

The Seagull



Issue 769 Friday 3rd May 2024

Next Week is Week 2

All Enquiries: 020 8270 6222
Email: headteacher@jorichardson.org.uk

Website: www.jorichardson.org.uk
X: @JRCS_School

HEADTEACHER'S NEWS

Gold Seagull Winners



Congratulations to this week's Gold Seagull winners:

Yasir, Rawdah, Talha, Ndidi, Osayetin and Chaudhary in Year 7.

Double winner – Fabio Year 7.

The summer exam series is upon us. You will find a copy of the exam timetable included in the back of The Seagull. Students in Year 11 and 13 have been working really hard over the last few months and I am sure they will ACHIEVE their potential. May I take this opportunity to wish all our students good luck in their upcoming exams!

I wrote to you all earlier this week about the changes in our uniform policy. The new school skirts are available to order now and will be in stock in the next few weeks.

Congratulations to Sam who recently won the London Boxing Championship for his age group

and weight. He will be competing in the National semi finals next weekend and we wish him the best of luck.



Our Executive Students ran an assembly last week on our 5 Rs. They will be working with our younger students on developing the key character traits of Respect, Responsibility, Reflection, Resourcefulness and Resilience. I was so impressed with their public speaking, and I am excited about the work they are planning to do with KS3 students to continue to build the positive ethos and sense of community in the school. Student Voice is important to the work of the school and helping us to get even better!

Don't forget it's Bank Holiday Monday next week. School returns on Tuesday 7th May as normal and we look forward to welcoming our Year 7 parents/carers on Wednesday 8th May between 3.45pm and 6.30pm for Year 7 Progress Evening.

Ms Keane
Headteacher

Social Studies Club



The Social Studies department have been running their extra-curricular club since Easter break and it has proven to be a real success.

The aim of the club is to create interest in our subjects (psychology, sociology, politics, health & social care and CeFS) and encourage curiosity in all things social studies related.

In the last few weeks, we have had a great turnout of students to the following sessions: Mrs Johnson's session was health care related where students explored how professionals check patient health. Students enjoyed learning about how blood pressure readings are taken.

Mrs Guven delivered another practical session which was psychology related – focusing on the famous 'Rorschach inkblot' test; students had fun creating their own inkblots and interpreting their



personalities from it (according to Freudian theory).

Lastly, this week Mrs Evans delivered an exciting session on the sociology behind crime. Students got an opportunity to get an insight into the theory behind famous case studies.



We are pleased with the turnout of the club so far and it has been great to see regular attendees as well as new faces join each week. KS4 and 5 students, we look forward to seeing you in future sessions.



Miss Tasneem
Head of Social Studies

Year 10 Economics Trip

On Tuesday 30th April a group of Year 10 students were given the opportunity to attend

an event titled "Discover Economics" hosted by University College London at their Marshgate campus in Stratford. At this event the students participated in a series of workshops designed to showcase economics to those who may be considering studying it in their further education.



The workshops included an interactive activity where students explored the challenges of funding public goods such as healthcare and the positive effects created when such goods are provided.

Following this the students were able to ask questions about the career prospects of the subject to a panel of economics graduates now working for a range of companies including Ofcom, Deliveroo and more. Lastly, students were given the opportunity to speak to current students of economics on their experiences of studying the subject.

Overall, the day was very informative and helped our students to discover economics!

Mr Lungley
Lead Teacher of Economics

Careers-RPC Law Firm



Thursday 2nd May marked session three of the RPC Law firm mentoring scheme held here at JRCS. The themes of the session were based on interview and presentation skills with students initially being tasked with presenting in small

groups about an issue given to them eg., 'should University be free for all?' The second part of the day involved students meeting their mentors for a follow up session on their own experiences in this area. Our last session on 22nd May will be held back at RPC offices which will also include a presentation to all students. We look forward to signing off on a positive note!

Mr Cully
Assistant Headteacher

Anti-Knife Crime Year 7 Workshop



The Year 7s took part in a workshop lead by Peer2Peer where they discussed the impact of knife crime of individuals, their families and society as a whole. The session covered the legality of carrying a knife, how it increases the chance of being a victim, Joint Enterprise and a person's future opportunities.



Students looked at a real-life experience and the longevity of a person's recovery both physically and emotionally. Students were very engaged, dealt with this issue with the maturity it deserves and produced an Anti- Knife awareness poster, as well as the necessary steps if present in an emergency. Well done!

