

TPS Students' Passion For The Planet



I've been incredibly proud this term to see all of the brilliant ways in which our students have been getting involved in projects to help reduce our impact upon our planet. Their passion, ideas and willingness to take action has been hugely impressive.

Following the work of our growing student Eco-Committee, we held our first ever disposable plastic free day earlier this month. This day coincided with Sir David Attenborough's birthday and really made the whole school community think about their habits. The site saw much less rubbish produced (and less seagulls!) than usual and the Committee has plans for more such awareness raising activities in the future. In their lessons, the students learnt about the impacts of single use plastics on the environment and especially the oceans. We also saw two competitions launched, one to make a sculpture out of discarded plastic and the other to come up with a 'genius idea' to reduce plastic waste at TPS.

We were very impressed by all of the entries into both competitions with Nina, Amy, Mia and Imogen together creating a winning piece of 3D art depicting elephants made from plastic milk bottles alongside a waterfall made from plastic straws and netting. The 'genius idea' winners were Jemma and Eleanor who suggested reusable exercise book covers instead of our current single use sticky back plastic. This is certainly an idea that we will be taking forward.

Finally, it was very encouraging to see the numbers of Year 7 students who volunteered to go litter picking to clean up our local area in Petersfield. They did this with great enthusiasm and a fantastic sense of community spirit. Again, this is something that we will now aim to do on a regular basis.

The students at TPS today will not retire until the year 2073. Over the course of their working lives, the choices we and they collectively make as a society will have significant and, in some cases, irreversible consequences. It gives me great optimism to see first-hand the massive amount of creativity, caring and determination in our students to create a better world than the one they find themselves inheriting.

Mr Marande
Principal

Visit to Le Chateau de la Boudiniere



We had so much fun in France at Easter! We woke up very early and got on the coach to the ferry port, everyone was so excited but we were all still tired.

It was a long journey by coach to the Chateau, and once we had arrived we went to get dinner, it was delicious. We shared a bunk bed, and stayed up late every night chatting, much to Madame Walter's dislike! On the second day, we went to the market, and used our French to speak to the market stall holders, it was great fun. Then we had another coach journey and visited Mont Saint Michel. We climbed up many steps, and the sights were beautiful.



On the third day we did an obstacle course which involved lots of mud. We made ourselves lovely mum masks to make us look the part. We ended up soaked through with mud and we were quite dirty to say the least. After that we made some bread, that we ate at dinner. We also tried some snails!

We took part in archery the next day where we competed against Madame Walters—she won! Then we took part in climbing where we all tried our best to get to the top as quick as possible.



The last day came—we were all sad to leave the Chateau but excited to get home for Easter.

Jessica Healey and
Lara Wood



Double Trouble for Greenpower!



On Sunday 12 May TPS took part in Greenpower's Season Opener at Goodwood Motor Circuit.

This is the fifth year that TPS have been running the Greenpower club and the first time TPS had two teams competing against each other.

Team 1 and Team 2 arrived bright and early at 7:30am at Goodwood ready to race, with some preparation and scrutineering to get through before the race. Both teams worked well in checking the cars and making sure they were safe to race. During the practice race we had some problems to overcome but we managed to finish in good time and talk about strategies for Races 1 and 2.

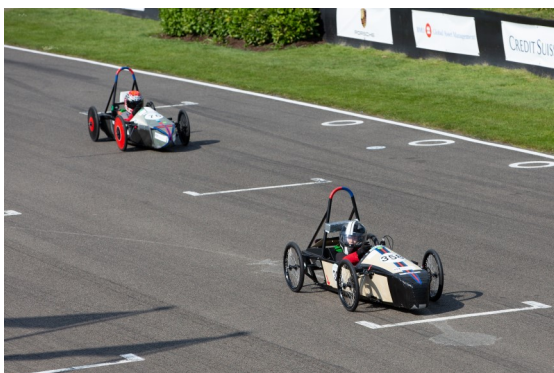
Both teams managed to complete both races and with super-fast pit stops, they managed to keep the momentum going whilst cheering for the cars every time they flew past.

Both teams achieved their highest results with Team 1 hitting 20th place and Team 2 not far behind at 23rd place, so a great start to the season. This is another first for TPS as our second team achieved the highest result for a newcomer joining Greenpower.

Mr Kates, who runs the school's Greenpower club, said, "It was a superb day for racing, both teams worked really well in the pits and out on the track. There were over 50 schools competing and to place both cars in the top 25 is such an achievement. I'm very proud of all the students who make this an amazing club to run and we look forward to the next race in June!"

Our next race is on Sunday 30 June at Goodwood Motor Circuit. It's free entry and we would love to see you all there to support both teams.

Mr Kates



Visual Arts—Visit to Tuscany



Over the Easter break the Visual Arts Department took a host of Key Stage 4 students on an artistic tour of Tuscany. The trip started in Pisa, before stopping off in Florence, Siena and finally spending the day soaking up the sights (and the pizza) in Lucca.

Highlights of the trip included seeing Michelangelo's David in the Galleria dell'Accademia in Florence, exploring the 45 grand halls of the Uffizzi Gallery and driving to the mountain-top sculpture park of Chianti.

