



Which Week?

This Week: Monday 22nd April (Week 1)

Next Week: Monday 29th April (Week 2)

Inside Kingshurst



“Start Spreading the News...”

Next year’s February half term trip to New York City, led by Mrs Ridley, will be launched this week for

any students in Year 8, Year 9, Year 10 or Year 12 (who will therefore be in the next year up by the time of the visit). A £150 deposit will be required to secure a place on the trip and a further payment plan, outlined on the trip letter will then require further payments throughout the course of the year to support parents and carers in realising this opportunity for their child to absorb the cultural capital of an itinerary that takes in all of the sights and sounds of this incredible city.

Picture Perfect

It gives us great pleasure to recognise the massive efforts of our Year 11 GCSE Art and Design cohort, who this week sat their mammoth, two-day, 10 hour examination where the two classrooms at the top floor of D block were a hive of productive activity as students demonstrated incredible resilience, endurance and commitment to their respective pieces of artwork that contribute up to 40% of their final grade for the subject.



The atmosphere was one of great purpose and felt like an extended version of a Masterchef programme where the contestants are trying to time all of their hard work perfected in the time that they have available. In this case though, we are delighted that all of the students have come out as ‘winners’ rather than one individual in particular.

The creativity and skill of the students was plain to see and we very much look forward to sharing their work as part of an exhibition following the assessment phase of the coursework by the exam board.



Parent Reminder

Just a brief reminder that the options selection window will open on **Monday 22nd April at 3pm** and

close on Friday 3rd May at 3pm. At this point a link from the Academy website will be sent to all parents and carers of students in Year 9 to complete. Further details, including a video can be accessed via the following link—[CLICK HERE](#).



Just Do It! Fact of the week:

Inspired by the work of our GCSE Art and Design students this week our fact centres around Carolyn Davidson, a graphic design student who, 1971, just happened to study at the school where Nike CEO, Phil Knight, was a Business teacher at this point in time.

Knight managed to spot her talent and asked her to create a logo for his new sports shoe company (that he was trying to run alongside his teaching job). Davidson came up with the iconic Nike “swoosh” logo and received \$35 (£28) for her efforts and continued to work for the company following its massive success!



Online Safety: 10 Top Tips for Managing Exam Stress

Exam stress – sometimes referred to as test anxiety – is of course a long-running issue for children and young people.

The possible impact of exam stress on children’s mental, emotional and physical wellbeing is difficult to overstate – and students’ need for support is seldom greater than during these periods of their academic life. The guide on page 2 of the Inside Kingshurst newsletter, offers you ten practical tips for helping young people to manage exam stress and minimise its potentially detrimental effects.

Applications for Sixth Form can be accessed via the following link: <https://www.kingshurst.tgacademy.org.uk/sixth-form/apply-online/>

To provide feedback on the newsletter, please [click here](#).



Website: <https://www.kingshurst.tgacademy.org.uk/>

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 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.

SMILE

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.

