

KING'S LEADERSHIP Academy Sixth Form

PROSPECTUS

"King's Leadership Academy in Warrington is a fantastic example of an Academy offering children the best start in life."

- David Cameron, Prime Minister.

OUR MISSION

To develop in each of our students the academic skills, intellectual habits, qualities of character and leadership traits necessary to succeed at all levels and become successful citizens in tomorrow's world.

Educating, Equipping & Empowering Tomorrow's Leaders

Welcome to King's Leadership Academy. Our Sixth Form provides students in Warrington with a Free Independent education, founded on international research and traditional values. At the heart of the Sixth Form is a strong 'learning culture' based firmly on the belief that every student will succeed. This belief permeates all that we do and defines the character of our students, ensuring that over time, excellence becomes a habit for all who study with us.

To support you, we have appointed a full team of exceptional A Level teachers with strong track records. Every Sixth Form student at King's will also have access to a wide variety of enrichment activities including an extended day to ensure that every student fulfils their true potential. Throughout your time with us, you can be assured that our curriculum and pastoral support will meet your needs and help prepare you for progression towards top universities and careers in professional life.

We expect all of our students to excel and want you to share this belief with us. We offer a broad range of academic qualifications in the arts, mathematics, languages, humanities and natural sciences. It is through these subjects that we will prepare you to be successful citizens in tomorrow's world. Sixth Form students at King's will be given access to our online teacher and homework support network, which operates outside of the normal scholastic day to further assist with your studies.

A MESSAGE FROM

THE PRINCIPAL,

Shane Ierston

Alongside the traditional academic subjects, you are also afforded opportunities to develop leadership skills through a wide range of experiences going well beyond the academic curriculum. At King's, we believe that the development of character and a strong sense of purpose are just as important as success in examinations. For this reason, we will ensure that every student is given the chance to step up as a leader and contribute to the wider learning community at the Academy. Caring for the learning community and our commitment to the students is at the heart of all our actions and will assure the future success of all who ioin our Sixth Form.

Whether you are an existing student or new to the Academy, you will be made to feel very welcome when you start your A Level journey with us at King's.



A message from our Founder & CHIEF EXECUTIVE. SIR IAIN HALL

The Sixth Form at Kings Leadership Academy is an academic institution providing education of the highest quality. The Academy's unique educational programmes will not only allow you to discover and develop your talents but will also help you to become a thriving individual who is strong in character and has the determination and resilience to achieve your aspirations. These programmes will also prepare you for the rigour and demands of university life and beyond.

Our structures and systems are designed to ensure your success:

- All of our academic teaching staff have at least a 2:1 degree in their subject with many having Master's degrees or higher
- We have already forged links with each of the Russell Group universities so that our tutors have a unique knowledge of their entry requirements
- We have a specifically appointed Oxbridge liaison tutor
- We have a stimulating programme of university visits planned for you including an 'awareness' trip to Harvard

However, we are aware that all work and no play make Jack and Jill very dull people and have an exciting personal development programme planned which we are confident will make your Sixth Form career one of the most memorable times of your life. I am confident that, in choosing King's, you are not just selecting a Sixth Form but taking your first steps to a successful future.

OUR TRACK RECORD

King's Leadership Academy Warrington was founded in September 2012 by Sir Iain Hall, establishing a free independent school within the state sector. King's became the first Academy in the country to be officially recognised as the 'National School of Character,' for its exceptional character and leadership education. It has an unrivalled reputation in the locality for the attention it receives from government ministers such as David Cameron, Prime Minister and other high profile visitors. It is with great pride that we are now consistently oversubscribed every year for a place at our Academy.

The Great Schools Trust was formed in 2011 as the parent company for Kings Leadership Academy, Warrington. The vision of the Great Schools Trust is to create a mutually supportive group of outstanding schools that provides every Great Schools' student with the opportunity to go to university or pursue the career of their choice by developing the highest of aspirations and ambitions throughout their Sixth Form experience. We hope to nurture the country's next significant writers, philosophers, scientists, musicians, lawyers, artists, architects, academics, bankers and entrepreneurs. By coupling high quality education with these aspirations and ambitions, our students will enhance their prospects of gaining entry to the most prestigious of universities and top professions. Our high academic standards and rigour is the pinnacle of a Sixth Form education that will guide the able minds of tomorrow.