Miss McMillan
Head of PDE

Year 10 Media Studies visit to Barking & Dagenham College



GCSE Media Studies students participated in a range of workshops at Barking & Dagenham College focusing on career opportunities in the creative media industry. Students enjoyed the practical sessions and chance to work in the amazing facilities on offer at the college as well as asking lots of questions about further education courses and potential careers going forward.



Mrs Harland
Head of Media Studies

Year 11 Business Brunch



Business hosted a 'Business Brunch' for students in Year 11 Business GCSE who have shown commitment



to business studies by consistently attending intervention sessions.

Students:

Daania, Emmanuel, Lucas, Danny, Elizabeth, Matas and Kawsar.



Miss Gendoo
Second in Business Studies

AT JO RICHARDSON WE

Aspire to be our best
Commit to our learning
Hold high standards in everything we do
Involve ourselves in our communities
Engage with all opportunities
Value, care for and respect each other
Establish resilience

SUCCESS FOR ALL

Respect

Responsibility

Resourcefulness

Resilience

Reflection

SUCCESS FOR ALL

GCE & GCSE Exams

Below is the exam timetable for the remainder of the GCE & GCSE exams. These are official exams and students will be required to attend normal lessons when they do not have a scheduled exam. Please make sure students have a good breakfast and they have the correct equipment with them for each exam, including a calculator (if needed) and a black pen. If they wish to, they may bring water, but this needs to be in a clear plastic bottle with the label removed. Please remind your child that under no circumstances should mobile phones or smart watches be taken into exam rooms. If your child is unable to attend any of their exams, please call the attendance line as usual and we will require a letter from your doctor.

Date	Start	Exam Level	Year Group	Time Allowed	Board	Unit Code / Component
08/05/2024	09:00AM	BTEC	11	120 mins	EDEXCEL	BEN0301: Enterprise 3 (Marketing & Finance)
09/05/2024	09:00AM	CNAT	11	75 mins	OCR	R038/01: Enginring: prncpl Engnring Dsgn Wrtn
		GCSE	11	105 mins	AQA	8062MA (8062/13): Religious Studies A Option Ma (Religious Studies A P1-3 Christ) 8062MA (8062/15): Religious Studies A Option Ma (Religious Studies A P1-5 Islam)
09/05/2024	14:00PM	BTEC	12 / 13	120 mins	EDEXCEL	31489H1A: Developing A Marketing Campaign
		GCSE	11	45 mins 60 mins	AQA	8633H (8633/LH): Italian Tier H (Italian Listening Test Tier H) 8633H (8633/RH): Italian Tier H (Italian Reading Test Tier H)
		GCSE	11	90 mins	EDUQAS	C690QS (C690U30-1): Drama Component3 Interpretin Theatre
10/05/2024	09:00AM	BTEC	12 / 13	180 mins	EDEXCEL	31489H1B: Developing A Marketing Campaign
		GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 1BF): Combined Science Option F (Paper One:biology(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 1BH): Combined Science Option H (Paper One:biology(h))
		GCSE	11	105 mins	EDEXCEL	1BI0F (1BI0 1F): Biology Option F (Paper One(f))
10/05/2024	14:00PM	GCSE	11	45 mins 60 mins	AQA	8668H (8668/LH): German Tier H (German Listening Test Tier H) 8668H (8668/RH): German Tier H (German Reading Test Tier H)
		GCSE	11	105 mins	AQA	8702/1: English Literature Paper 1
13/05/2024	14:00PM	CNAT	11	75 mins	OCR	R184/01: Sport Studies: Cntmpry Issues Sprt (Sport Studies:cntmpry Issue Sprt Wtn)
		GCE	13	100 mins	EDEXCEL	8FM0C (8FM0 01): Further Mathematics Option C (Core Pure Mathematics)
		GCSE	11	90 mins	EDUQAS	C680QS (C680U10-1): Media Studies Comp1 Exploring Media
14/05/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9BS0 01: Business (Market,people & Global Bu)
		GCSE	11	35 mins 45 mins	AQA	8658F (8658/LF): French Tier F (French Listening Test Tier F) 8658F (8658/RF): French Tier F (French Reading Test Tier F)
		GCSE	11	45 mins 60 mins	AQA	8658H (8658/LH): French Tier H (French Listening Test Tier H) 8658H (8658/RH): French Tier H (French Reading Test Tier H)
14/05/2024	14:00PM	GCSE	11	105 mins	EDEXCEL	1BS0 01: Business (Investigating Small Bus.)
15/05/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9EC0 01: Economics A (Markets & Bus.behaviour)
		GCSE	11	75 mins	EDEXCEL	1HI0FN (1HI0 11): History Option Fn (Medicine In Britain)
		L3	12	90 mins	AQA	1350A (1350/1): Mathematical Studies Option A (Mathematical Studies Paper 1)

