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Principal: Ms Rubeka Luthfa

Weekly Newsletter | Term 04, Week 05

Dear Parent/Carer,

Please see a few **highlights** from this week:

- **Rewards Passport** | We have had multiple students hand in their third completed passports and claimed their stage two rewards. It's great to see so many students going to intervention and even asking for additional interventions to secure some remarkable grades.
- **Prom Update** | Tickets have been selling fast. We have had a remarkably positive response to the prom and it's been great working with the students to organise fundraising. This coming week we are looking forward to hosting a fundraiser with the younger year groups.
- **End of Term 04 Celebrations** | We are looking forward to celebrating our fantastic cohort in our termly award ceremony, it's a great chance to showcase all of the hard work that our year group have been putting in.

How long is left until the National Examinations?

We have approximately **22** school days remaining until their first examination. This is being used as a way to motivate the group and remind them of what's ahead.

What are the Saturday Booster Club dates?

We have been able to secure additional dates for our Booster Club provision which takes place on a Saturday. Please look through the dates below carefully.

English Booster Club 08:45 - 12:00	Mathematics Booster Club 08:45 - 12:00
<ul style="list-style-type: none">● Saturday, 20 April 2024● Saturday, 04 May 2024	<ul style="list-style-type: none">● Saturday, 27 April 2024● Saturday, 11 May 2024

Will there be any intervention session during the Easter Holidays?

The Easter Activities and intervention session can be found [here](#). Some will be face-to-face and some will be virtual. The virtual meet links will be found in your child's Google Classroom closer to the time.

What is the revision strategy for the week?

This week, we will be looking at revision timetables. With the exam timetables being released imminently it's important that students, along with their parents/carers have created their own revision timetables. Revision timetables will make it easier for students to balance their time during school holidays and allow them to have structure and routine in the run up to exams. This week, the students will be designing their timetables following a session with Ms Pelton. It would be helpful if once completed, parents/carers could confirm that they have seen a copy of the document at home via a Google Form that will be sent out in the week.

Please find a website [here](#) which helps you to make digital revision timetables. The website also has helpful videos about creating effective revision timetables.

Why use them:

- Timetables save you time and mean you spend less time procrastinating.
- It allows you to organise your time better and helps to prioritise revision in relation to the exams ahead.
- Creating a timetable makes it easier to gather the resources you need in advance.

Top Tips for using them:

- Plan for rest breaks.
- Make sure there is an aim for the revision each day.
- Display your revision timetable so you are accountable.

REVISION

* = revise if possible
// = no revision/break

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-4:30	school	school	school	school	school	*	*
4:30-5:00	media	chemistry	media	maths	english	maths*	//
5:00-5:30	english	chemistry	media	maths	english	maths*	//
5:30-6:00	//	//	maths	english	media	//	//
6:00-6:30	english	english	//	//	//	//	//
6:30-7:00	maths	english	//	//	chemistry	//	//
7:00-7:30	//	//	english	chemistry	//	*	biology
7:30-8:00	//	//	physics	chemistry	//	*	media
8:00-8:30	maths	biology	//	//	chemistry	english	//
8:30-9:00	maths	maths	maths	biology	physics	english	//
9:00-9:30	//	//	//	//	//	//	//
9:30-10:00	biology	maths	biology	biology	phys*	//	//
10:00-10:30	media	physics	biology	media	phys*	//	//

When are the interventions taking place?

Please see the full intervention.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 8-8:40	X Band Maths	Y Band Maths	X Band Maths	No Intervention	Y Band Maths

PM 3:10-4	Option C	X Band Science Y Band English	X Band English Y Band Science	Option A	Option B
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Student Passport takeoff!

The passports are not off to a flying start! There are 11 with 20 stamps and 48 with 10 stamps! The students have really taken to this concept and is helping students to persevere at this late stage! Please continue to encourage our students to attend and rack up the stamps.

- x10 'stamps' = A free snack in the canteen.
- x20 'stamps' = A pizza lunch.
- x30 'stamps' = An amazon voucher.
- x40 'stamps' = Mystery prize draw.

Students can cash in their 'stamps' with Ms Pelton in room C130.

Who are we celebrating this week?

This week, I would like to take the opportunity to celebrate a few students:

Jayden | This student really gets the concept of being a 'professional'. Jayden effortlessly manages playing Football at a high level whilst prioritising his grades. Over the years, I have worked with individuals in the same position such as Ezri Kansa and Joe Gomes (England Internationals) who I'm sure don't mind me saying found the balance difficult at times of focusing on their football careers and academic success. Jayden manages both very well and shows great humility.

Twinnisha | Twinnisha works tirelessly to improve her grades and pushes herself to achieve, she can always be found completing extra work and seeking help when she wants to further progress. Where possible, she is attending 16:00 - 18:00 revision classes.

Harry P | Harry has pushed himself across the board recently, including in Music where he has supported many other students. He is supportive of the academic success of all of his peers. Harry is always ready to learn with all the right equipment and a can do attitude.

Language for Success

As well as using the 'Tiller shift' (the 1% increase over time) and the concept of 'habit stacking' (creating a network of positive behavioural changes over time), the idea of 'How to Eat an Elephant' is also extremely relevant.

How do you eat an elephant?..... One piece at a time obviously! However, this is particularly relatable at the moment for our students as they no doubt feel overwhelmed by the forthcoming exams. If they start to break down their lessons into manageable chunks then they will feel more prepared and the huge task will suddenly become manageable. This can be done in a number of ways, the first being via a well written revision timetable. Having and sharing this timetable makes it real and we can hold others to account when it is visible.

How can I help my child?

- Managing social media intake. Phones off or away by no later than 10pm.
- Talking through feelings surrounding the mocks. "Where are the 'big ones?' what are you hoping to do well in?"
- Water intake. Having a background in sport, I cannot emphasise enough the importance of hydration. The body (including the brain) performs 30% less efficiently when we are dehydrated.
- Not eating too late. Digestion can keep us up at night without us realising, especially if there is a large carbohydrate intake.
- Encouraging light exercise where possible. Taking a break and going for a walk/ cycle releases dopamine amongst other chemicals helping us to relax and focus more effectively. If your son or daughter is part of a sports club on the weekends then I heavily promote that they attend as normal. It has been amazing finding out how many of our students take part in sports outside of school!
- Little and often. Studying at home should take place in 20 minute blocks at most allowing adequate time for the brain to recover and retain information.
- Quizzing or questioning on a topic is a great way of building encouragement at home. We are more likely to remember something if it has an emotional or significant attachment.

As ever, if you have any questions regarding Year 11 please contact me using the contact information below.

Yours sincerely,

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Assistant Principal

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