



# CONTACT



## The Newsletter of St Alban's Catholic High School

April 2019  
Edition No. 6

### Words from the Head

Matt Baker

As you read through this bumper edition of 'Contact', it is evident that education at St Alban's means so much more than our great lessons inside the classrooms. I am grateful to the staff who are passionate about developing the whole child – whether it be in spiritual opportunities or by broadening horizons beyond the school.

Many of you will have heard of the new Ofsted framework that puts the spotlight on curriculum. Working with our governors and leaders across the school, I want to reassure everyone that we are already ahead of this curve – indeed our new 'Pathways' approach places us a school year ahead of this vision. I will not compromise on us delivering a fun, broad and balanced, challenging education.

I have spoken with some parents at consultation evenings regarding the Our Lady of Walsingham Catholic Multi-Academy Trust. To update you all, we are looking to join the Trust at the end of the school year, and are in the process of showing due diligence with our governors and the Trust Board. I must publically thank the Governing Body for all the extra time they have given the school in order to achieve this task.

**Wishing you all a Blessed Eastertide.**

### End of Term Arrangements

Mr Corless, Deputy Headteacher

As we finish the Spring term, and as part of our Lenten traditional services, students will be dismissed at 2.10pm on Friday 05 April. Please note that students who use the school bus service, which will still be here at normal time, will be supervised if required to ensure their safety.

### Key Diary Dates

<b>Friday 05 April</b>	End of Term – School Day ends 2.10pm
<b>Monday 08 April – Monday 22 April</b>	Easter Holidays
<b>Tuesday 23 April</b>	Students return for the Summer Term
<b>Wednesday 01 May</b>	Botolph Charity Day
<b>Wednesday 01 May</b>	Year 8 Parents' Evening
<b>Thursday 02 May</b>	EPQ Evening
<b>Monday 06 May</b>	Bank Holiday
<b>Monday 27 – Friday 31 May</b>	Half-term Break

# Chaplaincy News

Miss K Edwards, Lay Chaplain

## Easter Experience

Last week Year 7 students had the opportunity to prepare for Holy week. It was a time of reflection and prayer on the Easter triduum. Students were able to think about the divinity and humanity of Jesus as he went through his suffering and death.



## CAFOD Sponsored Walk

320 excited Year 7 and 8 students walked round the school field on Friday 22 March to raise money to buy water pumps for people in Africa and Asia who do not have access to clean water. A water pump costs £33 so we are hoping to buy at least 20 pumps – giving clean water to about 20,000 which would be absolutely amazing.

Students are asked to bring in their sponsor money before the Easter holidays in an envelope with their names and form on it. We will let you know the final amount soon.



### **Briars**

120 Year 8 students have spent two wonderful weeks at the Briars Catholic Retreat Centre in Crich Derbyshire. Each day began and ended with prayer. It was a time for strengthening existing relationships whilst getting to know others better.

Students challenged themselves as they climbed the 30ft high wall, practised their archery skills and worked together as team. Many entertained their peers in the talent show and learned how to appreciate nature in our walk on the Wednesday.

It was a great time with many asking 'When can we go back?'



### **Flame**

8 students attended the Flame conference in Wembley Arena in March. They joined 8,500 other young people who had all come to hear Guvna B and Robert Madu. The theme of the event was #Significance and explored ways in which we can lead a life of purpose.

The Congress began with a message from Pope Francis encouraging the Youth of the Church to 'dream great things' inspired by Jesus' example. Rap Artist Guvna B and Emma Borquaye the founder of [www.girlgotfaith.com](http://www.girlgotfaith.com) shared about the difficulties they faced growing up, in particular how messages and images on social media can make us feel inadequate. Their faith helped both of them to discover their true potential and how to lead a fulfilling life.

Robert Madu, a pastor from Dallas Texas, explained with passion and humour why comparing our lives to everyone around us is pointless. He finished by saying "In the race of life we should stay in our lane and focus our eyes on Jesus". This received a standing ovation from the crowd who were genuinely moved by his words of encouragement.



# Inspire STEM 19

Mrs Keating-Fedders

On International Womens' Day, we were very proud of host our inaugural Inspire STEM conference. A conference which promoted the STEM Subjects, Science, Technology, Engineering and Maths.

We had a full day, packed with Talks opened the Mayor of Ipswich, Jane Riley a Solicitor. This was followed by a collection of Inspirational Talks from Dr Celia Caulcott, the vice provost of UCL, Dr Liza Keating, Consultant in Intensive and Emergency Medicine with the NHS, Liz Jones the Director of Studies at UCL and Jennifer Rowsell, Engineering Project Manager with BAE Systems. These guest speakers gave presentations enlightening us all about their profession, what they do, their career pathways and the inspiration behind their university choices.

