other spontaneously. 16M Tutors

16M Foundation- Community Links with Alfriston School



We have been meeting up with the Alfriston sixth form girls during our Monday Life Skills day. We have been bowling with them two times. We also went to Toad Hall garden centre for our Christmas lunch. We saw the Christmas Grotto and all the Christmas decorations. It was fun. By Josh, Harvinder and Daniel 16M



This is a picture of me and Mrs Alili. We were looking at all the Christmas decorations. I enjoyed having lunch with the Alfriston girls. Bilal 16M



Christmas lunch with Alfriston girls



I have enjoyed meeting and talking to the Alfriston girls. I have enjoyed all our trips out with them. We have been bowling and had lunch out, we have been to Toad Hall to see the Christmas Grotto and Christmas decorations. They also came to visit us for a Christmas lunch and biscuit decorating. I have enjoyed talking to Lauren, Ellie, Holly and Lucy. Josh 16M



Why is sleep important? By Peter S- Year 13

Sleep is important because it affects your physical condition and your mood. Zzzzzz

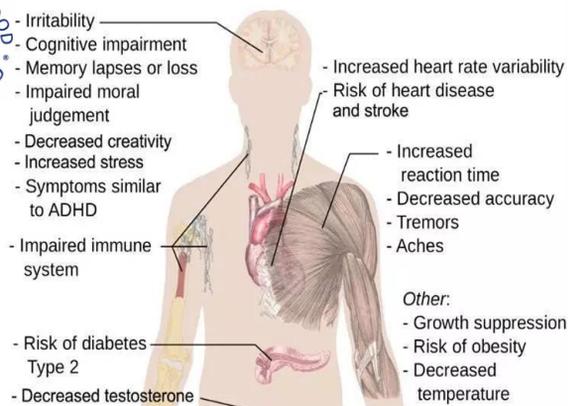
Having a good amount of sleep (8 hours) will help your everyday life, you'll have more energy. If you don't get enough sleep you'll get sleep deprived, this will make you sleepy during the day and you'll feel that you just want to sleep regardless of your surroundings. Not getting enough sleep can make you short tempered and unhappy as you feel exhausted and sometime unwell.



If you are a teenager and still growing, you'll grow faster if you get lots of sleep, due to your growth gland that works at night. (it is a gland that is located at the base of the brain, it releases a hormone that is released when you're asleep) The gravitational force compress your vertebrate along your spine when you are standing up so at night this is released. The vertebrate in your back drinks water while you sleep. That's why you're usually thirsty in the morning!



SIDE EFFECTS FROM MISSING SLEEP



Having enough sleep will also help with you health. Not having enough sleep effects you body long term. The effects might includes diabetes, obesity and heart disease. Sleep also helps with your immunity to any flu or illness that is going around. If you don't get enough sleep it can also make you feel lethargic like you can't be bothered to do anything, so you don't enjoy your day. Zzzzzz



On Tuesday the 15th November the Sixth form students went to the 'Safe Drive, Stay Alive' event at the Wycombe Swan Theatre. The event is organised by the Thames Valley Police. It was about the dangers when behind a wheel. This included real life stories on the impact it has had on peoples lives when they have been speeding, texting and drinking when driving.



This is us waiting for the show to start.

'Safe Drive, Stay Alive' at Wycombe Swan Theatre.



It really made us think about the dangers of driving a car, as well as the responsibility's you have when being a passenger. It was really good as we have learnt about the topics in our Travel Training course. Some of the show was very sad as people came onto the stage and told us how accidents had changed their lives including the policemen, firemen, hospital staff and the drivers. We all got a special bag to put your phone in when driving that stops your signal so you don't get tempted to look at it when driving. You can look at the website - <http://www.safedrive.org.uk/>





On a Thursday we share our lessons with the girls from Alfriston school.



Toots the Pets as Therapy Dog



Pets at home visit



Walking Scrumpy the Jack Russel



Heathrow Farm



Visit to Mares Farm

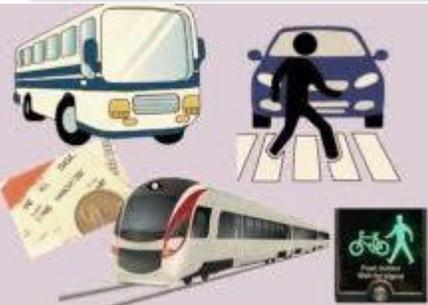


Cleaning out the donkeys at Heathrow farm



We have been learning how to care and look after and perform a health check on different animals like dogs, Guiney pigs, chickens, turkeys, goats, alpacas and horses, pigs, donkeys and reptiles.

Year 12- Practical skills for life



Personal Safety
 Highway code
 Pedestrian safety
 Planning trips
 Making phone calls
 Timetables
 'Safe strangers'
 Buying tickets

In our life skills lesson we have been planning journeys to High Wycombe, Chesham and Rickmansworth Aquadrome Café in the park. We have been traveling by bus, train and tube. In the morning we all plan our journey using Travel line and Google maps.



High Wycombe



When we are out we can use our phones to keep in contact with the teachers



Rickmansworth Aquadrome



Watford

Reduce, Recycle and Reuse

For my presentation I decided to talk about recycling and how we can help the environment. These are some of the top points. Daniel B Year 13



Choose products with less packaging unless the packaging is **recyclable** or **reusable**.

- **Reducing** waste reduces litter by default since litter is waste that isn't binned.
- Don't buy any more than what's needed.
- By **Reducing** you can cut the amount of waste in half.
- If we don't reuse materials we could run out
- Buy recycled goods.
- Use local recycling facilities such as a drop-off or a recycling container where you can take your recyclables



- Keep objects clean and intact when recycling.
- Do not put recyclables in plastic bags.
- Take part in recycling schemes.
- Recycle batteries, rags, clay and old phones if you can.
- Know about the impact of buying certain packaging and other products.
- Use a control nozzle and have fluorescent lights or UV-A to save on energy and water.
- Don't leave the lights on.
- Don't drive where you can go without driving.

