

FUSE

FERNDOWN UPPER SCHOOL ECHO

'NATTER WITH NADIA'

Find out more about 6th Form
Life with our pastoral
manager.

Who is Boris the Boscombe Pig?

EXCLUSIVE INTERVIEW
WITH BEN MERCER



Dear Readers,

EDITOR'S WELCOME

Welcome to the inaugural issue of our sixth form student magazine FUSE! We are excited to present to you some of the activities which have been going on within the sixth form over the past term.

Spring is a such a lovely season in nature; the predictability of the blossoming flowers and the days getting longer, but alongside these aspects within school there is the much anticipated return of the mock exams!! So we are particularly proud of the way the FUSE reporters juggled their examination preparation and assisting with the creation of the first edition. This magazine is more than just a collection of words and images; it's a testament to the vibrant spirit that defines our school community at Ferndown Upper School.

So sit back and relax...

we hope you enjoy our magazine.

Enjoy

Meet the FUSE Team:

Emma



Hi I am Emma and I am currently taking A Levels in English Language and sociology and have taken the opportunity in joining FUSE at our sixth form in order to give me more experience writing about chosen topics to help peruse the start of my aspiration to be a multimedia journalist.

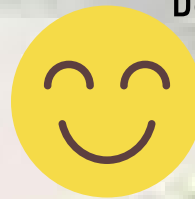


Phoebe:



Hi I am Phoebe and I am currently studying A-Level English Literature , English Language and Spanish A Levels.

Baylee:



Hi I am Baylee and I am studying English Literature , photography and biology A Levels.

Hi, I'm Brooke, a year 13 student here at FUS. I'm currently studying A-Level sociology, psychology and English Literature
As a year 13, big decisions are being made regarding my future and I'm excited to share the start of my writing journey here on FUSE. I joined FUSE to broaden my experience within the journalism industry to gain an idea of the sort of environment I would be pursuing in my future as an aspiring contemporary journalist.

Brooke



Hollie



Hello, I'm Hollie. I am a year 12 student and I study English Literature, English Language and criminology for A Level. I decided to join FUSE due to my future goals being very focused on writing. This is an amazing opportunity for me as I will use the skills I gain from this experience and apply them to future projects such as applying for university to study English Literature.

Contact Us:

If you have a story that you would like us to cover Or you would like to be part of the FUSE Team please email:

FUSE@fernup.dorset.sch.uk



Sixth Form events to look forward to in the Summer Term:

May 10th

Year 13 Leavers Day 2024

This will be a celebration of your time here. Fancy Dress is staying so start planning costumes!

Week beginning 1st July

Year 12 Exams

Thursday 4th July

Year 13 Graduation and Prom

This will be held at Canford School. Tickets on sale now!

11th July

Year 12 Parents' Evening

16th-17th July

Year 12 TEFL course

16th July

PE Celebration evening.

From Rugby Fields to Literary Worlds: The journey of Ben Mercer

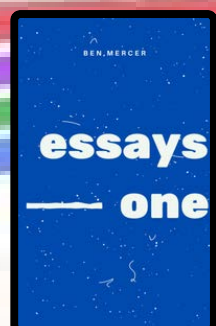
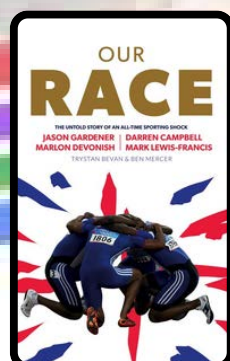


Ben Mercer is a former rugby player whose journey from pitch to page is a powerful reminder of the transformative nature that reading and writing can have. Ben is a published author of 4 books, content creator and influencer. His passion for reading has led him to undertake live reads, Monday-Thursday, on his social media platforms.

This was Ben's third visit to the school as part of Ferndown Upper School's 'Boys' Programme'. As part of the programme Ben meets with groups of our male students to talk about the concept of Scholar Athlete as well as literacy and recommended reads. As part of his last visit, each student in the group received a copy of Ernest Hemingway's classic text 'The Old Man and the Sea' which they read and had insightful and engaging discussions,

Ben is always willing to answer questions from our students about his own sporting career prior to becoming an author as well as his own experiences studying as a young man.