After our talks in the Main Hall, all of the students were then involved in a Speed Networking opportunity in the sports hall. We had an amazing, 20 guests from a variety of professions including a Food Scientist, Psychiatric nurse, and Forensic scientist, Dietician, Engineer and an Architecture Student. The students had 5 minute sessions for them to talk to their chosen speaker, a fantastic opportunity to learn about the jobs, what they do and how they get there! All questions we were welcomed and we had some fantastic discussions.

We also welcomed five local universities, UOS, UEA, University of Essex, Cambridge and Anglia Ruskin University. We welcomed a trainee doctor and a paramedic from the Universities giving us an insight into the application process and the courses that they are on.

We were also delighted that so many of these speakers were also Alumni from St Albans, a fantastic opportunity for our students to see where their path could take them. We were honoured to have welcomed so many fantastic people in such inspiring industries, and to celebrate international women's day, they were all women!

This was an amazing opportunity for the students to learn about the vast range of various job roles and opportunities available to them when studying a STEM subject in further education. Sometimes it is difficult to imagine what you can do with a Maths or Science degree, but the opportunities are endless!

Our passions and inspirations can guide us to so many different fields, if you have a love of food or crime these can always be turned into the most interesting of jobs from food scientist to a forensic psychologist.

Tom Levinson, Project Manager, Network for East Anglian Collaborative Outreach (NEACO) said, *"We are delighted to be supporting Inspire STEM 19, an innovative approach to encouraging underrepresented students to succeed in STEM subjects. Inspire STEM 19 is funded through our school grants scheme, part of the 'Take Your Place' programme, and sits alongside our Higher Education Champions' work in schools. The grants scheme is a localised and targeted way to meet the needs of the local community, supporting the aspiration and progression of young people to higher education."*

We hope to host another Inspire STEM Conference in 2021.





# World Book Day

Miss Sturman (English)

Students and staff really got into the mood for World Book Day on March 08 run by the English Ambassadors. All years were invited to dress up as their favourite book character or to draw inspiration from a text that stood out to them.

We had some fantastic costumes from students, including: Harley Quinn, Lennie from *Of Mice and Men*, wizards from Harry Potter, literary cats, Mad Hatters, werewolves, a dalek and many more! The students enjoyed a photoshoot in the hall at lunchtime.

Staff also got into the spirit of the day, with an interesting array of: Professor Umbridges (Harry Potter), Where's Wallys, Mary Poppins with Bert, Wicked Witch, Mr Bump, a Mermaid, a Pirate, a Golden Snitch, Harry Potter, Alice in Wonderland, the Queen of Hearts etc.

At the end of the photoshoot, the English Ambassadors chose their winner for a £20 Waterstones voucher for both a student and a member of staff. For students, Rose (Year 9) was voted Best Costume with her version of Lennie from *Of Mice and Men*, with a little mouse as well! For staff, Mrs Lewis won Best Costume for her intensely green Wicked Witch of the West. A special mention to Jacques (Year 7) for his wonderful literary cake, enjoyed by staff and students!



A big thank you to the English Ambassadors, students and staff who dressed up and of course those at home who helped with the costumes!



# Results from recent Maths Challenges

Mr R Silk, Teacher of Maths

## Intermediate Maths Challenge

In February, 40 students from Years 9 and 10 took part in the Intermediate Maths Challenge.

Congratulations to Ethan 10SR who achieved the best score in the school and achieved a Gold award, along with Max 10TO and Anna 10SK. Laurent 9WS achieved the highest score in Year 9 and gained an excellent Silver award.

## Team Maths Challenge

Susan 8AY and Daniel 8KE along with Rosanna 9WS and Laurent 9WS competed in the Regional Final of the UKMT's Team Maths Challenge at Framlingham College where they had an enjoyable day solving Maths puzzles against 25 other Suffolk schools.

The quartet performed brilliantly; we are very proud of their achievements representing St Alban's Catholic High School against some top performing independent schools.

## MFL Competition

Miss A Alleyne, Teacher of MFL

The Modern Foreign Languages Department recently organized a competition for Year 8 students to design the front of our brand new 'Praise Postcards'.

We had an amazing array of entries and were really impressed by the quality of the designs. After careful judging, the winner is.....Heba 8KE! Heba has won a £15 amazon voucher and her design printed on all MFL Praise Postcards - Well done Heba!

Will you be receiving one of our new Praise Postcards?



## Year 11 Prom

Mrs Land

The Year 11 Prom is planned for Thursday 27 June 2019 – tickets are now available to purchase on ParentMail,

## News from the Friends' of St Alban's (FoSA)

Sharon Cullum, Chair

We have a lot of good quality second hand school uniform for sale.

We have approximately 60 blazers for £5, 30 PE tops/bottoms/shorts/scorts and school trousers for £2.50. Ties £1.50 40 PE fleeces and school jumpers for £3.50. Also, white school shirts £1.50.

We tend to sell the uniform at all the Parents' evenings please do pop along with your child to try them on.

Please email me on [friendsofstalbans@outlook.com](mailto:friendsofstalbans@outlook.com) to enquire about sizes and I'll let you know if we have them.