15/05/2024	14:00PM	GCSE	11	90 mins	OCR	J277/01: Computer Science (Comp Sci: Computer Systems Wrtn)
16/05/2024	09:00AM	GCE	13	150 mins	AQA	7037/1: Geography Adv Paper 1
		GCSE	11	90 mins	EDEXCEL	1MA1F (1MA1 1F): Mathematics Option F (Non Calculator (f))
		GCSE	11	90 mins	EDEXCEL	1MA1H (1MA1 1H): Mathematics Option H (Non Calculator (h))
16/05/2024	14:00PM	BTEC	12 / 13	120 mins	EDEXCEL	31463H01: Personal And Business Finance
		GCSE	11	105 mins	AQA	8062MA (8062/2A): Religious Studies A Option Ma (Religious Studies A P2a Excl Text)
17/05/2024	09:00AM	GCE	13	120 mins	AQA	7182/1: Psychology Adv Paper 1
		GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 1CF): Combined Science Option F (Paper Two:chemistry(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 1CH): Combined Science Option H (Paper Two:chemistry(h))
		GCSE	11	105 mins	EDEXCEL	1CH0F (1CH0 1F): Chemistry Option F (Paper One(f))
		GCSE	11	105 mins	EDEXCEL	1CH0H (1CH0 1H): Chemistry Option H (Paper One(h))
17/05/2024	14:00PM	GCE	13	100 mins	EDEXCEL	8FM0C (8FM0 21): Further Mathematics Option C (Further Pure Mathematics1) 8FM0C (8FM0 25): Further Mathematics Option C (Further Mechanics 1)
		GCSE	11	90 mins	AQA	8035/1: Geography Paper 1
20/05/2024	09:00AM	GCE	13	120 mins	AQA	7192/1: Sociology Adv Paper 1
		GCSE	11	135 mins	AQA	8702/2: English Literature Paper 2
20/05/2024	14:00PM	CTEC	13	120 mins	OCR	587104: Ed3hs:u4 Anatomy & Physiology (Ed3hsc:u4 Anatomy & Physiology)
		GCE	13	120 mins	EDEXCEL	9EC0 02: Economics A (National & Global Economy)
		GCSE	11	75 mins	AQA	8633H (8633/WH): Italian Tier H (Italian Writing Test Tier H)
		GCE	13	135 mins	EDUQAS	A680QS (A680U10-1): Media Studies A Level (Media Studies Comp 1 Media Products)
		GCSE	11	90 mins	EDUQAS	C680QS (C680U20-1): Media Studies (Med studies Comp2 Understanding Media)
21/05/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9BS0 02: Business (Activs,decision & Strats.)
		GCSE	11	75 mins	AQA	8668H (8668/WH): German Tier H (German Writing Test Tier H)
		GCSE	11	105 mins	EDEXCEL	1CS0 01: Citizenship Studies (Paper One)
21/05/2024	14:00PM	GCE	13	120 mins	AQA	7152/1: Politics Adv Paper 1
		GCSE	11	90 mins	OCR	J277/02: Computer Science (Comp Sci:comp Thnk Algrthm Prgm Wtn)
22/05/2024	09:00AM	GCE	13	120 mins	AQA	7182/2: Psychology Adv Paper 2
		GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 1PF): Combined Science Option F (Paper Three:physics(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 1PH): Combined Science Option H (Paper Three:physics(h))
		GCSE	11	105 mins	EDEXCEL	1PH0F (1PH0 1F): Physics Option F (Paper One(f))
		GCSE	11	105 mins	EDEXCEL	1PH0H (1PH0 1H): Physics Option H (Paper One(h))
22/05/2024	14:00PM	GCSE	11	60 mins	OCR	J587A (J587/01): Physical Education Mod Upd (Pe: Physcl Fctr Affctng Perf Wtn)
23/05/2024	09:00AM	GCSE	11	105 mins	AQA	8700/1: English Language Paper 1
		L3	12	90 mins	AQA	1350A (1350/2A): Mathematical Studies Option A (Mathematical Studies Paper 2 Opt A)
		GCE	13	135 mins	EDEXCEL	9HI0G6 (9HI0 1G): History Option G6 (Germany 1918-89)

