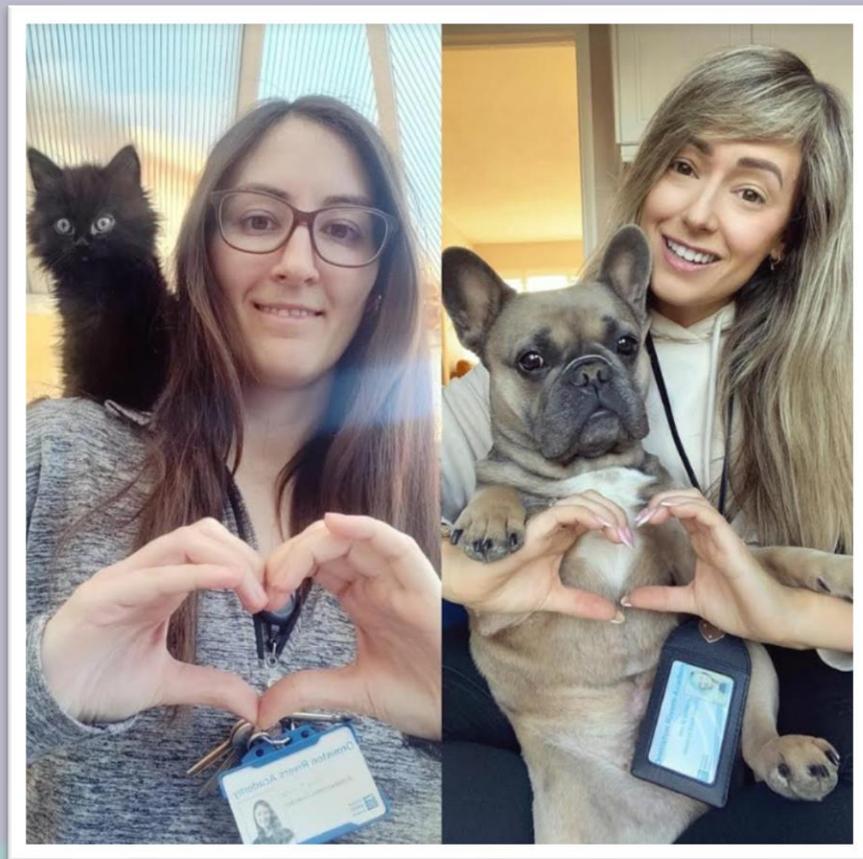


RIVERS SIXTH FORM

Missing You!

April 2020



**WE ARE
#STRONGER
TOGETHER**





It's been a strange time, working from home. There are daily video calls between Mrs Wilkins and Miss Sametz. We tried to include Mr Healy, but he kept putting his camera upside down! Needless to say we have been working every day to ensure that by the time we return to school, everything is running smoothly. We are already working with the Data team to build time tables for the new year and wanted to give you an update of what our days have been like.

We are proud of the way that you come together as a cohort and have no doubt that Houseparty and Facetime are being used to communicate on the regular. Keep it up, stay in contact. It is important during times of uncertainty, that you stay true to who you are.

One thing not to take for granted is time. With all this extra time at home, use it to try new things. The amount of online classes which have now become free are endless. There are so many amazing quizzes, workout videos, and live streams for you to get involved with. Now is the time to pick up a new hobby or skill and keep your mind busy.

There is also more time to think of others. Can you do anything to help your family? Social distancing can be hard, but bake together, solve a puzzle, play some video games or board games. Use this time to remind your friends and family that you care.

And don't forget, the Sixth Form team is here for you. Send us an email, ask questions on the classroom, send photos on Instagram to [@riverssixthform](#) but most importantly, stay safe and stay well.

And remember if you need any well being support, [Read more on our website](#)

Remember for exam and grade information, we will keep you updated. The most recent information from Ofqual can be found on the Sixth Form Google Classroom, the ORA Facebook page, or [here](#).

Hello Sixth Form

To the BEST team - my Sixth Formers! I know the past few weeks have felt strange and uncertain for all of us, including myself. The unusual situation we find ourselves in now makes me that much more grateful for the incredible community we have at the heart of Rivers Sixth Form...

You are that community! You make this Sixth Form what it is. None of the efforts from all of our amazing staff would be successful without the connections, friendships and support that our Sixth Form community thrives on. It's one of the things I am most proud of. Now more than ever, it's important we all connect with each other and put empathy first.

