



The Wilsthorpe Way

Issue #3

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Review of the term



This year has seen record demand for Year 7 places at Wilsthorpe in September 2022. For the first time ever, the school surpassed 500 applications for its intake of 210 places. Of this record number, almost 300 applications were first-choice preferences. As a result, appeal hearings are being held either side of the Easter break. Similarly, demand for places in the Sixth Form is exceptionally high, with 150 applications for places in Year 12 in September 2022. To support this record demand for places at Wilsthorpe, we are working closely with the Department for Education on the development of a new block, which was first reported here:

<https://schoolsweek.co.uk/revealed-the-50-school-rebuilding-projects-selected-to-split-1bn-capital-cash/>. This building project will complete the development of our outstanding site and ensure state-of-the-art facilities for all of our students.

On a different note, we have been working more closely than ever as a Trust of 9

secondary schools across this year. This included an INSET Day in March – the Two Counties' Trust Professional Day – during which Wilsthorpe's 150 staff joined with almost 1,300 colleagues from across Derbyshire and Nottinghamshire for a range of professional development workshops, to ensure our staff are given the opportunity to refresh and sharpen their expertise as teachers and support staff. For more information, please follow this link: <https://www.ttct.co.uk/professional-development-day/>. We have two further INSET Days this year (Monday 4th and Friday 22nd July) and our term dates for 2022-23 have been published here: <https://www.wilsthorpe.ttct.co.uk/information/calendar/>.

Derek Hobbs - Headteacher

Success to Celebrate



Our 2022 production of 'Shrek the Musical' hit Wilsthorpe's stage earlier this month for four, sold-out performances. After a two-year, COVID-enforced break, it was fantastic to provide the students and each enthralled audience the opportunity to experience a live theatre performance. Over 70 students were involved in the production on stage, with an additional 20 supporting in a backstage role, front-of-house or as part of our live orchestra.

Since the announcement of the show in the autumn, the excitement amongst students and families has been palpable and ran from the audition stage, through the rehearsals, and onto the final performances. The hard work of both staff and students certainly paid off; audience members praised the professional standard of the show and the talent of the students involved. The whole experience was a powerful reminder of the value of the performing arts and their unique ability to connect and inspire students.



Excellence in Learning

Revision should be a key part of successful study for all students – no matter what stage of education they are in. Whether your child is preparing for A Levels, GCSEs, end-of-year exams or termly assessments, we all want to ensure that they are maximising their potential for positive outcomes. The following information aims to provide families with practical strategies and advice to allow you the opportunity to support your children through what can be a stressful time.

Year Group	Exam Type	Exam Window
Year 7	End of School Year Exams	13 th June – 1 st July 2022
Year 8	End of School Year Exams	13 th June – 1 st July 2022
Year 9	End of School Year Exams	13 th June – 1 st July 2022
Year 10	End of School Year Exams	5 th July – 15 th July 2022
Year 11	GCSEs	16 th May – 24 th June 2022
Year 12	Internal Progress Exams	27 th June – 1 st July 2022
Year 13	A Levels	16 th May – 24 th June 2022

General Revision Advice:

- Quiet space to work in.
- Have resources ready, well-organised and easily available.
- Aim for 20-30 minute chunks with 5-minute breaks, 3 times an evening.
- Have a revision timetable – be fair to all subjects, especially weaker ones.
- Consider work/life balance – don't burn out.
- Well-being – sleep, eat well, talk to an adult if stressed.
- Celebrate successes to maintain motivation.

Further support regarding how you can help and manage stress can be found in the links below:

<https://www.wilsthorne.ttct.co.uk/wp-content/uploads/sites/6/2021/06/Parent-guide-1-how-can-you-help.pdf>

<https://www.wilsthorne.ttct.co.uk/wp-content/uploads/sites/6/2021/06/Managing-stress.pdf>

Revision Guidance for Year 7 -11

Never underestimate the power of getting into good routines and habits. Revision, in this sense, is no different. Consider which of the revision tips in the poster below might best support your child (especially if they have GCSE exams):

