STM Sixth Form Limitless

SIXTH FORM NEWSLETTER

Succeed • Thrive • Make a Difference

YEAR 12 INDUCTION DAY

A great start!

We were delighted to welcome our new Year 12s to St Thomas More Sixth Form for Induction Day. It was a fantastic start to their Sixth Form journey, with opportunities to meet new people, take part in team-building activities, explore next steps and begin to understand what it means to be part of our Sixth Form community.

Here are some highlights from the day:

New beginnings. Bright futures.

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MESSAGE FROM THE HEAD OF SIXTH FORM

Dear Students, Parents and Carers,

Welcome to a new academic year at St Thomas More Sixth Form. Whether you are joining us for the first time or returning for Year 13, we are delighted to have you as part of our community.

This year promises to be full of exciting opportunities, new challenges and memorable experiences. Alongside achieving academic success, we want every student to grow in confidence, develop their talents and make a positive contribution to our Sixth Form and the wider community. We encourage you to embrace every opportunity available—from enrichment activities and leadership roles to university preparation, careers events and volunteering.

This newsletter will be published regularly to keep students and families informed about key dates, important announcements, study advice, careers opportunities and the many successes of our Sixth Form community.

Our vision remains simple: **Succeed. Thrive. Make a Difference.** We look forward to working together to ensure that every student has an outstanding and fulfilling year.

Wishing you every success for the year ahead.

Mr S. Ruggiero
Assistant Headteacher (Head of Sixth Form)

THREE UPCOMING KEY DATES

Sixth Form Social
Friday 11th September

Thorpe Park Reward Trip
Wednesday 21st October

Year 13 November Mocks
w/c Monday 9th November

SIXTH FORM IN NUMBERS

#1 Our three year **ALPS rating** that places us in the **top 1%** nationally for A-level progress.

Limitless in ambition. Limitless in potential.

MESSAGE FROM OUR HEADBOY AND HEADGIRL

Dear Year 12s,

Congratulations on making it to the next stage of your academic journey! I can't wait to see how you all grow and flourish into independent members of our St Thomas More community. Although this journey is incredibly exciting, it will also require a lot of hard work, dedication and commitment to your studies.

One piece of advice I would give you is to create a healthy and well-balanced workload, as you will need to juggle your studies, extracurricular activities and social life. I would also encourage you to take advantage of all the opportunities that Sixth Form provides, whether that be through leadership, volunteering, work experience or other extracurricular activities. These experiences are incredibly valuable and can help you develop skills and prepare for your next steps into further education or the world of work.

As an external student myself, I was initially a little apprehensive about starting this journey in a new environment. However, I was quickly welcomed into the St Thomas More community, and I hope to do my utmost to ensure that everyone feels just as welcome and supported. If you ever have any questions, concerns or simply need someone to talk to, please don't hesitate to come and find me. I wish you all the very best for the year ahead, and I look forward to seeing everything you achieve!

Best wishes,

Michaela Chaw

Head Girl

Welcome to Saint Thomas More Sixth Form! I hope everyone reading has had a relaxing and refreshing summer, but I also can't wait to get back and see our Sixth Form flourish again next year.

Whilst the journey through Year 12 may seem daunting and exciting, it comes with a necessity of hard work to build a foundation. With that being said, the opportunities to have fun and enjoy the year are all around you, and my biggest piece of advice is to not get buckled down by the seemingly endless deadlines and mocks, and enjoy this year through the lens of academic growth, over academic pressure.

As Head Boy, I can't wait to meet the new members of our Sixth Form and look promisingly to the next year. The step up from Secondary School to Sixth Form is daunting, which is why I will continue to try my best to be a friendly face to all, please don't hesitate to start a conversation if you see me around.

Good luck for the upcoming year

Jeremiah Lane

Head Boy

MEET THE PREFECTS

Lucca Chrysostomou
Matheo Quilliec
Selena Charalambous
Dannika Ryklief

Jeremiah Lane
Roberto McGarvey
Exauce Mpulusu
Marijay Pessima

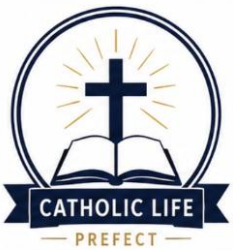
Jodie De Guzman
Mohammad Miah
Ozioma Okpechi
Sofia Rengifo Barona

Iga Kowalska
Elinam Lord-Attivor
Sophia Oziegbe
Matthew Sarican Sanchez
Angela Khartey

Hannah Fox
Jamelia McKalsky
Azaria Tay

Michaela Chaw
Samantha Quartey
Weyni Samson
Chantelle Mahlangu

Nevarsana Antonymuttu
An Nguyen
Blessing Ochan
Maria Timoszuk



Pamela Adeosun
Malyn D'Almeida
Luka Eridano Sadiku

Wisdom Okereafor
Jose Figueroa Rodriguez

CAREER AND OPPORTUNITIES

The Access Project
Year 12

There are 15 spaces open on the Access Project. This programme involves free weekly mentoring and tuition. Successful applicants are expected to commit to attending weekly tuition and mentoring sessions. If interested please email Mr Ruggiero.