Needless to say, students and staff required plenty of gelato stops to replenish energies after long days gallery

-bound. We were very proud of how our TPS students represented the school abroad—were impressed by their attitude, time-keeping and stamina when it came to eating endless plates of pasta. We also discovered new things about one another on the trip, such as Eddie Vears' love of tractors, and Mr Styllis's photography prowess.

Students were each given an art pack of materials, and were keen to record their experiences of the trip in their sketchbooks; taking photos, sketching and painting 'on the move' to capture the sights and sounds of Tuscany. We are already looking forward to next year!

Mrs L Kinsella



EHDC Chairman Visits TPS

Outgoing Chairman of East Hampshire District Council, Cllr Anthony Williams recently visited TPS. He was given a tour of the school and met with Mr Marande to discuss various current education topics. Cllr Williams was very impressed with the school and commented that his Year 10 student tour guides were fantastic ambassadors for the school, Jessica Minton and Hugo Carey.

Mr Marande said, "TPS is very proud to serve the community of East Hampshire and beyond".



Future DJs

Future DJs came into school on 1 May to present an assembly to our Year 7 and 8 students, creating a real buzz and excitement about getting involved in DJ'ing and music production.

TPS will be beginning to run DJ'ing tuition through Future DJs – please go to the website: <https://futuredjs.org/enrol/30> or speak to Miss Wood if your son or daughter is interested in signing up.

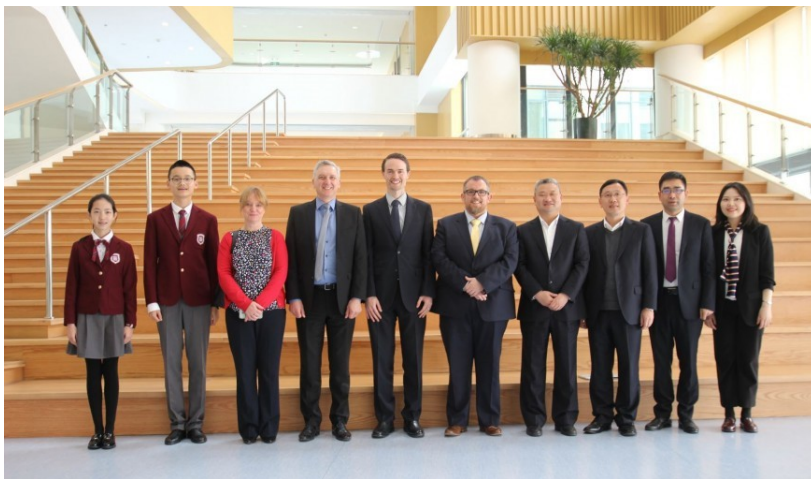
Miss S Wood



TPS Links with Schools in China



Following the success of our first Chinese student exchange visit to TPS earlier this year, last month Mr Marande was invited by the 'UK-China Culture and Exchange Centre', based in Guildford (and Guangzhou in China) to visit ten Chinese schools to explore further exchange programmes for Chinese and TPS students. The links created will generate additional resources for TPS



and this visit was fully funded by the agency. The Chinese schools are also very keen to investigate headteacher and teacher training opportunities for their staff by having them come over to spend time at TPS to learn about how we do things.

He was accompanied on this visit by Mr Markham from Herne Junior School and other teachers from the Bohunt Education Trust. They were invited to speak at several education conferences

and taught some UK style 'demonstration' lessons, including one on stage in front of 250 Chinese teachers, which very much felt like a spectator sport! Speaking of sport, Mr Marande was also comprehensively defeated by the Chinese students at table tennis. The differences between UK and Chinese education are fascinating and there is much that can be learnt from each side. The Chinese system is very strong at creating high levels of knowledge expertise and they are very interested in how the UK education system produces students with excellent critical thinking skills.

The schools he visited were in the cities of Chengdu and Guangzhou, both considered to be world mega cities due to their huge populations. Guangzhou has a population of over 25 million people which is bigger than the population of London, Scotland, Wales and Northern Ireland all combined! The density of these cities is also astonishing to UK eyes with Chengdu having 6500 people living per square kilometre compared to just 1500 people per kilometre in spacious London. China is predicted to become the world's largest economy (overtaking the USA) before 2030, when most current TPS students will be in their mid-twenties. It is vital that we place our students in a good position to take advantage of this seismic shift in the world and we will continue to explore ways in which we can, always with a critical eye, seek to give them more insight and understanding into Chinese culture. Our new Mandarin Club, launched at the start of this year, will hopefully just be the beginning.

As the ancient Chinese proverb states "learning is a treasure that will follow its owner everywhere".



Travel and Tourism Visit

Mrs Marshall and Mrs Heath took 12 year 10 Travel and Tourism students to Portsmouth and Southsea. The aim of the trip was for the students to learn about the appeal of destinations, particularly focusing on seaside resorts.

We visited the Dockyard and had a tour of Admiral Lord Nelson's famous flagship The Victory and we also toured The Warrior. We also learnt facts about the tourism of the Dockyard and how they use the money that's generated by over 700,000 visitors each year.

