



Issue 1 September 2018

“The road to success has many steps”



Welcome to issue one of the 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 prepare for their GCSE exams.

September Message from Mr Hastings

The summer seems like a distant memory now and already we are well into Year 11. You will no doubt have noticed that this year has a very different feel about it; there is an even stronger focus on learning and the need to engage with all of the support on offer to you. I have incredible faith in each and everyone should you trust us and allow us to guide you through what will be a very busy and challenging year. My clear and simple message to you has always been the same; work hard, accept the help and you will be absolutely fine. I'm excited for you all, bring it on! #leavenothingoutthere

Mix up your revision!

If you have three exams in, say, English, maths, and French, it's best if you 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

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

ESP (Extra support programme)

ESPs are in place to provide that any additional support you might need in a subject. It is important you attend and ask any questions you have whilst at this sessions. Plan your time to ensure you do this.

ESP Dates can be found here www.gcser.e.vision/p/calendar.html and also on the school website calendar and have been emailed to all Parents and Students



Key Dates : Easter Revision: Thurs 29th March— Fri 4th April

May Half Term Revision: Tues 28th - 31st May



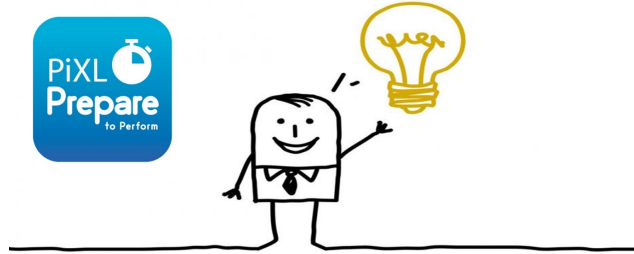
Well Being Endurance Power to Perform Fitness Video:

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

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

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



AAAA Assemblies

All students have this term had a bespoke assembly within one of four groups **Action**, **Aspire**, **Accelerate**, **Ambitions** these 30 minute assemblies were focused on how they can ensure that they achieve their full potential on Results Day next Year



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.

PiXL Apps for Learning

At Wildern we are working with PiXL - Partners in Excellence. PiXL is an organisation that works with schools to develop new approaches to engage students in their learning.

We have purchased PiXL Apps to support students with their studies. These Apps are being shown to and launched to Students throughout September.

The apps are also available for iPad/iPhone and android devices. These can be downloaded from the relevant app store from Apple, Google Play and Amazon.

Each student has a login and once logged in they can access the Apps for Mathematics, English Literature, History and Geography.



Stay Connected and updated by following these links

It was wonderful to meet so many of you at the
Welcome to Year 11 Evening on the 19th
September

Please find the slides from the evening by
following this link