Top 10 Revision Tips

- Rise and shine**
Starting your revision by 9am will help you get into a routine that you can stick to.
- Breakfast**
Having breakfast before revising is vital as it helps you to concentrate for longer.
- Log off**
Switch off all devices, a five minute peek at Facebook turns into an hour so easily. Use internet time as a reward on a break.
- Past papers**
Past exam papers are a perfect way to get used to exam pressure. Time yourself and use past papers to improve your confidence.
- Get colourful**
Keep your notes organised and bright. Use different fonts, pens and diagrams. Colour coding your areas also helps.
- Stick to the plan**
Make a revision timetable, it will help you prioritise your areas. Plan for different ways of learning (mind maps, essays, fact cards)
- Take breaks**
Take a short break (5-10 minutes) after every half hour - It's important to get away from your work area. Adding breaks into your timetable is vital.
- Teach**
If you are confident with a subject, teach it to your friends and they can do the same for you.
- No last minute revision**
Cramming 10 minutes before an exam doesn't work, planning your time and working hard does!

Breathe!
You'll be great!

powered by **Piktochart**
make information beautiful

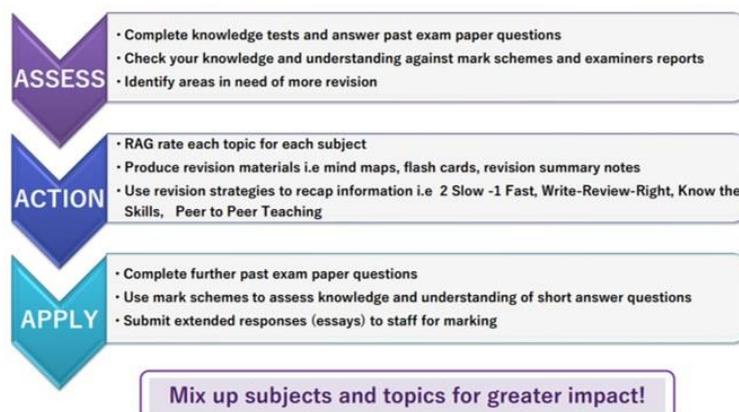
A whole host of other useful revision strategies can be found in the link below:

<https://www.wilsthorne.ttct.co.uk/wp-content/uploads/sites/6/2021/09/11-revision-strategies.pdf>

Revision Guidance for Year 12 & 13

Sixth Form students have already received hints and tips from Mrs Hirst regarding how to approach revision. The 3 A's of Exam Preparation: Assess, Action and Apply is a favoured system:

<https://www.wilsthorpe.ttct.co.uk/wp-content/uploads/sites/6/2022/03/3-As-of-Exam-Preparation.pdf>



The 'Study Smarter' resource also complements sessions Year 12 & 13 students have received in tutor time:

<https://www.wilsthorpe.ttct.co.uk/wp-content/uploads/sites/6/2022/03/Y12-and-13-Study-Smarter-2021.pdf>

Relationships First



Supporting your child with anxiety

Anxiety is a feeling of worry or fear that is experienced as a combination of physical sensations, thoughts and feelings. All children and young people feel worried sometimes, and this is a normal part of growing up. At certain points, such as on their first day of school or before an exam, young people may become more worried, but will soon be able to calm down and feel better.

Anxiety can become a problem when a young person feels stuck in it, or when it feels like an overwhelming, distressing or unmanageable experience. If this kind of worrying goes on for a long time, it can leave a young person feeling exhausted and isolated, and limit the things they feel able to do.

If your child is struggling with anxiety, there are things you can do to help them – including providing emotional support, working on practical strategies together and finding the right professional help if they need it.

What makes young people anxious?

A young person may feel anxious for a number of different reasons, depending on the individual. If your child is feeling unmanageable amounts of worry and fear, this is often a sign that something in their life isn't right and they need support to work out what the problem is.

The following kinds of things can make some children and young people feel more anxious:

- experiencing lots of change in a short space of time, such as moving house or school
- having responsibilities that are beyond their age and development, for example caring for other people in their family
- being around someone who is very anxious, such as a parent
- struggling at school, including feeling overwhelmed by work, exams or peer groups
- experiencing family stress around things like housing, money and debt
- going through distressing or traumatic experiences in which they do not feel safe, such as being bullied or witnessing or experiencing abuse.

Symptoms of anxiety

Anxiety tends to affect a young person's body, thoughts and feelings. They may also behave differently, including turning to certain coping behaviours to try to avoid or manage their anxiety.

