



Dear Parents/Carers

We are fast approaching the final term of the academic year and our Year 13 students will soon be leaving us for pastures new. Before they embark on a future filled with excitement and opportunity, I would like to thank them for playing such a fabulous part in the Carmel College community and wish them every success in their upcoming examinations. Each and every Carmel student contributes in some way to college life; whether that's being a member of a sports team, chaplaincy, student council or college group, participating in subject visits and enrichment or simply being a good friend to those around them. All students have helped shape the Carmel College culture - it is the students that make Carmel College such a fantastic community and we are all excited, proud, and a little bit sorry, to see them go!

For all those Year 12 and Year 13 students currently preparing for examinations, I am sure that revision and examination practice has already started, however please remember further guidance or support is available for students from their PAT or subject teachers .

As mentioned in the last newsletter, now is the time for students in Year 12 to start thinking about their futures, whether that be Higher Education, apprenticeships, or employment. There are a range of exciting 'Inspire Me' talks planned for the coming months and also a UCAS Discovery Fair at the ACC in Liverpool that will help when making decisions about university, apprenticeship and employment opportunities in preparation for progression beyond Carmel.

As we are now coming to the end of Lent and are preparing for Easter, a particularly important time in the Catholic Church, I would like to wish you all a happy Easter break filled with hope, faith and celebration.

Best wishes

Janet Gater
Principal

Message from our Principal

Key Dates for your Diary

Staff Spotlight

Chaplaincy

10:10/Ethics & Values

Health & Wellbeing

Trips & Visits

Upcoming Events - Literary &
Arts Festival





Key Dates

Summer Term

Term Begins: Wednesday 10th April

CAP 3 (Year 12) and CAP 7 (Year 13): w/c
Monday 29th April

May Day Bank Holiday: Monday 6th May

Year 13 Leavers' Celebration in College: Friday 10th May

Year 13 Study Leave Commences: Monday 13th May

College Closes for Half Term: Friday 24th May

Term Begins: Monday 3rd June

Summer Examination Series Ends: Friday 21st June (Final date for contingency 26th June)

Year 11 New Student Taster Day: Monday 1st July (Year 12 not in college) **End of Term:** Friday 5th

July



Staff Spotlight

Laura Forsyth
Vice-Principal

What I love about working at Carmel?

The buzz around college!

I love the buzz around college when students and staff are busy preparing for exams and internal assessments. There's a sense of shared purpose which is truly inspirational. The highlight of my working week is welcoming students into college on Wednesday mornings. Their wide smiles, quick wit and good humour

as well as impeccable manners really set me up for the day. Even when I'm cajoling them about wearing lanyards, they never fail to impress me!

Little known facts about me...

In my younger years, I was a competitive figure skater. I've been affiliated with Carmel in one form or another since I was 11 years old! I was a pupil here when it was Our Lady of Mount Carmel then returned as Head of Law in the nineties. I have a real connection with the college and its community which makes coming here every day an absolute joy.

Chaplaincy News!

Catenians Regional Public Speaking Competition

Bertie West came third in the Catenians Regional Public Speaking Competition at Liverpool Hope University on Friday 22nd March with his speech on Artificial Intelligence. The competition was tough but he impressed the judges with his charismatic delivery and well-considered arguments. Congratulations Bertie!

CAFOD Events

Fast Day Solidarity Soup Kitchen

Our Foundation Learning Students kindly cooked us a batch of soup for our CAFOD Fast Day in February. We were invited to 'live simply so others could simply live' by swapping our usual meal for a soup lunch and donating the difference to CAFOD's Lent Appeal, supporting fishermen in Liberia. We raised £154.



Parish Bake Sale - Christ Church Eccleston & St Mary's Lowe House

CAFOD Young Leaders hosted a bake sale in their local parishes on Palm Sunday, raising £151.60 for CAFOD's Lent Appeal.

We've enjoyed extra opportunities for prayer and reflection this week, including:

- 'Watch the Lamb' - Jesus' journey to the cross, as imagined by Simon of Cyrene
- Students, staff and alumni took part in the Big Lent Walk for CAFOD around Taylor Park
- Adoration of the Blessed Sacrament in Chaplaincy
- Maundy Thursday Morning prayer and hot cross buns
- The Passion liturgy, led by our Performing Arts students and Lourdes Youth pilgrims

Christian Union

Students have met to discuss what this would look like in our college and are looking forward to the first gathering on Thursday 11th April at 12:40 in Chaplaincy. All students welcome. Message Kathryne@carmel.ac.uk for more information.

There are things you can do to help ease the pressure:

Be kind to yourself – think about your achievements so far and what others value about you.

Set aside time for things you enjoy.

Talk to someone – open up and talk about how you feel.

Don't compare yourself to others – try to avoid worrying about how others are revising and focus on what you can do.

Top Tips for Exam Preparation

Ask for practical help

Speak to a teacher or your Personal Achievement Tutor for support with particular topics, revision techniques or managing your revision timetable.

Check in with your friends

If your friends are studying too, they are likely to understand what you're going through. You can talk to each other about exams or take a break from studying by doing something you enjoy.

Find a study group, or start your own

You can work through problems together and help each other with different subjects. This can be a nice way to keep your social life going and boost your mood. It can also help you to see that you are not alone.