We are looking forward to inviting Ben back Ferndown Upper School.



Exclusive Interview

Ben Mercer: Why reading is so important.

By Emma



Ben Mercer meeting our FUSE reporters Emma and Brooke

Reading for at least 10 minutes a day is recommended, with the frequency and duration varying based on individual preferences. Reading offers numerous benefits, including mental stimulation, relaxation, and inspiration. It can be incorporated into daily routines, such as during commutes or before bedtime.

FUSE reporter Brooke and I got the amazing opportunity to interview Ben Mercer after a drop-down lesson held with the male sixth form students about the importance and stigma surrounding male reading. After answering our questions Ben Mercer explains that there is no specific/set time when you should read instead, it depends on how into reading you are as it varies; either reading for hours or picking a book up 3 times a day for 10 minutes can be rewarding. Some of the benefits of reading include the discovery element you get from reading as well as the entertainment, inspiration and how it can help you wind down or create an escape. Ben Mercer personally could read for ages but also suggests that if he does not have time due to a busy schedule and will try and read at least 3 chapters if possible.



The sixth form students discussing the *Old Man and the Sea*

Exclusive Interview



Reading and Mental Health

Reading enhances critical thinking, empathy, and the ability to understand different perspectives. It also provides an escape and aids in stress reduction. Addressing the stigma around boys reading, it is important to encourage all students to embrace reading as a valuable activity.

Book Recommendations

- *The Count of Monte Cristo* is a classic and is one of Ben Mercer's favourite books he described it as “a page turner”. It is the epic tale of wrongful imprisonment and adventure.
- *The Power* - 'If power is your ultimate goal, this is the book you need' The Times

Preparing for Exams

To prepare for continuation exams, it is suggested to start revising early and use various techniques such as going over old notes, using revision clocks, blurring, and Cornell notes. It's recommended to start revising for exams well in advance and to revise regularly, incorporating techniques like revision clocks and blurring.

Balancing School, Work, and Social Life

Striking a balance between social life and studies involves effective time management and prioritization. When it comes to a part-time job during A levels, it is important to consider the workload and ensure it doesn't interfere with academic commitments.

Reading

Ben Mercer suggests that to enjoy reading for pleasure, if you do not already, it is getting into a habit or reading when you can; tripping yourself up by a good book on your bedside table or reading if you get a spare minute, ‘the commute to work is a perfect time to read’. We also spoke about fiction and non-fiction books. We conclusively agreed that non-fiction can be read in little chunks as it is information based which may be good if you are out and about and want some entertainment whereas fiction is used better to wind down or used as an escape.



A Natter with Nadia

By Phoebe



Nadia Abdulgani
Sixth Form Pastoral Manager

Not long before February half term, I chatted with Nadia in order to get a behind the scenes insight into the sixth form team and hear her thoughts on all things ‘sixth form’.

Being a Year 12 myself, I realised that not many of us truly understand Nadia’s role and what she does to support those of us studying at sixth form. According to Nadia, many sixth formers go to her wondering ‘Where do I go?’, seeking adult support at such a busy time of their lives. For Nadia, Years 12 and 13 appear to fall into an “inbetween category” where they may often struggle to find the right support for the now adult challenges they begin to face. Nadia shares that sixth form is all about learning independence, and responsibility and she wishes for us all to “recognise that we’re not alone”.

As part of ‘behind the scenes’, I asked Nadia more about the common rooms and (as she’s been here 18 years!) what she has seen change for the better as the school has grown, to which she elaborated; “I’ve definitely seen both attendance and dedication increase”, whilst she also said that she’s noticed more students take their studies seriously than ever before observing many “already have a vision” and are incredibly “goal orientated”. Interestingly, I learnt that the now Year 12 common room used to be Nadia’s office until she was “booted out” as there were simply too many of us, and CB4 (now a classroom) used to be a common room not too long ago!

Since September, we’ve seen many international students from various countries study with us at Ferndown. The sixth form team have seen many of them make “long-lasting friendships” and truly enjoy their time here in England, getting to study abroad and learn first-hand about life here in Britain. Nadia believes it’s a “culturally enriching experience” with which we “learn so much”.

