

Year 10 Newsletter 18th June

Dear Parents and Carers,

I hope this newsletter finds you all well. It was lovely to meet with some of you recently at the year 10 parent consultation evening. I hope you found this evening useful in finding out how your daughter is getting on in school and had the opportunity to discuss any concerns you may have. We will be sending out a survey shortly to collect your views on the evening and I would really appreciate it if you could take the time to fill it out.

The year 10's have returned to school focused and ready to learn after the recent break which is fantastic to see. They have been busy preparing for the upcoming year 10 exams which start on the 21st June. All students have now received their own personalised timetable during this period and have been shown a SharePoint that has been created with subject examination guides, revision advice and resources. This SharePoint can be accessed by logging onto Microsoft365, opening SharePoint and searching for year 10 study support. We understand this is a stressful time for the students and I have included some tips that have been shared with students to help them through this period.

We wish all year 10 the best of luck with their exams

With best wishes from,

Miss Marshall, Mrs Johnson and the Year 10 Team

Dates for your diary

- 30th June early finish due to year 8 parent consultation evening.
- 1st July Year 10 Careers day more information about this will follow.



Golden Tickets

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

Max Q 10HL2	2
Matilda T 10HL2	2
Grace S 10HL1	2
Myleene C 10RW2	2
Lily C 10RD2	2
Celine J 10HL1	2



A big well done also to all 37 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

Student Leadership Team

The current Year 12 have been involved in the Head Student Leaders application process during the last few weeks. The field was really strong and Miss Bevan, Mrs Norman and Mr Devenney were all really impressed with the standard of applications. The interviews took place on Tuesday 8th June, below is the outcome.

Head Student Leaders

Lexi M

Neesbah A

Deputy Student Leaders

Sara D

Amy H

Aliyah K

Daniella K

Ada M



Student Council

Suzanna W

Soha U

The new team were all introduced to Year 7 at the Year 13 Leavers Ceremony on Friday 11th June when they took over from the current team. A big thank you to Anzelika and Shardae who were the current Student Leaders. The current Year 10s will be invited to apply for Head Girl and Deputy this term.

Global Citizens

In September we will be forming a Global Citizens group (Combining the Green Prefects and Global Citizenship groups) and following the Sustainable Development Goals, this would give us more scope to raise awareness in all areas including period poverty & girls education.

<https://www.globalcitizen.org/en/>

Our Deputy Student Leader- Ada M will lead on this and work with Mrs Stangroom.

As a school , we would also like the return of the Big Battery Hunt for Year 7 in Spring.

July is 'Plastic Free July' – more to follow, and September 23rd is recycle week in we will introduce the blue recycling bins properly so everyone knows what we can recycle in school

We will have 2 Global Citizen leaders from Years 8-13 from September. If your daughter would like to be considered for this role, more details will be shared at the next student council meeting on June 22nd.

Lateral Flow Test Kits- how to request more

If your daughter requires further test kits please email the **school office**: office@chsg.org.uk.

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

Year 10 are looking really smart in their new cardigans. As they arrive from Trurtex these will be given out to students who have already paid for them. Any queries about your order please contact Truetex using their contact form on their website casualschoolwear.co.uk or email worcesterpark@trutex.com.



We have recently seen an increase in the number of students getting their nose pierced in year 10. Please can I remind you all that students are not allowed any facial jewellery or tongue piercings. Covering such jewellery with a plaster or replacing it with a plastic stud is not permitted. Students will be asked to remove it and this will be confiscated in line with school policy. If a student refuses to remove a piercing they will be sent to the ARC until the matter is resolved.

Safeguarding

Carshalton High School for Girls is joining thousands of other schools across the UK to celebrate Diversity week 21st- 25th June.

Teaching students to respect diversity is key in helping them gain a knowledge and understanding that can help them to improve relationships and helps to tackle prejudice. This understanding of our diverse community can help them make positive decisions when acknowledging and celebrating their own identities.

The Charity, Just Like us, encourages schools to celebrate the diversity within the school and the local community. During this week in school all students will spend time in their tutor groups exploring and celebrating a range of areas of diversity including looking at different cultures and communities. Heads of Year have worked with our Events Co-Ordinator to prepare a range of activities and conversation starters to highlight the themes. There is also an art competition underway and the LRC has a feature area and recommending reading.

Keep an eye on the schools social media outlets for details and photos of the week.

Please see additional attachment to this newsletter on how to support wellbeing.



Tips on preparing for exams

Being well prepared for your exams is the best way to overcome stress and anxiety, and gives you the best chance of getting good grades.