Next we climbed the 500 stairs up to the viewing decks of Spinnaker Tower (the lift was undergoing maintenance) and completed some work around what Gunwharf has to offer and why the Spinnaker Tower represents Portsmouth.

We completed our trip with a walk around Southsea Castle and learnt about how the venue is used today to attract visitors. The students enjoyed their day and we were very lucky to have the sunny weather.



Easter 2019 Ski Tour to Lungau im St Michael, Austria



During the first week of the Easter break, Mr Lodge, a team of 7 staff and 56 students went to Austria on the Ski Tour. The tour got off to a great start with no significant delays on the motorways or the tunnel crossing, arriving in resort on Saturday afternoon. That evening the group collected their ski equipment from a local ski shop and after a welcome dinner headed to bed early to ensure everyone was ready for the fun days ahead.

Sunday to Tuesday, all ski groups skied locally, using the gondola situated just 300m from the hotel to access the scores of Blue, Red and occasional Black runs. The three novice groups progressed very quickly and were soon exploring the wider ski area. In the advanced and intermediate groups there was lots of competition to stake their claims to be named skier of the week and King/Queen of the mountain each day.

Wednesday – Friday, POWDER!!! 3 days of non-stop snow made the tour feel extra magical. The advanced and intermediate groups skied in Obertauern, 30 minutes' coach ride away in to order access a wider range of Red and Black pistes. The beginner groups found the excessive amounts of snow tiring, so spent some time in the snow park in the afternoons, learning to jump and ride rails while the landing was soft! The only problem was climbing out of snow that is 5ft deep was also tiring but SOOO much fun!

The evenings were just as fun packed as the day times and included swimming, ten-pin bowling, Quiz and Bingo nights and the end of week fancy dress disco. The staff were led by Mr Ramshaw as Gru and the rest of the team were dressed as Minions.

Everyone returned to the UK without injury on Saturday and we are now planning the 2021 trip.



Easter 2019 Ski Tour to Lungau im St Michael, Austria



Single-use Plastic Free Day

On Wednesday 8 May, TPS celebrated Sir David Attenborough's 93rd birthday with a day of refusing single-use plastic. The day was organised by a local charity called Final Straw Solent, who campaign to minimise the amount of plastic entering our local seas by encouraging local businesses to switch to paper straws and paper or reusable fabric bags.

As part of the day, KS3 students learnt about the issues surrounding plastic pollution and ocean health in a variety of subjects. For example, students wrote creatively from the perspective of a plastic bottle in the ocean in English lessons; in Science they looked more closely at what happens to plastic once it is thrown away; ICT lessons allowed students to investigate how single-use plastic is used by business, and History students researched the history of single-use plastic.

At break and lunchtime, staff and students were served food from the canteen wrapped in cardboard or paper, and main meals were served on plates, whilst the TPS House band and year group bands Off Peak (year 8), Yellow Highway (year 9) and Je T'aime (year 10) played in Reception to a very appreciative audience.