Lastly, Nadia wishes to leave you all with some tips and tricks on how to take advantage of your time at sixth form and make it the best it can possibly be. Nadia wants the whole sixth form team to realise that not everything will be perfect all of the time, but she hopes everybody can “be brave”, “swallow their pride” and not be “afraid to take a step” in the right direction – despite how scary it may seem.

It was amazing to have the opportunity to see behind the scenes with Nadia, and you can tell that she truly cares about all of her students in sixth form and she urges everybody to not hesitate to come and see her if they ever need any support – big or small.

Adjusting to the jump from GCSE to A Levels by Brooke

After the Year 13 mock week, FUSE reporters Emma and Brooke decided to interview Year 13 students to get an insight into how they remain so resilient throughout these few remaining months, and how they have organised themselves throughout their experience here at FUS Sixth Form.

Tensions were evidently high as Year 13 awaited the arrival of results day, but a few were willing to take some time and answer our questions. We wanted to get right into the nitty gritty of the questions and really understand how our sixth formers cope with the stress that A-Level's cause, so we thought it would be best to speak to a Psychology student to understand the science behind the stress we feel.

According to Amelia a Year 13 student studying A-Level sociology, psychology and English Language, it is all about “acknowledging your stressors”, and “picking out which ones are affecting your wellbeing the most”. The majority of A-Level students can agree that a large amount of unacknowledged stress can take a toll on your mental wellbeing, and therefore it is important to categorise your stressors and focus on one thing at a time, and do not forget to take some time out for yourself – cramming in work and not using spaced repetition with frequent breaks will not be as effective as you may assume.



We also had some time to speak with Kira , who studies psychology, travel and tourism and photography. She suggested that year 12's should invest in 'Up Learn'. She claims that "it is an effective revision tool to invest in and refunds you the money you have paid if you achieve a particular grade goal" (it guarantee's A/A* at A-Level if used effectively). However, it does come at a price. If you are eligible for benefits, or you require free school meals, 'Up Learn' is accessible to you for free so that you can achieve the grades that you want.

Lastly, we had a quick chat with Alex, who is currently studying A-Level history, sociology and media. He is a student that has been heavily involved in the topic of the importance of men's mental health, and has previously interviewed male teachers on their own experiences and advice, so we thought that he would be a perfect candidate to interview. Alex explained that it's important to "reach out" to someone, like friends, or a trusted adult and express how you are feeling.

And remember that if you are struggling, with anything, you can always have a chat with Nadia and our wonderful sixth form pastoral team who are always here to help if you need it.



Parley First School:

"We have had Work experience Students this week working in each Year Group across the School.

I have been incredibly impressed with all of the students that have been in School with us. They have been proactive, responsible and have shown the qualities that I would be looking for in Teaching staff of the future"

Well done to: Dan, Lewis, Isobel, Sophie, Halle and Emily.

From Monday 29th January to Friday 2nd February 2024, all Y12 students participated in work experience. From September 2023, students researched, planned and organised suitable work placements with various providers within Dorset and Hampshire. Many students were strategic with their placements, and utilised the UniFrog platform to find opportunities linking to their future career and/ or post 18 course. Businesses, organisations and providers completed student evaluation forms, and the majority of students received glowing reviews, and some were offered a job and/ or an apprenticeship.

Thank you to all the employers who offered our students this unique opportunity and Well done Y12!

Vikki Slade 🇬🇧 @VikkiSlade72 · Feb 2
A lovely Morning talking to residents in Corfe Mullen and showing our lovely work experience student from @FerndownUpper the ropes. Some brilliant conversations - people are ready for a new MP, government and council @LibDems



Well done to Oli (12RKMD) who has been offered a part time job as a result of his time on work experience.

Visit to Merton College, Oxford

Mrs Raisbeck and Mr Timmis lead FUS's Oxbridge programme, and on Wednesday 31st January, the colleagues travelled to Oxford by train and visited School Liaison Officer, Ms Jenny Shaw, at Merton College.