Make a realistic revision schedule. Work out how much you have to do and the time you have to do it in, then break it down into manageable chunks. Aim to do a few hours of revision each day, and mix up your subjects so you do not get bored.

Find a revision style that suits you. Studying alone in a quiet room suits some people, but not everyone likes working in silence. Try playing music quietly in the background, or revising with a friend (but do not let them distract you!).

Customise your notes to make them more personal. Experiment with colour coding, notes on postcards, diagrams or whatever helps you learn your topic.

Make sure you understand everything. If you come across something you do not understand, try to find a new source of information that will help you understand it. Just memorising it will not help you in your exam. Do not be afraid to ask your teacher or a friend for help if you need it.

Look at past exam papers. It means you can familiarise yourself with the layout and type of questions you'll be asked. Practise completing exam papers in the set time limit to improve your exam technique.

Take regular short breaks. Studying for hours and hours will only make you tired and ruin your concentration, which may make you even more anxious. A break every 45 to 60 minutes is about right.

Reward yourself. For example, you could take a long bath or watch a good movie once you have finished your revision session.

Do something physical. When you're not revising, use your spare time to get away from your books and do something active. Exercise is good for taking your mind off stress and keeping you positive, and it will help you sleep better.

Ask for help. If you're feeling stressed, it's important to talk to someone you trust, such as a family member, teacher or a friend. Lots of people find exams difficult to deal with, so do not be embarrassed to ask for support.

How to handle exam days

Be prepared. Start the day with a good breakfast, and give yourself plenty of time to get to the exam hall. Remember to take everything you need, including pencils, pens and a calculator. A bottle of water and some tissues are also useful.

Take a few minutes to read the instructions and questions. Then you'll know exactly what's expected of you. Ask an exam supervisor if anything is unclear – they're there to help you.

Plan how much time you'll need for each question. Do not panic if you get stuck on a question, but try to leave yourself enough time at the end to come back to it.

Once the exam is finished, forget about it. Do not spend too much time going over it in your head or comparing answers with your friends. Just focus on the next exam instead.

Student Corner-

Thank you to everyone who contributed.



I know everyone has been revising hard for our exams and we have all done brilliantly! With only a few days left for revision, everyone is feeling the pressure. But remember that a calm and focussed mindset is going to really help you achieve as many marks as possible. Looking over and completing practice papers is also a great way to know what to expect in the exam and figuring out how long you want to spend on each section of the papers will give you plenty of time to consider and form your answers. In these last few revision days, try making your revision more interactive and enjoyable, for example listening to some quiet music or eating some delicious flapjacks from the BBC good food website below!

Goodluck to everyone!

Lily Clarke

Ingredients

200g/7oz unsalted butter

200g/7oz demerara sugar

200g/7oz honey

400g/14oz porridge oats

50g/1¾oz nuts, raisins, crystallised ginger or desiccated coconut (optional)



Method

Preheat the oven to 180C/160C Fan/Gas 4 and grease a 20x30cm/8x12in baking tray.

Put the butter, sugar and honey in a saucepan and heat, stirring occasionally, until the butter has melted and the sugar has dissolved. Add the oats and nuts, fruit, ginger or coconut, if using, and mix well.

Transfer the oat mixture to the tray and spread to about 2cm/¾in thick. Smooth the surface with the back of a spoon. Bake in the oven for 15–20 minutes, until lightly golden around the edges, but still slightly soft in the middle. Leave to cool in the tin, then turn out and cut into squares.

“We have our exams coming up so we all must be feeling stressed. Remember it’s ok to feel like that but how could you deal with it? It’s important to feel confident in the subjects you are taking and revising thoroughly is one way to ensure this. For revision I’m going over my booklets, re-reading and highlighting info.”

Sarwat. Q

“As mocks are around the corner there are many things to prioritise, such as ensure that you know how to answer the questions and make sure you know what topics will be included in the test. The best thing you can do is practice mock papers for your chosen subjects and try to complete them under timed conditions to make you confident for your exams.”

Jessica. A

Fun places in London to Visit:

With school almost finishing for the year and restrictions slowly easing out, here is a list of fun places to visit within the summer:

Kyoto Gardens:

Kyoto Gardens is located in Holland Park, in Western Central London decorated with colourful plants, shrubs and waterfalls designed and made by a Japanese designer.



Camden Market:

Camden Market is located north of central London and is known for its large retail markets which specialise in food, drinks and accessories.



Barbican Conservatory:

Local to the Museum of London (which is also a great place to visit!) the Barbican Conservatory is a glass-roofed sanctuary which hosts a variety of different tropical plants and trees as well as birds and fish.