"King's Leadership Academy Sixth Form will make you ready not just to face the world, but to change it."



but because it is not. It is this commitment which defines our character and ensures that excellence over time becomes a habit

These six values, or pillars, are the foundations upon which the

3 Elements to a Flourishing Life

EDUCATING

EQUIPPING

Our approach to education centres around 3 elements of character development - you will receive an outstanding education, which will instil in you the academic skills and intellectual habits necessary to succeed at all levels. When these habits are equipped with the qualities of character and leadership, you will be empowered to succeed at all levels and become successful. contributing citizens in tomorrow's world.

EDUCATING

In King's Sixth Form you will be led and taught by some of the best teachers in the country, teaching superb lessons day in day out, that will help you to achieve your aspirations. However, this is just one aspect of a King's education and you will be supported to show values from aspiration through to endeavour both within and beyond the classroom so they become a habit for life. To do this we will develop your confidence through aspirations, perseverance through endeavour, tolerance through self-awareness and integrity, teamwork and pride through professionalism, and outward-looking mentality through respect so that you are ready to play an active role serving your wider community. Sixth Form must also be fun, it should be exciting and you should make friends, some of whom you will keep for the rest of your life. Happy students are more likely to be successful and we see it as our responsibility to bring out your talents, to broaden your interests and to develop your personal qualities.

EMPOWERING

It can be a daunting thought to consider that you are unlikely to retire until you are well into your 70s! Predictions suggest you can expect to have had multiple jobs by the time you are in your late 30s and many of these jobs either do not currently exist or will be approached in new and innovative ways. We live in exciting and fast changing times and our young people will be hoping to solve problems that are not yet problems, using technology that has not yet been invented. This means that providing a world class, progressive and well-rounded education is more important than ever. In fact, the environment of King's Sixth Form will make you ready not just to face the world, but to change it.

EMPOWERING

Equipping

We will provide a range of exceptional leadership opportunities which will equip you for university success, including our 'Flight Path' Programme, where you will receive a one-toone Academic Tutor, a Russell Group Tutor matched to your university Flight Path, as well as bespoke UCAS preparation, with Oxbridge, Russell Group and 1994 Group universities at the forefront of applications. Oxbridge preparation for those with the credentials to pursue their passion for courses at Oxford or Cambridge will be meticulous and the Academy has a range of bespoke programmes for students wishing to pursue careers in Medicine, Dentistry, Veterinary Science, Law and Engineering. There will be national and international trips within each subject, including the opportunity to attend an overseas study tour to Harvard University, and a wide range of opportunities in volunteering, sports and other exciting programmes taking place every week.



WHAT MAKES KING'S UNIQUE?

At King's we pride ourselves on supporting you through the most important, influential and intense two years of your life so far. By providing excellent teaching and personalised support in an enriching environment, we will help you realise your full potential.

"King's Leadership Academy in Warrington is leading the character charge and I hope other Academies can learn from its success."

- Nicky Morgan, Education Secretary.



EDUCATING...

you through exceptional teaching & learning:

- State of the art facilities and study environment, including latest hand-held device for every student
- More dedicated teaching time than any other school in Warrington
- High quality teaching led by experienced academics with Oxbridge & Russell Group background and minimum of 2:1 specialist degree
- Personal Academic Tutor and Mentor
- Small year group and class sizes
- 5 assessment points and 5 reports each year.

Equipping...

you with the highest of aspirations:

- Specialise in the facilitating subjects for the Russell Group and other top universities
- Minimum entry criteria of Grade Point 6 (Grade B) for every A Level, Grade Point 7 desirable
- Oxbridge, Russell Group & UCAS Tutor programme for every student
- Specialist tutoring for students wishing to pursue a degree programme in Medicine, Veterinary Science, Dentistry, Law or Engineering
- Minimum of 3 university visits each year for every student
- University and World Travel bursaries for exceptional performance at A Level.

EMPOWERING...

you through world class character & leadership development:

- Weekly enrichment sessions to support career internships, sport, cadets, performing arts, volunteering and community work
- A week long leadership and outdoor pursuits induction programme
- Weekly tutorials in character & leadership development delivered through our national award winning programme
- Duke of Edinburgh and National Citizen Service for every student
- Chartered Management Institute Level 3
 Leadership Qualifications for every student
- Opportunity to attend an overseas study tour to Harvard University.

IN PURSUIT OF MASTERY: THE ACADEMIC PROGRAMME

We recognise that there are different pathways to the same end: a flourishing student. The choice of subjects at A Level can be crucial in enabling you to gain access to the university and course of your choice - but it is equally important that you choose subjects that you are going to enjoy.

