

The Angmering School - Student Bulletin Week 28

TIMETABLE : WEEK 2

Monday 22nd April

- GCSE Photography Practical Exam

Tuesday 23rd April

- GCSE Photography Practical Exam

Wednesday 24th April

- GCSE Photography Practical Exam
- A Level Art Practical Exam

Thursday 25th April

- GCSE Photography Practical Exam
- A Level Art Practical Exam

Friday 26th April

- A Level Art Practical Exam

Word of the Week

This week's word of the week is **omni** and means all. It derives from Latin. Examples include **omni**present which means widely or constantly encountered or **omni**vore, someone who eats a variety of food from both plant and animal origin.

Can you think of other examples?

SEN Careers Roadshow



We had an amazing time at the SEN careers roadshow! A huge thank you to our fantastic year 10 food tech students for preparing such scrumptious dishes for our stall holders. We couldn't have done it without the help of the Aldingbourne Trust who made the event possible. And a special shoutout to Mr. Bowles for arranging such a successful day!



2:1:2 Bells for GCSE and A Level Exams

29th April 2024 - 26th June 2024

All lesson times will remain the same until the end of period 3 when it will change to:

12:40 - 13:20 lunch

13:20 - 14:15 period 4

14:15 - 15:15 period 5

Canteen Menu



<https://www.angmeringschool.co.uk/assets/Spring-Summer-2024-Portrait-Secondary-Menu-003-Bevs-version.pdf>

Lost Property



Please see the lost property list : [Lost Property](#)

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Career of the Week - Police Officer



From April 2024, new police constable recruits have four ways of entering policing and learning to carry out their role. These are: **Police Constable Degree Apprenticeship (PCDA)**, **Degree Holders' Entry Programme (DHEP)**, **Degree in Professional Policing (PPD)** or **Police Constable Entry Programme (PCEP)**

The curriculum and standards for all four routes are set by the national professional body for policing – The College of Policing. You can find out more about these routes, and which forces are currently recruiting by visiting the [Join the Police website](#).

As a Police Officer you will : respond to calls for help from the public, investigate crimes and offences, interview suspects and make arrests, give evidence in court, control traffic and crowds at large public events and gatherings, advise the public on personal safety and crime prevention and promote respect for people in relation to their race, diversity and human rights

If you're aged 13 to 18 you could become a police cadet.

If you would like more information contact Mr Bowles (gbowles@theangmeringschool.co.uk)

Arun Youth Clubs

 arun youth projects



**RUSTINGTON DROP-IN
THURSDAYS @ 7-9pm**



For Young
People aged
11-17

JOIN US EVERY WEEK

SPORT - COMPETITIONS - COOKING PROJECTS -
GAMES CONSOLES - CRAFT - HOT FOOD - CHAT -
SUPPORT & ADVICE

 arun youth projects



**ANGMERING DROP-IN
MONDAYS @ 5-6:30PM**



For Young
People aged
11-18

COME ON DOWN EVERY WEEK

CHILL OUT, PLAY GAMES, COMPETE IN SPORTS, GRAB
SOME HOT FOOD, CHAT, GET SUPPORT & ADVICE AND
EVEN SNEAK IN SOME STUDY TIME!

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At The National College, our *WakeUpWednesday* guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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 revise 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. Hence, 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.

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 Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



The
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