Also, if you are interested in joining the Friends' of St Alban's committee or helping with events please do contact me.

Thank you for your continued support.

# Brilliant Club Scholars Programme Year 10

Mrs Pickard and Mrs Attwood

Many congratulations to the eight students who completed this highly demanding programme, “graduating” from Jesus College, Cambridge in February.

The Brilliant Club aims to increase the number of students who apply for highly selective universities by allowing them to experience university life through visits and by undertaking a research project.

The programme included an introductory tour of the University of East Anglia followed by study skills lectures and a seminar led by a PhD tutor. The tutor then visited our school on a regular basis throughout the autumn term to deliver further seminars in order to prepare our students for a 2,500-word assignment on the topic of “Penal Law from Antiquity to Modern Times”.



Although the topic was very demanding, requiring a high level of commitment and work outside of school hours, our students rose to the challenge and produced some excellent assignments. The PhD tutor commented on how quickly they learnt new study skills (such as Harvard referencing and VLE based feedback systems) and how well they worked together to discuss topics and encourage each other.

Getting to visit Jesus College, Cambridge and talking to students and tutors there, was a highlight of the scheme, with our students asking lots of interesting questions about university work, the courses on offer, living away from home and the social life!

Being able to share in the celebration of their “graduation” ceremony was a real privilege and this was followed up with certificate presentations in school by Mr Baker and Mr Corless.

Everyone involved in the programme hopes that our students have been inspired to work towards applying for university in the future.

The programme is now underway for twelve of our Year 9 students and we look forward to celebrating with them at the end of the summer term.





# PYF DAY 7th Feb 2019

Mrs Marcus and Miss Cross

On the 07 February the school took part in our PYF DAY (PSHEE/Citizenship), students in all Year Groups had a day off timetable full of interesting and varied activities.

Year 7 had the privilege of working on a STEM initiative which involved building their own rollercoaster using a variety of different materials. Year 8 focused on crime and the emergency services and had a visit from a police van, ambulance and fire engine. Students were able to climb in the vehicles, try out some of the equipment and some members of staff were even locked up! Year 9 looked at Human Rights and completed some poignant pieces on the issue of Child Soldiers. Year 10 spent the day preparing for their future, addressing the issues of money and career planning and Year 11 took part in a careers initiative designing t-shirts and looking at the UN Global goals.

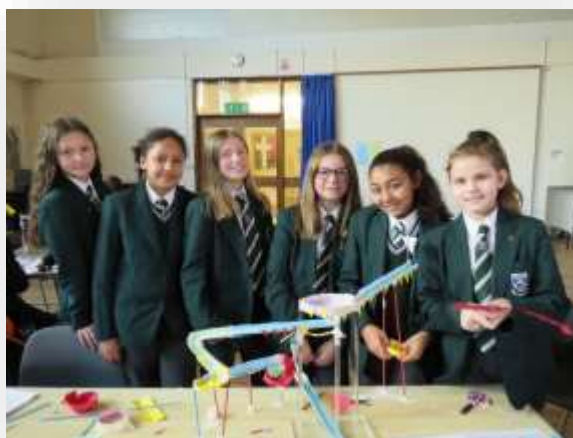
Year 8 took part in a competition run by Suffolk Police on the day- the winners were as follows:

## OVERALL WINNERS:

Shannai 8BR      Dixon 8WM      Jemima 8HR

## Other winners:

Evie 8BR	Vinuga 8BR	Jake 8WM	Martha 8WM
Zachary 8HR	Tieran 8HR	Daniel 8HR	Shane 8AY
Susan 8AY	Emilija 8AY	Santino 8KE	Heba 8KE
Aaron 8KE	Gabriella 8KF	Jay 8KF	Ben 8KF





# Scientist of The Month

Miss Dunderdale, Teacher of Science

Every month one student is chosen from each Science group to be a Scientist of the Month.

These are students who have shown consistent effort, resilience and focus in all their lessons. We believe that these are the qualities which allow students to progress academically and as individuals.

The Scientists for **March** are:

Neve 7MF	Evie 8BR	Isobel 9RS	Isobel 9NC
Hattie 9PT	Leejay 9DU	Emilin 10SK	Francesca 10GI
Anne-Line 10TO	Oliver 11WR	Nicolaas 11WR	Mohammed 11WR
Ryan 11MD	Charlotte 11MD	Jericho 7CS	Cadeau 7FS
Louis 8HR	Nastia 9GO	Linda 9NC	Kira 10BX
Joshua 8KE	Madeleine t 8KE	Aliya 10TO	Leevi 11GR
Eula 10GI			



It has been a busy few weeks in Science as we have taken a variety of students on trips to BT and The Big Bang Fair at the NEC Birmingham to celebrate British Science week.

On Tuesday 12 March we took a group of girls to BT as part of their drive to encourage more girls to take up STEM subjects. It was amazing. We spent the first half of our morning looking around their showcase section, where BT staff talked about their latest ideas in a real life situation. The second half of the morning they had the opportunity to try out the latest VR headsets, trying their hand at presenting BT Sports and much more!



