

#TeamVarndean Year 11 Newsletter
11th February 2022



Welcome to #TeamVarndean

Dear Year 11

It is hard to believe that it is already February - it only seemed a few weeks ago that we were talking to you about the start of the Year 11 roadmap. We've been incredibly proud of you as a year group and how you have approached your PPEs. Over the next few months, the whole community will come together to support you all but it will be important to adopt your own approach and mindset. When I find myself in a difficult situation, I like to follow the CALMER approach. Have a go and see if it works for you!

- C - CONSIDER your own needs and those will help you the most
- A - ACKNOWLEDGE that lots of other students are in the same position as you
- L - LISTEN to how you feel physically and mentally
- M - MANAGE strategies to deal with nerves such as exercising or talking to friends
- E - ENABLE those strategies that have worked in the past
- R - RESOURCE - find what you need to cope or ask one of us in school if you need ANYTHING

Maybe use this as a checklist over half-term to plan the term ahead.

I wish you a lovely half-term and hope you get to do something for yourself.

Mrs. Baker

Exam update - Mr Hughes

By now you should have seen all of your PPE grades and, more importantly, listened carefully to the feedback from your teachers. It is this feedback that will guide your revision over the coming weeks. Remember you did tremendously well in managing the PPE exams yourselves and the exams team were really impressed with your mature approach. You now know you can handle the exam period and can now focus on getting well prepared with your revision.

The exam boards have now clarified what the exams will be like (and in some cases what topics will be assessed) in the summer and your teachers will share this with you shortly.

All that remains is for you to attend regularly and work hard. There will be lots of support for you and we will help you identify what is needed in an academic mentoring conversation with you individually in the first week back after the holiday.

garethhughes@varndean.co.uk

What to expect next term - Ms Knights

Firstly, enjoy your half term Year 11! It's been a busy two months, and remember all of your achievements. Take the time to reflect on the things that you are proud of and celebrate these, as well as planning for the busy Spring 2 term. On that note see Mr Lamb's top tip for half term revision below.

Next term we are planning to make the most of your remaining weeks at Varndean. Form time will see

you having the opportunity to use this time to plan revision, continue to practice strategies of retaining information and answering exam questions and work with your form tutor as well as subject staff to make the most of the forthcoming exams. As Mr Hughes has said, this will start with an individual academic mentoring session with members of the Leadership team during the first week back.

Also next term Prom tickets will go on sale. We can confirm that the Prom is booked for Friday 8th July at The Grand Hotel. The Prom committee have decided a theme and they will be working next term on making the event a night to remember. We will send around sample menus for your food options, your photo booth is booked and you can start planning your music playlist!

Finally the deadline for ordering Hoodies is **Monday 21st Feb**. They can be purchased using ParentPay and remember to complete the order form using the link below. Hoodies are priced at £25 with your name on the back and £22 without.

https://docs.google.com/forms/d/e/1FAIpQLSfl11hp2TZvXYGepd7MYzA_xKyUUcH-erc0pjF3pCvcwk3ptw/closedform

So, to summarise my message to Year 11 is “Don't count the days, make the days count!”. You are a strong community, rest over half term and see you in Spring 2!

Ms Knights

sandraknights@varndean.co.uk

College update - Mr Clarke

Some of you will have already had your college interview. The interview process is not something you should be worried about. It is an opportunity to ask questions, find out more about the college and the courses you have selected. This [4 minute film](#) has some excellent tips that will ensure you are fully prepared for your interview. Please also remember that you must collect your **school report** from your school base and take it with you.

MET College is running an Open Event on Wednesday 9th March 5-8pm if you are considering making an application here.

<https://www.gbmc.ac.uk/open-events-2021-22>

Mr Clarke

Top Revision Tip for Half Term - Mr Lamb

It is important to keep your revision focussed and with a clear purpose, this will make it feel much more manageable.

1. Start with your PPEs. Find **one thing** in a subject that you did not know or were not clear on when you answered it on the paper.
2. Look at what it was that did not work. Did you just not know it? Then make a flash card and set about some retrieval practice. Was it that you did not know enough detail? Then you need to re-revise and try to explain it to someone else or practice the skill.
3. You should not spend too long on any one subject. Make sure you move between them to help keep your focus.

If you do these three things you will have a clear focus and be able to feel successful quickly. If you

still feel unsure after doing these things, that is also good. It gives you a very clear starting point if you then ask your teacher for help when we come back to school.

Mr Lamb

Safeguarding

Please direct any safeguarding concerns to...

Designated Safeguarding Lead: Sara Connolly
Safeguarding Officer: Kerry Tester
Using the email - safeguarding@varndean.co.uk

We encourage you to contact safeguarding, tutors or school bases to let us know if there is a concern about your child or challenges they are facing that might be impacting on their emotional regulation in school.

We also have a worried button on our website where parents can report concerns anonymously. These concerns may be for another student or for reporting 'intelligence' relating to safeguarding children at Varndean School



Our 'worried' button looks like this and can be found [here](#). Students also have a worried button on their homepage for letting us know about concerns, but finding it hard to talk directly to someone.

Sara Connolly
saraconnolly@varndean.co.uk

Wellbeing and Support

Information on several places that can offer support: <https://www.varndean.co.uk/familieswellbeing>