



A COMMUNITY OF FAITH, HOPE and LOVE in action

Newsletter

Issue: 23

Spring term

Friday 19th April 2024



Heads Message

We welcome everyone back from the Easter break and hope you had a restful period.

We wish all Year 11s the very best for those sitting their GCSE languages speaking exams on Saturday, and art exam on Monday and Tuesday of next week.

We now look forward to a busy and productive summer term.

This week's content:

- Seniors visit to Long Road
- Visiting Labrador
- Striking Competition

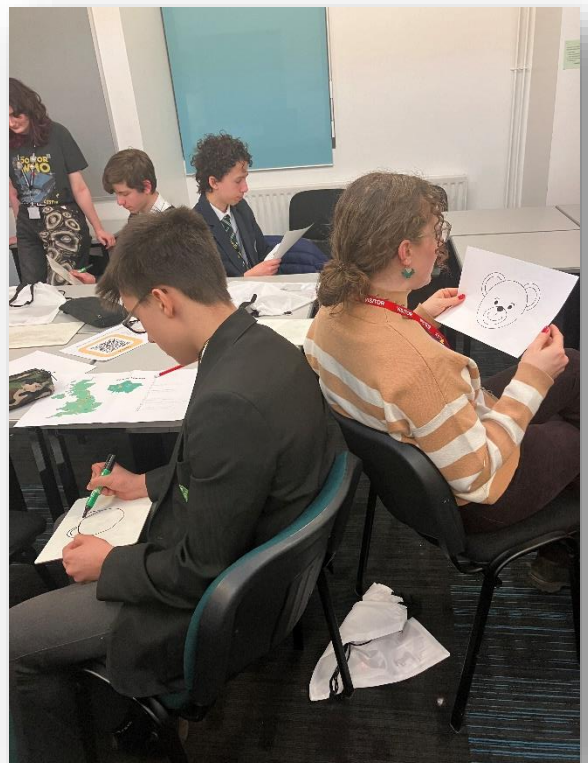
Seniors visit to Long Road Sixth Form College

On Wednesday a group of TCST seniors took part in a scholar workshop at Long Road Sixth Form College in Cambridge. The session was run by year 12 and 13 students who are part of a high achieving scholars' group (for which they are each awarded £500: a point of discussion among our own students!)

Our pupils were fully engaged in sessions which included exploring various post 16 education pathways and practising their communication skills. They also discussed degree pathways including degree apprenticeships and Russell Group universities; giving considering to the requirements needed to follow these various pathways.

Finally, we enjoyed a tour of the campus, and our pupils had the opportunity to ask questions related to their own next steps.