You can be confident that all of the A Level courses we offer are highly regarded nationally and internationally; we are unashamedly an Academy for those with academic ambition and potential. By ensuring that all students have appropriate academic challenge through lessons which encourage intellectual excitement, you will fulfil your potential whilst developing the skills that you will need to be successful in Higher Education. That is why we specialise in the 'facilitating' A Level subjects, highly regarded by the Russell and 1994 Group.

Students with a Grade Point average of 7 or higher (Grade A) will study FOUR A Levels. This will allow you to cope with the academic depth and rigour that universities and employers had been concerned is missing from the profile of many prospective applicants.

Students with an average Grade Point of 6 (Grade B) will study THREE A Levels (or narrow down from four to three main subjects in their

final year), and will also have the chance to pursue the Extended Project Qualification (EPQ). The EPQ is your chance to look in depth at a topic which interests you. Whilst the qualification is largely self-led you will receive one-to-one mentoring from a member of staff and tuition to develop your research skills. Top universities are increasingly looking to the EPQ as evidence that prospective students have an inquiring mind and the ability to carry out in-depth and independent research.

We are also delighted to be only one of the few schools locally able to offer students studying four A Levels the opportunity to gain a Baccalaureate qualification. This is a very exciting opportunity which, as an over-arching qualification, celebrates all aspects of your achievements and provides you with an edge in the highly competitive process of moving from school to employment and Higher Education.

As a Sixth Form student you will become increasingly empowered over the two year programme to develop more independent approaches to your work, your interests, leadership skills and contributing to the Academy and wider community. To provide this empowerment, you will also have a wide choice of further qualifications including a range of professional leadership and personal development awards.



Biology

Chemistry

Computer Science

Drama and Theatre Studies

English Language

English Literature

Fine Art

French

Physics

Mathematics

Further Mathematics

Music

Spanish

Physical Education

Extended Project

Baccalaureate

The flow chart below provides an overview of the two academic Flight Paths. For each Flight Path we devote a minimum of 5 hours teaching per week for each A Level subject and up to 3 hours per week for the Extended Project. We also devote 2 hours per week for leadership and character development and a further 2 hours for enrichment.

YOUR RESULTS

6 GCSEs at Grade Point 9-5 (A*-C) 6 GCSEs at Grade Point 9-5 (A*-C) 6 GCSEs at Grade Point 9-5 (A*-C) including English & Mathematics. including English & Mathematics. including English & Mathematics. Average of Grade Point 7 (Grade A) Average of Grade Point 6 (Grade B) Average of Grade Point 5 (Grade C) for selected A Level Courses. for selected A Level Courses. for selected A Level Courses. ACADEMIC FLIGHT PATH Four Advanced Level (A Level) Three Advanced Level (A Level) Qualifications. Extended Project and Qualifications plus Extended Baccalaureate are optional. Project Qualification. Level 3 CMI Leadership Award in Team Level 3 CMI Leadership Award in Team Please contact the Sixth Form Team. Leading & First Line Management. Leading & First Line Management. Duke of Edinburgh Silver or Gold and/or Duke of Edinburgh Silver or Gold and/or National Citizen Service. National Citizen Service.

Progression to Year 13 is conditional on students having displayed a strong and sustained work ethic.

OUR GOAL - CHARACTER AND INTELLIGENCE

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education."

- Martin Luther King, Jr.

Sixth Form is about you achieving the best possible A Level grades but it is also about making a successful transition from school to university or the workplace. A fine blend of academics combined with the traditional virtues of a wellrounded King's education is our ultimate goal for providing you with many opportunities to broaden your outlook.

Young adults will leave King's Leadership Academy Sixth Form as strong, confident young men and women, well prepared for the challenges which lie ahead. Sixth Form life here teaches you to embrace new experiences and gives you the confidence to take on new responsibilities and challenges. Additional breadth is provided by our Character and Life Skills Programme.



All Sixth Form students participate in an extensive programme of activities where they have the opportunity to nurture and refine talents, pursue current interests or try something completely new. With excellent facilities to call upon, as well as the expertise and enthusiasm of our staff, we are able to introduce students to an exciting range of pursuits. Wednesday afternoons will find students involved in rehearsals for drama productions, playing violin in our orchestra, budding scientists completing the CREST Award, cultural societies in Spanish & French, with others active in Young Enterprise, debating or Model United Nations.