On Thursday 14 March it was the turn for the boys. They absolutely enjoyed seeing the latest tech and especially Shaun's door! Some of our Year 8s even won the 'Space invaders' competition.

Finally, on Friday 15 March we took fifty Year 9s to 'The Big Bang Fair' at Birmingham NEC. An early start meant we were able to get there to enjoy the vast number of stands, talks from different Scientist and crazy experiments!

## Student Equipment

A significant number of students are arriving at lessons without the correct equipment, this causes disruption at the start of a lesson and we would appreciate your support to remedy this situation.

The expectation is that every student should have:

Two black/Blue Pens  
Two Pencils  
Ruler  
Rubber  
Sharpener  
Scientific Calculator



These can all be bought from the Reprographics Room at the following prices:

**STATIONERY STOP!**

Open 8.30am – 2pm

**PRICE LIST**

PEN BLUE/BLACK/RED	10p	PACK OF 48 FLASHCARDS	60p
PENCIL	10p	EXAMS CASE	£1.30
30CM RULER	20p	MATHS SET	£2.00
ERASER	10p	SCIENTIFIC CALCULATOR	£4.50
PENCIL SHARPENER	10p	LONG PENCIL CASE	£1.00
WATER BOTTLE	£1.00	LINED PAPER 10 each	
GLUE STICK	50p	EXAMS & MATHS SET	£2.10

# Important information for Year 11

Mr Corless, Deputy Headteacher

The previous edition provided an update of student attainment. I thought it appropriate to share the latest data with you as a means of demonstrating our unrelenting commitment to ensure your son/daughter is working towards their potential.

- Progress 8 score of 0.0 which indicates students are on track based on the latest data

I will update you once we have completed our latest data trawl and provide this information in next month's publication.

As previously communicated I wanted to bring you up to speed with ongoing developments within the Year group. Mrs Ward, Mrs Lawrence and I have been meeting to discuss methods to support the students in their preparation for the public exams beginning in May. Students are being supported in a number of ways including targeted Assemblies led by departments.

In addition, departments are providing intervention revision, 1:1 targeted support in core lessons (English, Maths and Science). The term is rapidly approaching our Easter break and I would appreciate your continued support with encouraging your son/daughter to attend regular revision sessions as stipulated in the revision timetable at the end of this edition of 'Contact'. All sessions will begin at 3.30 and finish at 4.30pm. Please note that students will be invited to bespoke sessions based on their needs as identified by departments.

## Year 11/13 Easter Revision Support

Please note that a number of departments are running sessions in the first week of the holidays (Monday 08 - Thursday 11 April) to support students. They will be invited by departments to attend. It is imperative that if your son/daughter is invited that you encourage them to attend. Time is running out and it would be beneficial to attend wherever applicable.

**There are approximately 5 school weeks to the start of the GCSE public examinations.** Here's a reminder of the 7 handy revision tips to help students prepare for their GCSEs over the next few months:

### 1. Set goals

Setting goals is a great place to start, as this will set the tone for the next few months. Start by writing down the GCSE subjects you're studying for and the grades you want to achieve. Underneath each subject, write out the list of topics you'll need to understand as well as question formats, techniques and the marking criteria the examiner will be using in the grade band you're aiming for. Doing this will mean you can plan out your study sessions effectively and keep track of the progress you're making.

### 2. Create a realistic revision timetable

Building a revision timetable will add structure to your studying and allows you to organise your time in the way that best suits you and your schedule. As you will be mapping out study slots for each topic, if you identify a GCSE subject that you want to spend more time on, you can add these extra sessions in. It's also important to create a realistic schedule and know there are limits to how much work can effectively be completed in a day. Balancing leisure and revision equally means you'll be much more productive and motivated in the long run and be able to revise more effectively. Just plan your study time out depending on what works best for you - so if this is 5 out of 7 days a week, or 7 days a week but an hour per day, that's okay- everyone will be slightly different!



### 3. Understand your learning style

There is not a one size fits all way to study as everyone works in different ways. Understanding your learning style and whether you're a visual, auditory or kinaesthetic learner will make revision so much easier! Once you know the method of learning that suits you best, simply tailor each study session by choosing more effective revision techniques that will make remembering and recalling information much easier.

### 4. Take regular breaks

It is really important that you consider taking regular study breaks when it comes to GCSE revision. Studying for long periods of time can be counterproductive as the brain becomes tired and you can easily lose focus, meaning you're not actually revising effectively. Instead aim for 30-45 minute sessions with short breaks in between and ideally no more than 4 hours of study per day. This way you'll have much more productive bursts of revision rather than trying to stay alert covering multiple subjects for hours on end.