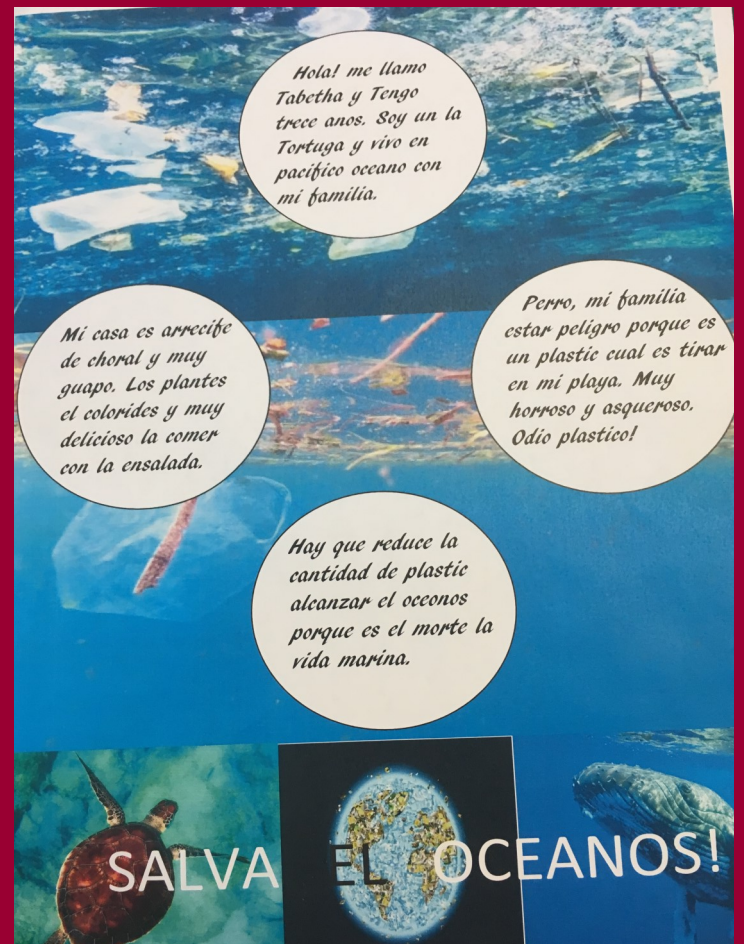
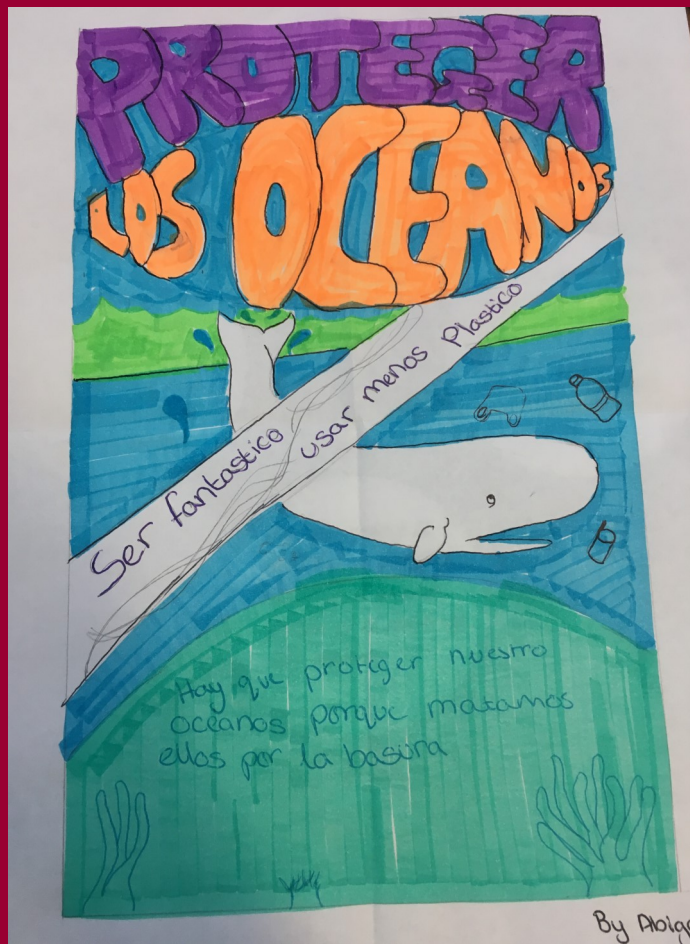
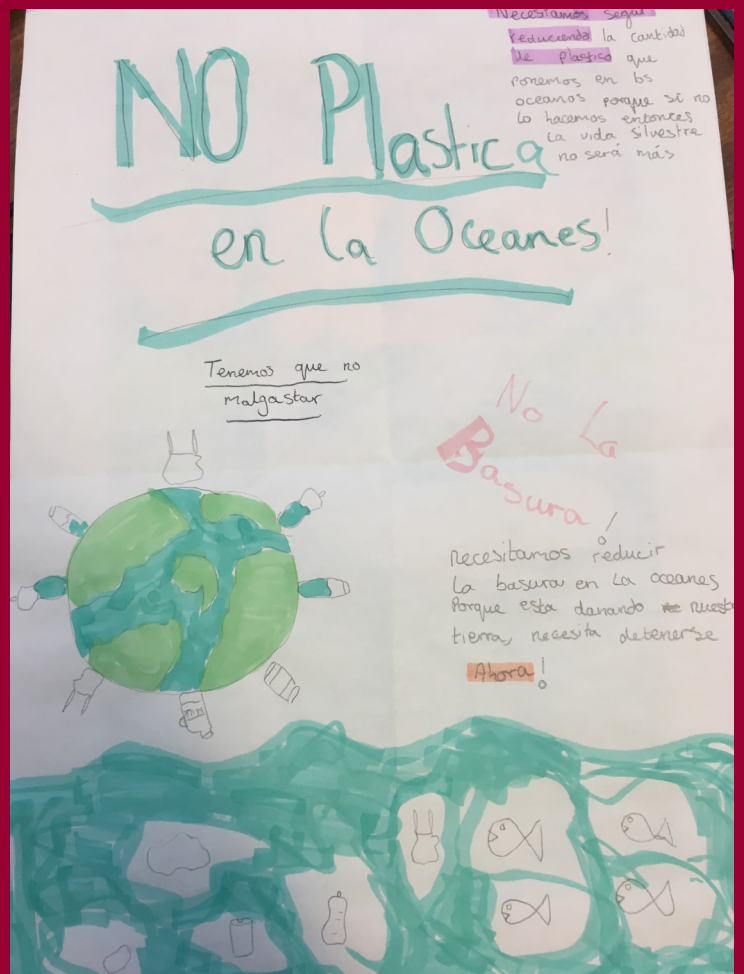
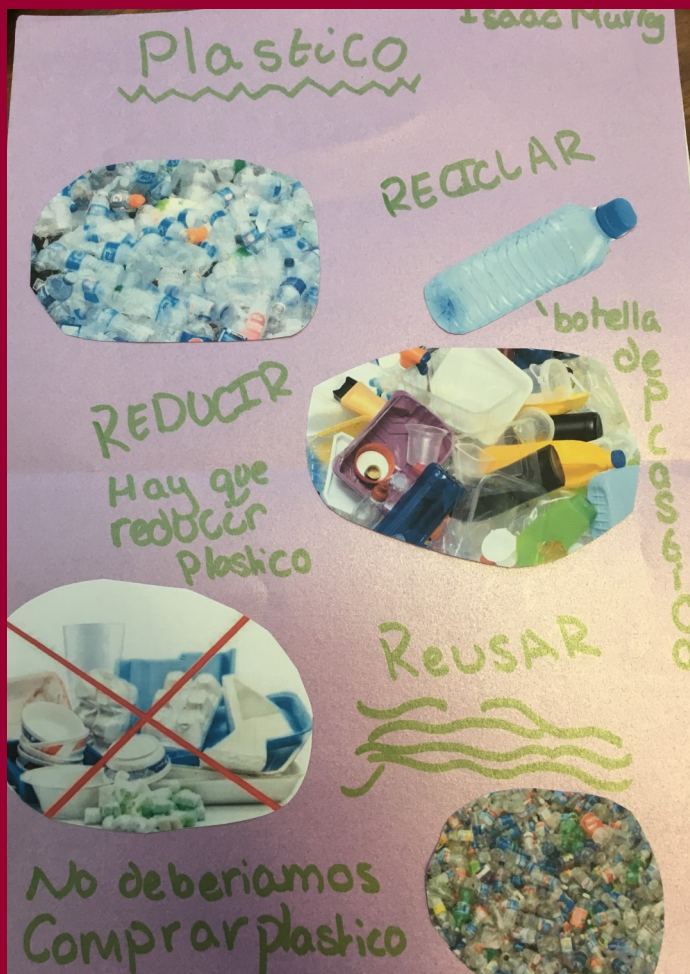
The day culminated in some Year 7 volunteers doing a community litter pick around the school, along The Causeway and the water meadows.