CHARACTER WEDNESDAY'S

The programme also provides Oxbridge candidates with the chance to attend critical thinking workshops and specialist talks or refine their interview techniques. For the sporty and adventurous, our Combined Cadet Force and rowing squad is second to none and opportunities for individual as well as team sports exist either for off-season training, in preparation for major competitions or to experience new sports such as flag football and ultimate frisbee. Students can also choose to unwind, by signing up for ballet, croquet, yoga, reading for pleasure or mindfulness.

LIFE SKILLS PROGRAMME

Students take part in up to three Life Skills programmes each year, choosing new courses from a wide menu of options in order to cope with the demands that life will throw at you when leaving home and living independently at university. We are immensely proud of all that our students contribute to the Academy and to our local and wider community as part of the Duke of Edinburgh Award which all students undertake. The energy and enthusiasm of our students to date has transformed the lives of many others. All Sixth Form students are expected to commit at least one hour each week to such service programmes and will be offered a place on the Duke of Edinburgh Award programme and/or National Citizen Service.

We believe that those students who most fully involve themselves outside the classroom, also do the best within it; it is always our intention to help your curricular and extra-curricular interests flourish.

KING'S COMMUNITY

Connecting with the Academy and wider community is important for every student. You are assigned to a House that is composed of vertical year groups so that all students get the opportunity to learn from and lead each other. You will have numerous opportunities to develop your leadership skills and are able to take on positions of formal responsibility in the Student Parliament & House System. House Captains marshal their teams to engage in a range of competitions including rugby and lacrosse, debating and poetry recitals; the Student Ministry feedback to the Principal on student matters and represent the Academy on formal occasions; and weekly clubs offer students an opportunity to take the lead in extra-curricular matters.

We strongly promote participation in social action projects that contribute time and effort to charitable activities. Duke of Edinburgh and the National Citizen Service awards give you the opportunity to mix with students who may not be in your academic lessons. Business internships and mentoring will also be actively encouraged and supported in an effort to provide you with far reaching experiences and opportunities to prepare you for university and for your future working life. There will be up to three university visits per year and a range of career workshops offered to all students in order to prepare you for Higher Education. Having already hosted three NASA astronauts, this is one of many examples of the high profile world of work visitors we host at the Academy every year.





LIFE BEYOND KING'S

Thinking beyond your time at the Academy can be daunting. Here at King's we want you to make the right choices for yourself and to help you aspire to the best routes of Higher Education and employment.

Whilst the emphasis will be on independence. a helping hand will show you how to achieve your potential. All students will be given a University Tutor. Students applying for highly competitive courses such as Medicine, Veterinary Science, Dentistry, Engineering and Law will follow the King's Scholars Programme and benefit from enhanced mentoring

and guidance to prepare you for the most competitive universities.

For those wishing to go straight into employment, our world of work speaker programme will be of most use for you. Local businesses who have employment opportunities will be invited to come in and speak you on a regular basis. If you decide to take a gap year, either to work and/or travel, we will work with you and your parents to ensure that the year after leaving King's is one that is productive to your needs.

HOW KING'S WILL HELP YOU ON YOUR FLIGHT PATH

The Sixth Form at King's provides exceptional support and guidance when it comes to planning for your future. It is important to set long-term objectives through a very special careers guidance programme which we call the 'Flight Path'. These are skills which the most highly regarded universities and employers are increasingly valuing as they select from so many able students. Key Features of King's Flight Path Programme include:

LEADERSHIP INDUCTION

Sixth Form study is undoubtedly very different from GCSE. We want to know that you are 100% ready for our A Level courses from when we start in September. We run a week long induction, including a residential trip to The Brathay Leadership Centre and time spent in a leading university, so you feel confident about what to expect. You will find out more about how King's Sixth Form runs, have taster university lessons as well as having lots of fun on our first residential together! The summe holidays are an excellent opportunity to sign up to the National Citizen Service and/or Duke of Edinburgh Silver and Gold Awards, both of which play a major part in our character development programme.

ACADEMIC TUTORING

Every Sixth Form student at King's will each have a personal Academic Tutor who will guide your academic and pastoral route through Sixth Form. They will meet with you each day, deliver our character and leadership programme and help you manage your workload as well as deal with any worries or concerns, and support you through the UCAS process. You will also be provided with five progress reports each year. This forms the basis of your weekly mentoring with your Academic Tutor who will discuss your progress and set future targets.