Merton is one of the oldest and most beautiful colleges in Oxford, and was founded in 1264 by Walter de Merton, the Chancellor of England and later Bishop of Rochester. A hidden gem, Merton is tucked away behind the High Street, with glorious views across Christ Church Meadows, but within easy reach of libraries, labs and the city centre. Merton is a stunning College with unique medieval stained-glass windows in the library, a 'Harry Potter' style dining room, and its own chapel (see photos below of Mr Timmis and Jenny) which dates back to the 13th century. Students are likely to feel like they have stepped back in time, or walked into a classic novel as they explore Merton College. In fact, literary writer JRR Tolkien was a Professor of English Language and Literature at Merton from 1945 to 1959. Inspired by his surroundings, snippets from his famous work, Lord of the Rings, can be spotted in the Fellow's Garden. Mrs Raisbeck is pictured below, sitting at Tolkien's table.

Merton College is affiliated with FUS, and offer lots of opportunities for potential candidates. In May 2024, Mrs Raisbeck and Mr Timmis will travel back to Merton with a group of Oxbridge applicants. Students will have the opportunity to meet current Oxford undergraduates, participate in academic workshops, and explore the city of Oxford. Mrs Raisbeck and Mr Timmis are incredibly excited to introduce FUS students to the post 18 possibilities and opportunities available at the University of Oxford.



Norland Collage



Kate Morgan

On Wednesday 7th February, Kate Morgan visited FUS to deliver a presentation to both Health and Social Care, and T Level Education and Early Years students regarding the possibilities and opportunities on offer at Norland College Bath.

Norland College was founded in 1892 by educational pioneer Emily Ward, and is world famous for providing the best education and training in early years. Emily Ward recognised the need for early years childcare to more structured, child centric, loving and nurtured. Training at Norland was based on the founding principles of Fröbel, the German educationalist best known as the originator of the kindergarten system, and adapted to be more relevant to the needs of young children and their families.

Over the years, Norland's curriculum has progressed to offer the most up to date academic childcare training courses to the highest practice standards in line with the latest research. Kate talked to FUS students about the courses on offer at Norland, including Early Childhood Education and Care, BA Hons, and Norland Diploma. A qualification from Norland can open doors to develop a career in occupations such as Nannyng; Speech and Language Therapy; Forest School Instruction, Montessori Teaching; Counselling, and Welfare.

Following the talk, several students expressed an interest and are currently researching post 18 study at Norland from September 2025. Year 13 student, Lola (13CBMY), has already secured a place at Norland College and will begin her degree in September 2024. Lola completed and sent her UCAS application in October 2023, and successfully passed the interview process in December. Lola has already bought the famous Norland Nanny uniform (pictured below) and is ready for post 18 study.

We wish Lola all the best on her exciting course and career journey.





Year 12 and 13 Chemistry Olympiad

By Mrs Neale

On the 26th January our Year 12 and 13 Chemists participated in the Chemistry Olympiad written test which is designed to challenge and inspire. The UK Chemistry Olympiad is a unique opportunity for students to push themselves further and excel in the chemistry field.

Our budding chemists developed their critical problem-solving skills, were thinking more creatively and got a chance to test their knowledge in new, real-world situations. They could even find themselves representing the UK at the prestigious International Chemistry Olympiad!

We will keep you updated on their progress.

University for the Creative Arts: Atelier and Tailoring Talk

By Miss Robson

Chip Harris, leader of the school of fashion at the University for the Creative Art in Epsom, visited Ferndown Upper School to talk to 16 of our A Level and Foundation fashion and textiles students about degree courses in Atelier and Tailoring. Students learnt about portfolio guidance for application, concepts within the couture fashion industry and employability with companies including Matthew Williamson, Ede and Ravenscroft, Kathryn Sargent and Julien Macdonald to name but a few.



The degree course includes a placement year and enable students to learn bespoke skills in hand crafted construction based on Saville Row tailoring and fashion atelier principles. Digital design skills in CLO3D, business start-up electives and sustainable slow fashion principles underpin the three or four year university course.



Year 13 Trip to Nick's Farm...

by Baylee and Hollie



Mrs Cowell

A few weeks ago, we spoke with childcare and business teacher Mrs. Cowell about the farm trips she took her Year 12 and 13 classes on. She is a dedicated animal enthusiast who brings her passion into the classroom and her love for animals is reflected in her students who are equally as wholehearted as she. She told us all about her own personal endeavors such as volunteering at Nick's Farm each week, where she looks after a pig she has adopted, named Mia.