Two competitions launched on the day - a plastic sculpture competition and a Genius Idea competition to come up with a feasible solution to a plastic waste issue at TPS. The winners of the sculpture competition were 4 Year 7 girls: Nina, Amy, Mia and Imogen who depicted the smothering of nature in plastic. The winners of the Genius Idea competition were Jemma and Eleanor who came up with a simple but effective way of reducing single-use plastic at TPS by not covering exercise books in sticky back plastic. Both sets of winners won a Chilly's water bottle donated by Final Straw Solent and a book about an aspect of green living donated by Summersdale Publishers.

Mrs S Beacher



Plastic Free Day—Spanish Posters



Y10 Geography Visit Iceland

During Easter the Geography Department took 40 lucky Year 10s to Iceland for 5 days.

During our time in Iceland we visited the capital Reykjavik where we got to try some Icelandic food and experience the culture. We also spent a few hours at the Blue Lagoon, relaxing in the geothermal pools and saunas.

On the second day we travelled across to the continental divide rift valley, which marks the boundary between North America and Europe. We also visited Gullfoss Waterfall, which was spectacular in the snowy and icy conditions. That night we stayed in cabins in the shadow of the Volcano Eyjafjallajökull and that night we were treated to a spectacular display of the Northern Lights!

The following day we visited waterfalls, climbed a glacier and spent time on Vik, the black sand beach made famous by Game of Thrones. Then after another night up watching the Northern Lights, we travelled back to Reykjavik and our flight home.

It was one of the best Geography trips we have run at the school and we are looking forward to heading back in a few years' time.

Mr Ley—Head of Geography



Celebrating success?

We are always keen to celebrate the success of our students for activities that they complete outside of school. Please contact Sharon Harvey, Mr Marande's PA, at sharvey@petersfieldschool.com, to share any photos and details of individual student achievement for us to celebrate. This could be anything from sporting achievements to music or drama performances. We are very proud of all of the wonderful things that our students get up to outside of school and we love to hear about them.



International Code Quest 2019



TPS students secure 2nd and 3rd place in the UK section of the International Code Quest 2019 Competition!

Students around the world work in small teams at Lockheed Martin sites to solve a set of coding challenges developed by their information technology professionals. In the UK there were 2 categories Novice for 16 years and under and Advanced 17-19 years. A fantastic start to the weekend, and well deserved congratulations!

Alex Fardon said, "It was a very enjoyable experience although there was some stiff competition."

Jess Minton added, "It was brilliant and I'll want to give it another go next year!"



Spelling Bee Competition

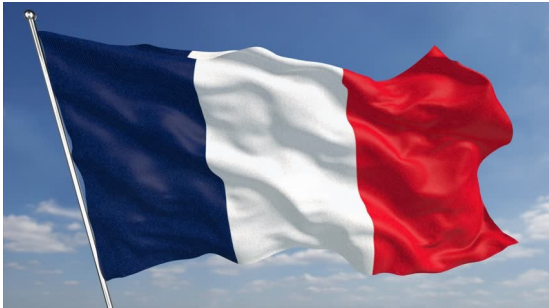
Huge congratulations to Stephanie Warriner and Joe Lye who went to the Routes into Languages Spelling Bee South East Regional Final – they were in the final 56 of the 3285 who began the competition in the South East. They both did brilliantly!

