

#TeamVarndean Year 11 Newsletter 6
13th May 2022



Welcome to #TeamVarndean

Dear Year 11

Well, what can I say other than I am INCREDIBLY proud of you all individually and as our superb Year 11 year group. I have been impressed daily with your attitude, your determination, your kindness and above all how you are such nice people to be around.

Next week marks the start of your exams and you are so so ready!! No doubt you will be nervous - remember it would be weird if you weren't, but you are ready to demonstrate how working hard and having a positive work ethic pays off.

GOOD LUCK for next week - once you've completed your first exam, you'll find your flow and the rest will come naturally and we are all here to support you. Mr. Hughes has outlined below what the rest of May and June will look like and once we reach the 30th June, we'll be able to celebrate together as a whole community at your prom.

Above all remember, your results will no doubt be important to you but they don't define you as a person - you've all already demonstrated that you will leave Varndean as kind, caring, thoughtful and generally wonderful people and that's how we will always remember you.

Good luck :)

Mrs. Baker

Final arrangements for exam period

This cohort of year 11 students continues to impress teachers across the school; their attendance is high, attitude to learning both in and out of school is strong and we believe they are well prepared for the examinations that increase in pace next week despite the disruption of the last two years.

The extended exam season gives us an excellent opportunity to continue to support our students through the period of intense exams and make sure they hear frequently the reassuring messages they need to maintain their stamina and be prepared for success.

We will do this by blending normal lessons and bespoke revision sessions alongside the examination timetable to provide the maximum amount of support and encouragement. It is helpful to split the exam season into two parts either side of the half term holiday. Up until the 27th of May attendance at all lessons is expected when there isn't an exam. From the 6th of June onwards we will timetable revision sessions in between exams so that students are prepared for the examination that is imminent. These sessions will be supplemented by after school sessions or webinars where necessary.

Details of this timetable will be published by the **20th May**.

The leavers assembly will be on **Friday 17th June**.

You will remember from your own school days that exams are highly regulated affairs and it is critical that all students are fully aware of what is allowed and what isn't and understand that serious consequences (up to and including disqualification from all qualifications) can follow from breaches of

the rules. Mr Beyfus has previously sent a list of these regulations to every student and the main headlines are linked, [here](#) and [here](#) for your information with more detail available on this final link [here](#). Please can you take a moment to reinforce these expectations with your child noting for example the need for clear water bottles, that watches are not allowed and phones must not be on their person inside the exam venue. Please raise any questions that arise with myself so these can be clarified before the exams get going properly.

Examination success is down to hard work and careful preparation rather than luck and so I will refrain from wishing Year 11 good luck for the coming assessments but on behalf of their teachers and school base staff I wish them well and look forward to seeing them reap the reward for their effort and application later in the summer.

Mr Hughes
garethhughes@varndean.co.uk

Things to know when I start exams?

Year 11 will meet for final instructions and support at the start of each exam in the Canteen. Subject teachers and form tutors will be on hand for final tips and with words of encouragement! Up to half term students will meet in the Canteen every day, except Tuesday 17th May, this is the first whole cohort exam so we will meet in the Main hall. From 6th June to 17th June year 11 students taking exams will meet in the main hall every day, we will revert back to the Canteen from 20th June onwards. It is important that all students meet beforehand in case there are final exam instructions. There will be fruit and water available to keep their brains fed too.

Hoodies are here!

We are delighted to be able to hand out our leavers hoodies to year 11 as a memento of their journey at Varndean. Year 11 will have the privilege of being allowed to wear their leavers hoodies during school time in place of their blazer only. All other uniform rules remain in place, the expectation is that they have a shirt and tie underneath. This will remain during the exam period too.

Please note no other types of hoodies are allowed, only Varndean Leavers hoodies.

Prom 2022

Tickets are still available for the Prom at the Jurys Inn Waterfront (on the seafront). Tickets can be purchased on Parent Pay and are available for £33 and £10 concession rate. **Please ensure tickets are purchased by May 20th** so we know the numbers attending. The theme of the Prom that the students have chosen is James Bond! We are looking forward to seeing them looking resplendent in their outfits!

Well being week for year 11 form time

In order to support year 11 in the final run up to the formal start of exams, form tutors are revisiting the Wellbeing and Progress evenings this year. These give strategies and advice to support mental health and wellbeing, managing stress and preparing for exams. The videos of the evenings are also available to watch on the links below

Recording 1: Stress Under Control - general advice on managing the difficult exam period, and practical strategies to address this.

16th September (play from 21 mins to 34 mins in)

<https://drive.google.com/file/d/1gq6npkJmkVLt7FAGDd2Yel6kJcbnPIO/view?usp=sharing-->

Recording 2: Anxiety and Exams - Coping with the flight or fight response and negative self talk

4th November (play from from 20 mins to 52 mins in)

https://drive.google.com/file/d/1n_60mZqFyyCxzBNcYcm7y_bAK9j3-oWH/view?usp=sharing

Recording 3: Managing Exam Stress, Before, During and After the exam

2nd December (play from 15 mins to 32 mins in)

https://drive.google.com/file/d/1OHfev4ULk4_iRv8JoRBIC5NTVCluGcKU/view?usp=sharing

Ms Knights

Making the most of GCSEPod

As we have mentioned before, GCSEPod is an essential resource for final revision, memory and wellbeing. Data shows that higher GCSEPod users are more likely to exceed their predicted grades by a larger margin than those who don't use GCSEPod. On average, the highest users received 3 grades higher across their subjects than predicted. In the year 11 assembly we reminded students that GCSEPod can help with

- Building exam-readiness with exam playlists. *Go to 'my courses' for personalised exam playlists and exam dates*
- Forming expert revision skills with **Study Smart Pods**. *Pods based on scientific evidence based revision strategies*
- Knowledge recall practice with **Check & Challenge**
- The final hours - how GCSEPod relieves stress

Keeping fit and healthy: Pods on Mind, Body, environment and emotional support from the Youth Sports Trust

To use GCSE pod, please go to the home screen and log in with Google. You can also download the app from the app store.

To further support Year 11 with wellbeing during the exam process, form tutors next week will be sharing many of the tips from the Well Being & Progress evenings this year on helping managing stress.

Ms James

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 you have or challenges you are facing that might be impacting on your emotional regulation in school.

We also have a worried button on our website where you 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 at the [top of our homepage](#). You also have a worried button on your homepage for letting us know about concerns, but are 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>