

Meadowhead Community Junior School Newsletter



Summer Term: Newsletter 4

Mini Marathon

At the time of writing this newsletter I am delighted to say that so far we have raised the wonderful amount of £1040.50 through our sponsor event. Wow!! Thank you, parents and families who have supported school with this. Please could outstanding sponsor money be brought into school as soon as possible. The children are going to choose new playground equipment that they can use at lunchtime.

Thank you so much once again for your support.

SATs

Next week is a very important week for our Year 6 pupils. It is SATs week. All across the country Year 6 pupil will be assessed in Reading, Grammar, Spelling and Maths. The Year 6 pupils (and teachers!) have worked exceptionally hard towards these tests and are ready to show everyone how good they are!

We hold a daily breakfast club for Year 6 during this week. Please encourage your child to attend. It is a lovely start to the day and always eases any nerves about the tests.

Please also ensure that children get a good night's sleep. No technology before going to sleep please!

Year 4 Multiplication Tests

All children in Year 4 are expected to know all the x tables, up to the 12x table. In June all Year 4 children in schools across the country will sit an online test of this knowledge. The children have to recall these facts accurately and also quickly. Please give your child lots of support in preparation for the test by practising every day with them. Thank you.

Reading

We want all our pupils to become confident, fluent readers. As well as this we want children to develop a love for reading, which will follow them into their futures.

Please support your children by encouraging them to read each night at home. Listen to your child read aloud and talk about what they have read. Children will bring a book home and once it is finished the children will come to school and take an online quiz. This shows how much they have understood whilst reading.

If any parents wish to volunteer to come to school and listen to children read, please contact Ms Blackledge.

Allison Chadwick
Headteacher

Class Attendance for this week

Congratulations this week to class 3FP

Green: 97%+

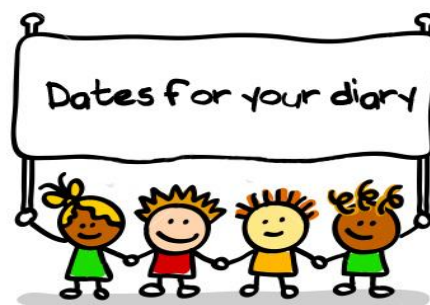
Amber: 95 – 97%

Red: Below 95%

3M	3FP	4B	4CW	5A	5C	6L	6LV
84%	95.4%	85.9%	89.4%	93.8%	95%	91.3%	93.1%

Our whole school, class and individual attendance target is 95%

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



Monday 13th May – Friday 17th May
Friday 24th May

SATs for Year 6

End of term

Wake-Up Wednesdays

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://www.thenationalcollege.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 pressured 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 allow 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.



WakeUp
Wednesday

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