Stephanie, who came second overall, is now going through to the National Final on Monday 1st July at Cambridge University.

Mesdames Walters et Taylor



French GCSE



Congratulations to all students who took their French GCSE this month. They worked very hard on their speaking assessment. Revisions also took some to London for a French conference where valuable tips and revision techniques were shared by experts.

We wish them all the best in the future and hope that they will carry on using their language.

Mesdames Walters et Taylor



Music Masterclass at Havant and South Downs College

The Music department took Year 9 and 10 GCSE Music students to Havant and South Downs College on Wednesday 15 May to experience a morning of life as a College Music student. They took part in a performance workshop, creating a whole-group arrangement (30 students) of the song Bittersweet Symphony including: vocals, guitars, bass, drums, percussion, piano, synthesisers, strings, saxophone and trumpet! The performance they produced in a short space of time was excellent. Students also had a tour of the music facilities and took part in a session in the Music Technology Suite using Logic Pro. We hope this has inspired students to consider pursuing their love of music in their future studies.

Miss Wood



Music Showcase

Thursday 28 March in the Studio saw a fantastic showcase of our talented TPS musicians once again, with our Choirs, Wind Band, Brass Band, String Ensemble, Jazz Band and House Band performing a repertoire they have been working on this term.

Wind Band performed 'The Greatest Show' with Charlie Palmer singing vocals, and the String Ensemble performed a challenging rendition of 'Bohemian Rhapsody.' Year 11 soloists Poppy Hughes and Anna Lezdkan stunned the audience with their exceptional performances.

The evening finished with three lively numbers by Jazz Band including 'Hard to Handle' and 'Superstition', and the House Band with four numbers including 'Gimme Some Lovin' and 'Country House'.

Well done to all our bands and musicians, and a huge thank you for the hard work of our peripatetic music teachers who enable these ensembles to be working at such a high standard. Miss Wood





Felix Selected for English National Gymnastic Squad

Year 10 student Felix Coomber has been selected for the English National Gymnastic Squad!

The squad is selected from the best gymnasts based on criteria including results at the English and British Championships. With Felix's great results in these events he is one of just 4 boys nationally in his age group to be selected.

He will now train 5 times a year with the National squad, aiming towards International competition, and his first training session is in mid-April at Huntingdon Gymnastic Club.

Betti Wins Young Sportswoman of the Year Award

Year 7 Betti Smith competes as a sprint athlete and has been running since Year 3. She is a member of the Winchester & District Athletics Club and trains once or twice per week.

Betti's impressive list of achievements include being British Athletics AAA (Amateur Athletics Association) Grade 1 runner (top 7.5% of times nationally for her age group) and breaking Havant Athletics Club records for 75m and 150m which have stood for two years. And recently Betti won the Young Sportswoman of the Year Award at the Havant Borough Sports Awards for her performances last year. She has also competed for Hampshire's indoor team for the past two years.

Betti said, "I want to be a professional and would love to get to the Olympics!"



A Leg Wax for Football for Cancer



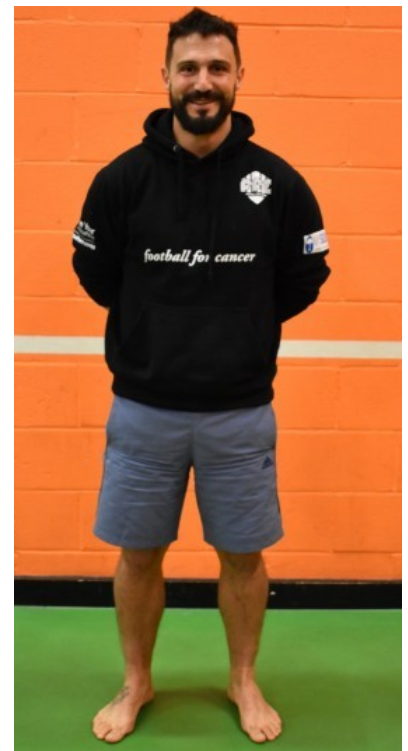
On the last day of the spring term Year 10 Progress Leader, Mr Alvarez, had his legs waxed to raise funds for Football for Cancer (FFC).

Students gathered in the Sports Hall at lunchtime to watch, and many paid £1 for the privilege of whipping off a wax strip!

The money from this was added to the amount raised from online sponsorship by staff and parents, other generous donations including Year 9 Zac Cooksey raising £50 himself by sponsored running at the weekends, and the total amount was an impressive £350!

TPS families had also donated unwanted sports equipment for the Football for Cancer shop, and so Ben Brown of FFC came to collect it all and was presented with the cheque.

Thank you to everyone who supported this worthwhile charity!



Violinist Samantha is a Credit to the School

Samantha Dale, a Year 10 student, is a talented Grade 7 violinist and pianist who plays for the Hampshire County Youth Orchestra.