UNIVERSITY GUIDANCE

Students at King's will each have a personal University Tutor who will help navigate your Higher Education route by supporting you every step of the way. Many of the subject teachers at King's studied at Oxford, Cambridge or other Russell Group universities. Not only does that mean their subject knowledge is world-class, it allows you to draw upon them for excellent advice and insight.

Our university guidance includes advice on specific Russell and 1994 Group universities specific to your Flight Path, workshops and presentations on up-to-date information concerning university applications, help with your UCAS form and personal statement and advice on university and subject choices. We also run a minimum of three university trips per year and hold a range of external speaker and careers evenings.

THINKING OF APPLYING FOR OXBRIDGE OR THE IVY LEAGUE?

Oxford and Cambridge are two of the best universities in the world. With 26 British Prime Ministers, 58 Nobel prize winners, over 150 Olympic medals and a "notable alumni" list that reads like a historical hall of fame, the institutions of Oxford and Cambridge are seen, by many, as the ultimate Higher Education destination. Whilst Oxford and Cambridge are not the right fit for every student, at King's we will do our upmost to ensure that you have access to institutions of the highest academic standards. For the students on the King's Scholar Programme we have close links with top UK universities including Corpus Christi College, Oxford University and Sidney Sussex College Cambridge University. Closer to home we have strong links with the universities of Liverpool, Manchester & Birmingham. We will also offer an overseas study tour for students to gain a taster of life at a world renowned overseas university.

WHAT KING'S EXPECTS OF YOU

King's must be right for you, and you must be right for us. King's Sixth Form is a place where we expect our students to conduct themselves as professional young adults, ready for the world of Higher Education and work. As such, your professional attire and conduct must be of the highest standard at all times. You are given more autonomy than younger students and the responsibility of using your study periods constructively. You will be able to work alongside the staff in the refectory during these periods. We will look to our Sixth Formers to lead the rest of the Academy as prefects and also to show visitors around the Academy.

Professional Dress

We believe that a vital part of our role at King's is to prepare our students for the range of roles they will take on in life, ensuring they know how to act and respond according to the situation they are in.

Students are expected to come to the Academy in professional dress, showing their readiness to undertake serious study. This is underpinned by our Character Education Programme and our value of Professionalism – where we instil in our students a sense of pride in their appearance, their work and their studies.

More detailed information on our standards of professional dress can be found on the Sixth Form website.





ACADEMY DAY

STATE OF THE ART FACILITIES

07.45 - 08.25 Early arrival and into independent study time. All students will be expected to be in the Academy by 8.25am.
08.30 - 09.00 Assembly or ASPIRE/UCAS time with Academic Tutors.
09.00 - 10.00 Period 1
10.00 - 11.00 Period 2
11.00 - 11.15 Morning break
11.15 - 12.15 Period 3
12.15 - 13.15 Period 4
13.15 - 14.00 Lunch
14.00 - 15.00 Period 5
15.00 - 16.00 Period 6
16:00 - 17:00 Optional enrichment programme, University Prep Societies & home-learning

N.B Wednesday periods 5 and 6 are dedicated to whole Academy enrichment and extra curricular activities.

support clubs

Formal teaching finishes at 14.00 on Friday with enrichment activities available until 16.00.

Our new Sixth Form facilities provide a modern and bright base for students to think, communicate, learn and occasionally relax! The state of the art facilities accommodates over 200 Sixth Form students with access throughout the day to the King's refectory (serving light refreshments), Sixth Form common room, quiet work rooms, classrooms, seminar rooms and a dedicated careers area. Located as a distinct area of the main building, the new facility provides a strong sense of Sixth Form identity whilst remaining an integral part of the wider Academy. Additional facilities in the wider Academy include an inspiring 250 seat theatre, excellent sports facilities including an indoor sports hall, gymnasium, rowing studio, all-weather sports pitch and site-wide high bandwidth Wi-Fi connectivity.





JOIN US

If you are interested in applying for a place in September 2017, please contact us at sixthform@kingswarrington.com for further information.

Students applying for King's must meet the following criteria:

- You must attain a minimum of a Grade Point 5 (Grade C) in English and Mathematics
- You must attain a minimum Grade Point 6 (Grade B) in each of the subjects you wish to study
- You must have a strong sense of professionalism and follow our ASPIRE code at all times
- You must show character and ambition in your one-to-one interview led by a member of the Senior Team.