Since I haven't left my house in sooo long, I'm starting to get a bit of cabin fever at home – I know this just means that I need to be more creative when coming up with ideas of things to do! It's been nearly two weeks since I've seen anyone in person other than my husband but I have been regularly walking my awesome dog Bruno, cooking way too much, cleaning my house and focusing on self-care. Sometimes I think I have gone way too far by colour coordinating my wardrobe and following the 'KonMari Method' (google this... it's addictive).

It's really good to keep a positive outlook throughout all of this. One thing I think we all need to do, no matter what we're choosing to fill our downtime with right now, is to give ourselves a break. Yes of course you can learn to play a new instrument and of course you can finish that huge DIY list you've been putting off but equally you can also enjoy whatever will bring you a little comfort and relaxation.

I am here for you through all of this - for support, a rant, a cry and a smile (digitally). Please email me if you need anything at all:

mwilkins@ormistonriversacademy.co.uk

Mrs Wilkins



Hi Sixth Form

My amazing Sixth Formers! What a crazy few weeks we have had. Within all the madness, I hope you are doing well and staying true to yourself. To keep my sanity while stuck at home, I finally adopted my little kitten, Maple. She is adorable! Thank you to those who listened to my pleas of cats over the last week at school.

I have also perfected my Dalgona coffee, the most delicious coffee trend at the moment. Don't worry, its simple: equal parts of instant coffee, hot water, and sugar and then whip for 3 minutes. I put my milk in the microwave to heat it up and then pour the delicious froth on top. Fern and Ollie V, use a whisk, not a spoon!

I've been trying to stay busy, as sitting too long is not something I am used to. My step count is way too low considering an average day at ORA. But I have been getting back to my roots, doing yoga in the afternoon to break up staring at a screen working and marking lots of Sport work.

We are all living in small spaces at the moment, confined to our homes, so you may find your household more irritating than usual. If you start to feel like this, take time away. Spend time in your room, in the garden, listening to music or reading a book. Try to do something creative every week. I'm deciding whether to make pie, cookies, or a cake next week!

As always, I am here for you. Email if you need anything:

dsametz@ormistonriversacademy.co.uk

Miss Sametz



The Sixth Form Tutors have missed too

They are wishing you well and have all sent an update for you.



**WE ARE
#STRONGER
TOGETHER**



CCO- Mrs Conway

Dear Sixth Form,

I have spent the past couple of weeks setting work, marking essays, making some videos for Literature and trying to home school my son and daughter (aged 10 and 8) – although it feels easier to teach 32 students at times! What bizarre times we are in – and this is certainly not the end to my time at ORA that I was expecting. It has been a pleasure working at the Academy over the past 5 years and especially being involved in teaching A Level English Literature, EPQ, being a Sixth form mentor and helping with the UCAS process. You are a great group of young people and I have loved getting to know you through the ups and downs of life. I wish you all the best for the future and will be metaphorically be cheering you on from the side-lines. As you might know – I love a poem (English teacher hazard) - and this one I have found pretty encouraging! Take care and keep dreaming big dreams.

Mrs Conway xxx

Don't Quit

CCO- Mrs Conway

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low but the debts are high,
And you want to smile but you have to sigh,
When care is pressing you down a bit...
Rest if you must, but don't you quit!

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many failures turn about
When we might have won had we stuck it out.
Don't give up though the pace seems slow...
You may succeed with another blow.

Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came down,
How close he was to the golden crown.

Success is failure turned inside out...
And you can never tell how close you are
It may be near when it seems so far.
So stick to the fight when you're hardest hit
It's when things seem worst that you must not quit.

(Edgar A. Guest)

A decorative graphic in the bottom right corner consisting of a blue horizontal bar at the base, with a pink and purple geometric shape above it that resembles a stylized mountain or a series of overlapping triangles.

JBL- Ms Blatch

Hello 13JBL,

What a flying visit we had together! It would have been nice to get to know some of you better as you all seem to be going onto the next exciting stages of your lives, be that University or apprenticeships. I will be excited to hear about it all in coming years.

As for me, I have been attempting to keep myself busy during this strange time, I usually spend most of my free time at a pub or two so I have had to get creative! I am taking part in a competition to grow the tallest sunflower (I have killed every plant I have had in the past, so fingers crossed for this one!) I am also continuing to keep my cat, Basil, company – he loves any opportunity to nap near someone who is really busy! I have, along with the rest of the nation, been clearing through some old things and found my school year book, I sent some amusing pictures to Ms Marable to have a chuckle at! Mr Knight made an appearance in there as he used to teach at my old school.