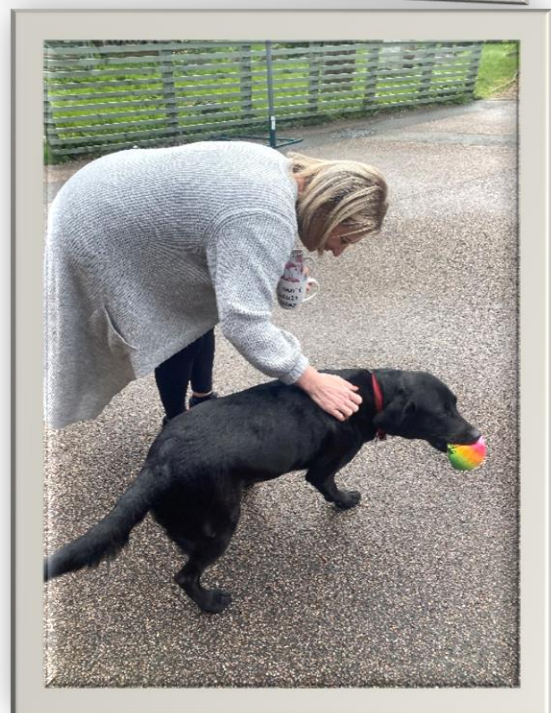
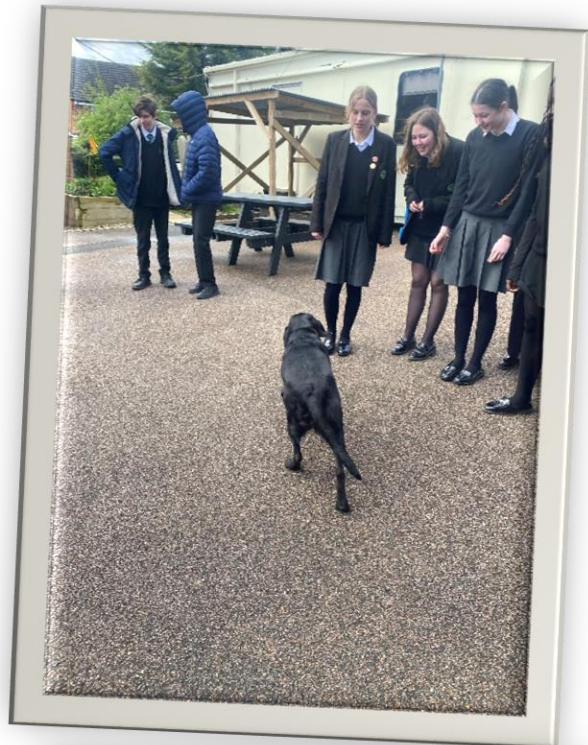
Katie and Kate are thankful to our students for being excellent ambassadors for TCST. We are very proud of them all.





Willow's visit to the school

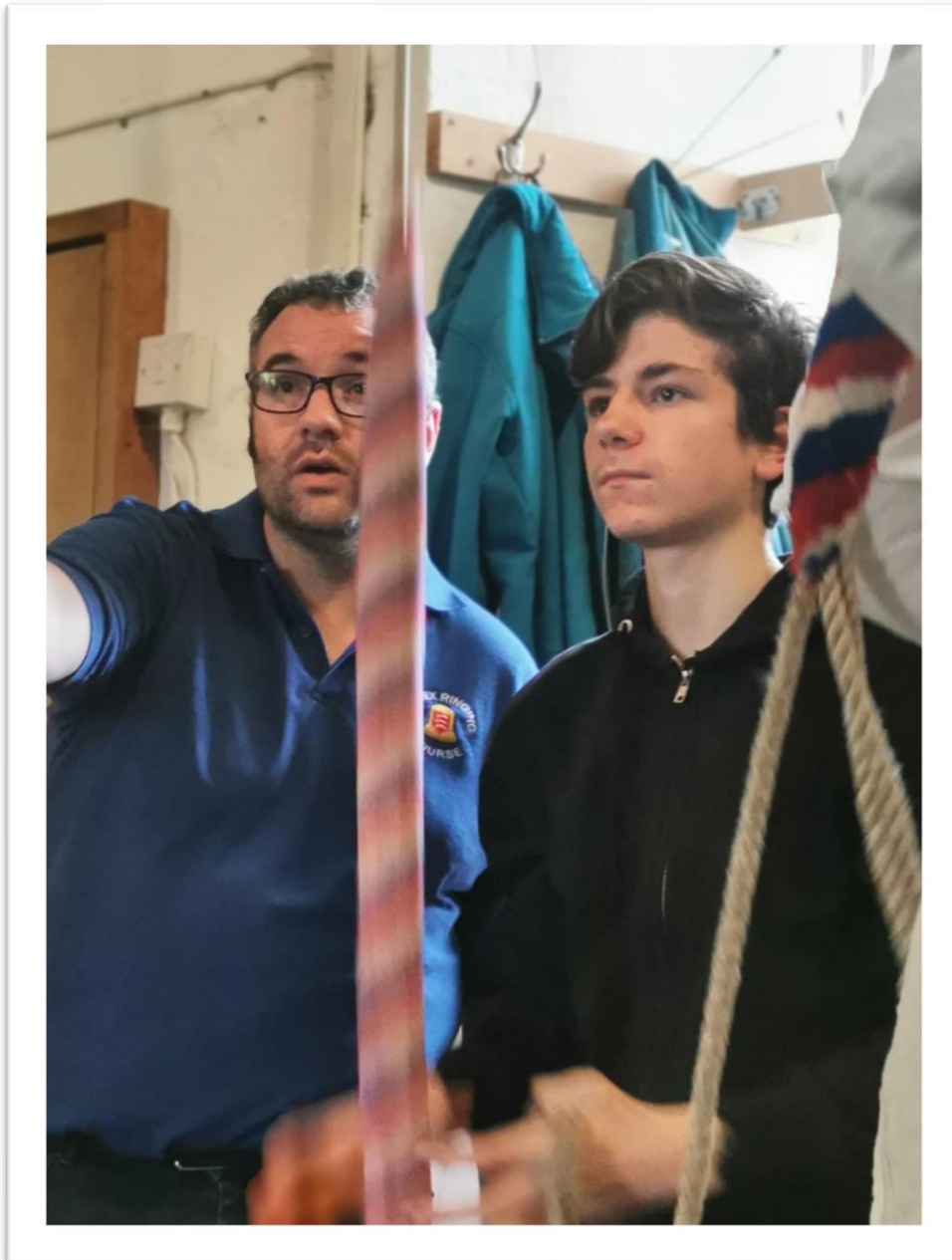
Willow, the 5-year-old black labrador belonging to Jo in the front office, was allowed to come to school on Friday. She was so excited and behaved extremely well throughout the day. She came to assembly in the morning to be introduced to everyone and played football in the playground at break. The children were all so wonderful with her and you could see they all enjoyed having her come and visit for the day. We may well have more four-legged visitors this term – watch this space.



