



10th February 2023

Dear Parents/carers

The end of term 3 has seemed to come around very quickly indeed. As a reminder students return on Monday 20th February at 8:40 am, which will be a week one.

Other messages for the week can be read below:

Children's Mental Health Week

This week has been Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is 'Let's Connect' and this has been the focus of this week's assemblies. Please find attached some tips that the charity have collated for parents. Mr Boyce, ABSolute Coordinator, has also added this to ClassCharts for reference.

Lost property

There are a large number of items in lost property currently. Lost property is stored outside the Heads of House office. If your child has misplaced any item of clothing or equipment I would ask them to come and check the current items. These items will be donated to local charity shops at the end of today.

Phoenix House Charity Day – Friday 10th February

Thank you for your support for all the fundraising activities run by Phoenix House this week. Sales of the raffle tickets will close at 2.00pm today and winners will be announced early next Term. As you know there are lots more activities planned today and there is a palpable buzz in the air with the prospect of the return of the popular "Live Friday" music event in the Atrium this lunchtime.

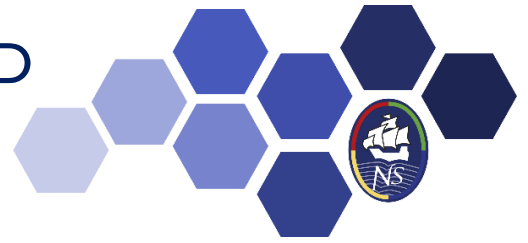
Breakfast Bar Trial - Opening term 4

In response to the views of Student Council from Tuesday 21st February the canteen will be opening a new Breakfast Bar from 8:20 until 8:35am. This will have an offering of cereal bars, yoghurts and fruit etc. Initially this will be opened as a trial to gauge the uptake every Monday, Tuesday, Wednesday and Friday. Thursday is the usual Breakfast Club day that is always held in the Juice Bar.

Year 11 and 13: Power to Perform

I talked last week about the half term break being one for year 11 and 13 students to continue the process of revision ahead of the summer exams. I know that parents, particularly those who may be going through the exam system for the first time, often feel they want to support their child in this process but are not sure how to. Over the coming weeks one part of this weekly letter will be devoted to some top tips and ideas that you can discuss at home.

Research shows that pupils who eat breakfast perform better in exams. Even mild dehydration can lead to tiredness, headaches, reduced alertness and diminished concentration. One of the best ways for pupils to maximise focus is to stay hydrated and to eat healthy foods. Research also shows that eating the right foods at the right times can benefit mood, motivation, lower anxiety and even



strengthen memory formation. The wrong food choices could cause pupils to feel sluggish, making learning more difficult.

Over the half term break why not try one of the following:

- Work with your child to create a healthy meal plan each week. Include wholegrain carbohydrates, such as porridge oats, pasta, rice, wholemeal wraps or bread, which are important for the brain and slow release energy. Include protein rich foods such as eggs, meat, fish, nuts and yoghurt for greater alertness and foods high in good fats such as avocado, nuts, oily fish for brain development. Fruit and vegetables have many benefits and will provide key nutrients to support the immune system.
- Watch the videos from chef Mark Lloyd and use the recipe cards (pdf attached) to try cooking some of the meals as a family. These recipes are designed to help your child perform in exams and have lasting energy. Each recipe outlines the benefits and when the best time to eat each one is - e.g. before the exam, the night before the exam, prior to revision etc.
- Help your child to snack on the right foods such as fruit, vegetables, nuts, healthy protein bars or homemade snacks. Buy a range of healthy snacks and drinks each week to support your child rather than chocolate, sweets and energy drinks. Make sure your child doesn't try new foods out before an exam as you don't know how their body will respond to them, so it isn't worth the risk near exams.

Finally... I had the pleasure of teaching two History lessons this week to 11D. They were a real delight and it was fantastic for me to be back in the classroom talking about my subject that I love. Year 11 are currently studying for the USA paper and are in the midst of their work on the US Civil Rights Movement. 63 years ago last week, four young men walked into a Woolworths store in Greensboro and changed the course of history. Ezell Blair Jr, Franklin McCain, Joseph McNeil and David Richmond sat, as black men, in the seated area they were not permitted to use, and politely ordered cups of coffee. They sat peacefully waiting, keen to ensure their Gandhi-inspired protest evoked no violence. They waited all day, and then returned with friends the next day to sit at the same counter. Within days 300 students had joined the 'sit in' in Greensboro with over 70,000 people eventually taking part across 13 states. The four men never set out to be famous. All they wanted was to secure a sense of fairness and knew exactly what they believed in.

'Strength does not come from physical capability. It comes from indomitable will'

Gandhi

Take care and be kind

Yours faithfully

Mrs Dee Elliott
Head teacher