



Weekly Bulletin

It was great to welcome Dr Probert back to his first whole school assembly. This week we have focused our thoughts on British Science Week and Dr Probert (with the help of Mr Smith and Miss Copland) highlighted the wonder of 'time' by inventing his own time machine.



Teaching and learning: How to help your child to revise at home

Whether it's GCSEs or end of year examinations, exam time can be unnerving for parents as well as those actually taking the papers. It's natural for you as parents to worry when they see their teens grappling with mountains of notes and revision timetables or indeed not. I have taken four of the most important strategies that can help you as a parent support your child below, they come from a range of sources including those familiar to your child.

Plan and chunk

As well as the exam dates themselves, students should work out how much time should be spent studying their subjects. Each should get its fair share of study time, but if there are weaker or stronger ones it may be OK to allocate time accordingly. It's helpful if the timetable is broken down into short, regular study periods - these are much better for retaining the information than one-off cramming sessions which last hours. Don't forget to attach this to the fridge or somewhere prominent, the whole family should know when 'it is time'. I have attached a blank revision timetable here. [Revision-timetable](#)

Create a quiet space

Depending on the space available in your home, you could consider creating a special area where your child can focus on their studies in peace and quiet. If you want to make their bedroom into this quiet space, make sure it is rid of the many distractions that may be in

there. Experts have found that an untidy work space can be detrimental to the study process, so it's a great excuse to keep the area neat. But don't be too harsh on your teen if it gets a little messy as that won't help with any exam stress. Importantly leave the phone or electronic devices away during this time. Elevate education recommends using apps such as HOLD to help manage this.



Set yourself Parent Boundaries

However much you want your child to do well, you've got to know when to leave them to it. This is the toughest part as a parent. Studying is important and necessary however; you don't want them to feel extra stress by what they see as you 'hassling' them. Whilst marking mock examinations it has become apparent who has begun to revise, these students are motivated and may need little from you other than encouragement. Give them space to find their flow, let the revision seep in and don't fire a barrage of questions at them over study progress unless... there has been none.

Make sure they know you're a ready shoulder if they need to talk or raise concerns. If your child does feel the strain right before an exam and happens to take it out on you, just bite your lip. You can deal with your feelings on another day, it's best to let it go and allow them to focus on the exam.

Feed them, then feed them again!

We all need fuel to keep us going but during revision periods and importantly the morning of examinations it's especially important to make sure your child is getting the right sort of food. Snacks that contain plenty of Omega 3, such as oily fish, help with concentration. A good time to dish out the sardine sandwiches! If like my daughter, this is definitely not an option then any food packed with antioxidants can also aid concentration - look for fruit, especially berries, to help out here. Bananas are recommended too. They contain dopamine which can boost both motivation and concentration. For energy over the course of a day Eat regularly Fill up at breakfast on slow-release oats, these provide a steady supply of energy and don't forget eggs, they contain a nutrient called choline that's needed for that all-important memory. You may find this leaflet from our partners PiXL useful with some meal ideas. [PiXL Secondary Parent Pamphlet - Recipe Cards.pdf](#)

Mr Attwood

This week, the following students work has been nominated for recognition by their class teachers:

*Millie B Y9
Imogen F Y9
Lewis F. Y9
Cleo C. Y9
Hattie H Y9
Tommy C Y10
Georgia B Y10*

Well done

#loveyoufbooks 

Year 11:

Students have now completed their final mock examinations. The results will be shared with students as soon as they are assessed by the class teacher. It is our intention to share the results with you as parents on the last day of term.

Elevate Parent online session

Register for the free to attend parent webinar below:

‘To the point, packed with helpful tips. It's not rocket-science, which means it's very practical, applicable advice.’

The next online parent Elevate session is on **How You Can Support Your Child During Exams**

March 19, 6:00-7:00pm

<https://go.elevateeducation.com/ukschoolwebinar>

Don't forget to remind your children of the fabulous revision sessions offered across the week to help concentrate minds as we move into the final 9 weeks of lessons ahead of the summer examination season.

Mr Attwood

Day	Subject	Time	Location	Teacher
Monday	Geography	Lunch	A12	KF
	Science 11 Foundation	Lunch	A1	RP/LS
	Maths foundation	3.30-4.30	A11	KS
	English with Dr Grey	Tutor time	A1	SG
Tuesday	Maths	Tutor time	A3/A1	LS RP
	Geography	Lunch	A12	KF
	English	Lunch	A18	KK
	English	Afterschool	A13	SG
Wednesday	Science	Tutor time	A3/A1	LS RP
	Science 11 Higher	Lunch	A3	JAT
	Maths higher	3.30-4.30	A11	KS
Thursday	GCSE PE	Lunch	S2	AS

KEY STAGE THREE ENGLISH REMINDER:

All Key Stage Three students should now have a white CGP English workbook suitable for their year. Please make sure that your child's name is on the cover clearly and that they complete work (as per the timetable inside the cover) before **Thursday** of each week. Information is also on ClassCharts each week.

Once the work is completed, they can hand their books in to Dr Grey or their form tutor at any point before Thursday of that week.

For clarification, for each year group, ten books are **fully marked** at random. All other books are visually checked and the timetable (or contents page) is ticked to indicate that the work has been seen,

Thank you for your cooperation in this.

Top Players on TTRockstars this week were:

Position	PUPIL	Year Group
1	James Richards	Year 8
2	Thomas Richards	Year 7
3	Dylan Middleton	Year 8
4	Lees Alfie	Year 7
5	Howe Flynn	Year 7

Well done to each of the students, keep up the good work.

Enrichment

Lunchtime and afterschool clubs are still running, please see the timetable below as there have been a few changes since last term.

	Lunch	Afterschool
Monday	Chess (JC)	Running / Fitness Club Girl's Football

Tuesday	5 a-side Football (AS) Coding Club (KF)	Football (all years)
Wednesday	5 a-side Football (LS) Knitting and crochet club (JC) Tabletop RPG (KF)	Netball (all years) Digital art (SMV) Ancient History (SG)
Thursday	Netball (LS) Gaming Club (KF)	
Friday	5 a-side Football (AS) Pokemon Go (JC) Warhammer (KF)	Badminton (all years) Minecraft club

Other news this week

Next week Fast Food Friday in the canteen will be moved to Thursday and Thursday's menu will be available on Friday.

We finish at 3.30pm as normal next Friday.

Progress reports have been sent home for all students via Classcharts. If you have any issues accessing, or you would like another copy sent to another parent or family member please let the office know.

Key dates

22nd March:
last day of term

8th April:
First day back to school

23rd May:
Year 7 parents' evening