



FRANCIS HOLLAND SCHOOL  
REGENT'S PARK

SIXTH FORM



[www.fhs-nw1.org.uk](http://www.fhs-nw1.org.uk)



LIFE IN THE SIXTH FORM AT  
FRANCIS HOLLAND SCHOOL

# WELCOME TO THE SIXTH FORM

The two years ahead of you are likely to be the most rewarding, intense and exciting years of your school life. Preparation for university, and life beyond school, really begins here. Choose your A levels carefully and seek advice; be mindful of the selection criteria for any university course that already interests you, and select subjects you enjoy and at which you think you will excel.

Academic work will be your priority during the Sixth Form. A focussed and adult approach will enable you to thrive in your chosen subjects. Teaching groups are smaller, offering more intensive tuition. The teachers will give you unstinting encouragement and support, and we will all expect you to be highly motivated.

There is far more to the Sixth Form at FHS than A levels. The Sixth Form programme is designed to prepare you for life, not only examinations: you will have lessons in ethics, current affairs, sport, plus weekly lectures, to broaden your education.

FHS is renowned for its friendly atmosphere. You will play a leading role in the school community and be a role model for younger pupils. You will discover opportunities for leadership, initiative and responsibility throughout your two years in the Sixth Form. Volunteer for anything or everything that seizes your enthusiasm and interest.

We look forward to working with you.



Mr Charles Fillingham  
Headmaster

# THE NEXT CHAPTER

The Sixth Form at Francis Holland School is characterised by a strong scholarly ethos balanced by much laughter and fun. We offer an outstanding standard of pastoral care and pride ourselves on supporting each individual in their Sixth Form journey. We retain an inclusive and supportive family atmosphere while being able to offer a wide range of A level subjects.

The two years spent in the Sixth Form should be the highlight of any girl's school career. There is more freedom to manage time and wear your own clothes, but most importantly it is a time when you will make decisions about your higher education and the future beyond. We will be here to help every step of the way.

A levels are all about exploring your true academic interests, discovering the rewards of independent scholarship and intellectual curiosity. Beyond the curriculum we offer a programme for academic enrichment that includes a dynamic weekly lecture series, and there are many opportunities for developing vital leadership skills, and giving back to the wider community by taking part in meaningful voluntary work. We look forward to welcoming you!



Mrs Alex Francisco and Ms Amelia Slocombe  
Joint Heads of Sixth Form





ACHIEVEMENT

# ACADEMIC ENRICHMENT

## Sixth Form Lectures

Education at FHS goes far beyond A levels. We organise an exciting programme of compulsory weekly lectures for Sixth Formers, which prepares students extremely well for university life. The speakers come from all walks of life to share their varied experiences and wisdom with the girls, giving enriching and inspirational lectures. Speakers have covered topics as diverse as the conquest of Everest, writing a novel, entrepreneurship and running a global brand, personal Olympic victories and working in children's rights and counter-terrorism.

## Current Affairs and Ethics

Students in the Sixth Form will soon take their place as responsible, informed adults in society. In Current Affairs, Sixth Formers study topical issues, covering current events in politics, economics and the environment. In Ethics, discussions are held on relevant and challenging issues.

## Study Skills

Students in the Sixth Form have lessons in study skills, which include how to carry out individual research, library skills, project management and public speaking. Achieving good time management is one of the keys to success in life, so students are encouraged to take full responsibility for organising their studies.



## Extended Project Qualification

The opportunity to acquire this qualification beyond A level and to enhance self-motivated learning is available to every student in the Sixth Form. This is worth half of an A level and can cover any topic whatsoever which may inspire a student. This qualification is highly respected by all universities.

Recent EPQ projects include: the exploration of female resistance to slavery in the Antebellum South; the extent to which neuroplasticity can be used as an alternative to standard treatments for Stroke Recovery, Parkinson's Disease and Chronic Pain; and finally, an analysis of the main causes of the Israeli-Palestinian conflict.



