



17th May 2024

Congratulations to our Year 8 footballers on winning their final today.

### **Strike Action**

We have been made aware of strike action by our classroom assistants on Monday 20<sup>th</sup>, Tuesday 21<sup>st</sup> and Wednesday 22<sup>nd</sup> May – your child may not have a classroom assistant during this time.

### **Study Leave/Exam arrangements**

Year 11-14 pupils are now on study leave. We wish them well in their exams. The 2 study centres are available for pupils who wish to study in school.

All pupils should have an exam timetable which shows the venue for each exam and their assigned seat.

**Please ensure your child brings the necessary equipment to the exams including a calculator.**

**Morning exams start at 9.30am**

**Students should be lined up outside the relevant hall for 9.10am**

**Afternoon exams start at 1.15pm**

**Students should be lined up outside the relevant hall for 12.55pm**

### **Dates for the Diary**

<b>6<sup>th</sup> – 28<sup>th</sup> May</b>	<b>Year 11 study leave</b>
<b>27<sup>th</sup> May</b>	<b>Bank Holiday</b>
<b>28<sup>th</sup> May</b>	<b>Staff training day</b>
<b>29<sup>th</sup> – 31<sup>st</sup> May</b>	<b>Track 3 Assessments Years 8-10</b>
<b>30<sup>th</sup> November</b>	<b>60<sup>th</sup> GALA DINNER in the Crown Plaza Belfast</b>

## 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



### **English trip**

Year 9 will be visiting Seamus Heaney Homeplace on Tuesday 18<sup>th</sup> and Wednesday 19<sup>th</sup> 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.

Tues. 18<sup>th</sup> June

9Ag, 9Au, 9Ne, 9Tm and most of 9Pt

Wed. 19<sup>th</sup> June

9Ti, 9Bi, 9Cu, 9Cd, some of 9Pt (English teacher will provide names to those individuals in 9Pt)

A permission slip will be handed out early next week for parents to sign and pupils to return to their English teacher.

### Track 3 Assessments

**Revision guides and exam timetables** for Year 8, 9 and 10 for Track 3 assessments have been issued to all students last week.

All pupils in Year 10 will sit a standardised SPARC assessment during the revision session on the Friday of their Track 3 examinations.

Friday 31st May	Religious Studies	SPARC testing	History
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There is **no revision/preparation** required by the students.

If a pupil is caught in possession of a phone (that is, it is in view)	<p>The teacher will confiscate the phone, leave it for safekeeping in the main reception and record the details at reception.</p> <p><b>A parent or guardian can reclaim their property at the end of the College Day - usually 3.45 - 4.30 pm. Phones will not be given back to a pupil.</b></p> <p>This will be recorded on sims behaviour and will result in an afterschool detention.</p>
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### School Uniform

**TIES are a compulsory school uniform item – please ensure your child has their tie on every day. Pupils coming to school without a tie will receive a sanction.**

### Y12 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. During this time, they will receive training and guidance on the process for applying for further and higher education, including talks from local institutions and alternative routes. They will receive essential guidance on how to complete a UCAS form for university and apprenticeships and how to write a personal statement which will give them a better chance of being offered a place. They will also be given hands on support while they write this statement which will draw on the experience they gain when out on work experience.

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



ST. PATRICK'S COLLEGE, MAGHERA

*Gala Night*

NOVEMBER

SATURDAY **30** FROM 6.30PM

CROWNE PLAZA, BELFAST



PHASE TWO TICKET RELEASE

PAST PUPILS &  
PARENTS / GUARDIANS

PLEASE CONTACT THE SCHOOL VIA:  
Phone: 028 7964 2451 or [spcgala2024@c2ken.net](mailto:spcgala2024@c2ken.net)

Tickets are £80 per person or £800 for a table of 10

Please email [spcgala2024@c2ken.net](mailto:spcgala2024@c2ken.net) to confirm your booking

Tickets should be purchased through the parentpay link :

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

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



### Friends of St Patrick's

**22nd June (please note change of date)**

As part of the 60<sup>th</sup> anniversary, the PTA would like to run a community event on June 22<sup>nd</sup> 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. Finally if anyone knows a business who could sponsor the event to allow us to invest in more activities that would be great!

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](http://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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