I guess what is left is for me to wish you all well and to stay healthy. Use this time wisely to get ahead on those University reading lists or working out what exams you will have in your apprenticeships! Good luck!

Ms Blatch



HMA- Miss Marks

Hi Year 12,

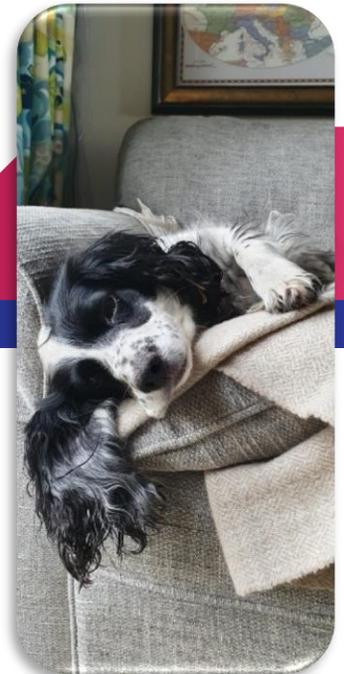
Hope you are all getting on ok in these very weird times! This will hopefully be a time for you to try and build your independence and self-motivation in times where you just want to stay in bed for a little bit longer! I really hope you have found a good balance of work and relaxation as well as exercise 😊 Try and stay out of bed while working as bed is a place for sleep – not for work!

What have I been up to?

As well as planning and setting a load of work I have joined an online gym which is free for teachers and have been talking to all my cousins on zoom as well as my grandparents. I am talking to them way more than I normally would be!

I've also been trying to help my partner out with our Renault 4 van which we're hoping to take on a road trip once this is all over 😊 Stay well everybody and see you soon hopefully! If you need any help thinking about applications/ ideas for uni send me an email 😊 I'd also love to hear what you guys are getting up to if you want to send an email over! Here's a picture of one of my dogs if you like cute pics 😊

Miss Marks





KRU- Mr Rumary

Hello all,

I hope you are all doing well out there, especially to our one year and final year students. I can only imagine this must be an unsettling time for you with your futures quite unsure. I have been spending my time at home working with a lot of your exam boards to try and figure out what exactly is going to happen, and as soon as we know, we will let you know. In the meantime, keep plugging away on that coursework where you can.

When I have not been doing school work have mostly been looking after my daughter. She is quite young so I can't just leave her to entertain herself all the time! When my wife is not working and I can get out, I have been covering quite a few miles on my bike, over 50 miles last week alone. Make sure you are taking advantage of your daily out the house exercise too.

Engineers! Chernobyl hasn't been cancelled..... yet!? Time to catch up on the HBO miniseries maybe.

Mr. Rumary

MMA- Miss Marable

Hello Sixth Form and especially 12/13MMA and the Sociology Squad!

Hope all of you are well and are keeping safe inside your homes with your families. This is such a strange time that we are experiencing but I think it is really important that we do not lose perspective, we could have it a lot worse! I read online that India are going into lockdown, with some families having 10 people living in a tin shed with no toilet, TV, access to clean water... we really can not complain.

On a more positive note, I have started the Joe Wicks workout with a yoga workout at the end. This has really got the endorphins flowing so if you are feeling a tad down make sure you get up and just MOVE! Silly dancing is always a must. I have been chilling out with my cat baby TigerLilly and doing lots of gardening too which has been lovely. The weather is getting warmer and the sun has been saying hello which always makes me SMILE! Get that vitamin D (in the safety of your gardens or your daily exercise) I have now started to re-paint my flat which I am finding very therapeutic and calming.

Thinking of you all, especially my fantastic Sociology squad - Abi, Holly, Kim, Leanna, Laura, Finn, Charlotte, Emily, Natasha, Greggers, Phoebe, Taia, Beth & Michael. I miss teaching your classes so much and hope you are all keeping the Sociology Squad alive.

Also my lovely mentor group - thank you for being so wonderful and flexible with everything. I miss our weekly catch ups, if that's yelling your names in the assembly hall, discussing topical news events or just general check ins with how you are getting on with your studies. Do not lose sight of your dreams and aspirations. You will get to where you are supposed to be.

Take care and namaste,

Miss Marable



What a strange way to part.

It doesn't feel like we've said goodbye and some people haven't had a chance. Here are some messages from former mentors, teachers, and staff.