Striking Competition

Benji took part in the South East England Striking Contest at the end of the Easter holidays, representing Essex.

This is a youth bellringing competition between South East Counties. Essex came 4th in the competition and Benji was commended for his ringing. Well done, Benji!



HARLOW CHORUS



COME & SING MENDELSSOHN'S

ELIJAH

with

Conductor: Edward Rhys-Harry

SATURDAY 11 MAY, 10am – 4pm

St James Church, High Wych, CM21 OBJ

Cost for the Day: £10.

(Tea, coffee & music provided but bring your own lunch.)

For further information or to book your place
www.harlowchorus.org.uk/comesing

OR

Comeandsing@harlowchorus.org.uk



Information Corner



Homework club

Homework club will run from 3.45pm-4.30pm on Tuesdays and Thursdays this term. Please let the office know if your child would like to take advantage of this opportunity to complete homework before they go home!

Sessions are supervised by a teacher and parental permission must be given in advance.

Attendance Stats for the week



One child equals 3.6%.



Big Battery Count

We have reached the 133 batteries milestone!

Please bring in your used household batteries and place them in the special container in reception. TCST Eco Team will then recycle these on your behalf as part of bigbatteryhunt.co.uk

You can support the school via Easyfundraising,
or
PayPal using the QR code:



10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

SMILE

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillatt – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



#WakeUpWednesday

The National College

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Important dates for 2024 Academic Year

25 th April	Junior Mathematical Challenge
Monday 6 th May	Bank Holiday
Week of 22 nd May	Junior Reports
Monday May 27 th	Bank Holiday & Half Term Holiday
Monday 3 rd June	Pupils return to school
10 th to 14 th June	Senior Exams Week
Friday 21 st June	Leavers Assembly
TBC June	MFL Picnic
Week of 1 st July	Y10 Work Experience
TBC July	Sports Day
Week of 10 th July	Residential Trip / Activity Week
17 th July 2024	End of Year
3 rd September 2024	Pupils return to School - Autumn Term