## Oxbridge Teaching

Students who wish to apply to Oxford and Cambridge receive lessons in addition to their usual teaching in the Summer Term of the Lower Sixth. Staff and prospective candidates thrive on a shared passion for their particular subject. Students are prepared for the University Admissions Assessments which are required for several Oxford and Cambridge courses, and of course for their potential interview.

Each year in June of the Lower Sixth Year we host an "Oxbridge Applications" Day, run by an external provider and in conjunction with other London Day Schools. This gives those pupils considering applying to Oxford and Cambridge invaluable information about the Oxbridge application and selection process.

# UNIVERSITY PREPARATION

## Bespoke University Advice

Students receive one-to-one, specialist guidance from experienced tutors in order to help them prepare for higher education. Advice begins in Year 11 before GCSE examinations, when each girl receives an individual interview to help her choose the A level subjects which are most appropriate for her.

The Higher Education Evening takes place in the Lower Sixth. This event introduces the application process to both British and overseas universities, with talks given by outside speakers.

The FHS UCAS Day takes place in June of the Lower Sixth Year. Here, School Liaison Officers from universities such as Oxford, Imperial College and Nottingham give talks and hold workshops about how to complete successful UCAS applications and how to write the most effective Personal Statements. Students are also encouraged to attend University Open Days and Subject Taster Days.

## Every Step of the Way

The individual support continues throughout the all-important Autumn Term of the Upper Sixth year, and advice is available every step of the way. The Sixth Form team helps students choose the most appropriate courses and universities, and weekly tutor periods are dedicated to supporting pupils with their decisions.



## Careers Guidance

The school has a well stocked and up-to-date careers library. Full use is made of our links with law firms, barristers' chambers, accountancy firms, and design and film companies. The Biennial Careers Evening, with over 70 professions and career options represented, gives invaluable advice and inspiration from those generous enough to come to the school and share their expertise with the students.



LEADERSHIP



# ROLE MODELS FOR THE SCHOOL

FHS is preparing its pupils for positions of leadership in society, and in our Sixth Form students are given invaluable opportunities to develop the necessary skills.

## Head Girl's Team

All students in the Sixth Form can apply to be on the Head Girl's Team. They are a link between the staff and the younger pupils. In addition to the Head Girl position there are four members of the team: The Senior Prefect, Community Links Leader, School Council Chair and Sixth Form Delegate. The team meets weekly with the Headmaster and plays a significant role in the life of the school.

## Sixth Form Prefects and Friendly Sixth Formers

Any Sixth Former can act as a valued guide and mentor to younger pupils in our Sixth Form Prefect Programme. Our Friendly Sixth Former Scheme enables each Sixth Former to be responsible for a new pupil in the Thirds and gain experience supporting her as she settles into FHS.

## Other Leadership Opportunities

Willingness to take on responsibility, to be dependable and organised are assets which will take our students far in life. All Sixth Formers are encouraged to support staff in organising clubs for the younger girls. Whilst there is always a member of staff in overall responsibility, Sixth Formers are entrusted with the organisation of many clubs.

There are clubs specifically for the Sixth Formers, such as the prestigious History & Politics Society, and the FHS Magazine Committee.



# DEVELOPING INITIATIVE

## Debating

Sixth Formers are encouraged to be active members of our flourishing Debating Society. FHS has entered our promising debaters in both the Oxford and the Cambridge Schools' Debating Competitions and the English Speaking Union Schools' MACE Debating Competition.



## Young Enterprise Scheme

In Young Enterprise, understanding is acquired gradually through the practical process of setting up and running a business. Students learn the importance of working as part of a team, the essence of marketing, basic finance and accounts and sales strategy.

FHS team 'Blip' were recently awarded 'Best Business Report' at the Young Enterprise Company of the Year awards at Disney's Regional Headquarters in Hammersmith.

Issy Shirley

LEADERSHIP





OPPORTUNITY

# BEYOND THE CLASSROOM

## Sport

There are plenty of opportunities for Sixth Form students to involve themselves in sporting activities. Sixth Formers are integral to the first hockey, netball, tennis and rounders teams, and they have the chance to help coach junior teams in other sports including swimming and water polo.