23/05/2024	14:00PM	CTEC	13	90 mins	OCR	587106: Ed3hs:u6 Personal&pers Centre Approa (Ed3hsc:u6 Personal&pers Centre Appro)
24/05/2024	09:00AM	GCE	13	120 mins	OCR	H555A (H555/01): Physical Education Mod Pstl (Pe: Physlgcl Fctr Afct Perf Wtn)
		GCE	13	135 mins	OCR	H556A (H556/01): Physics A: Modelling Physics Wtn
		GCE	13	150 mins	OCR	H472B (H472/01): English Literature - Mod Pstl (Eng Lit: Drama & Poetry Pre-1900 Wtn)
		GCSE	11	60 mins	AQA	8658F (8658/WF): French Tier F (French Writing Test Tier F)
		GCSE	11	75 mins	AQA	8658H (8658/WH): French Tier H (French Writing Test Tier H)
03/06/2024	09:00AM	GCE	13	150 mins	AQA	7037/2: Geography Adv Paper 2
		GCSE	11	90 mins	EDEXCEL	1MA1F (1MA1 2F): Mathematics Option F (Calculator (f))
		GCSE	11	90 mins	EDEXCEL	1MA1H (1MA1 2H): Mathematics Option H (Calculator (h))
03/06/2024	14:00PM	GCSE	11	45 mins	EDEXCEL	1RU0H (1RU0 1H): Russian Option H (Listening (h))
		GCSE	11	65 mins	EDEXCEL	1RU0H (1RU0 3H): Russian Option H (Reading (h))
		GCE	13	120 mins	AQA	7182/3: Psychology Adv Paper 3
		GCSE	11	60 mins	OCR	J587A (J587/02): Physical Education Mod Upld (Pe: Socio-ctrl Issues Sprt Psych Wtn)
		GCSE	11	105 mins	EDEXCEL	1CS0 02: Citizenship Studies (Paper Two)
04/06/2024	09:00AM	GCE	13	120 mins	AQA	7192/2: Sociology Adv Paper 2
		GCSE	11	35 mins	AQA	8698F (8698/LF): Spanish Tier F (Spanish Listening Test Tier F)
		GCSE	11	45 mins	AQA	8698H (8698/LH): Spanish Tier H (Spanish Listening Test Tier H)
		GCSE	11	45 mins	AQA	8698F (8698/RF): Spanish Tier F (Spanish Reading Test Tier F)
		GCSE	11	60 mins	AQA	8698H (8698/RH): Spanish Tier H (Spanish Reading Test Tier H)
04/06/2024	14:00PM	GCE	13	120 mins	EDEXCEL	9MA0 01: Pure Mathematics 1
		GCE	13	150 mins	EDUQAS	A680QS (A680U20-1): Media Studies A Level (Media Studies Comp 2 Media Forms)
		GCSE	11	105 mins	EDEXCEL	1HI0FN (1HI0 B1): History Option Fn (Anglo-saxon And Norman) 1HI0FN (1HI0 P4): History Option Fn (Superpower Relations)
05/06/2024	09:00AM	GCE	13	60 mins	OCR	H555A (H555/02): Physical Education Mod Pstl (Pe: Psychlgcl Fctr Afct Perf Wtn)
		GCE	13	150 mins	OCR	H472B (H472/02): English Literature - Mod Pstl (Eng Lit: Cmptve & Cntxtl Sty Wtn)
		GCSE	11	90 mins	AQA	8035/2: Geography Paper 2
05/06/2024	14:00PM	GCE	13	120 mins	AQA	7152/2: Politics Adv Paper 2
		GCE	13	120 mins	AQA	7402/1: Biology Adv Paper 1
		GCSE	11	105 mins	EDEXCEL	1BS0 02: Building A Business
06/06/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9BS0 03: Investigating Business
		GCE	13	135 mins	OCR	H556A (H556/02): Physics A: Exploring Physics Wtn
		GCE	13	150 mins	EDEXCEL	9DR0 03: Drama And Theatre (Theatre Makers In Prac.)
		GCSE	11	105 mins	AQA	8700/2: English Language Paper 2
07/06/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9EC0 03: Economics A (Micro & Macro Economics)
07/06/2024	14:00PM	GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 2BF): Combined Science Option F (Paper Four:biology(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 2BH): Combined Science Option H (Paper Four:biology(h))

