



Prepare to Perform Update What should you be doing now?



Issue 6 March 2023

“Without hard work, nothing grows but weeds.” Gordon B. Hinckley



Welcome to issue six of the Prepare to Perform Newsletter

March message from Mr Milburn

As we move into March we are edging ever closer to our final GCSE examinations and with this comes the lighter, warmer days. We now only have a relatively short amount of time in school learning and we are as keen as ever to ensure that we make the most of every moment.

We have also now collected and shared our final set of WAD and I am hopeful that this will provide further motivation and information towards getting the most out of the GCSE's. WAD is followed shortly by Parents' Evening which is on the 23rd of March, so that we can discuss students' progress. As always, we would encourage you to make bookings with your child's subject teacher so that we can discuss this in more detail.

I am hopeful that by now all college applications, interviews and offers have been made, so that students have a clear idea of what courses they are going to undertake and where. If not, then it may be worthwhile giving the college a call to jog their memory.

We look forward to seeing you all online at our final Parents evening on Thursday 23rd March.

Good Learning Habits!



Skimming and scanning



- Give your son or daughter and their friends 5 minutes to read a piece of information in front of them.
- After 5 minutes, ask them to find a piece of information.
- Ask them to reduce this to five words or an image

Quick on the Draw

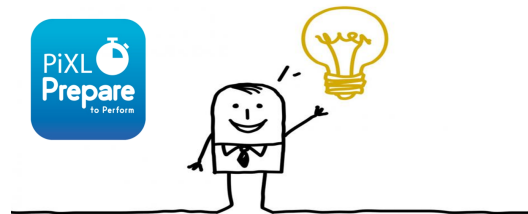
- Give your son or daughter a keyword from their books
- They then draw what that keyword means.



First Letter – Last Letter

- Give your son or daughter a topic.
- They need to make a list of all the words they can think of which are linked to that topic BUT the first letter of every new word must start with the last letter of the old word!
- *E.g. Science – environment - test tube – enzymes etc.*

Staying calm, feeling good, being effective



Top 10 tips to support your child through their exams

This month's TOP TIP 6; help your child control different aspects of their life.

6. Sleep Patterns



- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



Boost Brain Power with this easy to make meal (Every little helps as they say)

TURKEY PUTTANESCA

TURKEY PUTTANESCA. SERVES 4.

METHOD:

Bring a large pan of salted water to the boil (big bubbles) and turn down to a simmer (little bubbles). Peel and finely chop the onion, as small as possible. Peel and chop the garlic in the same way. In a large enough saucepan to take all the ingredients (including the pasta) add the vegetable oil and warm over a medium heat. Add the onions and cook for 5 to 6 minutes until just turning golden, then add the garlic and cook for 3 to 4 minutes more. Add the turkey and cook until browned. Add the tomato puree and cook until the puree darkens, but is not black. Add the chopped tomatoes, chicken stock and dried herbs. Stir well and turn the heat down to a simmer (little bubbles) and cook for 20 to 25 minutes. (The longer you cook, the thicker your sauce.)

Once the sauce is thick enough, remove from the heat. It's time to cook the pasta; turn up the heat under the simmering pan of boiling water, once boiling (big bubbles) add the pasta and cook for the length of time on the packet, usually 7 to 9 minutes. Drain the pasta in a colander (bowl with big holes) or sieve (meshy one) then toss the pasta in the sauce, so it all gets mixed together.

TO SERVE: In one big bowl, so everybody can help themselves, maybe a nice green salad on the side.



400g turkey breast strips or turkey mince
2 tablespoons tomato puree
1 can chopped tomatoes
250ml chicken stock
500g Pappardelle pasta
1 large white onion
2 cloves garlic
20 black olives, try to get the pitted ones, better for your teeth!
½ teaspoon dried oregano
½ teaspoon dried basil
3 tablespoons vegetable oil

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Supplies slow release energy, elevates mood and helps sleep.

The best time to eat this dish: The evening before or after an exam.

Reason: Complex carbohydrates from the pasta mixed with the tryptophan from turkey affect your brain chemicals to regulate your mood, sleep patterns and appetite. The food combination impacts the neurotransmitter levels in the brain, increasing serotonin levels which can help reduce anxiety and make you feel calm. Garlic and olives offer a variety of health protecting benefits to boost

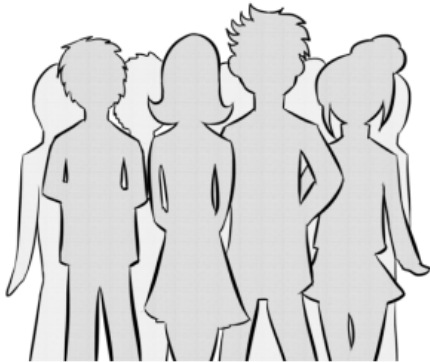


This dish has been specially created by celebrity chef, Mark Lloyd.

Aspirations

Information for parents and carers

Did you know?



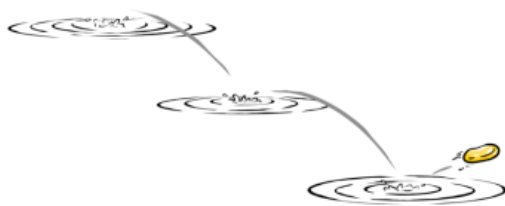
Aspirations reflect teenagers' hopes or desires to reach a particular level of education or reach a career. Studies shows that students with either high aspirations or high expectations have higher school achievement than those with both low aspirations and low expectations.