A Step by Step Guide:

1. You should make sure that you seek advice from a range of people including: Subject Teachers, Form / Academic Tutor, Head of Year, Connexions, Parents/Carers

- 2. Make sure you have read the Sixth Form Course Guide carefully
- 3. Ensure that your end of Year 11 target grades meet the eiligibility criteria for A Level study at King's
- 4. Complete the online application form on our website or pick up a copy at one of our information events
 - 5. Submit the application form by the deadline Exact dates will be published on the website
 - 6. Attend an interview with a member of the Senior Team
- 7. A provisional offer will be made on successful completion of your interview and proof of target grades from your Head of Year or equivalent.



ADMISSIONS

The Academy has a maximum admission number of 120 students per year. Competition for these places will be intense but we know this will not put off those students we are looking to attract. Applications open at the beginning of July for students in Year 10; please see our website for more details, including access to our online application form.

There are no geographic restrictions therefore anyone can apply, but priority is given to those students already at King's on the condition that they meet the requirements (as outlined in this booklet). Entry for all remaining places will be awarded by interview and minimum grade specification (in the event of over subscription places will be awarded based on Grade Point Average). During the interview, we will be looking for students with the academic potential and ambition to make the most of what is on offer. Not all students will have extensive knowledge of their chosen subjects before they arrive, but we will identify your potential and know that you are capable of working at a high academic level. Those applying for a music scholarship will be auditioned in March.

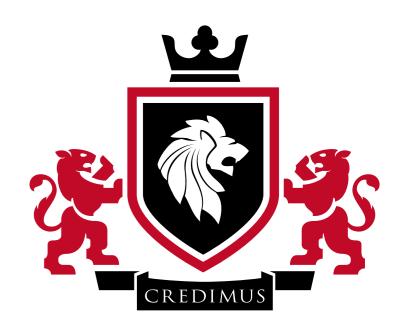
Offers will be made formally in writing to successful candidates by the end of April.

King's Leadership Academy Sixth Form caters for able students regardless of their socioeconomic background. Our Sixth Form is not faith-based: we welcome students of all faiths and no faith.

OVER SUBSCRIPTION CRITERIA

Where in any year the Academy receives more applications than places available, a waiting list will operate from the beginning of the Academy year. This waiting list will be maintained by The Great School's Trust. It will be open to any parent to ask for his or her child's name to be placed on the waiting list, following an unsuccessful application.

Application forms are available on our website. If you have difficulty in downloading or completing these forms, please contact us.



KING'S LEADERSHIP ACADEMY WARRINGTON

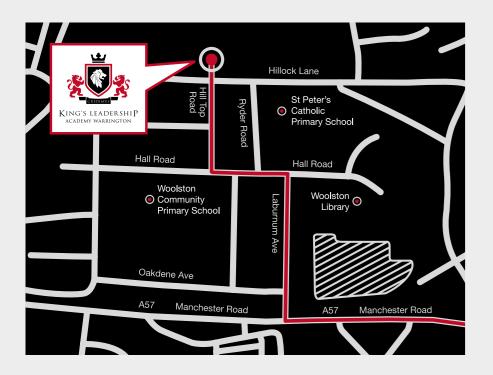
CONTACT DETAILS

ADDRESS:

King's Leadership Academy, Hillock Lane Warrington Cheshire WA1 4PF PHONE: 01925 817939

WEBSITE: www.kingswarrington.com

EMAIL: sixthform@kingswarrington.com



How To Find Us

Kings Leadership Academy is located just 2.6 miles from Warrington town centre just off the A57 Manchester Road.

By Road

Satellite Navigation system users can enter our post code WA1 4PF. Alternatively follow directions to Warrington town centre. We are approximately a 9 minute drive down the A57 Manchester Road, and onto Hillock Lane.

BY RAIL

There is an hourly train from Warrington Central to Padgate railway station. We are approximately 1 mile away from Padgate railway station. For timetables and more information please visit the national rail website: www.thetrainline.com/train-times.

BY BUS

From Stockton Heath take the No.6 Warrington transport bus service to the Warrington Interchange.

From Lymm and Grappenhall take the No.5 Warrington transport bus service to the Warrington Interchange.

From Warrington take the No.4a Warrington transport bus which departs from the Warrington Interchange every 30 minutes. Take this to the corner of Barnsfield Road. From there we are approximately a 2 minute walk down Hillock Lane. For more information please visit the following link: www.networkwarrington.co.uk

For local area maps and more travel information please visit: www.nationalrail.co.uk/posters/WAC.pdf



A FREE INDEPENDENT SIXTH FORM IN THE STATE SECTOR