The Orchestra's musicians have been highly complimented by the Director, Carl Clausen, who said, "Hampshire County Youth Orchestra spends a week over Easter at their residential music course which is then followed by a concert at the Anvil in Basingstoke. During this time they work intensely on hugely challenging music which this year included Vaughan Williams' *Tallis Fantasia* and Shostakovich's *10th Symphony*. I just wanted to tell you that your students are a credit to your school. They have brought with them a really positive attitude, have worked hard and achieved a truly professional standard of playing."



Barney Shoots For The Stars

Year 8 student Barney Eastman has only been clay pigeon shooting for just over a year but has just been crowned Hampshire Colt Champion at Owls Lodge Shooting School in Winchester! This was particularly impressive as 12 year-old Barney beat over 120 competitors ranging in age up to 17! Now he has been asked to shoot at the 2019 Beretta World Sporting Championship at the Holywell Estate in Hampshire at the end of June.



Barney trains every weekend at registered clay shoots and practises daily.

He said, "My dad started clay pigeon shooting and so I decided to have a go. It's my life now – I practise every night to try and improve my arm strength. My real ambition is to get to the Olympics!"



Inter-House Charity Sports Day



The weather couldn't have been kinder for our Inter-House Charity Sports Day for Years 7 to 10 at the end of last term.

All students paid £1 to spend one period today participating in a variety of sporting activities including Cross Country, Football, Table Tennis, Handball and Endball. Together with other fundraising initiatives, including face painting in House colours, the idea was to raise yet more money for Comic Relief. One enterprising tutor group – 8R Allan – ran a Darts competition last week, charging students 50p to enter, and raised over £10.

Well done to all students for taking part and a huge thank you to the PE department, especially Miss Bullock and Mr Cripps, for organising the day.





KS3 and 4 Ignite Music and Dance

Dancers and musicians in Years 7-9 came together for an Ignite session in the Studio. They worked in groups to choreograph a short piece of movement and the musicians composed the music to accompany it, using live instruments. All students worked brilliantly, really showing their ability to initiate ideas, think creatively, and collaborate well in a team. The performances were all excellent- well done to all the students that took part.

Miss Wood



Year 9 GCSE Music Performance Evening

Year 9 GCSE Music students were excellent at their Performance Evening. All students performed solos including a range of instruments and styles. There were also two brilliant group performances- Clocks by Coldplay and the evening ended with Rolling in the Deep by Adele. Our Year 9 band, Yellow Highway, entertained the audience with 'Rocking all over the World.' A huge display of talent- well done to all performers.

Miss Wood



To All Basketball Lovers

We have a small group of basketball lovers meeting every Sunday at the Taro at Midday for a game – fancy joining?

Teenagers and older, no coaching, just for the love of the game.

Get in touch if interested – 07748 700937.



Change of Career Opportunity

2nd STEM Returners Programme for returning Engineers with BAE Systems Air in Hampshire.

Have you taken a career break from an engineering or a technical sector and wish to return? Are you working below your experience in a different sector? Do you have an engineering or technical degree that you aren't using? Do you just wish to transfer sectors but don't have any experience? If so, this could be the opportunity for you!

After the unprecedented success of the first programme where 100% of returners were offered permanent roles, we are currently sourcing candidates for the 2nd BAE Systems 'STEM Returners' programme, a 13 week, fully paid and supported return to work programme starting in September 2019 in Portsmouth. All candidates will also have the opportunity to obtain a permanent role at the end of the programme. No career break is too long register to return to STEM today!

For more information please visit www.stemreturners.com or email hello@stemreturners.com.

More information on the programme is also available here: [https://](https://www.stemreturners.com/2019/04/29/returners-programme-becomes-integral-part-bae-systems-maritimes-attraction-strategy/)

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TPS

KEEP CALM IT'S ONLY QUIZ AND CURRY NIGHT

Hosted by the TPS Development Fund
Friday 21st June 2019—TPS MAIN HALL

ARRIVAL: 6:30pm with Curry at 7pm

QUIZ: 8pm—10pm

£6 PER PERSON—TEAMS OF 6-8

Book your place or table at

www.ticketsource.co.uk/thestudiotps

If you have any dietary requirements please email TKates@PetersfieldSchool.com

This event is for over 18s only.



Online safety tips for parents of teenagers

14+ Year Olds

Checklist

✓ **Adjust controls**

Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to setup safe search in Google by going to google.co.uk/safetycentre.

✓ **Keep talking**

Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbullying and sexting.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

✓ **Privacy matters**

Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.

Average child posts 26 times a day on social media - but only 6 - out of 10 followers are really friends



✓ **Manage their online reputation**

Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.

✓ **Stay safe on the move**

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about.

Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big e-safety issues.

**internet
matters.org**

*Source: Conducted by Ginger research on behalf of Internet Matters Ltd. Online survey of 1,001 children aged 11-16, with parental supervision.

Learn about it:

Teach your child some simple rules

- Make sure your child knows how to block abusive comments and report content that worries them
- Teach them to respect others online and think about comments before they post them
- Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying

Talk about it:

Tips for a meaningful conversation

- Make sure your child knows they can come to you if they're upset by something they've seen online
- Tell them you trust them to do the right thing rather than over monitoring their internet use
- If your child comes to you with an issue, stay calm and listen without judging them and don't threaten to take away their devices
- Tackle peer pressure by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Talk to them about how much time they spend online and make sure this is balanced against other activities



Deal with it

You can find out where to get help and advice on the Report it page of internetmatters.org, where we include information on how to report problems - and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as cyberbullying, finding inappropriate content, privacy and identity theft, your child's online reputation, online pornography and child grooming.