WELLBEING

Building healthy routines

Success in Sixth Form is built on consistent daily habits rather than last-minute effort. Establishing a simple routine - **attending lessons every day, keeping up with independent study, getting enough sleep, eating well and making time to exercise and relax -** can improve both your wellbeing and your academic performance. Small, positive habits repeated every day will help you stay motivated, reduce stress and set you up for success throughout the year.

STUDY SKILL OF THE WEEK

CORNELL NOTES
Turn your notes into a powerful revision tool. Divide each page into three sections:
1. Notes – Record the key ideas, explanations and examples during the lesson.
2. Cues – Afterwards, add keywords and questions in the left-hand column.
3. *Summary* – Write a brief summary of the main learning at the bottom.
Study smarter: Cover the notes column and use your questions to test yourself. Revisit your page regularly to strengthen your memory.

PRAYER AND REFLECTION

Loving God,
As we begin this new year, help us to use our gifts wisely, work with dedication, and care for one another with kindness and compassion. Give us the courage to persevere through challenges, the wisdom to make good choices, and the confidence to become the people You have called us to be.
Amen.

Reflection:
"Commit to the Lord whatever you do, and He will establish your plans." — **Proverbs 16:3**

STM
SUCCESS PROGRAMME
SUCCEED • THRIVE • MAKE A DIFFERENCE

SEPTEMBER Challenge

Better environment.
Better focus.
Better you.

ENVIRONMENT DESIGN CHALLENGE

A COMMITMENT TO RADICALLY CHANGE YOUR ROOM AND YOUR PHONE FOR THE START OF TERM

STUDENT CHALLENGE

"Throughout September I will assess and redesign my study space and my phone to promote greater levels of concentration and focus, so I can get my work done without distraction and build positive study habits."

VISION
I am a leader
I have a clear sense of purpose and inspire others to achieve their best.

EFFORT
I am a professional
I work hard, build great habits and prepare myself for the world beyond school.

SYSTEMS
I am a scholar
I think deeply, learn independently and use effective systems to succeed.

PRACTICES
I am a citizen
I serve others, take initiative and make a positive difference in my community.

ATTITUDE
I am a person of character
I choose what is right, even when it is difficult, and build resilience through challenges.

TO SUCCEED, THRIVE AND MAKE A DIFFERENCE.

FRIDAY, 11TH SEPTEMBER 2026

SIXTH FORM GAME NIGHT SOCIAL

FREE TO ATTEND

SNACKS AND DRINKS PROVIDED

BIG PRIZES TO BE WON

IN THE GLENDALE HALL

15.30 – 17.00

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MAKE A *difference* PROGRAMME

REAL EXPERIENCE. EXPERT MENTORING. LASTING IMPACT.

Our Make a Difference Programme connects you with leading organisations across key industries through mentoring, professional insight and workplace experiences.

EXPLORE YOUR FUTURE. MAKE A DIFFERENCE.

MAKE A DIFFERENCE IN LAW WITH 5KBW

5KBW BARRISTERS

- Mentoring from a barrister
- Visit a barristers firm
- Strengthen your law application

MAKE A DIFFERENCE IN ENGINEERING WITH JAGUAR LAND ROVER

JAGUAR

LAND ROVER

- Mentoring from an engineer
- Free CV Review
- Workplace Visit

MAKE A DIFFERENCE IN HEALTHCARE WITH CHASE FARM HOSPITAL

NHS Barnet and Chase Farm Hospitals NHS Trust

- Work Shadowing opportunity in a hospital
- Medical Career Talk
- Interview Help

MAKE A DIFFERENCE IN FINANCE WITH AVIVA INVESTORS

AVIVA INVESTORS

- CV Review
- Finance Talk
- Workplace Visit

MAKE A DIFFERENCE IN GOVERNMENT WITH THE CIVIL SERVICE

Civil Service

- Mentoring from a senior policy advisor
- Free CV Review
- Public Policy Talk

ONE PROGRAMME. ENDLESS POSSIBILITIES.

Whether you see yourself in law, engineering, healthcare, finance or government, this programme will give you the insight, experience and confidence to take the next step towards your future.