The trips she took her classes on were pursued by the students themselves, their interest in Mrs. Cowell's unique pastime inspiring them to want to partake in similar activities in a way that would connect the skills learnt on their course and apply them in a practical manner. These trips have been beneficial not only academically but also to increase class morale and student engagement with the course and its advantages. The employees visit residential homes and nurseries, bringing their animals with them for emotional aid and overall joy.

Mrs. Cowell has been a business advisor to the farm, utilising her knowledge to assist them in becoming a community interest company (CIC), a business in which "all profits go back to help the community". She mentioned that this will give them the ability to branch out across local businesses for sponsorships, grants, and donations. All of this, she does completely for free!

Nick's Farm, she says, "looks forward to reaching out to a wider audience" in order to help and support more individuals and give their company more funding and reach.



Since she told us that animals, specifically pigs, “help children with confidence and anxiety”, this has proven effective in the classroom as it provides an insight into how children may be able to cope with stress.

Additionally, along with her own pig, Mrs. Cowell allowed her students to adopt a ‘Class Pig’ named Ivy-Rose who they met and looked after on their visit to Nick’s Farm – there are even pictures of the pigs in Mrs. Cowell’s college block classroom. Apparently, they “love a belly rub” and act surprisingly more like dogs than you’d expect.

She told us about a pig named Boris who actually ran away from home, and explained that there is a video on the internet depicting the little micro-pig trotting down the streets of Boscombe! There is an uplifting picture of him even smiling at the sight of pumpkin – his favourite snack – which is utterly wholesome, much like this beloved topic.



Boris the Pig



Two new lunchtime clubs...



DARTS CLUB

NEW PLAYERS WELCOME **FRIDAY LUNCHTIMES** **OPEN TO ALL AGE GROUPS**

All darts must be handed into Mr Stevenson at the start of the day

Made with PosterMyWall.com



Vocal "JAM"

A fun pop singing group led by a Sixth Form student!

WE MEET IN
THE MUSIC ROOM
ON
TUESDAYS
AT LUNCH TIME

EVERYONE IS WELCOME!

Useful contacts:



In case of emergency DIAL 999

Mental health and well-being



STUDENTS AGAINST DEPRESSION

.ORG

www.student.kooth.com



HOPELineUK 0800 068 41 41



www.dorsetmindyourhead.co.uk

relationships, sex, drugs, mental health, bereavement, housing, crime

For any challenge you face



Essential support for under 25s

tnemix.org.uk ☎ 0808 808 4994



07973 405280

spaceyouthproject.co.uk
LGBTQ+ support



when it's less urgent than 999



Eating disorders
0808 801 0711
0808 801 0811

Ferndown Upper School

Your emotional wellbeing is incredibly important to us.

If you want to talk to anyone outside of school, these organisations are brilliant.

Free confidential advice and support whatever your worry whenever you need help.

This includes self-harm, abuse, your safety, social media issues

ChildLine

0800 1111



Confidential advice with health issues and body worries



ChatHealth

07480 635511

Support and counselling with substance misuse



0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

REACH

DRUG AND ALCOHOL SERVICES

Reach (edp.org.uk) 0800 043 4656

Career Support Dorset

Young Carers

carersupport@dorsetcc.o.uk/young-carers/



**THANK YOU TO BEN MERCER AND ALL THE STAFF
AND STUDENTS WHO HELPED TO CONTRIBUTE TO
THIS EDITION; SPECIAL THANKS GOES TO MRS
RAISBECK AND MS MCDERMOTT FOR THEIR ADVICE,
SUPPORT AND GUIDANCE.**

**THANK YOU FOR READING AND FUSE
WOULD LIKE TO WISH YOU ALL A LOVELY
HOLIDAY.**



Next Term in the **FUSE** Newsletter...

- **The Summer Issue -what to do in Dorset over the Summer.**
- **‘Behind the Curchin’**
- **Darts coaching with Scotty ‘Dog’ Mitchell**