### 5. Practice papers are your new best friend!

One of the best revision tips to help you prepare for your GCSE exams is to do as many practice papers as you can. They will help you become familiar with the exam format, question style and time restraints, so when it comes to the real thing you'll already know what to expect. Completing old exam papers is also a good way to test your current knowledge and help you identify any areas you're struggling with. Don't forget to ask your subject teachers for a few years' worth of papers and schedule one or two a week into your revision timetable. You can also access plenty of past paper/specimen questions via exam board websites. Please see the school website section labelled 'Departments'

### 6. Work in study groups

If you're finding revision too much to tackle on your own, then working in a study group is a great way to find support. Collaborate with your peers as well as attending the revision support sessions that are outlined in the Week 1/2 schedule included in this month's edition. Sharing knowledge is powerful and can break down the monotony of trying to cram all your knowledge alone!

### 7. Mix it up!

Mixing up your study habits is a great way to stay motivated, inspired and keep your brain alert and active while revising for your GCSEs. Try alternative methods such as listening to a podcast, watching videos or documentaries, working in a group, creating revision posters or using different coloured paper for each set of revision notes.

### Year 11 GCSE Revision support

BBC Bitesize offers a free online set of digital notes as well as self-test sections to test their knowledge on content. Please see the following web address for access to the secondary subjects page below:



<https://www.bbc.com/bitesize/levels/z98jmp3>

As you can see they cover a host of subjects. I have used these a great deal for a number of years and the content has been reviewed in line with revised specifications. This is a good starting point for anyone wanting to make a start on revising generic subject content.

## All GCSE subjects



<https://www.gcsepod.com/students/>



This is an online resource that allows your son/daughter to access GCSE content relating to courses in Year 11. All students access this resource online including access via SMART devices.

Below are a number of benefits including:

- Favourite any Pods on topics you find hard, then revisit them and fill your knowledge gaps
- Complete tests to identify your weaker areas and then watch personalised playlists to help strengthen those areas
- Watch exam specific playlists with everything you need to excel in an upcoming exam
- Complete homework online and get instant feedback
- Listen to GCSEPod privately on your mobile – no one needs to know you are working
- Share Pods via links to Twitter and Facebook and see what your friends are watching

The school has paid a year's subscription to allow full access to the suite of subject content. Please encourage your son/daughter to start using this resource as soon as possible.

## Partners in Excellence (PiXL)

St Alban's became affiliated to this programme back in January 2018. This is a group of over 1600 schools nationally with one key goal that is to support all our learners in preparing them for their future. Please see the link below that gives a snap shot of PiXL's core aims. We are also members of PiXL6 which is specific to 6th Form college providers and I know that Mr Berry has led several initiatives in our school to date which positive outcomes. There is a financial commitment as well and we have been fortunate to secure funding for this programme through the generosity of a local charitable trust of which we are eternally grateful.

PiXL weblink <https://www.pixl.org.uk/>

I wanted to share with parents and carers a number of suggestions/tips to support your son/daughter during their GCSE journey this summer.

Using the PiXL Maths app on your SMART device.

# What can you do?

Discuss with your child which platform would be least distracting for them. The app content is not only available on phones and tablets, but also on desktops and laptops. Your child may feel a desktop would be least distracting for them so they can leave their phone in another room to avoid notifications pinging through, or they may already be organised and have a system on their phone that lets them shut down notifications when they want to focus on one thing. Letting your child choose the platform best for them can help them to feel that they have ownership and your trust.

Encourage your child to use the apps to fill small gaps of time, such as when they're waiting for the bus, when you're finishing off dinner or any other small pockets of time they have.

Remind your child to update any of their apps frequently so that they are using the most recent version for the best service possible.

**PiXL Maths app** – All PiXL schools have access to our popular Maths app. The Maths app is a great platform for students to develop their skills and knowledge in an interactive and personalised way. All PiXL schools also have access to our Times Table app, if they wish to work on this area to consolidate the basics.

< Search



**PiXL Maths App**

Mr Ws Lab

OPEN



## What does the app do?

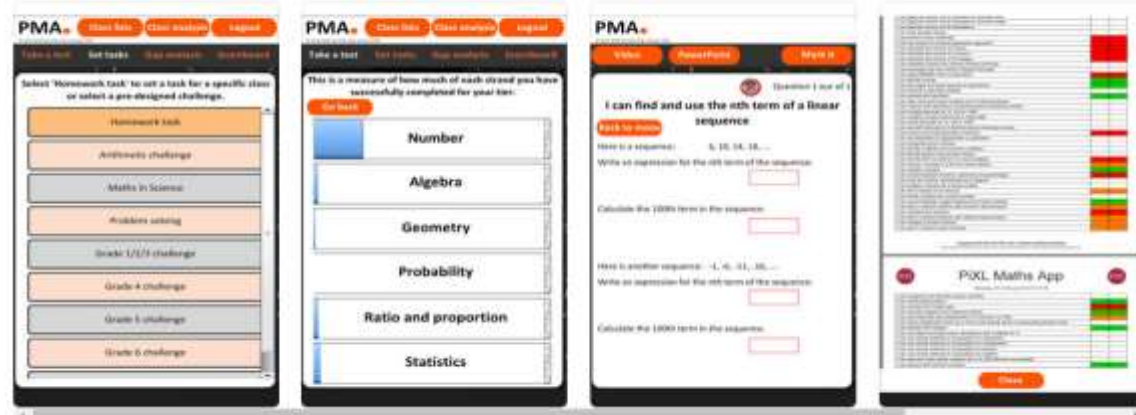
Uses online questions to assess your son's/daughter's knowledge across more than 200 skills to raise awareness of their strengths and areas to develop.

