

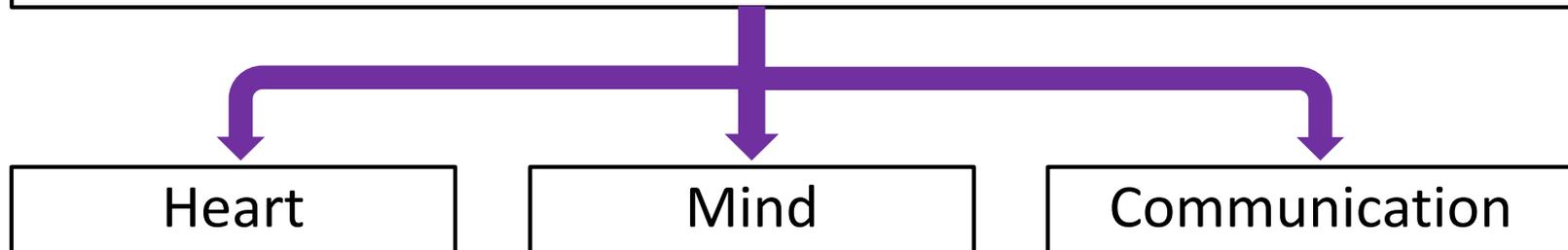
Word of the Week

Week beginning Monday 13th May, 2019.



Building the Vision.

To achieve academic excellence, develop character, and raise aspirations for all at Castle Hall Academy



Heart, Mind and Communication:



The Words of the Week for the remainder of this half-term will revisit the school's three main values: heart, mind and communication.

For this week, we will focus on the upcoming tests, assessments and exams that you are likely to face at the end of an academic year and how you can prepare your **mind** to give you the best chance of success.

Year 11s obviously have their GCSEs; Year 10 have their mock examinations but Years 7-9 will also undergo end of Year exams that will give all students a chance to assess how much progress you've made this year.

There is no substitute for hard work, revision and preparation to get your **mind** in the right place to succeed. Remember:

“you will never get this opportunity again.”

In the News:

Dr Alex & Dr Radha: Beating exam stress

Article taken from BBC News website: 7th May, 2019.

It's that time of the year when lots of you will be gearing up for exams and tests and it can sometimes be quite stressful.

BBC Bitesize is a service that has tips and revision games to help you prepare for your exams.

They've teamed up with Love Island's Dr Alex George and Dr Radha Modgil, who you might know from Radio 1's Life Hacks, for some advice.

There are resources for students, parents and carers alike that will help everyone in your household prepare for what, for many, can be a very stressful month or so. Get your house exam ready!

Discuss and Debate -



Students:

- There is no substitute for revision, hard work and preparation.
- Don't 'kid yourself:' look at past papers and questions; find a style or method of revision that works for you and get your **mind** and brain 'exam ready.'

But:

- Make sure you get plenty of sleep. No phones, tablets, social media or gaming in your room where you're supposed to be sleeping!
- Balance revision with down time and rest. Take regular (short!) breaks and don't just rely on 'cramming' the night before an exam. Exercise and spending time with friends are great ways to de-stress!
- Be organised – make sure you have all the information you need about an exam in advance. Know when your exams are and plan a timetable of revision and preparation.
- In an exam, don't worry if there's something you can't answer. You can always move on and go back later.
- If you're worried talk to someone – a teacher, a parent or a friend.

Discuss and Debate -



Parents:

- Find out how, where and when the exams will take place so you can support your child to be organised and prepared.
- Encourage your child to complete revision, homework and coursework but also encourage them to rest, have fun and enjoy their hobbies. Work with them to plan and complete revision.
- Plan something nice and fun for the weekends before, during and after GCSE season.
- Encourage your child to talk to you or their teachers if they seem stressed or anxious about their GCSEs.
- Ensure your child is getting a suitable amount of sleep.