Sixth Formers participate in a compulsory double lesson of Physical Education each week, in a recreational activity of their choice. They choose from netball, hockey, fitness, yoga, self defence, soccer, indoor games, dance, rounders and tennis.





## Music

The FHS Sixth Form contributes greatly to the musical life of the school. The Music Department is situated next to the Sixth Form area and girls have easy access to rehearsals and musical activities. There is always a real feeling of community due to the fact that orchestras, choirs and bands include girls of all ages. Regular overseas music tours are always very popular with our Sixth Formers. These are musically exhilarating but they are also great social events! There are many weekly rehearsals, culminating in concerts about every three weeks. In the Autumn Term, musicians are always involved in the main school drama production which is a musical every other year. In the Spring Term the Senior Choir joins the boys of Harrow School for a full performance of a major choral work, accompanied by a professional orchestra and soloists.



## Drama

The Sixth Form girls often lead the cast and normally stage manage the School Play, which is a major production held in December. In recent years productions have included: *Cabaret*, *A Midsummer Night's Dream*, *Guys and Dolls*, and *The Crucible*.

There are regular trips to the theatre, organised by the English Department, which are open to all Sixth Formers. There is also a private programme of one-to-one and group tuition in Speech and Drama leading to Individual and Group awards.

The Lower Sixth are invited each year to form and run a Drama Club for the younger girls, and the Form Prefects also help their forms with the annual Inter-form Drama Competition.



## Trips

Sixth Formers are encouraged to make full use of the wonderful opportunities on their doorstep, provided by the capital city. Students can attend Open lectures at UCL and King's College. Politics students visit Parliament, historians see documents first hand at the National Archives in Kew, economists and mathematicians are invited to commercial organisations such as Goldman Sachs. Our chemists enter the chemistry Olympiad. English Literature and Theatre Studies students profit from the excellent drama performed in London theatres, and mathematicians pit themselves against the best brains of their age in Hans Woyda Maths Challenge.





RESPONSIBILITY



# TAKING RESPONSIBILITY

At FHS, Sixth Form students are proud to contribute to the wider society beyond school. They are expected to carry out voluntary work to help others. These experiences develop Sixth Formers' maturity and their appreciation of the need to consider others.



## FHS Summer Camp

FHS Summer Camp is a unique charitable enterprise between the school and Westminster Social Services. FHS Sixth Form students raise money to take on holiday "looked after" children from Westminster Borough. Each summer holiday fifteen of our own students are chosen to spend a week at Sayers Croft in Surrey, mentoring and enjoying outward bound experiences with children who have very different lives from their own.

## The Rainbow Centre

The Rainbow Centre provides daily education, welfare and loving support to children living in extreme poverty in south western Sri Lanka. Its key aim is to enable children to obtain an education. This is life-changing work and the Sixth Form are proud to be associated with this UK Registered Charity. In addition to raising money for the centre, several of our students have visited the centre during the October half-term. Whilst in Sri Lanka the students teach lessons, lead sport and art activities and tutor the children. This opportunity has promoted global and humanitarian awareness.

## Helping in Local Primary Schools

Many of our students go to local primary schools to help the pupils with their reading. We have strong links with St Edward's and St Vincent's Primary Schools. Students are encouraged to help FHS staff to organise events at our own school to enrich the education of these children. Forensics Fun is for Year 6 pupils, giving them an unprecedented opportunity to carry out experiments in a real laboratory.



## St John's Neighbourhood Care

Some of our students choose to visit elderly people who live in the local community and this cross-generational interaction benefits all.

## Mosaic Club

Once a week a group of elderly people visit FHS, and enjoy making mosaics with members of our Sixth Form. The colourful mosaics are on display throughout our school for all to appreciate.





We are proud of the warm and friendly atmosphere of the FHS Sixth Form. To find out more for yourself please arrange a visit by contacting the Registrar at: [registrar@fhs-nw1.org.uk](mailto:registrar@fhs-nw1.org.uk) or 020 7723 0176

Find us at:  
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