Top Tips During Exams

Get organised and don't forget the basics of self-care – prepare materials the night before, check your timetable on Cedar for times and location, plan your journey and leave plenty of time to get to college. Nourish body and mind with healthy foods, prioritise sleep and limit screen time.

Try relaxation techniques – avoid last minute cramming before the exam and focus on techniques to help you focus on remaining calm and grounded, such as, breathing exercises, taking a brisk walk or using a meditation app.

Reward yourself – give yourself something to look forward to after your exam and find time to recharge and relax.



High Achievers+ Students attend University of Cambridge North West Conference

As part of the High Achievers+ Programme, Carmel students are encouraged to apply to the most competitive universities including Oxford and Cambridge. Currently, our Year 12 students are

planning their progression pathways and, on Monday 18th March, thirty of our HA+ students who are considering an application to Oxbridge attended a conference in Haydock race course organised by five Cambridge colleges. Students were able to attend talks delivered by admissions tutors and lecturers from Cambridge. These included: making a competitive application; the student experience; interview practice and finance and careers.

Former Carmel Geographer Conducts Ground-breaking Marine Research in Antarctica

Jack McElhinney, a former Carmel Geographer, is currently conducting marine research in Antarctica. After leaving Carmel in 2012, he pursued a BSc Hons in Environmental Science at Manchester Metropolitan University, focusing on bats as indicators of ecosystem health. His interest in animal physiology led him to a summer working with a marine ecology group in Portugal and later enrolling in an MSc in Advanced Biological Sciences at the University of Liverpool.

Currently finishing his PhD at the University of Western Australia, Jack's research focuses on the impact of warming oceans on fish populations, identifying vulnerable species and studying the link between fish size reduction and respiration. During his time in Antarctica, Jack described the unique landscape characterised by ice-covered mountains and blue icebergs. He highlighted the rapid warming in the Antarctic Peninsula, with temperatures rising by 2.8°C over the past half-century, leading to glacier retreat and changes in sea ice patterns. These changes have significant implications for the rich marine life in the region, particularly krill, a crucial species in the Antarctic food web.



Geographers Experience Icelandic Waterfalls, Volcanoes, and Coastal Landscapes

A Level Geography students embarked on an unforgettable journey to Iceland. During their visit, they witnessed the spectacle of the Reykjanes Peninsula eruption, offering a firsthand encounter with live-action Geography. Venturing further, students delved into the practical applications of Tectonic theory and Geothermic Carbon Capture at the Hellisheidi Geothermal Power Station. Additionally, they gained insight into the innovative Orca capture programme, witnessing the transformation of emission gases into rock.

Geographers also enjoyed the awe-inspiring vistas of Gullfoss Waterfall on the White River, Europe's largest waterfall.



Zofia Wins ARTiculation Prize Regional Heat

Huge congratulations to Year 13 student Zofia Kozinska for winning the regional heat of the ARTiculation Prize last week at the Whitworth Art Gallery in Manchester. Zofia, who is currently studying A Levels in Fine Art, English Literature and Spanish, represented

Carmel College, competing against nine other sixth form colleges from across the North West and Yorkshire. Priyesh Mistry, who is Associate Curator of Modern & Contemporary Projects at the National Gallery in London, was the judge on the day. He commented how amazing it was to see all of the works that the participants chose to speak about, adding that he had learnt so much. The ARTiculation Prize is an annual art history competition run by the National Gallery.





Politics Students Lead Debate at the European Youth Parliament Regional finals

A Level Politics students represented Carmel College at the regional finals of the European Youth Parliament. The European Youth Parliament is a leading non-partisan, youth-led educational

charity that provides exciting first steps to help students develop skills in debating and public speaking. Before the event, our students were invited to research and prepare material on their assigned topics on key issues affecting the UK. Students took part in a series of debates against other colleges, covering influential topics such as; combatting antisocial behaviour, climate change and the cost-of-living crisis, to a jury panel consisting of EYP members.

Liverpool Mathematics Society Pop Quiz

Fantastic results for A Level Maths student at The Liverpool Mathematics Society's Maths Pop Quiz! The Liverpool Mathematics Society was founded in 1899 for "persons interested in Mathematics" with the support of professors at the then University College. Over the years the society has hosted an array of professional development event including sixth form competitions and mathematical challenges. We're delighted to report the results of the quiz include:

- 2 of our teams received Gold certificates
- 3 of our teams received Silver certificates
- 1 of our teams received Bronze certificates

This was an excellent opportunity to further enhance and apply the knowledge our students have learnt during their lessons here at Carmel.



Upcoming Events: Literature Festival

Carmel's Digital and Creative Group will be hosting a Literature Festival on Wednesday 17th April with a range of exciting opportunities on offer to students. There will be live music, poetry readings and a gift store alongside a series of workshops from guest speakers in the Dalton Theatre. The programme includes workshops with:

Carl Oprey, a prose fiction, stage / screen writer and journalist whose work has been commissioned by searchlight Pictures, Channel 4, Scottish Screen and BBC Films

BAFTA nominated, multi award winning Hurricane Films

University of Liverpool PHD students discussing their research in a range of disciplines including Law,

Psychology and Sociolinguistics

Published author Jennifer Hayashi Danns (a Carmel Alumni) who will be reading from her latest novel *Beneath the Burning Wave* and sharing her publishing journey.

