



14th June 2024

Dates for the Diary

17th – 21st June	Year 13 careers week
24th June	Year 9 Fun Day in the St Mary Building
25th June	Year 11 Fun Day in the St Mary Building
26th June	Year 10 Fun Day in the St Mary Building
24th – 25th June	Year 8 pupils in the St Patrick Building
26th June	Year 8 trip to the Jungle, last day for Y8 and 9 pupils
27th June	Last day for Y10 and 11 pupils

Exam Prayer

Lord, I know you are with me and love me.
Give me peace of mind as I prepare for this
time of study.

Help me to focus on my books and notes.
Keep me from all distractions so that I will
make the best use of this time that is
available to me.

Give me insight that I might understand
what I am studying, and help me to
remember it when the time comes.

Above all, I thank you for the ability to be
able to study and for the many gifts and
talents you have given me.

Help me always to use them in such a way
that they honour you and do justice to
myself.

Amen



Y9 English Trip

Year 9 will be visiting Seamus Heaney Homeplace on Wednesday 19th June. Cost is £10pp to cover cost of admission and transport. Bus will leave school at 9.30am and arrive back to school for 2pm. Pupils must bring a packed lunch.

There is a giftshop on site and pupils may choose to bring a small amount of money.

The permission slip should be returned to their English teacher.

Year 8 Transition to St. Patrick Building

As part of our transition to Year 9, Year 8 will be based in the St. Patrick Building on **Monday 24th June to Wednesday 26th June**. Year 8 pupils should come directly to the St. Patrick's Building each morning and anyone who gets a lift home should be collected from the main site at 3.35pm.

The Year 8 End of Year trip

As a treat for our Year 8 pupils as they approach the end of their academic year, we are going to take them on a trip to 'The Jungle' in Moneymore on Wednesday 26th June. The school will provide the transport to and from 'The Jungle' however, there will be a cost of £30 per pupil for the full day of activities (this includes a hot meal and a drink from 'The Lazy Llama Café'). The school will also pay a further £10 per pupil from our school funds to help with costs; therefore, **the total cost of the trip for each pupil will be £20**. Payment can be made via the link below or directly to Myra in the office. Payment must be made by Friday 21st June.

<https://app.parentpay.com/ParentPayShop/Uniform/Default.aspx?shopid=5989>

Buses for the trip to the Jungle will leave from and return to the St Patrick Building on Wednesday 26th June.

Year 8 End of Year Mass

Year 8 Parents are invited to join us in St. Mary's Church, Maghera for our End of Year Mass, on Friday 21st June at 2.15pm.

New Developments in our canteens for September 2024

We have decided to introduce a new catering system from **1st September 2024 on both St Mary Building site and St Patrick's College Site**. This system will enable pupils to pay for their food in the canteen from funds loaded Via the ParentPay App onto their own personal account stored on the school computer. **This will be the only method** of transactions the school canteen will use. **We will no longer be accepting cash.**

Pupils will use their fingerprint to identify their personal account. The Bio-Metric image (fingerprint) is a unique feature to an individual, which cannot be forgotten, misplaced or stolen.

We have recorded the Y8-11 pupils' fingerprints this week.

Free School Meals- flyer attached

If your child gets Free School Meals please read the attached flyer regarding details you need to renew for September.

Girls PE uniform for September 2024

From September the Girls PE uniform will comprise of an O Neill's jersey, Black leggings and the school Half Zip.

The black leggings should be purchased through the parentpay link <https://app.parentpay.com/ParentPayShop/Uniform/Default.aspx?shopid=5989>

And the Half Zip from ND Sports link

<https://shop.newdynamicsports.com/collections/st-patricks-college-maghera>



Year 12 and 14 Text Books

Pupils should return their text books on the final day of each subject examination to the subject teacher/ Head of Department who will be available at the entrance to the examination hall.

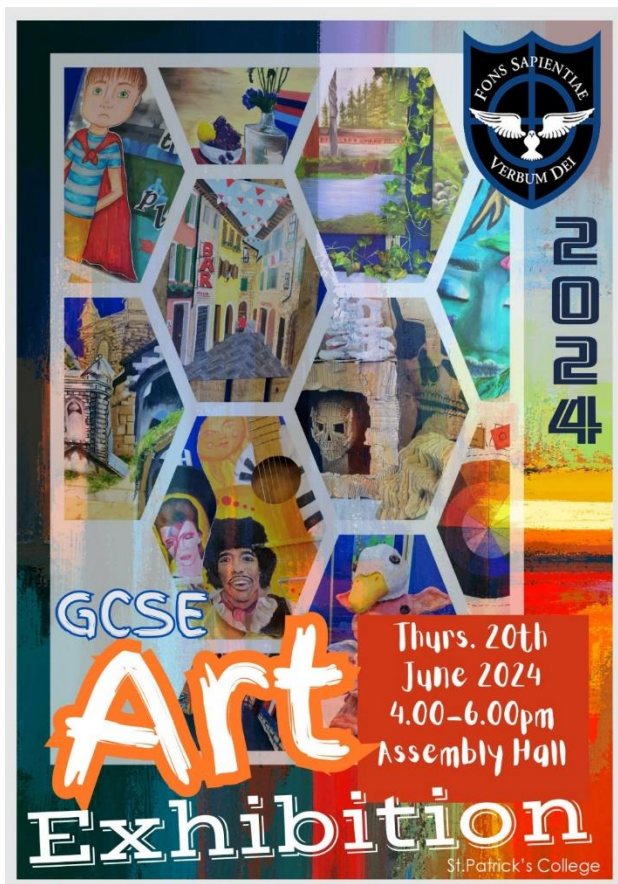
Textbooks are expensive and we cannot afford to replace these. Therefore books which have not been returned by the end of June will be charged to you. Thank you for your continued support.

Year 13 Careers week 17th -21st June 2024

Pupils will be expected to complete three-day work experience on the 17th-19th June.

On 20th and 21st of June, pupils will return to school to complete part of the compulsory Sixth Form programme.

Year 13 must attend for the full week, as work will be completed for UCAS application that will ease the burden in Year 14.



You are cordially invited to
join us in celebrating the artistic
endeavours of our
GCSE Art & Design Students
at St. Patrick's College's
**END OF YEAR
ART EXHIBITION**

This year we are celebrating
60 YEARS OF ST. PATRICK'S COLLEGE.
To celebrate the artistic talents of so many
past pupils who attended the college
we would like to invite past pupils and staff
to submit a piece of their Art,
to exhibit on the evening.
If you are interested please contact
spccraftfair@stpatricks.maghera.ni.sch.uk>

<https://www.stpatricksmaghera.org/supportingyourchildwithbullying>



Friends of St Patrick's

22nd June (please note change of date)

As part of the 60th anniversary, the PTA would like to run a community event on June 22nd for **Primary 6 and 7 children**. For this to be successful we would need volunteers to man stalls and collect money. We would also be interested in providing opportunities at our summer fun day for catering or for other relevant local businesses to hire a spot. Again if you are able to help please let us know. If anyone knows a business who could sponsor the event to allow us to invest in more activities that would be great!

If anyone has tombola prizes they would like to donate, can they be left at reception in either building

Have a lovely weekend

Mrs K Crilly

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.

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.

SMILE

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.



The National College

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