



# Ignite



**Ready for life,  
not just exams**

The Mount's Sixth Form focus  
on essential life skills

Sixth Form Award Programme



“It’s amazing here. I’ve loved The Mount since I started in Reception. I couldn’t ask for better facilities or more enthusiastic teaching. I can find a teacher at a moment’s notice to work through a tricky A Level question, and our Quaker ethos means there’s mutual respect. The small A Level class sizes, like uni tutorial groups, prepare you for next steps and mean you get that level of attention to do your best. Last year’s Mount Sixth Formers got the highest A Levels in York. I feel prepared for my upcoming A Levels and I’ve made lifelong friends who I’m going on holiday with after exams. I just love The Mount, and think you will, too.”

**Harriet, Year 13**



# Ignite

Sixth Form  
Award Programme

## Shape your spark, define your path



When you think about success, you might picture excellent results, university offers, and lucrative job opportunities. But we think some of the most important skills for achieving your dreams go beyond academics. Many of the crucial skills for success are learned through life experiences, interactions and creativity. At The Mount, alongside A Level studies, you'll take part in our unique new Ignite programme.

# Time to thrive

Inspired by think-tanks, global thought-leaders and top universities, we have developed a bespoke, immersive programme focussed around ten distinctive and empowering principles to help you thrive in life.

1. Harness your grit and determination: The power of passion and perseverance in developing your emotional intelligence.
2. Girls should be brave, not perfect: Encouraging girls to speak up, take risks and stop conforming.
3. Dare to dream audaciously: Plan and prepare for the future you want.
4. Eat the frog: Avoid procrastination and get stuff done.
5. Think innovatively, ditch the box: There's no limit to your creativity.
6. The secret of being mentally strong: Manage daily challenges, adapt and build resilience.
7. The power of conversation: Confidence to talk with anyone, speak to make people listen.
8. Be a strong Leader: Get your ideas across and collaborate with others to inspire change.
9. The power of authenticity: Lessons in friendship, diversity and love. Discover your true self.
10. Next steps survival guide: You're in, now how to make the most of it – whether it's university, apprenticeships or the start of your career.



Over the next two years, you will follow a tailor-made preparation programme, designed to equip 16-18 year old young women with the must-have and most sought-after life skills to thrive and succeed.

**Read on to discover how our Sixth Form programme empowers young women to achieve.'**

# Ignite your potential



In Sixth Form, you're not just aiming for A Levels. You're building a portfolio of skills and gaining experiences to stand out from the crowd. That's what our new Ignite programme is all about. The programme offers young women a holistic Sixth Form experience where a diverse array of activities, real-world experiences and achievements culminate in a unique award that showcases your skills and passions. University, Apprenticeship or Career? We've got you: Ignite allows you to get noticed and unlock your dream future.

- We're not just studying for exams. We're talking real-world skills, diverse experiences, and achievements that actually matter.
- This isn't a one-size-fits-all programme. You'll be crafting a bespoke award that showcases your passions and strengths.
- Whether you're aiming for a top university, a competitive apprenticeship, or heading straight into the workforce, Ignite gives you the skills and the credentials to get there.
- Through leadership opportunities, innovation, and personal growth, you'll be challenged, supported, and empowered to make a meaningful impact.



**Start igniting your potential.**

# The Ignite programme

Ignite is about balance. Alongside your A Levels we provide holistic support and nurture emotional, ethical and social skills as well as providing the academic support you need to succeed. We want to make your final school years rewarding.

The Ignite programme will complement your academic courses and provide you with a range of co-curricular enrichment activities and opportunities across three strands known as the Three Sparks of Ignite.

At the end of your time in Sixth Form your efforts are recognised and celebrated with the Ignite Head's Award. You can achieve bronze, silver or gold.

The more you do, the more credits you earn, which determines which level of the Ignite programme you achieve.



## Three Sparks of Ignite



**Ignite Ambition**



**Fuel Creativity**



**Your Bright Future**

## 1. Ignite Ambition

Within a supportive and motivational environment there are many ways we support your academic ambitions.

### A Level Attainment

We offer a diverse range of A Levels. You can choose three A Levels or more (plus an EPQ), and our experienced staff are here to guide you. In our all-girls' environment, where young women speak up, subjects are not gendered and we encourage you to follow your ambitions.

We work with you to create subject combinations matched to your goals, or offer flexibility for those still exploring their future paths.

Extended Project Qualification (EPQ): Showcase and explore your passions through an EPQ whether it is an essay, piece of art, music or creative writing. This is excellent preparation for university with its focus on self-led study, with timetabled support and guidance. We encourage bold, diverse projects to empower you and shift perspectives. Previous topics explored by Mount pupils include analysing the viability of life on Mars and challenging misogyny.

### Study Space

You will have your own private study (shared with another pupil). This is your space to personalise and use for your study time throughout the day and into the evening. And when you need a break? The Sixth Form common room is a space to catch up with friends and relax.

### Spark Lecture Series

Inspirational speakers visit The Mount to deliver a range of interactive lectures and masterclasses on subjects as varied as climbing treacherous mountain ranges to running an international events company. They also offer you valuable networking opportunities. We supplement these experiences with access to top-tier online resources like TED Talks.



### Personal Tutor

Tutors are carefully matched to your interests and aims. Like at university, there is timetabled time for mentoring and help, that will help you unlock your full potential. And it's not just for academic support, Tutors help support your wellbeing too.

### Lifelong Study Skills

We are committed to equipping young women with the study skills for success in school and beyond. You will develop a practical study mindset to apply to all sorts of situations. From time management to staying focused, our Ignite programme boosts your motivation to help you achieve your goals.



