

12 DAILY REMINDERS

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around

Welcome to issue four of the Year 11 Prepare to Perform Newsletter. As you are aware every month, we are sharing what has been happening at Noadswood to support your child as they prepare for their GCSE exams and post 16 education. We will also continue to provide a link to the P2P calendar so you can see what's coming up and how best to help your child at home. There are also top tips to keep both your child's physical and mental health well, throughout their final year of school and beyond.



Message from Miss. Marshall:



The January wintery sun is streaming into my office window as I write this to you, providing a few minutes peace that you guys need even more than me at this important pressured time for you all, so I will start by genuinely inviting you to stop for a moment, take a breath, and think about something that is going well for you. Think about whatever that is for a few seconds – you’ll feel better if you do, and you deserve to take that time.

You continue to impress me with the botheredness you’re showing, the efforts you’re making and the good-natured spirit most of you are showing towards most things every day, including during the recent mock exam window. That takes guts and maturity. So many of you are smashing it and so many others are doing all they can.

As we reach the stage of you receiving the outcomes of those mock exams, I want to encourage you, from twenty-eight years in this game, by saying there is so much time to make important progress between now and the Summer series. There is so much point to showing up willing to learn from where the gaps are. There is so much opportunity to talk to your teachers, attend time after school with them or with your friends, overlearning or maybe learning something new. Don’t give yourself negative messages about why you haven’t learnt something before, or why you messed up, or that there is no point. Speak gently to yourself but with a clear intention to do all you can with every hour and day that remains.

I have known so many young people in that 28 years make one or even two grades’ improvement between the mocks and the Summer exams when that is their attitude and approach now.



Message from Mrs Way:



Congratulations to you, Year 11 on completing your mock exams! This is a significant milestone in your academic journey, and you should all be incredibly proud of the effort and dedication you've shown.

Mock exams are not just about grades; although I'm sure that is what you are probably focused on right now but remember they're a valuable opportunity to learn, grow, and refine your approach before the real thing. Take time to reflect on your experience—what worked well, what could be improved, and how you can build on your strengths.

Remember, success is a journey, not a destination. Use this as motivation to keep striving for your personal best. Rest up, recharge, take a breath and know I am here to support you every step of the way.

Messages from Miss Ferry:



Congratulations year 11's you have made it through the January mocks.

I was pleasantly impressed with how well you all presented yourselves during your mock exams, and I hope that shows through to your grades. With that being said, if you did not receive the grades you were aiming/hoping for try not to get to overwhelmed as you still have plenty of time.

March mocks

Just to let you know that I am currently working on March mock timetables and seating plans, so if you have any concerns or worries, please do pop into see me or email me: eferry@noadswood.hants.sch.uk and we can discuss your concerns or worries.

The dates for the March mocks are as follows:

10th March through to 18th March.

Once again, I want to say well done to all of you, and wish you all the best of luck in March.



Messages from Miss Clews and Mr. Lewis:

Careers

College Applications

Applications to local colleges are now closing, with Peter Symonds no longer accepting new applications for September 2025. Barton Peveril will accept applications up to Friday, 14 February 2025, but no applications after this date will be considered.

Brockenhurst would like to receive all applications by Friday, 7 February 2025, but will accept late applications. However, anyone applying after this date may not be offered a place at the college and/or on the courses that interest them.

Applications to all other colleges should be made as soon as possible.

Apprenticeships

National Apprenticeship Week will be held between 10 and 14 February 2025. There will be sessions in school giving general information, with specific apprenticeship workshops for those in Year 11 that are considering apprenticeships as a viable option to full-time college. If your child is in Year 11 and has not yet informed Mr Lewis that they wish to consider an apprenticeship, please can they email glewis@noadswood.hants.sch.uk as soon as possible.

Careers Interviews

Now that mock examinations are over, Mr Lewis will continue to offer careers appointments to anyone in Year 11 who would like to discuss their future options. Once again, students should email Mr Lewis at glewis@noadswood.hants.sch.uk. Alternatively, they can request a careers appointment by talking to their tutor or Head of Year.



EMAILS

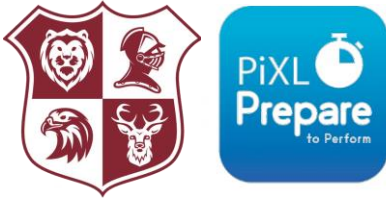
When applying for colleges, apprenticeships or employment, it is important that you use a suitable and professional-sounding **personal** email address. Also, please remember to check all junk folders as well as your inbox for important messages once you have started making applications. You do not want to miss an important interview or event just because the email was identified as spam!

#4 Top Tips to support your child with their revision

1. Practise and repetition: give them the chance to recite, repeat and practise what they've learnt with you.
2. Host a revision day.
3. Timed exams / questions.
4. Mind-maps / brain dumps.

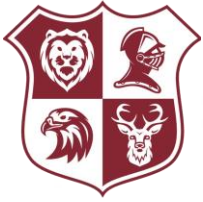
Revision Strategy of the month





Four ways to revise away from your desk

- Surround yourself with information - Your entire home can aid your study in the run-up to an exam. Invest in some sticky notes and pop them up in the place you visit most throughout the day.
- Exercise - Revision time can be stressful and one proven way of tackling those nerves is to exercise. It's important to take breaks anyway, but incorporating exercise into that time out can reduce those stress levels, even if you fit one 20-minute session into your day.
- Video call your friends - Get a few of your pals together on a video call to test each other on those challenging subjects can be a productive way of taking a break.
- Take your study outside if it's a nice day, get yourself out there. Wrap up warm against the January weather; and whilst going for a walk listen to a podcast. As the weather warms in the Spring consider that study notes are that much more inviting when read in the sunshine. You're also boosting your vitamin D intake, which is good for your health.



Recipe to Boost Brain Power



Ingredients:

2 cups blueberries

1 cup Pomegranate juice (or any berry juice)

1 tablespoon Chia sees

1 Ripe Banana

½ Avocado

Directions:

Add all of the ingredients to a blender and pulse until combined and smooth. If the smoothie is too thick, add more juice. If the smoothie is too thin, add ice.