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?

Three
Key
Points



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.

Building Resilience

Information for parents and carers

Did you know?



Resilience is the ability to overcome adversity, 'bounce back' during difficult times and get back to feeling good. It is about having the capacity to adapt to difficult circumstances, and using tools and resources available to do so.

The Institute of Health Equity suggests that resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience. Building resilience is fundamental to teenagers becoming happy and functioning adults. Young people who are not resilient will be more likely to respond to stress by developing anxiety and depression.

Evidence suggests that promoting resilience can help young people sustain good relationships, develop personal life skills, overcome challenges, cope in difficult situations and help them to achieve their potential. Human brains develop and change more during the teenage years than most other times in their life. This means that this is a time when there is huge potential for the development of new skills and capabilities.



What can you do?

Help your child navigate their ups and downs by encouraging them to carry out resilient behaviours. You can be a building block in helping them build healthy habits, such as looking after their mental health, getting enough sleep, doing exercise, eating healthy food, hobbies, socialising or relaxing. Watch the video on YouTube to understand why resilience is important to young people's health: <https://www.youtube.com/watch?v=0Wocj5oTReU>

Staying connected with different people in our lives is the basis for building resilience. Help your child to understand who is in their support network when they

face difficult situations. This may be a grandparent, friend, teacher, sibling or sports coach etc. Encourage your child to make time to build relationships, see friends, have fun, take part in hobbies and connect with others regularly.

Encourage your child to build resilience by taking on new opportunities, challenges and achieving goals by stepping out of their comfort zone. This will help them to develop self-respect, be organised, promote positive thinking and to build confidence to deal with different situations.



Well Being Endurance Power to Perform Fitness Video:

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

This Months Wildern fitness challenge <https://goo.gl/XaCqYU>



Moirai Challenge

The Moirai Challenge is a House competition for Year 11 students. The tutor groups in each house are working together to achieve the most Moirai and therefore the most points between Tuesday 7th February and Thursday 4th May. The Moirai awards are worth ten points (more than two golds).

Year 11 had a launch assembly in February and there will be a follow up Morai House Assembly taking place between 20th and 24th March.

Moirai Recommendations are given to students who are demonstrating something special e.g. exceptional performance or effort in a piece of work/assessment or sustained excellence over a number of lessons.

Students must place their Moirai in the black postbox outside the Exams Office in Block 6. This will be emptied regularly to add the points up for each house.

The final part of the Moirai Challenge is King Ball! This is taking place on Friday 28th April at 3pm in the Sports Hall.

Key Dates : Year 11 Parent Eve 2 - Wednesday 23rd March

(Make Appointments via Insight)

Easter Revision: 3rd - 6th April

Half Term Revision: 30th May - 2nd June

(Individual Revision Timetables will be emailed to parents)

[GCSE EXAM Timetable 2023 including the contingency day](#)

CONTINGENCY DAYS

Thursday 8th June 2023

Thursday 15th June 2023

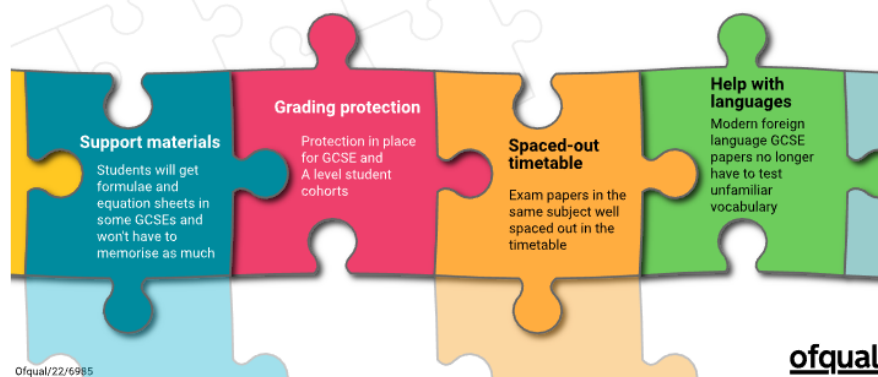
Wednesday 28th June 2023

(All students should be available if needed)

GCSE Results Day Thursday 24th August 2022 (10am)



Support for students: summer 2023



Information for GCSE's 2023 from DfE

On 30th November Ofqual announced that in the extremely unlikely event that exams have to be cancelled nationwide, ongoing assessments done under exam conditions throughout Year 11 could be used to determine grades.

ESP (Extra support programme)

ESPs are in place to provide additional support that students might need in a subject. It is important they attend and ask any questions they have whilst at these sessions. ESP dates can be found on the [school website](#) and they are also emailed to all students and parents. We would strongly encourage all students to attend the ESPs on offer to them as we know from previous years that attendance at ESP is directly related to stronger performance in the final GCSE exams. We will be asking staff to email home for students for whom an ESP is compulsory due to a need to catch up on missing work or gaps in knowledge or learning. However, even if a student isn't specifically invited, there are always drop in sessions where they can go in order to be able to spend time with their teachers who are their most valuable resource in terms of revision and GCSE guidance.



[Click here for the Wildern School Wellbeing Hub for further support](#)