Provides video and PowerPoint support to enable learners to target areas of weakness.

Reproduces the same question but with different numbers so that learner's can apply their knowledge.



## Screenshots iPhone iPad



This is compatible with iPhone and iPad devices. You can access this via the **App store**.

Please see an array of tips to support your son/daughter through their preparation for the public examinations.

## Did you know?



Resilience is the ability to overcome adversity, 'bounce back' during difficult times and get back to feeling good. It is about having the capacity to adapt to difficult circumstances, and using tools and resources available to do so.

The Institute of Health Equity suggests that resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience. Building resilience is fundamental to teenagers becoming happy and functioning adults. Young people who are not resilient will be more likely to respond to stress by developing anxiety and depression.

## Did you know?



Survey research has identified that exams are a significant source of stress and worry for pupils in secondary school. In particular, failing important examinations, and the consequences of failing these examinations, are rated as more important than a range of other personal and social worries. (Optimus education)

The NHS highlight that Children and young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food, or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future

# What can you do?

Help your child navigate their ups and downs by encouraging them to carry out resilient behaviours. You can be a building block in helping them build healthy habits, such as looking after their mental health, getting enough sleep, doing exercise, eating healthy food, hobbies, socialising or relaxing. Watch the video on YouTube to understand why resilience is important to young people's health: <https://www.youtube.com/watch?v=0Woci5oTReU>

Staying connected with different people in our lives is the basis for building resilience. Help your child to understand who is in their support network when they

face difficult situations. This may be a grandparent, friend, teacher, sibling or sports coach etc. Encourage your child to make time to build relationships, see friends, have fun, take part in hobbies and connect with others regularly.

Encourage your child to build resilience by taking on new opportunities, challenges and achieving goals by stepping out of their comfort zone. This will help them to develop self-respect, be organised, promote positive thinking and to build confidence to deal with different situations.

Evidence suggests that promoting resilience can help young people sustain good relationships, develop personal life skills, overcome challenges, cope in difficult situations and help them to achieve their potential. Human brains develop and change more during the teenage years than most other times in their life. This means that this is a time when there is huge potential for the development of new skills and capabilities.



# What can you do?

Watch out for signs of stress and encourage your child to talk to a member of school staff or someone who they feel is supportive. If you feel your child isn't coping, it may also be helpful for you to talk to their teachers at school.

Encourage and support your child to build and maintain healthy habits before and during the exam period, such as eating a healthy balanced diet, staying hydrated, getting enough sleep, doing exercise, having time to relax and to socialise with friends.

Remind your child that feeling nervous and anxious is

normal. Support them to be organised, have a routine and build a revision timetable. Try not to add to their pressure by being flexible with them. Talk to them about how they feel, remind them of their goals in life and motivate them to stay focused. Staying calm will help them remain calm - and exams don't last forever.





Exam stress can be really challenging, not only for children but for those that live with them. Research shows that having someone to talk to about their work can help. Support from a parent, teacher or friend can help young people share their worries and keep things in perspective.

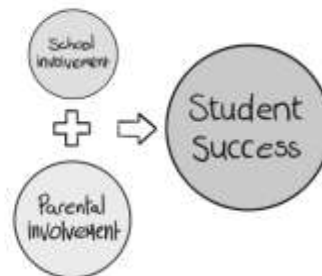
## Did you know?



Healthy habits are essential to living a long and happy life, and they are important to instil in children from a young age. If you help them form these habits now, you will be giving them the tools to navigate any obstacles they may face as they grow into adulthood.

Research highlights that the late teenage years have been identified as the peak age for exposure to health risks with lifelong implications. The report, by the Association for Young People's Health (AYPH), revealed teenagers eat eight times the recommended sugar allowance and almost half have tooth decay. This worrying research also found out that most smokers start by the age of 25.

Research reveals that there is a strong link between healthy habits and pupil achievement. Poor health habits add up to poor grades, and research suggests that healthy habits and good health-related decisions can lead to improved academic performance. For instance, research has shown that students who eat breakfast exhibit improved concentration when compared to their peers who skip it.



## What can you do?

Cultivate healthy habits by being a role model to your child. Try to exhibit good habits, offer health advice and build fun healthy activities into your family life. Examples include being active as a family, having evening and sleep routines, providing a water bottle to encourage hydration, or making family meals together.