Physical symptoms – such as panic attacks, which can include having a racing heart, breathing very quickly, sweating or shaking, feeling sick, dry mouth etc

Thoughts and feelings – such as being on edge, panicky or frightened, overwhelmed or out of control, worrying so much that it is difficult to concentrate and/or sleep etc

Coping behaviours – such as withdrawing or isolating themselves – including not wanting to go to school, be in social or group situations, be away from parents or try new things, eating more or less than usual, self-harming etc

How to help your child in an anxious moment

1. Breathe slowly and deeply together

You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. If it works for them, gradually encourage your child to breathe out for one or two counts longer than they breathe in, as this can help their body relax.

2. Sit with them and offer calm, physical reassurance

Feeling you nearby, or holding your hand or having a cuddle if it's possible, can be soothing.

3. Try using all five senses together

Connecting with what they can see, touch, hear, smell and taste can bring them closer to the present moment and reduce the intensity of their anxiety. You might think together about five things they can see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste.

4. Reassure them that the anxiety will pass and that they will be okay

It can be helpful to describe it as a wave that they can ride or surf until it peaks, breaks and gets smaller.

5. Ask them to think of a safe and relaxing place or person in their mind

If you haven't tried this before, agree with them when they're feeling calm what this place or person is. It could be their bedroom, a grandparent's house, a favourite place in nature or somewhere they've been on holiday.

6. Encourage them to do something that helps them to feel calmer

This could be running, walking, listening to music, painting, drawing or colouring-in, writing in a journal, watching a favourite film or reading a favourite book.

How to help your child manage their anxiety

Outside of moments when your child is feeling particularly anxious or panicky, there are things you can do over time to help them manage their anxiety and feel better.

For more information on **how to support your child with their anxiety longer term** and **how and where to seek professional support**, please visit...

<https://www.youngminds.org.uk/parent/a-z-guide/anxiety/>

Here you can also find informative **videos** and useful **helplines and websites** to support both children and their families.

Signposting Support

In order to provide families with additional support, we have produced a guide to signpost you and your children to a range of organisations that can offer support in relation to a number of issues and concerns.

Please click on the link to access our 'Signposting Support' guide:

<https://www.wilsthorne.ttct.co.uk/wp-content/uploads/sites/6/2021/12/Signposting-Support.pdf>

Careers and Wider Opportunities

Families of students in Years 9, 10, 11 and 12 are invited to our first collaborative Careers Fair at Trent College on Wednesday 27th April 2022. It is planned that this event will become a biennial highlight and an opportunity for students to share experiences, gain knowledge and engage with a wide range of industries and institutions. We hope to have in excess of 80 delegates from a huge variety of organisations, universities and employers in attendance. For further details please follow this link:

Link to [Three School Careers Fair Poster](#)

Sixth Form

We have now built our bespoke curriculum for 2022/23 around the initial applications to the Sixth Form. We have used a best fit model to accommodate as many applicants as possible. Those students who have already applied and have 'clashes' in their options have been offered meetings with the Head of Sixth Form to discuss their next steps. Anyone still wishing to apply can complete the amended application form on our website which now asks students to select their subjects from the option blocks. The students will need to consider these option blocks if they wish to make any amendments to their current application.

Block A	Block B	Block C	Block D	Block E
Computer Science	Chemistry	Philosophy and Ethics	Applied Human Biology	Biology
Economics	Core Maths	Geography	Art	Drama
Forensic Science	English Language	Psychology (1)	Business Studies	IT
Further Maths	Film Studies	French	Core Maths (2)	Maths (2)
History (1)	History (2)		English Literature	Psychology (2)
Music	Sports Studies		Maths (1)	Sociology
Photography	Textiles		Physics	

Dates for your diary

- Monday 11 – Wednesday 13 and Thursday 21 – Friday 22 April: Easter revision sessions for Year 11 and Year 13 students
- Monday 16 May: start of GCSE and A Level exams
- Monday 30 May (Week beginning): Half term revision sessions for Year 11 and Year 13 students
- Monday 13 June: End-of-year exams start for students in Years 7, 8 and 9
- Wednesday 22 June: Sports Day
- Monday 27 June: Progress exams start for students in Year 12
- Monday 4 July: INSET Day
- Tuesday 5 July: End-of-year exams start for students in Year 10
- Tuesday 12 July: Awards Evening
- Friday 22 July: INSET Day

School Menus

- **25 April** - [Link to Menu 1](#)
- **2 May** - [Link to Menu 2](#)
- **9 May** - [Link to Menu 3](#)
- **16 May** - [Link to Menu 1](#)
- **23 May** - [Link to Menu 2](#)