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## The End Game is Upon Us

I hope you will forgive the April newsletter actually reaching you in May. I wanted to wait until after the information evening last week to be able to share this with families so that all information is in one place. I hope you all enjoyed the long weekend... if only there was another one coming soon!

I've used the 'Avengers' as the image today as we near our final sequence with Year 11. The exams on the horizon are coming up fast (six school days now!). In the Endgame instalment of the movie franchise they fight against the evil Thanos to save humanity. Bear with me here! They have faced trials and setbacks throughout their journey to that point and find themselves drawing from each other to get through the final battle.

*"We are going to win. Whatever it takes."*

As we move into the final phase of Year 11, I wonder if our students are similar (without the uniforms). They have faced so much over the past five years that we could never see coming and are coming to this decisive point together. It is key that we rely on our community to come together and support each other at this point and help each other achieve their very best.

If I have not lost you with my Marvel analogy, it is important we then talk about what 'winning' looks like. For all of our students this is simple. It is about them achieving the very best they *can* and doing themselves proud. 'Winning' this summer will never be decided by the number printed on a page, although clearly these will help with all our young people's choices in the future. It is not as dramatic as the Avengers but we know students will be feeling the pressure now.

It was great to have so many families represented on Thursday evening as we talked through the more practical side of the exam season. We talk so much about the learning and assessment style of the exams but it really is important to talk through the practicalities that these bring too. If you were not able to make it please see page 2 where there is a summary and some reminders for you on what we covered. We will be delivering a similar session to students on Friday morning in assembly and it is vital they attend to make sure they understand what is needed over the exam season.

You will be receiving some communication from our Sixth Form team over the coming days to confirm the choices that students have been given for Sixth Form following their options submission in the autumn. There has been a lot of work going into this to match the choices to our curriculum and trying to offer the subjects that our current Year 11 wish to see. I want to thank Mrs Valentine and Mrs Plumb in particular for their work in supporting the students in being able to deliver this.

Finally, I wrote in the last issue about the prom and asking for volunteers. We have had a good response and have got a great prom shaping up. Lots of tickets have been bought and the excitement is building. Please let us know if you have any questions. Students who are coming should meet at school at 5.00pm with coaches to Plumpton Racecourse. We will return to school at approx. 11.30pm. It will be a night to remember and a great way to end Year 11.

Please do get in touch if you have any questions at all or any worries. We are all here to help.

**Mr Thompson**  
Head of Year 11

## Key Dates

**Monday 15<sup>th</sup> May**  
GCSE Exams Begin

**Monday 5<sup>th</sup> June**  
Study Leave Begins for Year 11

**Wednesday 21<sup>st</sup> June**  
GCSE Exams End

**Wednesday 28<sup>th</sup> June**  
Contingency Day

**Thursday 29<sup>th</sup> June**  
Prom

**Thursday 24<sup>th</sup> August (10am)**  
Results Day

## A reminder...

### SLEEP

Young people aged 15/16 need around 10 hours sleep in order to perform at their very best.

Top tips to improve sleep:

- Avoid big changes to sleep routine, such as lengthy lie-ins on weekends.
- Avoid doing work close to bed time so that their brain can 'wind down'.
- Avoid screens and stressful discussions/activities close to bedtime.
- Create a relaxing pre-bed routine, free from over-stimulation from screens, sugar and caffeine.
- Incorporate exercise into their day, but not too close to bedtime.
- Allow enough time in between dinner and sleep so that they aren't too full and their body won't be busy digesting food.
- Write down any thoughts or concerns to help avoid them 'buzzing' around your head.

### DIET

Nutrition, quite literally, powers us to perform. Students may feel that they are working their hardest to achieve their goals, but if they are not fuelling their bodies in the best way then they aren't going to perform at our best.

In particular, students should think about:

- **P**reparation (breakfast!)
- **E**nergy levels (eat regularly)
- **R**e-hydrate (drink water)
- **F**ocus fuels (healthy snacks)
- **O**mega 3s (proven to help brain function and immune systems)
- **R**e-think brain blockers (avoiding certain foods e.g. sugar/heavy carbohydrates)
- **M**acro-nutrients (combination of protein, fat and carbohydrates at every meal)

### WELLBEING

We will be focussing on students maintaining their wellbeing in our Learning for Life sessions over the coming weeks. This is vitally important for every student and we place it at the top of our priorities. We encourage them to keep up their outside hobbies and commitments, especially exercising, to make sure they keep themselves as stress free as possible.

You can access a wealth of resources using the details below which support all of the above:

Link:

<https://students.pixl.org.uk>

PiXL School Number:

402458







Password:

Indep41

# Exam Season – Practicalities

It was great to see so many families with us on Thursday evening. It is always fantastic to have these opportunities in person and we really value the chance to have conversations with you all that may support your children.

