

## NIA 6 Updates



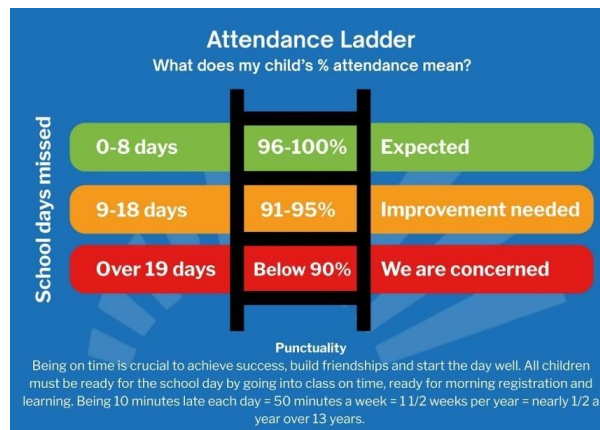
All of the previous NIA6 newsletters can be found in the news section on the [Sixth Form](#) website.

### **Attendance Matters**

Today marks our first Dress Down Day of the term, rewarding students who have demonstrated excellent commitment by being on time every day, on time to every lesson, and attending school every day over the two-week period.

We are extremely proud to report that Year 12 and Year 13 were the most improved year groups in the school for both attendance and punctuality. This reflects the professionalism and determination expected at Sixth Form level.

With examinations beginning next week, maintaining excellent attendance and punctuality is essential. Well done to all students - please keep it up.



### Rewards Assembly

This week we held our Rewards Assembly, celebrating students who have consistently demonstrated commitment and excellence throughout the term.

Awards were presented for 97% attendance and above, excellent punctuality, positive attitudes to learning, attainment, and individual subject awards nominated by teaching staff.

The assembly recognised both academic success and the personal qualities that underpin it.

### Mountbatten Festival of Music – Royal Albert Hall

At the end of March, one of our students represented NIA6 and the First Sea Lord Cadets at the prestigious Mountbatten Festival of Music at the Royal Albert Hall.

“At the end of March, I had the fantastic opportunity to attend the Mountbatten Festival of Music 2026 at The Royal Albert Hall in London. I attended this event with my fellow 1st Sea Lord cadets to both watch the show on Friday and Saturday night, but also have the special role of escorting VIP guests to their boxes. The whole weekend was an eye-opening experience to a new environment and gave us a chance to speak to new people, officers in the Royal Navy and Royal Marines and to see the behind the scenes of the band before the show began. During the show we got to stand in the gallery, the highest point, which provided an incredible view of the performance. This trip was absolutely amazing and the

performance was breathtaking! I am looking forward to my future events but this will be a highlight of the year as a 1SL cadet.”

Georgia – First Sea Lord Cadets





## Anemia Awareness

FRIDAY EDITION

APRIL 24<sup>th</sup> 2025

# ANEMIA AWARENESS

THE DIGITAL NEWSLETTER



A selection of foods from different food groups.

### What is anemia?

The latest local news

THE MEDIC SOCIETY -  
NIA6

#### Breaking news Energy & Health

----- NIA6

#### Key points

- Anemia affects oxygen transport in the body
- It can lead to low energy and difficulty concentrating
- Iron is important for making hemoglobin
- Symptoms can include dizziness when standing up too quickly
- Experts highlight the importance of balanced diets in teens

#### Did you know?

Anemia can develop gradually, so people may not notice symptoms right away.

### Anemia

Anemia is a condition where the blood doesn't have enough healthy red blood cells, or enough hemoglobin, to carry oxygen efficiently around the body. Why does it happen and what are the symptoms?

When hemoglobin levels are low, the body cells do not get enough oxygen to produce energy. That's why anemia is often linked to symptoms like fatigue, weakness, and difficulty concentrating.

### Iron IS the star player

The most common type is... **Iron-deficiency anemia**. The body needs iron to produce hemoglobin and without enough iron, this process is affected. Foods rich in iron include:

Spinach;

Lentils;

Beans and;

Red meat

Anemia is not a single condition.

There are different types, including:

- Vitamin B12 deficiency anemia
- Sickle cell anemia [a genetic condition affecting red blood cells]

### WHAT IF BEING 'JUST TIRED' ISN'T ACTUALLY NORMAL?

We're so used to blaming busy schedules, late nights, or stress for feeling exhausted but sometimes the reason is deeper. Anemia can reduce the amount of oxygen your body gets, leaving you feeling drained, unfocused, and out of sync with your usual self. The tricky part? It often builds quietly, so people get used to feeling low energy without questioning it. That's why awareness matters - it can affect performance in school, at work, and in everyday life often without you realizing why.

### Myth vs. Fact

**Myth** - Only adults get anemia

**Fact** - Teenagers can also be affected



*This newsletter is for general information only and is not medical advice. If you have concerns about your health, speak to a qualified healthcare professional.*

By: Tamara Akirbasova

## Duke of Edinburgh's Award

Our recent Duke of Edinburgh trip to the New Forest was a fantastic opportunity for learners to develop key outdoor skills and build confidence. Throughout the expedition, pupils focused on improving their navigation skills, learning how to read maps, follow routes, and work effectively as a team. They also gained valuable experience in camping, including setting up tents, organising equipment, and cooking their own meals in small groups.

The trip provided a real sense of adventure, with learners encountering the New Forest's famous wildlife, including wild horses and deer, which added to the overall experience. Despite facing some challenging conditions, including periods of torrential rain, pupils showed great resilience and determination, supporting one another and adapting to the environment.


One of the highlights of the trip was the opportunity to relax together in the evening, sharing stories and enjoying marshmallows around the campfire. Overall, the experience helped learners develop independence, teamwork, and perseverance—key qualities that are central to the Duke of Edinburgh Award.

The Duke of Edinburgh's Award develops resilience, independence, teamwork and confidence, and is highly valued by universities and employers.

“Last week I went on my Duke of Edinburgh's Award expedition, and honestly, it turned out to be one of the best experiences I've ever pushed myself to do. I'm not really the type of person who usually signs up for this kind of thing, so I went into it feeling unsure... stepping outside your comfort zone can lead to some of the best experiences you'll ever have.”



✓ Downloaded



Dibden

Dibden

**DoE Silver Exped Day 2 April** [🔗](#) [🔖](#)

📏 18.56 km · 4h 51m

No ratings





### **Podiatry Trip**

Podiatry is a specialist healthcare profession focused on diagnosing, treating and preventing conditions affecting the lower limbs, playing a vital role in patient mobility and wellbeing.

“We had the opportunity to have a day at the University of Northampton today as an extension of our Podiatry trainer ship... which was very insightful and essential.”

### **Routes to the Professions – University of Birmingham**

Routes to the Professions supports students interested in competitive professional careers by offering mentoring, insight into admissions processes and university life.

“On Wednesday, I attended the second event of the Routes to the Professions programme at the university of Birmingham... I’m looking forward to event ahead.”

### **Work experience opportunities**

Northamptonshire Fire and Rescue Service and GSK are offering outstanding work experience opportunities that allow students to gain real-world industry insight and develop employability skills.

Students interested in the NFRS Summer Internship should speak to Mrs Silvestre. Both opportunities will significantly strengthen future applications.

### **Highlight on Art – A Level Art**

A Level Art allows students to explore creativity, independence and technical skill development.

“During A Level Art, we began by taking part in a series of workshops where we experimented with a wide range of techniques... it makes the subject both personal and inspiring.”

### **Thought for the Week**

Real improvement comes from focusing on personal growth rather than comparison with others.

By striving to be the best version of ourselves each day, progress becomes meaningful and lasting.