## 2. Fuel Creativity

Discover your authentic self through a wealth of experiences, designed to empower you to find out what makes you, you.

### Female Leadership

We believe female leadership is essential, and we're here to help you shatter those glass ceilings. Leadership at The Mount takes many different forms, and we avoid a stereotypical view of it. You'll be empowered to find your voice, step up, and become a force for positive change – a peaceful disruptor, ready to make a real impact.

From the College Leadership Team, House Captains, Wellbeing Reps, Sports Captains and Pupil Mentors, there are plenty of ways to get involved. We train pupils in female leadership and offer support through regular mentoring sessions.

### Social Action & Volunteering

We foster our Quaker values through social action and volunteering. The Ignite programme lets you put these values into action through meaningful practical opportunities. Giving time to the community benefits all concerned. There's many ways to give back, from supporting eco-projects and charities to tackling real-world issues like elderly loneliness, whilst building a legacy of equality and respect.

There are also opportunities within school such as raising money for charity, participating in PeaceJam conferences, mentoring younger pupils and assisting in the Prep School.

### Life & Ethics Course

At least one double lesson a week sees an expanded curriculum where this thought-provoking course will challenge you to think critically about everything from leadership and influence, personal identity and global responsibility. You'll debate real-world dilemmas, explore your values, and build the skills to communicate persuasively and lead with purpose. It's about empowering you to shape your future with confidence. We are very proud of this course which reflects our Quaker values, empowering you to step confidently into a bright future where your ambitions burn brightly.

### Get Active

Physical activity is proven to boost your wellbeing. We will never pressure you to take part in sports that aren't for you, but we do encourage some form of physical activity to act as a healthy outlet for tired brains. Through the Ignite programme, we'll help you find an active outlet that fits your style, whether it's competitive sports, a relaxing swim in our onsite pool, a run around our spacious campus, pilates in the sun, or a workout using our state-of-the-art gym. It's all about finding that balance between studies and feeling your best.





### **Exciting Co-curriculars**

Co-curricular activities do not stop in sixth form; we want you to keep your passions burning alongside your A Levels, we think they are now more important than ever. You will have a vast choice of activities, with something for everyone, from Leeds Rhinos Netball to Wellbeing to Glee Club. And if you've got a passion we're missing? Lead the charge and create your own club – we'll support you.

### **Aspire in The Arts**

We have a variety of creative offerings for you at The Mount including LAMDA lessons with our Drama teacher who is herself a West End actress. Year 12 write and perform their own pantomime which combines creativity with teamwork, time management, advertising, backstage technical and performance skills, and is a tradition dating back to the late 1700s.

Our fantastic Music lessons and ensembles run all week long, with Grade 8s and Diplomas a regular occurrence, but, as is the Quaker way, participation is key so there are opportunities for you to join in at whatever level.

Our Creative Arts and STEM Festivals also give you a chance to lead, show expertise and celebrate your creative side.

### **Wanderlust for the World**

Do you want to experience the world in a whole new way? At The Mount, you'll embark on epic journeys from skiing in Italy to helping build schools in Namibia to investigating food challenges for local communities in East Greenland to fossil collecting on the Yorkshire coast. You will certainly get to travel! The life skills learned are undeniably valuable for your next steps, and will give you stories you'll tell for the rest of your life.

### 3. Your Bright Future

#### Mount Connect

Join a community of powerful women who are ready to support your journey. Our Mount Old Scholars' Association (MOSA) gives you access to years of experience accrued by past pupils across sectors and to very senior levels. Through mentorship, networking opportunities, and inspiring Sparks Lectures from successful mount alumnae, you will experience benefits beyond the curriculum. You will be part of this built-in support system for life, receiving advice from women who've been where you are and are now reaching their goals.



#### Bespoke Advice

We want to turn your goals into reality. You will receive regular one-to-one tailor-made careers advice with staff. Across our staff we have an enviable collective network and regularly put pupils in touch with relevant mentors to actively work towards their career goals and achieve early experience. You'll walk into interviews with confidence, armed with real-life examples that prove you're serious about your future.

#### Bright Futures Conference

Unlock your future over two packed days - UCAS Day at The Mount and an immersive Discovery Day at the University of Leeds will both give you the tools and insights to navigate university, giving you the edge whilst applying for next steps and standing out in this competitive landscape.

#### Oxbridge & Medicine Pathway

You may want to try out for the most competitive universities in the world. Staff will sit down with you to discuss your goals and will then put all their resources into high-quality preparation with top advice, relevant placements and second-to-none interview skill drilling.

UCAS and apprenticeships support – whatever you want your next steps to be, we will help you step into your future with confidence, ready to embrace all the amazing opportunities ahead.

#### Short Courses, Big Impact

We host a variety of short courses designed to equip young women with practical study and work skills for your future. We run courses on everything from public speaking, cooking for university, touch typing and budgeting to harnessing AI technology. These are designed to give you the edge in any career. And if you think a course is missing you can have a voice on which new ones should be covered and how they run.



# Stand Out with Ignite

There are many opportunities available to our Sixth Form girls and the Ignite programme encourages you to get stuck in.

You will have to demonstrate you have achieved a list of criteria, so the award has real value and status. By taking part in many of the opportunities available through the Ignite Head's Award, Mount pupils will shine in applications.

Through this award, in these increasingly competitive times, we do everything in our power to harness skills that you have acquired at The Mount and translate them into a winning package that both celebrates your achievements and clearly displays all that you are.







**James Waddington – Head of Sixth Form**  
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**Ignite your future**  
Start your journey today  
**#IgniteAtTheMount**