

Dear Parent/Carer,

It is with great pleasure that I am deputising for Alan this week in sharing the latest news and developments from Cambridge School. It is hard to believe that we are already almost half way through the summer term, with the half-term break fast approaching. Students in our KS4 groups have been studiously preparing for exams this week, with the support of their teachers and TAs. The focused and purposeful atmosphere has been noticeable, with mock exams beginning next week, before exam season starts in earnest on Monday 5th June.

Whilst I am sure there will be much to celebrate for our students at the end of term, I am aware that for many young people this can also be a period that will bring some additional stress and pressure too. We know that a little bit of stress can be healthy, as it can drive us to do our best, it is important to also recognise that things can feel overwhelming at times and that some support might be needed. Below are some tips for parents on how you can support your child during the exams period:

1. Encourage healthy habits: Try to ensure your child is getting enough sleep, eating nutritious meals, and engaging in regular physical activity. Encourage breaks during study sessions to relax and rejuvenate their minds.
2. Offer Emotional Support: Be empathetic and understanding towards your child's emotions and stress levels. Encourage open communication, allowing them to express any concerns or anxieties they may have. Remind them that exams do not define their worth and that you are proud of their efforts, regardless of the outcome.
3. Celebrate Achievements: Acknowledge and celebrate your child's hard work and accomplishments throughout the exam period. Small rewards, like a favorite meal or a fun outing, can provide motivation and create positive associations with their efforts.

In other news, we have had a number of external visitors to the school to deliver interesting and engaging workshops on a range of subjects. Graham, our friendly school police officer, met with all of our classes this week to talk to our students about the work the police do and to give them an opportunity to ask questions on how the police can help. You may well have noticed your son or daughter sporting a special sticker on their jumper to mark the occasion!

Similarly we were delighted to welcome the team from ASK apprenticeships to our assemblies this morning to deliver an engaging workshop on apprenticeship and work-based learning opportunities open to students as they take their next steps into employment.

Yours sincerely,



Niall Dumigan Deputy Head Teacher

## Dates for your Diary:

### May is Mental Health Awareness Month

**22<sup>nd</sup> May:** Mock Exam Week & Epilepsy Awareness Week

**26<sup>th</sup> May:** Year 8 BTEC Options Assembly

**Half Term: 29th May – 2nd June**

### June is Pride Month

**5<sup>th</sup> – 23<sup>rd</sup> June:** Math & English Exams

**W/C 5<sup>th</sup> June:** Pet Appreciation Week

**8<sup>th</sup> June:** National Best Friends Day

**21<sup>st</sup> June:** Music Day

**10<sup>th</sup> July:** INSET Day, School Closed

**14<sup>th</sup> July:** Prom

**18<sup>th</sup> July:** Summer Fete

**20<sup>th</sup> July:** Sports Day

**21<sup>st</sup> July:** Last Day Of Term, Finish at 1pm

## Achievements Of The Week

### Attendance Awards W/C 08/05/23

Well done to Einstein Class & Rashford Class who are in first place with a terrific 100%!

Runners up are Angelou Class & Wiltshire Class with 92%!

Congratulations to everyone and good luck for next time! May the best class win!



Please donate to the school any unwanted items of school uniform in a good condition. Trainers of all sizes are also welcome. Thank you!

## Contact us:

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