Key messages from the evening are:

<p><b>Leading up to the exam period</b> This starts now</p>  <ul style="list-style-type: none"> <li>• Eating balanced meals high in brain food.</li> <li>• Get in the habit of drinking water.</li> <li>• Start to go to bed at a reasonable time <ul style="list-style-type: none"> <li>— you are well organised and don't need to be up until 11pm.</li> </ul> </li> </ul>	<p><b>Organisation:</b> day before exam</p>  <ul style="list-style-type: none"> <li>• Look over those <b>last topics</b></li> <li>• Have a <b>decent meal</b> and stay well <b>hydrated</b></li> <li>• You'll be up on time because you've <b>set your alarm</b></li> <li>• <b>Don't worry</b> about the paper, it's out of your control.</li> <li>• Breakfast/drink (have a <b>favourite snack</b> on hand that you can shove into their pocket)</li> <li>• Missed the bus/train cancelled? <b>£10 on hand</b> to get a taxi.</li> <li>• <b>Call school</b> and we will help you. Put the number in your phone.</li> </ul>
<p><b>Organisation:</b> night before the exam</p>  <ul style="list-style-type: none"> <li>• Correct school uniform - get it out ready</li> <li>• Have you got the correct equipment? <ul style="list-style-type: none"> <li>— (2 black pens, clear pencil case)</li> </ul> </li> <li>• Clear bottle with water inside</li> <li>• Go to <b>bed at a reasonable hour</b></li> <li>• Do you know what room you are in?</li> <li>• Seat number?</li> <li>• Candidate number?</li> </ul>	<p><b>Day of the exam</b></p>  <ul style="list-style-type: none"> <li>• Take advantage of breakfast and staff's guidance just before going in (canteen)</li> <li>• Get to the exam early and socialise/relax</li> <li>• Go to the toilet</li> <li>• Turn your phone off, <b>have it ready for checking</b> and then, put it in your bag</li> </ul>
<p><b>The rules!</b></p>  <p>An overview of the rules that students <b>must</b> be aware of and follow: <a href="#">Examination Rules Overview Video</a></p>	<p><b>After the exam</b></p>  <p><b>"how did it go"?</b></p> <ul style="list-style-type: none"> <li>• 9/10 will say "rubbish". <b>Peak end rule.</b></li> <li>• Over 22 exams</li> <li>• Don't sweat on mistakes, don't look up the answers, move on to the next one.</li> <li>• Eat/Hydrate/Rest/Revise</li> <li>• Prep for the next exam</li> </ul>
<p>If you have any questions about exams more generally please contact Mrs Beswick, Exams Officer, via <a href="mailto:jbewick@sackvilleschool.org.uk">jbewick@sackvilleschool.org.uk</a>.</p>	

# 15<sup>th</sup> May to 26<sup>th</sup> May

We will have a specific timetable for the exam period to support students. An example of how this *may* look is given below.

This is designed to support students ahead of any exam they have, whilst maintaining their normal routine at school with their normal lessons. The rule is: pupils will be **i)** in an exam, **ii)** in a drop-down session (a pre-exam session) or **iii)** in a normal lesson.

A full version of this will be published shortly (we know this is too small to read!).

If you have any questions on the above, please do email Mr Thompson via [cthompson@sackvilleschool.org.uk](mailto:cthompson@sackvilleschool.org.uk) or Mr Millican via [amillican@sackvilleschool.org.uk](mailto:amillican@sackvilleschool.org.uk)

## Pupil A: no exams (in normal lessons)

	Reg	1	2	3	4	5	6
Mon 15th	✓	in Maths	in English	in Science	in History	in Art	home
Tues 16th	✓	in Science	in Geog	in Science	in PE	in PE	home

## Pupil B: exam in morning (drop-down session period 6)

	Reg	1	2	3	4	5	6
Mon 15th	✓	in Maths	in English	in Science	in History	in Art	<b>German drop down</b>
Tues 16th	7.45am breakfast	<b>GERMAN exam</b>		in Science	in PE	in PE	home

