



Prepare to Perform Newsletter

What should they be doing now?

Issue 1 October 2022

“The road to success has many steps”



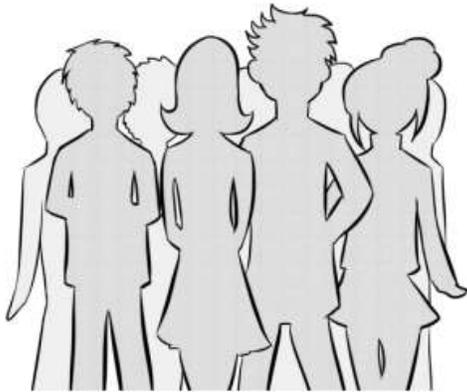
Welcome to issue one of the Year 11 Prepare to Perform Newsletter. Every month we are going to share with you a snippet of what has been happening at Wildern with a focus on supporting Year 11 students as they prepare for their GCSE exams.

Message from Mr Milburn

You will no doubt have noticed already that Year 11 has a very different feel about it; there is an even stronger focus on learning, but always ensuring that students are supported through the final leg of our journey. Each student needs to have faith and trust and allow us to guide them through what can be a very busy year full of opportunities and challenges. Our theme for this year is ‘today is the opportunity to build the tomorrow you want’. There is a lot to process and work towards in year 11 so it is important that we work together to ensure that we keep sight of the end goal. Fundamentally, working hard whilst looking after themselves and taking advantage of every opportunity offered will be the key elements to ensuring we all have a fantastic final year together.

Aspirations - Information for parents and carers

Did you know?

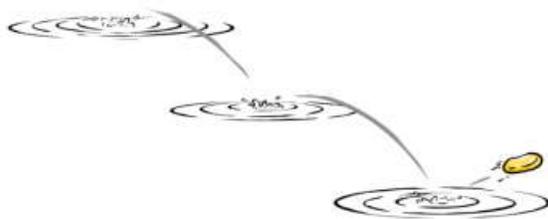


Aspirations reflect teenagers' hopes or desires to reach a particular level of education or reach a career. Studies show that students with either high aspirations or high expectations have higher school achievement than those with both low aspirations and low expectations.

Research suggests that there is a correlation between teenage goals, aspirations and psychological wellbeing. Raising aspirations is also believed to incentivise improved attainment.

Further studies have shown that parents believe their child will find it harder to achieve their life goals than they did because there is more competition for job roles than they faced when they started their careers. According to research from the Education Endowment Foundation, most young people actually have high aspirations.

What can you do?



Talk to your child about their career, education or life aspirations. Be positive about what their hopes and dreams are and encourage them to start to be proactive in achieving them.

Try to raise your child's aspirations by highlighting new opportunities. Develop their self-esteem, motivation and expose them to role models to look up to. Inspire your child to be excited about their future and motivate them to pursue their dreams.

Young people who take part in family time or activities with their parents are more likely to continue these, achieve in education and seek out career opportunities. Arrange to do things with your child such as theatre trips, cultural activities, concerts, museums, hobbies or exercising.

Mix up the revision!

If your child has three exams in, say, English, Maths, and French, it's best if they revise English for 30 minutes, then Maths for 30 minutes, then French for 30 minutes and then cycle through again, rather than revising each one for a long time before switching.



Practise retrieving the information

Your son or daughter doesn't want to get to the test and find out that they can't actually pull any of that studied material out of their memory. If they practise retrieving the information by asking themselves quiz questions, quizzing with a friend or you, or using flashcards, they will be able to review those areas that they have trouble recalling.

ESP (Extra support programme)

ESPs will still run for Year 11. We have already shared the programme of sessions so you can see what departments are offering. The ESPs are an ideal opportunity for students to consolidate and extend their learning across all of the subject areas and are always well attended. ESP Dates will be emailed out at the beginning of each half term to all Parents and Students in the Wildern Weekly and also on the [school website](#) calendar. Printed copies are available on the school reception for students to collect if needed.



Well Being Endurance Power to Perform Fitness Video:

Why Fitness is so important watch this video <https://goo.gl/NmyoSY>

This Months Wildern fitness challenge watch this video <https://goo.gl/6ZeduL>

'Exercise is really important to me – it's therapeutic. So if I'm ever feeling tense or stressed or like I'm about to have a meltdown, I'll put on my iPod and head to the gym or out on a bike ride along Lake Michigan with the girls.'