Good nutrition can help improve concentration, so pay attention to the food you buy for your family. Provide a healthy balanced diet of meals which include fresh vegetables, fruit, proteins, good fats and whole grains. Encourage your child to snack on low sugar foods and drinks, which you could make together.

Help and encourage your child to get enough sleep, live a physically active life and feel good about themselves. Work with them to map out their week to include healthy habits such as exercise, relaxation and seeing friends. Set some healthy lifestyle goals together, and keep each other motivated to stay on track.



May I take this opportunity to thank you for your support to-date and as a school we look forward to continuing supporting your child on their GCSE journey.

To conclude, as Colin Powell once said 'There are no secrets to success. It is the result of preparation, hard work and learning from failure'.

Have a very Happy and Holy Easter.

God Bless

Mr Corless





**Want to find out what's going on in  
these pictures?!**



**Then follow us on Instagram!**  
**@stalbanshigh\_humanities**

## Year 11 Revision Timetable

Week 1	DAY	SUBJECT	TEACHER	TIME	ROOM	INFORMATION
	<b>MONDAY</b>	<b>English Language/Literature</b>	Mrs Yelland Ms Page Mrs Midgley Mrs MacFarlane Miss Sturman	3:30-4:15	27 29 25 26 23	Target grades (4-6)
		<b>German</b>	Miss Cross	3:30-4:30	19	Speaking and Listening
		<b>French</b>	Mr Magotte	3:30-4:30	16	Speaking and Listening
		<b>Computer Science</b>	Mr Robinson	1:20-1:55	3	
	<b>TUESDAY</b>	<b>History (From 14<sup>th</sup> Jan onwards)</b>	Mrs Wise Mr Harpur	8:00-8:45	A5 A4	Exam Skill session
		<b>Geography</b>	Mrs Welbourne	8:00-8:40	A7	Exam skill session
		<b>Business Studies</b>	Mr Tournay-Godfrey	1:20-1:55	S16	Intervention
		<b>P.E</b>	Mr Deacon Mr Roche	3:30-4:30	A6	Catch up and revision session
		<b>Drama</b>	Ms Templeman	3:30-4:30	A1/A9	Rehearsal time
		<b>Computer Science</b>	Mr Robinson	3:30-4:30	3	Target grades (6-9)
		<b>Art</b>	Mrs Wright Mr Hammond	3:30-4:45	A2 A3	Course work catch up (until end of January) EXAM focus- Practical sessions
		<b>Maths</b>	Mr Peck (11x4) Mr Greenaway (11x1) Mrs Hind (11x2) Mrs Keating-Fedders (11x3) Mr Sims (11y1) Mr Silk (11y2) Mrs Thomas (11y3)	1:20-1:55 3:30-4:30	13 14 15 12 13 14 22	Exam skill session
	<b>WEDNESDAY</b>	<b>Business Studies</b>	Mr Corless Mrs Franklin	1:20-1:55 3:30-4:30	S16	Grade 3 intervention Targeted intervention
	<b>THURSDAY</b>	<b>History</b>	Mrs Wise Mr Harpur	3:30-4:30	A5 A4	Catch up session
		<b>Combined Science</b>	All Science Teachers	3:30-4:30	Science Department	Set 3-7
		<b>Drama</b>	Mrs Templeman	3:30-4:30	A1/A9	Rehearsal time
		<b>Art</b>	Mrs Wright	3.30-4.45	A3/A2	Course work catch up (until end of January) EXAM focus- Practical sessions
		<b>Food, Prep &amp; Nutrition</b>	Miss Dowe	3:30-4:30	T5	Basic skills, coursework catch up
	<b>EVERYDAY</b>	<b>Technology</b>		After school	Workshop	Course work catch up
		<b>Food, Prep &amp; Nutrition</b>		1:20-1:55	T5	