Learn more about apps

It can be difficult to stay on top of what apps your child is using and who they are talking to online - find out more about the latest apps at internetmatters.org/apps

**internet
matters.org**

Handling the pressure of external exams

Information for parents and carers

Did you know?



Exam stress can be really challenging, not only for children but for those that live with them. Research shows that having someone to talk to about their work can help. Support from a parent, teacher or friend can help young people share their worries and keep things in perspective.

Survey research has identified that exams are a significant source of stress and worry for pupils in secondary school. In particular, failing important examinations, and the consequences of failing these examinations, are rated as more important than a range of other personal and social worries. (Optimus education)

The NHS highlight that Children and young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food, or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future



What can you do?

Watch out for signs of stress and encourage your child to talk to a member of school staff or someone who they feel is supportive. If you feel your child isn't coping, it may also be helpful for you to talk to their teachers at school.

Encourage and support your child to build and maintain healthy habits before and during the exam period, such as eating a healthy balanced diet, staying hydrated, getting enough sleep, doing exercise, having time to relax and to socialise with friends.

Remind your child that feeling nervous and anxious is

normal. Support them to be organised, have a routine and build a revision timetable. Try not to add to their pressure by being flexible with them. Talk to them about how they feel, remind them of their goals in life and motivate them to stay focused. Staying calm will help them remain calm - and exams don't last forever.



Relaxation

Information for parents and carers

Did you know?



An important part of teenage life should be relaxation. It is an essential part of maintaining health and wellbeing and being able to calmly deal with stress and pressure which, as we know, can be quite intense during the school years and especially being an adolescent.

Research shows that young people face many different kinds of stress, worry, anxiety and can feel overwhelmed for various reasons. Relaxation has been defined as a 'state of being free from tension and anxiety'. We often forget to switch off as adults but it is important that we do that in order to help children learn important skills.

Many studies highlight the benefits of relaxation and here are a few:

- Slows the heart and breathing rate
- Improves concentration and mood
- Reduces anger and frustration
- Reduces the activity of stress hormones
- Improves digestion
- Increases blood flow to the muscles
- Relaxes the muscles
- Improves sleep quality



What can you do?

One of the simplest relaxation techniques is to practice breathing. Teach your child to take deep slow breaths when they are feeling anxious. Just a few deep breaths can provide an instant calming effect that can help reduce stress. Look out for mindfulness apps or video resources on YouTube that offer example breathing exercises, such as Headspace or Calm.

Learning to relax is something that you can do together as a family. Try having a go at a Yoga or a relaxing activity together. Yoga will improve flexibility, posture and give you and your child a sense of inner calm. Encourage your child to go to a local class or

follow a simple Yoga session on YouTube. Other things could be having quiet time to read, going for a walk, listening to music or watching a feel-good film.

Another technique for your child to try is 'imagery', having a vision about a happy place so their brains can take a break. Ask them to write down a description of their happy place which includes how it looks, feels, smells and sounds. When they are stressed out, ask them to close their eyes and to think about it. Just like new skills, relaxation techniques require practice so keep prompting them to find out what works for them.

SOME DATES FOR YOUR DIARY 2019

Here is a selection of forthcoming events. Please check website regularly for full list.

27-31 May	Half Term
6 June	Open Mic Night 7.00pm
18 June	Piano Recital Evening
19 June	Y11 Leavers Assembly
19-21 June	Y9 PPE exams
27 June	Y11 Prom
3 July	Sports Day
4 July	Inset Day
5 July	Summer Music Festival 6.00-8.00pm
8-12 July	Year 7 Camp
9 July	Y6 Parent Information Evening
12 July	Y6 Transition Day
17 July	Sports Presentation Evening
19 July	Last Day of Summer Term
22 Aug	GCSE Results Day
2 September	Inset Day
3 September	Start of the Autumn Term Y7/Y11
4 September	Start of the Autumn Term Y8-Y10
20 September	Inset Day
21 September	Open Morning
28 Oct—1 Nov	Half Term
20 December	Last Day of Autumn Term

Online Application for Free School Meals

Parents may now check to see if they are eligible for Free School Meals online. This self-service option is available at the following website:- <http://www3.hants.gov.uk/caterers/hc3s>

If your result comes back 'found', this means your child is eligible for free school meals and the system automatically tells us at the school.

If you have any queries on this website please contact Mrs Fliss Cooper at the school on 01730 234634



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We are on Facebook and Twitter. Follow us and get news throughout the year.

ABSENCE REMINDER

Please remember to telephone the school on

01730 234627

On the first day of your child's absence and each day thereafter until they return.

Key school policies area available on the website or in paper copy by request.

The Petersfield School, Cranford Road, PETERSFIELD, Hampshire GU32 3LU
Telephone: 01730 263119