		GCSE	11	105 mins	EDEXCEL	1BI0F (1BI0 2F): Biology Option F (Paper Two(f))
		GCSE	11	105 mins	EDEXCEL	1BI0H (1BI0 2H): Biology Option H (Paper Two(h))
		GCE	13	90 mins	EDEXCEL	9HI0G6 (9HI0 2G): History Option G6 (Italy & Spain)
10/06/2024	09:00AM	GCE	13	135 mins	OCR	H432A (H432/01): Chemistry A (Chem A: Prdc Tble Elmnt Phy Chm Wtn)
		GCE	13	180 mins	AQA	7062B (7062/1): Religious Studies Adv Option B (Religious Studies Adv Paper 1)
		GCSE	11	90 mins	EDEXCEL	1MA1F (1MA1 3F): Mathematics Option F (Calculator (f))
		GCSE	11	90 mins	EDEXCEL	1MA1H (1MA1 3H): Mathematics Option H (Calculator (h))
10/06/2024	14:00PM	GCE	13	150 mins	OCR	H446A (H446/01): Computer Science Mod Upd (Comp Sci: Computer Systems Wrtn)
		GCSE	11	60 mins	AQA	8698F (8698/WF): Spanish Tier F (Spanish Writing Test Tier F)
		GCSE	11	75 mins	AQA	8698H (8698/WH): Spanish Tier H (Spanish Writing Test Tier H)
11/06/2024	09:00AM	CeFS	12	45 mins	LiBF	CeFS Unit 2 (FCML) Part A MCQ paper exam - Resit opportunity
		GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 2CF): Combined Science Option F (Paper Five:chemistry(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 2CH): Combined Science Option H (Paper Five:chemistry(h))
		GCSE	11	105 mins	EDEXCEL	1CH0F (1CH0 2F): Chemistry Option F (Paper Two(f))
		GCSE	11	105 mins	EDEXCEL	1CH0H (1CH0 2H): Chemistry Option H (Paper Two(h))
		GCE	13	135 mins	EDEXCEL	9HI0G6 (9HI0 36): History Option G6 (Britain & Ireland)
11/06/2024	14:00PM	GCE	13	120 mins	AQA	7192/3: Sociology Adv Paper 3
		GCE	13	120 mins	EDEXCEL	9MA0 02: Pure Mathematics 2
		GCSE	11	80 mins	EDEXCEL	1HI0FN (1HI0 31): History Option Fn (Weimar & Nazi Germany)
12/06/2024	09:00AM	GCSE	11	90 mins	AQA	8236/W: Dance Written Paper
			10	90 mins	EDUQAS	Year 10 Drama Component 1 Written Evaluation Exam
12/06/2024	14:00PM	VOC L1/2	11	90 mins	EDUQAS	Construction: Intro To Built Environment New (Built Environment Unit1 Onscreen New)
		GCSE	11	45 mins	EDEXCEL	1PG0H (1PG0 1H): Portuguese Option H (Listening (h))
		GCSE	11	45 mins	EDEXCEL	1PN0H (1PN0 1H): Persian Option H (Listening (h))
		GCSE	11	60 mins	EDEXCEL	1PG0H (1PG0 3H): Portuguese Option H (Reading (h))
		GCSE	11	65 mins	EDEXCEL	1PN0H (1PN0 3H): Persian Option H (Reading (h))
14/06/2024	09:00AM	GCE	13	120 mins	AQA	7152/3: Politics Adv Paper 3
		GCE	13	120 mins	AQA	7402/2: Biology Adv Paper 2
		GCSE	11	90 mins	AQA	8035/3: Geography Paper 3
14/06/2024	14:00PM	GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 2PF): Combined Science Option F (Paper Six:physics(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 2PH): Combined Science Option H (Paper Six:physics(h))
		GCSE	11	105 mins	EDEXCEL	1PH0F (1PH0 2F): Physics Option F (Paper Two(f))
		GCSE	11	105 mins	EDEXCEL	1PH0H (1PH0 2H): Physics Option H (Paper Two(h))
17/06/2024	09:00AM	GCE	13	90 mins	OCR	H556A (H556/03): Physics A: Unified Physics Wtn
		GCSE	11	85 mins	EDEXCEL	1RU0H (1RU0 4H): Russian Option H (Writing (h))
17/06/2024	14:00PM	GCE	13	180 mins	AQA	7062B (7062/2B): Religious Studies Adv Option B (Religious Studies Adv Paper 2b)
		GCSE	11	90 mins	OCR	J536B (J536/05): Music - Moderated Postal (Music:listening And Appraising - Wtn)