Year 12s and 13s, we look forward to seeing you again soon, no matter in what capacity that is. You will have Results to celebrate and be proud of!

Dear Year 13, none of us for one moment would have predicted what is taking place at the moment. However I know that in these uncertain times there will be one thing that remains certain that Ormiston Rivers staff and school will always be here for you. As soon as we get any updates we will share these with you, continue to work and dream big. As you can achieve whatever you set out with hard work and determination. Please continue to stay in touch and we wish you the very best for the future.

Mrs Baker

I would like to wish each and every one of you the very best as you move out into the world. I hope that whatever awaits you brings you happiness and fulfillment. Please stay in touch with Rivers - we love to know what you're doing in the future.

Mrs Bennett

Historians,

It has been an interesting year. Good luck with all you are about to head off and do. Remember, the past will always help you to work out what to do in the future.

Mr Iven

Chemistry – Wow. What can I say? No, seriously, what can I say that won't sound odd without an essay of context? It's been a tough couple of years, but rewarding, and I hope you would agree with that. Now you've all moving out into the world they'll be some changes – you might need to be politer, you'll have to write with normal pens not whiteboard markers, and there will be anecdotes that don't feature the fabled Mr Raymond – it will be hard, but you'll cope!

Don't forget, you love Chemistry.

Mr Frost

13 BTEC Sport - Hi everyone, I just wanted to say it's been an awesome year with you all. You've all worked really well and completed some excellent coursework (eventually!).

I know we don't know what will happen in the near future but I wish you well and I hope you all continue with your chosen paths of apprenticeships and university - it's been great to work with a group that have a clear focus of where they want to be and what they want to do.

Don't get lazy though, stay fit, stay active and as much as possible; have fun!!

I sincerely hope we get an opportunity to meet again where you can tell me how well your career paths are developing. Who knows maybe one day you'll get that pizza I keep promising?

All the best.

Mr Clay

13 Physics- Wow! What a weird ending of our time together! I have thoroughly enjoyed teaching you both as a group and individually and it has been amazing seeing you all grow over the past 2 and in some cases 5 years. It has been a pleasure to teach students who want to do so well in life and put in so much effort You should all be extremely proud of yourselves. I want to say thank you for adhering to the strict "sharing rule" for chocolate and crisps. Also for the times you turned up with treats for me just because you felt I or we needed them - it honestly meant such a lot. All the best for the future,

Mrs Anderson

Hi all, I hope you are all keeping well at this time. As shocking as it sounds... I have become a Joe Wicks fanatic! Every morning as part of my new daily routine. It definitely helps make you feel more 'in control' as all of the advice keeps saying. You may still be finding this lack of early morning school days a slight novelty but start making a daily plan and it will help put your mind at ease when this wears off.

Keep focussed and try to keep your brain ticking over. 12s, we will be back and you will need to be on the ball so keep that Chemistry knowledge at the forefront of your brains. 13s, I know that this is a bizarre time but you never know what the future holds in terms of careers, future study, etc. So keep working on that Chemistry. The jump from A Level to University/apprenticeships can be another large step so keep that level of study up to help you adjust to whatever your next steps are.

As always, if you need any support or help send an email over! You will also be pleased to know that the new mini's boot space is adequate for my wellies! No puppies to transport in it yet... sadly!

Stay safe and keep cheery everyone.

Miss Spencer

12/13CAR

To my mentor group from last year I have truly missed seeing you everyday; nagging you, helping you and checking on you. I enjoyed the daily contact and missed that this year - though I did obviously still see some of you in the science department. I am sure you have all missed my stories. You know I have one about everything! I wish you all the best in whatever you do next and please do make sure you safely enjoy the summer when it comes. Things to take away from our time together - My favourite joke "What is brown and sticky?" "A stick!!!" and "Just let Bob be Bob!"

All the best.

Mrs Anderson



LOVE FROM THE ANDERSON CATS





Year 13 – It was a pleasure to work with you in Sixth Form during your Year 12, and I was genuinely sad to not see you through Year 13, but I knew you were in safe hands. It’s a strange and difficult end to the year, but I am confident that you’re all moving on to bright futures, and this is just another step along the way. You are all fantastic individuals, and you come together to make an amazing year group. I wish you all the very best for the future. **Mr Frost(y)**

Hi Year 12 and 13,

I hope you are all coping and staying safe and well in what can only be classed as strange and weird times. Try and use this time for personal research, anything that will help keep you focussed on the months ahead and your future career pathways. There is a lot of brilliant information out there!

