



#ONE TERM TO MAKE A DIFFERENCE

THURSDAY 5TH MARCH 2020



Dear Parent/Carer,

Year eleven are in the midst of the second and final mock exam window before the commencement of the summer exam series. Thus far students have responded well to the exams and are working hard to fully prepare for these important assessments. This last round of assessments will be important in informing next steps for the year group and we are proud of the positive attitude towards learning demonstrated by the vast majority of students.

I would like to take this opportunity to thank the vast majority of parents and carers for their overwhelming support for all that the school is currently doing with year 11. I am a firm believer that to get the most out of students their needs to be a strong cooperative relationship between home and school. I have been uplifted by the large number of "top secret letters" received since the last parents' evening and would encourage parents and carers to keep working with us to get the best from students. Where we have seen a small minority of parents who have shown less support this year, I would encourage them to see that we are doing everything possible to support the young people in year 11 and with your cooperation every child still has the opportunity to achieve and succeed in the summer term.

As always, please feel free to get in touch in relation to any of the content from our fourth edition of the *Preparing for Success* newsletter.

Mr S. Parker (s.parker@seahamhighschool.com)

NHS – Help your child beat exam stress

1. Make sure your child eats well
2. Help your child get enough sleep
3. Be flexible during exams
4. Help them study
5. Talk about exam nerves
6. Encourage exercise
7. Do not add to the pressure
8. Make time for treats

See the link below for the full NHS guidance including information on when to seek support.
<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

EXTERNAL SIGNPOSTING: Supporting students with exam stress

• NHS Supported Apps



- Feeling Good
- Positive Mind-set



- My Possible Self
- Fear/anxiety/stress management



- Headspace
- Mindfulness

PARENTS' EVENING

THURSDAY 19TH MARCH
4PM – 7PM



KEY DATES FOR YOUR DIARY

- **19th March – 30th March** – Creative Arts Exams
- **2nd April** – Fancy Dress Day
- **21st April** – Year 11 Photograph
- **28th April** – MFL Speaking Exams Commence
- **11th May** – GCSE Start Date