18/06/2024	09:00AM	CeFS	12	105 mins	LiBF	Unit 2 (FCML) Part B written paper exam - Resit opportunity
		GCE	13	60 mins	OCR	H555A (H555/03): Physical Education Mod Pstl (Pe: Socio-cltrl Physl Actv Sprt Wtn)
		GCE	13	135 mins	OCR	H432A (H432/02): Chemistry A (Chem A: Synths & Anlytcl Tchnqs Wtn)
		GCSE	11	120 mins	EDUQAS	C600QS (C600U10-1): Design And Technology (D&t Comp 1 D&t In The 21st Century)
18/06/2024	14:00PM	GCE	13	150 mins	OCR	H446A (H446/02): Computer Science Mod Upd (Comp Sci: Algrthms & Prgmng Wrtn)
		GCSE	11	80 mins	EDEXCEL	1PG0H (1PG0 4H): Portuguese Option H (Writing (h))
		GCSE	11	85 mins	EDEXCEL	1PN0H (1PN0 4H): Persian Option H (Writing (h))
19/06/2024	09:00AM	GCE	13	120 mins	AQA	7402/3: Biology Adv Paper 3
		GCSE	11	105 mins	EDUQAS	C560P1 (C560UA0-1): Food Prep And Nutrition - Written (Food prp & ntrition Comp1 Written Princ)
20/06/2024	09:00AM	VOC L1/2	11	80 mins	EDUQAS	5409UA0-1: Hosp & catering Industry Onscreen New (Hosp & catering Unit1: Onscreen New)
20/06/2024	14:00PM	GCE	13	120 mins	EDEXCEL	9MA0 31: Mathematics (Statistics) 9MA0 32: Mathematics (Mechanics)
21/06/2024	09:00PM	GCE	13	90 mins	OCR	H432A (H432/03): Chemistry A (Chem A: Unified Chemistry Wtn)

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 revision 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. Reinforce 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 for 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.



WakeUp
Wednesday

The
National
College



Barking & Dagenham SEND Local Offer April Highlights

<https://localoffer.lbbd.gov.uk/>

sendlocaloffer@lbbd.gov.uk



Summer Term

Summer Term is always the busiest term of the year with lots of learning experience taking place, e.g. sports day, production, excursions, which should be inclusive and accessible to pupils with SEND.

With careful planning and making reasonable adjustments, pupils with SEND can also benefit enormously from learning outside the classroom.

Resource: Parent Carer Support Groups

The SEND Team and Family Navigators completed the 1st block of the monthly SEND Drop-in (Spring Term 2024) in the Family Hubs. Thank you very much for parents/carers coming and using this service.

We've listened to and served nearly 40 families. In these 3 sessions, many families asked about the provision of local SEND Parent Carer Support Groups. Please find some of the groups below. More resources can be found on the [Local Offer](#):



Just Say Parent Carer Forum
justsaybdforum@gmail.com
07936 851199



Carers' Hub Parent Advisory Group
carers@carerscentre.org.uk
020 8593 4422



CYP Disability Hub Parent Group
CYPDHub@lbbd.gov.uk
0208 227 5500

Details of next SEND Drop-in (Summer Term 2024) →



SEND Drop-in

SEND Team work in partnership with Early Help & Targeted Early Help Family Navigators at Family Hubs to provide in-person SEND early support for families with children and young people with special educational needs and disabilities. Time: **9.30-11.30am**.

- 13 May, Barking Learning Centre Family Hub
- 3 June, Dagenham Library Family Hub
- 1 July, Marks Gate Community & Family Hub