Apart from planning and setting work across the year groups, I have been locked up with my husband, one of my sons and my daughter who has come home from university for this ‘stay indoors’ scenario we are facing. Someone get me the wine!!!

I plan on using the Easter holiday to revamp the kitchen, or maybe even the downstairs bathroom. Wish me luck 😊

Here are a few photos of the babies in the family, the dogs (Polly is in season and is wearing her super fancy knickers) and the terrapins 😊 **Mrs Cooke**



Hi Year 12 Psychology! I am so glad this is not the end of our time together and that when you are back, we can continue onto A2 together! Keep working hard and see this as an opportunity to get loads of revision in for your AS. Stay safe and I'll see you soon!

Year 13 Psychology! What a topsy turvy year it has been! I want to thank you for being an amazing class, full of personality and charisma. I wish you all the very best in your futures and I know you will go on to have some exciting and wonderful experiences. Good luck to all of you! Please keep us updated on what you are up to, I'd be especially interested to know how those of you are getting on when you have chosen Psychology as your pathway! Take care of yourselves!

Mrs Wells

13 Finance - Short but sweet. Tough but exciting. Faith. Looking forward to seeing you all certifications evening. BIB for ever. Need anything let me know.

Mr Baker

Life in lockdown... for me this consists of having to actually cook and feed my child, attempting to work from home at the same time as figure out year 2 Maths, trying to get some control of the tv during the day and listening to my daughter with her microphone (she wants to be a famous singer now!) For you guys, a different picture I guess. Not the way any of us imagined you'd be spending this time. I'm saddened our time together was cut short and that we didn't quite make it to the end. I genuinely was looking forward to teaching you guys right through to the summer. Life without drama and theatre is not one I like and I know some of you will feel the same. Read plays, research practitioners and watch as much online as you can (YouTube has some amazing stuff at the moment). For those of you heading to university in September, now is the time to get your reading and research in while you're waiting for some certainty around your grades - use the time well. It's been a long and brilliant 5 years of teaching you, thinking back to all the incredible performances you've done that made us all so proud. I'm looking forward to seeing you guys at some point in the not too distant future. If I survive Grace's singing that is! Look after yourselves and your people.

Ms G



After 7 years of knowing you all this isn't the way i wanted to say goodbye. However, here we are.

It has been a privilege to have taught you, been mentor to some of you and be your Achievement Director. You have gone from tiny little y7 students to a fine set of fully grown adults and i'm very proud of you all. So good luck to all of you and all the best for the future.

Take care

Mr Wiggs

What can I say? It has been a privilege working with you all over the past 2 years making sure you have had the support for whatever you have chosen to do in the future.

I know this is very strange times for all of us but am sure you will all move onto bright futures. Be bold enough to use your voice, brave enough to listen to your heart and strong enough to live the life you have always imagined.

Rest assured we will have a Ball when we are all allowed out again.

Please stay safe and keep on smiling .

Mrs Head



Bye Sixth Form

Dear Sixth Form,

Sadly my time at Ormiston Rivers Academy is coming to an end. I am leaving in the summer term to take up an exciting role as Trust Deputy Head of Zenith Multi Academy Trust working across 3 secondary schools and one primary in Southend/Basildon region. Every new opportunity comes at a cost and this is no different as it means I have to say farewell to the wonderful students and staff that I have worked closely with over the past five years here in Burnham-on-Crouch. These challenging times mean I haven't had the chance to say goodbye to many of you in person which makes walking away even more difficult.

I have had many dealings with many of the current crop of sixth form students over the years in my roles as Head of School, Vice Principal and Teacher of Mathematics. I am not exaggerating when I say that I have enjoyed every second of it. Current Y12 were in Y7 when I arrived - look at you now! To Year 13 I have every hope and confidence in you going on to the stage sooner rather than later. To my Y13 A Level Maths class I urge you to remember the MI6 tips!

It has been a challenging year for many of us in the Sixth Form with a number of us affected by unfortunate staff absence and now the current Coronavirus pandemic but the resolve shown by you the students is in itself a reason to be optimistic for the future. I would like to take this opportunity to thank Ms Wilkins, Miss Sametz and Mrs Head for the inspirational leadership they have provided for you in the most trying of circumstances. Leaving is difficult but knowing that you have such bright futures fills me hope and pride. Farewell and be assured I'll be asking after you!

Yours Sincerely,

Mr Healy