BUCKS SKILLS SHOW 2018
 sponsored by **BOSCH**
Careers Fair



We took the train to Aylesbury



At the Army stand we could put on army helmets. They also had guns we could hold and look at.



I made a design out of wood using a new tool.



Year 13 Visit to Aylesbury Career Fair



Aamard drove a digger



I was dancing on a green screen and then I watched myself on the computer, it looked like I was flying through the air.



Sixth Form- Volunteering in the community

Christine Lavery Memorial Fund

For a support service that is as unique as you are



The sixth form volunteered to help out at The Christine Lavery Memorial Fund in Amersham, which is a local charity for the Society for Mucopolysaccharide Diseases. We helped by putting the Christmas newsletter and leaflets into envelopes.

Year 12 Community Volunteering project at Birchwood Care Home

5 reasons to volunteer



1. Gain new skills
2. Meet new people
3. Make a difference
4. Give back to the community
5. Feel valued and be part of a team

...and have fun!



We are visiting Birchwood Care home in Chesham on a Monday morning to help out with ground and buildings maintenance, so far we have levelled off the paving so it is safe to walk on, built two compost heaps, built a pond with a filter and refurbished the wooden planters.

It is hard work but good fun.

Its good to know we are helping out.



Year 13 Sixth Form- Work Experience Every Tuesday



Helen Douglas



Jungle Reptiles
Bourne End



Lewis I

Working with reptiles is my dream job

"I am really enjoying my work experience and hope to get a job just like this."

I have started my work experience placement at Helen Douglas in Chesham. The staff are very friendly. I get an hour for lunch.



I will be doing this very Tuesday for a whole year. I have been helping to decorate the shop for Christmas, steaming the clothes and helping customers. I am really enjoying my work experience. **Lewis C**



Toby

World's End
a Wyevale
garden
centre

I am working at Worlds End Garden Centre. I am really enjoying it, everyone I work with and the customers are really nice and friendly. I think my work experience has helped me with my confidence and my time keeping. Toby Y

Amersham Library



Daniel B



I have been learning how to order the books and keep the library tidy. I am enjoying my work as it is relaxing and interesting.

Waitrose



I am working at a little Waitrose in Amersham. I work on the customers services. I am learning how to sort food and drink items and stocking the shelves. I would like to work in retail one day as it is one of my dream jobs. **Zinedine**



I have been doing my work experience at the Entertainer shop in Amersham. I have been stocking the shelves and helping move the stock around. I like working at the Entertainer, the staff are very nice and help me. I get an hour lunch break. At lunchtime I like to walk around the town and buy my lunch. I was nervous at first but now I feel much more confident.

Sunny



Praying mantis

By Lewis Ives

Different species of Praying Mantis.



Adult Chinese Mantis



Metallic mantis Nymph



Adult Giant Asian

My Hobbie- I am really interested in reptiles and inverts. I keep 5 species of snakes, 4 corn snakes and a Western Hognose snake. I also have 2 species of Praying Mantis an Orchid Mantis and a Giant African Mantis.

I have 2 species of Millipede, I have a rainbow and speckled leg millipede. I have chosen to do my work experience in the Jungle Reptile shop as I want to gain experience, so one day I can hopefully get my dream job of working with these animals.



Giant Asian nymph



Adult Indian flower

The Chinese praying mantis is a good species to start with because they don't need lot of humidity and you can keep them at room temperature. The Chinese mantis is very docile and tolerates handling. This species is fun to watch because they will hunt and search for their food. Chinese mantis can be kept in temperatures ranging from 20°C to 38°C.

Radio Christmas

The Sixth Form were lucky enough to visit Christmas Radio in early December this year. The year 12's and 13's took it in turns to take control of the 'Schools Hour' where they chose the songs and discussed all things Stony Dean. Harron, who was on the radio for his first time ever said "It was brilliant experience and I'd love to do it again." Zinedine was very impressed with the studio setup and talking about his life at Stony Dean. "I really like the radio. It was great to talk about my work experience at Waitrose, to everybody listening in Amersham." The show was produced by Dunc Dyson the founder of Christmas Radio. Dunc said "I'm really pleased to have the Stony Dean lads in. They always show such enthusiasm and are always well behaved".



Ms Humberstone who supported Mr Fox on the trip said "it was good to see the students participating in a community event. Ryan really enjoyed the fact the radio station was based in Cafe Africa. Hassan said "It was great to see how it works. I would like to work in the radio in the future."



Sixth Form year 12 & 13 Enrichment and Well Being

Learning To Upcycle



Fishing at Latimer



Hobbies and interests



Chesham Gym

We can choose to visit Chesham gym as part of our enrichment on a Friday afternoon



New experiences



We are learning to Playing Chess



I have been leading Yoga session on a Friday afternoon. I really enjoy yoga and wanted to share this with my class. Yoga has helped me clear my mind and improve my balance .

Toby Y Year 13

Sixth Form Christmas Dinner



We cooked our own Christmas dinner

This year we planned and cooked our own Christmas dinner. We went shopping for all the ingredients during our life skills lessons. The dinner was really tasty, after our dinner we all helped to clear away. We could then choose to either play games or join in with the music and karaoke.



For Christmas lunch we had roast turkey, pigs in blankets, stuffing, roast potatoes, mixed veg, brussels sprouts, cranberry sauce and gravy. For dessert we had Chocolate log roll.