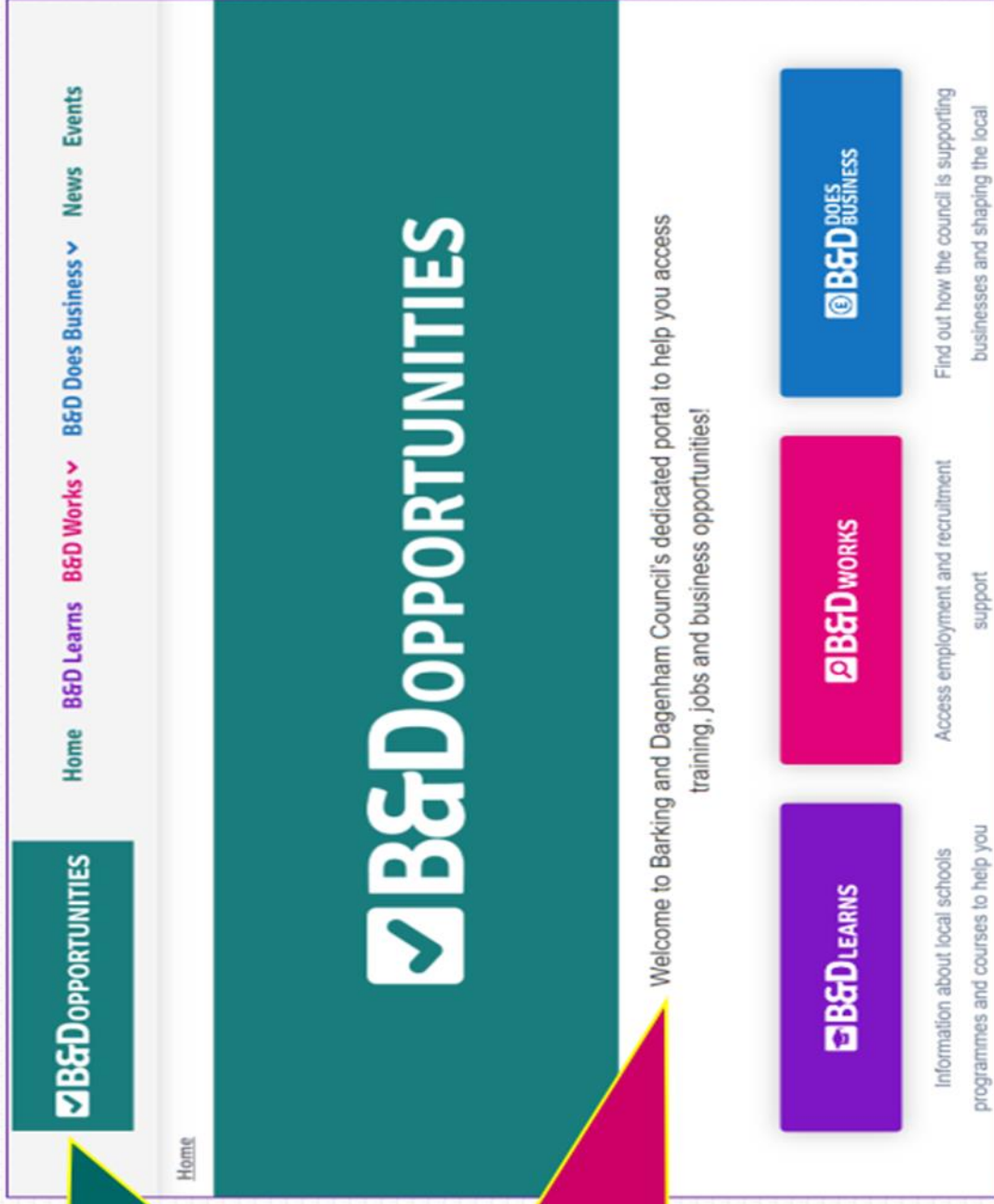
YOU SAID, "We want to know what opportunities open to us as we move to adulthood..."

WE DID:

Our Inclusive Employment Team and Website Team created a new portal which is in the **Testing / Sneak Peek Phase**. Welcome feedback before its official launch very soon!

B&D WORKS:

The service has a specialist team supporting people with disabilities, mental and physical health conditions, including a dedicated Supported Employment programme for adults with learning disabilities and autism.



B&D Opportunities is one of our co-production examples - we are listening and **Your Views Matter**.

Thank you very much for your opinions and letting us know your experiences. Your views bring about positive and influential changes to our services, which are established for and designed by families.

Schools and Colleges Early Support Service: Parent and Carer Webinars



Dear Parents and Carers,

We would like to invite you to attend the **Summer Term** webinar series specially tailored for parents and carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

The topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

- How to support your young person with low mood
- Anxiety in adolescence: how can parents and carers help?
- Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel okay again
- Managing teen behaviour that challenges: tips and tricks
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Building resilience, staying connected and nurturing your relationship with your teen
- Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing
- Supporting your young person through exam time
- Transitioning to secondary school
- Supporting young people who experience panic

Further details on each webinar are below. To register please click on the relevant Zoom link. After registering, you will receive a confirmation email containing information about joining the meeting.

Managing teen behaviour that challenges: tips and tricks

Wednesday 19 June 12:00-13:00 [Click here](#) to register

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their teens who may increasingly not want to hear any advice their parents have to offer. This webinar will provide an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offer tips for parents on how to approach and discuss challenging behaviour with teens, and how to set boundaries. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

Monday 24 June 17:00-18:00 [Click here](#) to register

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens.