Michelle Obama



Top 10 tips to support your child through their exams

Staying calm, feeling good, being effective

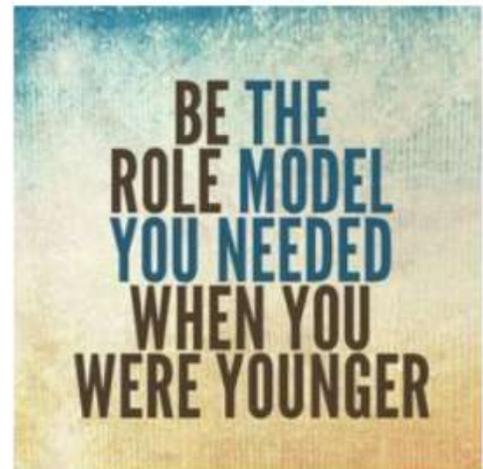
A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time. Every month we will share another top tip here is tip 1.

1. Being a role model



Set a good example by modelling the behaviour you want your child to adopt...

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



Helping your child get into good habits

Information for parents and carers

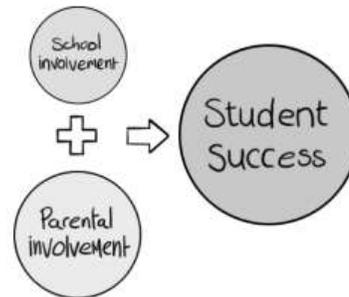
Did you know?



Healthy habits are essential to living a long and happy life, and they are important to instil in children from a young age. If you help them form these habits now, you will be giving them the tools to navigate any obstacles they may face as they grow into adulthood.

Research highlights that the late teenage years have been identified as the peak age for exposure to health risks with lifelong implications. The report, by the Association for Young People's Health (AYPH), revealed teenagers eat eight times the recommended sugar allowance and almost half have tooth decay. This worrying research also found out that most smokers start by the age of 25.

Research reveals that there is a strong link between healthy habits and pupil achievement. Poor health habits add up to poor grades, and research suggests that healthy habits and good health-related decisions can lead to improved academic performance. For instance, research has shown that students who eat breakfast exhibit improved concentration when compared to their peers who skip it.



What can you do?

Cultivate healthy habits by being a role model to your child. Try to exhibit good habits, offer health advice and build fun healthy activities into your family life. Examples include being active as a family, having evening and sleep routines, providing a water bottle to encourage hydration, or making family meals together.

Good nutrition can help improve concentration, so pay attention to the food you buy for your family. Provide a healthy balanced diet of meals which include fresh vegetables, fruit, proteins, good fats and whole grains. Encourage your child to snack on low sugar foods and drinks, which you could make together.

Help and encourage your child to get enough sleep, live a physically active life and feel good about themselves. Work with them to map out their week to include healthy habits such as exercise, relaxation and seeing friends. Set some healthy lifestyle goals together, and keep each other motivated to stay on track.





Boost Brain Power with this easy to make snack

(Every little helps as they say)

A DIFFERENT FISH FINGER SANDWICH

A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER.
SERVES 4 AS A DIFFERENT KIND OF BUTTIE.

A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER. SERVES 4 AS A DIFFERENT KIND OF BUTTIE.

8 slices bread or 4 of your favourite buns
2 whole haddock fillets, weighing about 300g in total, skinned
1 small bag spiced or salted nachos, crushed to the size of breadcrumbs
50g plain flour
2 eggs, beaten

A pan of vegetable oil for shallow frying or a fryer, set to 175°C.



EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps improve mood,
regulates blood pressure and
stabilises blood sugars.

The best time to eat this dish:

At lunchtime before an exam or
afternoon of revision.

Reason: Haddock is high in protein,
low in fat and packed full of essential
B vitamins. All the nutrients in
this dish are useful for helping our
bodies stay energised and motivated.
Omega 3s stimulate brain function
and increase your concentration.
Wholemeal bread or buns will
maintain your energy levels for
longer and enhance your memory
function.

METHOD:

Blitz or crush the nachos and pour into a bowl.
Pour the beaten egg into a separate bowl.
Place the flour into a third bowl and arrange them in the
following order; flour, egg then crushed nachos.
Cut fish fillets into finger sized pieces, resembling fish
fingers.
Place each piece of fish into the flour, then the egg and
finally the nacho 'crumbs'.
Once all the fish has been crumbed, carefully lower into the
oil and cook for 4 to 5 minutes, until golden brown.
Now the bun is up to you; I like mine toasted with lettuce,
tomatoes, gherkins and mayonnaise, maybe even keep a
few of those nachos for on the side.



Please keep a regular eye on the exam page of the school website including information on the practice exams and the Year 11 parent handbook [click here](#)

Did you know?



Developing independence has many benefits: increased academic success, increased motivation and confidence and improved awareness of students' own strengths and weaknesses, as well as how to manage these.

Independent learning isn't about working alone: teachers and parents still need to support and enable the learning that is needed in this time so that it is structured, productive and effective. We can't expect children to just 'know' how to work independently as well as effectively, they will need some guidance and support.

Independent learning is most effective when students can be encouraged to self-regulate their own learning and behaviour.