

# Friday Feature NEWSLETTER



Week of April 13 - 17

This half term's value:  
Friendship 

## Arthog 2026

We had a fantastic time in Arthog, North Wales before the Easter holiday. We enjoyed many activities and had a lot of fun.



Find more pictures on the website

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## Pupils of the Week

Nursery	David
R St Francis	Lola
1: St Teresa	Mila
1/2: St Nicholas	Angel
2: St Joseph	River
3: St Cecilia	Xavier /Aurora
3/4: St Sophia	Alice H
4: St Kateri	Nyah-Rae/Ayla Grace
5: St Thomas	Harmonie
6 : St Padre	Amelia



## Weekly Prayer



Loving God,

I pray for the grace to be a good friend. May I be a gentle presence in the life of my friends, always willing to listen and to forgive. Remind me of the importance of friendship. Help us to always be a friend to others, no matter who they are. Help us to always reach out in friendship to all those we meet.

Amen

## Weekly Attendance

This week the attendance award  has gone to : St Joseph 2

1st	St Nicholas 12	100%
2nd	St Joseph 2	98.8%
3rd	St Teresa 1	98%
4th	St Sophia 34	96.8%
5th	St Padre 6	94.9%
6th	St Cecilia 3	94.4%
7th	St Kateri 4	91.5%
8th	St Thomas 5	89.8%
9th	St Francis R	85.8%

## Attendance Thank You

Thank you to the children and parents in the following classes whose attendance improved this week:

- Nursery - 30 Hours
- Nursery - AM
- St Teresa - Yr 1
- St Nicholas - Yr 1/2
- St Joseph - Yr 2
- St Cecilia - Yr 3
- St Sophia - Yr 3/4



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## Attendance Award

We are pleased to announce that the winners of the Smyths Attendance Reward last half term were Karter and Jayden.



Thank you to all of our children and families for your continued support in helping us to ensure attendance in school remains a priority.

## Well done

Well done to Seb for receiving a community champion award this week. He has received this for his fundraising and collecting Easter eggs and Christmas gifts for poorly children in hospital.



## PE Timetable Summer 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Indoor PE	<p>Yr1 Mrs Jones</p> <p>Yr5 Mr Doughty</p>	<p>Yr2 Miss Blocksidge</p> <p>Yr3/4 Mrs Barfield</p>	<p>Yr3 Mrs Wyre</p> <p>Yr6 Mr Bailey</p>	<p>Yr4 Mr Skelton</p> <p>Reception Mrs Bookles</p>	
Outdoor PE	<p>Yr4 Mr Skelton</p> <p>Y1/2 Mrs Hulme</p> <p>Yr6 Mr Bailey</p>	<p>Reception Mrs Booles</p> <p>Yr5 Mr Doughty</p>	<p>Nursery Miss Armstrong</p>	<p>Yr1/2 Mrs Hulme</p> <p>Yr3/4 Mrs Barfield</p>	<p>Yr1 Mrs Jones</p> <p>Yr2 Miss Blocksidge</p>

## Neighbours

When collecting children from school please be courteous towards our neighbours. Please do not park on or block the driveways of the houses opposite the front of school.

Thank you

## Contact Info

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# E Safety Support

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 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.

### 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.



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