

Year 10 Newsletter 28th May

Dear Parents and Carers,

I hope this newsletter finds you all well. It is hard to believe we are already at half term!

Staff have been celebrating Year 10 students through the half-termly 'Every Day Star' awards and it has been a pleasure for the Year 10 Team to read through all of the teacher comments left for Year 10 students. Well done to all our students who have consistently worked hard this half-term and endeavoured to do their best in all their lessons.

The Year 10's have been working extremely hard in their lessons and definitely earned the break coming up and we hope that they, and you, enjoy some down time over the coming half-term week- and perhaps even some sunshine if we're very lucky!

With best wishes from,

Miss Marshall, Mrs Johnson and the Year 10 Team



Dates for your diary

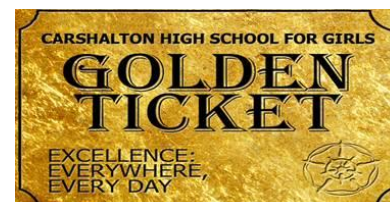
- The Year 10 Parents' Evening will take place online on **16th June**. More information about how to book appointments is below.
- Year 10 Exams will take place from **21st June**. More information about what students need to be revising has been shared with students by their subject teachers in lessons and is on the school website.



Golden Tickets

Congratulations to our top Golden Ticket winner from the last fortnight:

Izzy D 10PK2	2
Sara N 10HL2	2
Julia D 10RD2	2
Anael B 10PK1	2
Evie B 10RW2	2
Isabelle F 10HL1	2



A big well done also to all 50 of our Golden Ticket winners over the last fortnight in Year 10 - we are incredibly proud of your hard work, engagement and focus in lessons

Parents Evening

Virtual Parents' Consultation afternoon is on **Wednesday 16th June 2021** between **2.15pm to 6.15pm**. The consultations will take place online via the school's parents evening booking system. Appointments are made via the system and are for five minutes. The booking system is now open.

In order to make appointments please visit www.chsg.parentseveningsystem.co.uk You can also reach this site through **the School Gateway app**. Attached to this newsletter are some simple instructions about how to log in and also what to expect on the day. Please read this carefully as it addresses the common issues that parents face when trying to book their appointments.

For your convenience the commonly asked questions can be tackled by:

- ensuring there is no gap between the Year Group and Tutor Reg so 10HL1 should be entered as 10HL1 NOT 10 HL1
- ensure to remember and make a note the email address you use to book the appointment
- ensure to spell the student and parent / carer name as given to school

The appointments are very similar to a Teams or Zoom meeting. They last for five minutes per teacher and the booking system moves from one to the next seamlessly. They can be held using a computer or a mobile phone, whichever you find the most convenient. It is recommended to log in earlier on the day to check that the system is responding correctly and you can see a countdown to your first appointment. It is possible to invite a second person from a different location to any appointments you make. All instructions are given in attachment.

If you have any questions please contact Ms Nadeem at snadeem@carshaltongirls.org.uk.

Lateral Flow Test Kits- how to request more

If your daughter requires further test kits please email the **school office**: office@chsg.org.uk. We are aware that previous correspondence about this said to email the Head of Year, however this has now changed and emails need to go to the school office.

If your daughter isn't eligible to receive test kits through school, or you have run out and cannot wait for the school's delivery to arrive, then you can still order test kits through the community testing schemes. Visit <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>



Uniform update

TRUTEX OF WORCESTER PARK

140 Central Road, Worcester Park, Surrey KT4 8HH



Email: worcesterpark@trutex.com

Dear Parent/Carer,

When your daughter enters Year 11 she will be able to wear a school cardigan instead of her blazer. To purchase this cardigan will cost £30. This is exclusive to Year 11 only.

This year due to the Covid situation we will not be coming to the school as in previous years. We are therefore offering these for sale in our shop during the week

SATURDAY 29th MAY - SATURDAY 5th JUNE - no appointment necessary

Please take advantage of this as we cannot guarantee to have any stock after this date.

Please read the procedure for visiting our store and opening hours on our website

www.casualschoolwear.co.uk

IF YOU HAVE ANY QUERIES PLEASE USE OUR CONTACT FORM ON OUR WEBSITE
OR EMAIL ME AT

worcesterpark@trutex.com

Yours Sincerely,

Lynn Wheeler

Safeguarding

**Free, safe
and anonymous
online counselling
and support**

**"I don't think I could've spoken
to someone face-to-face."**



**Chat to our
friendly counsellors**



**Read articles written
by young people**



**Join live
moderated forums**

kooth

www.kooth.com

Student Corner-

Thank you to everyone who contributed.



Quote of the week:

“You cannot find success; you make it.”

Riddle of the week: (*answer on last page*)

What sort of vehicle is spelled the same from the front as well as from the back?

On Thursday last week we were all lucky enough to have our own PSHE day ran by our form tutors and other members of staff. This was an informative event to take place and we all received booklets for the day to work in. As PSHE is not taught as a subject we were all intrigued by the content which was taught to us. I believe that PSHE education is vital as with society students our age may need some guidance on what to do in certain situations, to help us understand this we were given many scenarios to work with and question ourselves with what we would do if we were in that place. It was a nice session where we were all able to contribute our own ideas and share our thoughts in the discussions which took place. Overall, I enjoyed this day and am grateful to have been a part of it.

Sarwat, 10RW1

We only have a few weeks now until the start of the year 10 mocks which could be causing most of us to have a build-up of stress due to the days we have missed due to numerous coronavirus lockdowns and the lack of face to face education that we needed. The best way to overcome this is by independent learning to fill in any misconceptions or miscommunication in a particular topic you didn't understand. But how could you do that? The school has now published most examination resources and revision sources that you will need to be successful in your mocks. Yes, this amount at first might seem overwhelming but it really isn't!

All you need to overcome this barrier is to be able to structure the days you revision for the most optimal revision. This could be by making a revision timetable, creating lists ,having designated times for subjects throughout the week. One revision method which is commonly used is the Pomodoro technique which requires you to break your workload into intervals (25 min traditionally) followed by a short break of 5-10 minutes. This technique has been scientifically proven to be able to make information move into your long term memory as your brain is working and the best level possible without losing concentration and focus. Then at the end of your session allow a slightly longer break (20-25 minutes) to give your brain time to process the information. Within these periods of rest there are many things you can do to relax you such as yoga, communication to family and friends, listen to music, play games or to read a book.

Jessica, 10RD2

With exams, coursework and other commitments all to prepare for, it's easy to feel overwhelmed. Lots of people are creating revision timetables and keeping themselves busy, however you might be missing out on time to relax.

One way of taking a break from revision and boosting your moral is through exercise. Physical activity produce serotonin, a 'happy hormone' that increases your mood. Exercise can also help with self-confidence and improves your focus. A great idea to keep your cardiovascular fitness up is going running. Even a 10 minute run between revision sessions would be highly beneficial to increase your concentration and productivity. Another thing to ensure is that you are leaving yourself enough breaks between revision sessions. Overwhelming yourself with information will not help you to retain it in your long term memory, and it's important to pace yourself and stay calm. Remember to look after yourself, and good luck with your revision!

Lily, 10RD2

Riddle answer;

A racecar!