## Pupil C: exam in the afternoon (drop-down session period 3)

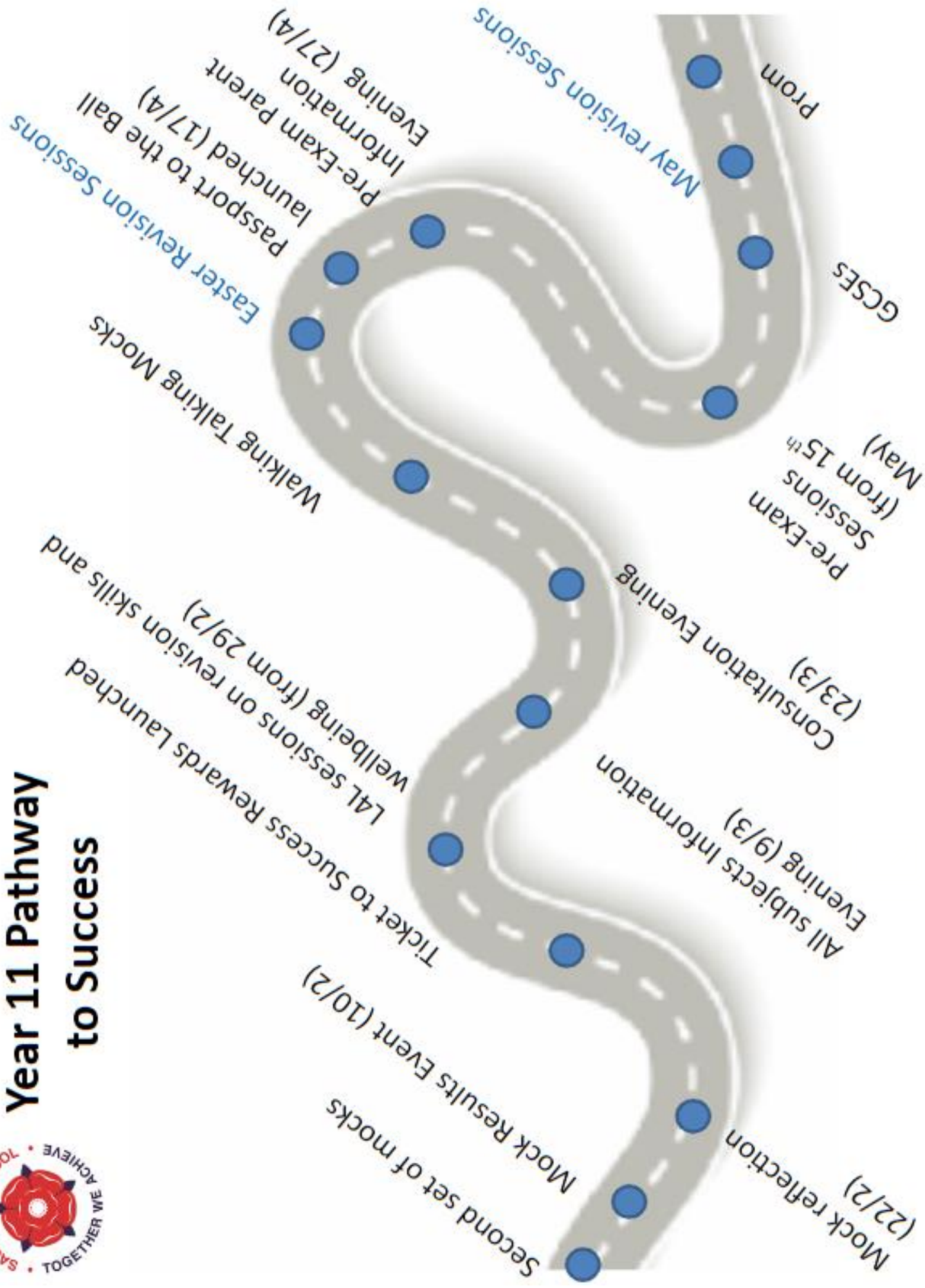
	Reg	1	2	3	4	5	6
Mon 15th	✓	in Maths	in English	<b>Drama drop down</b>	<b>DRAMA exam</b>		home
Tues 16th	✓	in Science	in Geog	in Science	in PE	in PE	home

**After half-term (from Monday 5<sup>th</sup> June), study leave officially begins.  
Pupils attend exams and drop-down sessions only.**





# Year 11 Pathway to Success



In Brief:



The external exams cannot be moved so students must be in on the day that the exam is set. If you are absent for legitimate reasons please contact the Year Office as soon as possible but every day really does matter now.

LET'S MAKE THEM COUNT!



You can find all the information you need relating to the exams on our website, including timetables.

<https://sackvilleschool.org.uk/students-4/exams-information/>



Remember, you can access information relating to your child on our 'My Child At School' app. It will give you information on attendance and communications rather than relying on email/messages. Let us know if you haven't been able to get this set up yet.



As we move towards the exams it is important to note that formal study leave starts on Monday 5<sup>th</sup> June. Up until May half term, students should be in school all day, everyday. When they aren't in an exam then they will be in normal lessons.

Before May half term, attendance is still compulsory for all school days.



Please visit the link [here](#) for some useful information that is designed to support parents in some of the key areas of their child's life. These have been created by PiXL and are designed to be short flyers. If you would like any more help or information please get in contact with us.



# SUPPORT YOUR CHILD ON THE PATH TO SUCCESS



Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision.

- ▶ Proven to increase results
- ▶ 28+ exam mapped subjects
- ▶ Available online and offline
- ▶ Audio visual content
- ▶ Builds confidence
- ▶ Independently accessible assessments

**Want to find out how you can support your child more with GCSEPod?** Then join one of our free webinars by registering here: <https://www.gcsepod.com/podup-presents-webinars/>

"The correlation between success and failure was made almost 100% clear by the use of GCSEPod."

**Head of MFL  
at Yateley School**

"I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive."

**Student**

"My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved your Pods and this style of revising."

**Parent**

## Student Activation

**Please follow these instructions if your child has not yet activated their GCSEPod account**

1. Go to GCSEPod.com and click 'LOG IN'
2. Click 'New to GCSEPod? Get Started'
3. Enter your child's details and confirm the name of the school they attend
2. Create a username and password

**For more information please visit  
[www.gcsepod.com/parents](https://www.gcsepod.com/parents)**