<b>Week 2</b>	DAY	SUBJECT	TEACHER	TIME	ROOM	INFORMATION
	<b>MONDAY</b>	<b>English Language/Literature</b>	Mrs Yelland Ms Page Mrs Midgley Mrs MacFarlane Miss Stuman	3:30-4:15	27 29 25 26 23	Target grades ( 7-9)
		<b>German</b>	Miss Cross	3:30-4:30	19	Speaking and Listening
		<b>French</b>	Mr Magotte	3:30-4:30	16	Speaking and Listening
		<b>Computer Science</b>	Mr Robinson	1:20-1:55	3	
	<b>TUESDAY</b>	<b>History (From 14<sup>th</sup> Jan onwards)</b>	Mrs Wise Mr Harpur	8:00-8:45	A5 A4	Exam Skill session
		<b>Drama</b>	Ms Templeman	3:30-4:30	A1/A9	Rehearsal time
		<b>Computer Science</b>	Mr Robinson	3:30-4:30	3	Target grades (5-1)
		<b>Art</b>	Mrs Wright Mr Hammond	3:30-4:45	A2 A3	Course work catch up (until end of January) EXAM focus- Practical sessions
		<b>Business Studies</b>	Mr Tournay-Godfrey	3:30-4:30	S16	Intervention
		<b>Maths</b>	Mr Peck (11x4) Mr Greenaway (11x1) Mrs Hind (11x2) Mrs Keating-Fedders (11x3) Mr Sims (11y1) Mr Silk (11y2) Mrs Thomas (11y3)	1:20-1:55 3:30-4:30	13 14 15 12 13 14 22	Exam skill session
	<b>WEDNESDAY</b>	<b>Business Studies</b>	Mr Corless Mrs Franklin	1:20-1:55 3:30-4:30	S16	Grade 3 intervention Targeted Intervention
	<b>THURSDAY</b>	<b>History</b>	Mrs Wise Mr Harpur	3:30-4:30	A5 A4	Catch up session
		<b>Geography</b>	Mrs Welbourne	3:30-4:10	A7	Exam skill session
		<b>Biology, Chemistry and Physics</b>	All Science Staff	3:30-4:30	Science Department	Set 1 & Set 2
		<b>Drama</b>	Ms Templeman	3:30-4:30	A1/A9	Rehearsal time
		<b>Art</b>	Mrs Wright/Mr Hammond	3.30-4.45	A3/A2	EXAM focus- Practical sessions
		<b>Food, Prep &amp; Nutrition</b>	Miss Dowe	3:30-4:30	T5	Basic skills, coursework catch up
	<b>EVERYDAY</b>	<b>Technology</b>		After school	Workshop	Course work catch up
		<b>Food, Prep &amp; Nutrition</b>		1:20-1:55	T5	




 07546297808
  English
  BSL
  [abilityschoolofdance@outlook.com](mailto:abilityschoolofdance@outlook.com)



**THURSDAYS** ..... **KESGRAVE, IPSWICH** ..... *Starting after Easter 2019*

## Autism Movement Therapy

(Ages 6 to Adult)



(Ages 14-26)

.....

Movement, music & improvisation combine to strengthen brain pathways responsible for emotion regulation, socialising, speech & language, sensorimotor skills and much more.

.....

Struggling with low self-esteem?

- This class is for you. Build up with gentle contemporary-based technique, ultimately creating your very own choreography. you'll surprise yourself.

.....


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## What We Do

.....

Ability School of Dance is a rising local dance class provider, offering inclusive opportunities to dance for individuals of all ages and abilities.

Our aim is to promote physical, mental and emotional wellbeing for all of our participants. We are firm believers in the therapeutic benefits of dance and movement.

.....



Joanna Haste MA (Cantab), AABD

All classes are taught by "Miss Jo", a fully-registered dance teacher with more than 20 years' combined experience in dance and inclusive teaching.

**GET IN TOUCH TODAY TO JOIN A FREE TASTER SESSION!**





# Autism Movement Therapy



FOR AGES 5-18 YEARS  
ALL ABILITIES WELCOME



LEVEL 1 & LEVEL 2  
SATURDAY MORNINGS  
KESGRAVE

## AMT Classes

(Autism Movement Therapy)

AMT is an exciting, innovative approach, combining movement, music and improvisation in a highly structured program, in order to enrich the lives of individuals on the Autism Spectrum.

Supported by academic research, the AMT method is proving to be one of the most effective ways to activate and awaken areas of the brain, which may otherwise remain dormant in these individuals.

GET IN TOUCH TODAY TO JOIN A TASTER SESSION!

AMT works by involving both **visual** movement mirroring and **auditory** receptive processing, alongside repetition of progressive **patterns** and increasingly complex **sequences**, to stimulate both the **left and right** hemispheres of the brain simultaneously.

Whereas in Autism, communication between the two hemispheres is impaired, this in turn promotes **interhemispheric integration** - cognitive re-mapping, made possible by the existence of **neuroplasticity** - through which both established and new **neuronal pathways** across the corpus callosum are **strengthened**.

Ultimately, **connectivity** and **transmission** across the whole brain is **optimised**, enabling individuals on the Autism Spectrum to **process information** in a far more **efficient** manner.

AMT has repeatedly been shown to lead to vast improvements in **social interaction, self-esteem, behavioural responses, emotional regulation, speech & language comprehension, sensorimotor skills, focus, memory** and consequentially, in addition, **academic achievement**.

Rather than "fixing" autism, AMT aims to **empower** individuals, **enabling** them to become more **independent** and better able to **cope** in an unpredictable, neurotypical world, therefore allowing them to lead **happier, more fulfilling** lives.



### Meet the Teacher



**Joanna Haste**  
MA (Cantab), AARD  
(‘Miss Jo’)

Fully registered Dance Teacher  
Qualified Autism Movement Therapist  
Over 20 years' combined experience in Dance and Inclusive teaching.

07546297808

abilityschoolofdance@outlook.com

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WWW.ABILITYSCHOOLOFDANCE.CO.UK