This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid.

Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Transitioning to secondary school

Monday 20 May 12:00-13.00 [Click here](#) to register

Tuesday 2 July 17:00-18.00 [Click here](#) to register

This webinar will explore ways that you can support your child during this period of change. Top tips will be shared to help you to consider challenges and opportunities that may arise during transition, spotting when your child may be struggling, strategies to help you to support your child and exploring your own wellbeing. Resources will be shared on how you/they might seek further support if needed.

Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing

Wednesday 12 June 12:00-13:00 [Click here](#) to register

Scientists have discovered that our brains physically change in response to our experiences throughout our lives. The teenage years are a time of significant brain change when young people are learning to adapt to the world around them.

This webinar will provide an insight into the stages of brain development through early childhood, adolescence and into adulthood. We will consider how changes in the brain affect the emotions and behaviour of your young person whilst providing evidence-based strategies to help you understand and support their mental wellbeing.

Supporting your young person through exam time

Tuesday 30 April 17:00-18:00 [Click here](#) to register

Stress levels can be higher than usual around exam time. A bit of stress can help us to stay motivated but too much can be unhelpful. This webinar will help you to support your young people in finding the best ways to manage their stress levels and stay calm before, during and after their exams.

Building resilience, staying connected and nurturing your relationship with your teen

Tuesday 7 May 17:00-18:00 [Click here](#) to register

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with

their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger. This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Anxiety in adolescence: how can parents and carers help?

Wednesday 8 May 12:00-13:00 [Click here](#) to register

Wednesday 17 June 17:00-18:00 [Click here](#) to register

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety.

It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

How to support your young person with low mood

Tuesday 14 May 17:00-18:00 [Click here](#) to register

Thursday 4 July 12:00-13:00 [Click here](#) to register

Low mood does not just affect adults. Young people can experience low mood too. Common signs of low mood often include sadness that does not go away, feeling irritable all of the time, not being interested in things that used to be enjoyed, feeling tired and exhausted a lot of the time. Things that might increase low mood include family difficulties, bullying, bereavement, parental separation, friendship issues.

Our webinar will offer some insight into spotting the signs and symptoms of low mood, understand why young people are vulnerable to experiencing this and offer evidence-based strategies to support a young person.

Supporting young people who experience panic

Thursday 16 May 12:00-13:00 [Click here](#) to register

Wednesday 26 June 17:00-18:00 [Click here](#) to register

Many young people can experience panic at different points in their life. The causes for panic can vary for each person such as exam stress, friendship difficulties, fear of social situations. However, we know it can be common for a young person to experience a panic/anxiety attack during the school/college day. This can seem unexpected for both young people and staff. In this bitesize recording we will focus on understanding panic, learning about the brain's response, what keeps panic going as well as ways exploring ways to manage and reduce symptoms of panic.

Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel OK again

Wednesday 22 May 17:00-18:00 [Click here](#) to register

While lots of young people experience bullying, it is an incredibly difficult thing to go through and can have a huge effect on your child's mental health and wellbeing. As a parent/carer, it can also feel very challenging and worrying.

This webinar will outline the different ways in which young people are bullied and discuss how this might impact them day to day. There will also be useful practical strategies to help you support your young person to get through their experience and feel ok again.

Supporting your young person with anxiety before they get their exam results
Monday 8 July 17:00-18:00 [Click here](#) to register

This webinar will explore ways in which you can support your young person with feelings of anxiety around results day. We will offer top tips from our Young Champions and healthy strategies that you can use to support both yours and your young person's mental wellbeing.

Parent and carer webinars: on-demand

Schools and Colleges
Early Support Service



How to support your young person with low mood

This webinar will offer some insight into spotting the signs and symptoms of low mood, understand why young people are vulnerable to experiencing this and offer evidence-based strategies to support a young person.



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How to support your young person when they get their exam results

This webinar will explore ways in which you can support your young person with feelings of anxiety around results day. We will offer top tips from our Young Champions and healthy strategies that you can use to support both yours and your young person's mental wellbeing.

Transition to secondary school: supporting your year 7 child with the ending and new beginning

This webinar will explore ways that you can support your child during this period of change. Top tips will be shared to help you to consider challenges and opportunities that may arise during transition, spotting when your child may be struggling, strategies to help you to support your child and exploring your own wellbeing. Resources will be shared on how you/they might seek further support if needed.



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How to support your young person with anxiety

This webinar explores when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.